Dori M. Steinberg, PhD, MS, RD

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CURRENT POSITIONS

Associate Director
Duke Global Digital Health Science Center
Duke Global Health Institute
Duke University, Durham, NC
2015-present

Research Scholar
Duke Global Health Institute
Duke University, Durham, NC
2014-present

EDUCATION/TRAINING

Certificate of Completion - Health Disparities Research Curriculum, 2015
Clinical and Translational Science Awards (CTSA) Program
Duke University, Durham, NC

Postdoctoral Fellowship, 2012-2014
Duke Obesity Prevention Program
Duke Global Health Institute
Duke University, Durham, NC

Ph.D. in Nutrition, 2012
Intervention and Policy concentration, Department of Nutrition
University of North Carolina at Chapel Hill, Chapel Hill NC
Dissertation*: The Effect of Daily Self-weighing on Weight Loss in Adults;*
Advisor: Deborah F. Tate, PhD

M.S. in Public Health, 2008
Department of Society Human Development and Health
Harvard T.H. Chan School of Public Health, Harvard University, Boston MA

Registered Dietitian (RD), 2004
Dietetic Internship Program
New York-Presbyterian Hospital, New York, NY

B.S. in Nutritional Sciences, 2002
Dietetics concentration, Division of Nutritional Sciences
College of Human Ecology
Cornell University, Ithaca, NY

PEER-REVIEWED PUBLICATIONS (IN CHRONOLOGICAL ORDER)

1. **Steinberg DM**, Tate DF, Bennett GG, Ennett S, Samuel-Hodge C, Ward DS. The efficacy of a daily self-weighing weight loss intervention using smart scales and email. *Obesity.* 2013; 21(9):1789-1797.

2. Bennett GG, **Steinberg DM**, Lanpher MG, Askew S, Lane IB, Levine EL, Goodman MS, Foley PB. Availability of and ease of access to calorie information on restaurant websites. *PLoS One*. 2013 Aug 20;8(8):e72009.

3. Bennett GG, Foley PB, Levine EL, Whiteley J, Askew S, **Steinberg DM**, Batch BB, Greaney M, Miranda H, Wroth TH, Holder MG, Emmons K, Puleo, E. Behavioral treatment for weight gain prevention among black women in the community health center setting: a randomized controlled trial. *JAMA Internal Medicine*. 2013 Oct 28;173(19):1770-7.

4. **Steinberg DM**, Levine EL, Askew S, Foley PB, Bennett GG. Daily text messaging for weight control among racial/ethnic minority women: A randomized-controlled pilot study. *Journal of Medical Internet Research.* 2013;15(11):e244.

5. **Steinberg DM**, Tate DF, Bennett GG, Ennett S, Samuel-Hodge C, Ward DS. Daily self-weighing and adverse psychological outcomes: A randomized-controlled trial. *American Journal of Preventive Medicine*. 2014;46(1):24–29.

6. **Steinberg DM**, Bennett GG, Puleo E. Adherence to self-monitoring via interactive voice response technology in an eHealth intervnention targeting weight gain prevention among Black women. *Journal of Medical Internet Research.* 2014;16(4):e114.

7. **Steinberg DM**, Askew S, Lanpher MG, Foley PB, Levine EL, Bennett GG. A "maintain, don't gain" approach to weight management reduces depression among Black women: Results from a randomized controlled trial. *American Journal of Public Health*. 2014 Sep;104(9):1766-73.

8. Bennett GG, **Steinberg DM**, Stoute C, Lanpher MG, Lane IB, Askew S, Foley PB, Baskin ML. Electronic health (eHealth) interventions for weight management among racial/ethnic minority adults: a systematic review. *Obesity Reviews*. 2014 Oct;15 Suppl 4:146-58.

9. Shaw RJ, **Steinberg DM**, Zullig LL, Bosworth, HB, Johnson CM, Davis, LL. Treatment Fidelity of mHealth Interventions for Weight Loss. *Journal of the American Medical Informatics Association*. 2014 Nov-Dec;21(6):959-63.

10. **Steinberg DM**, Bennett GG, Askew S, Tate DF. Weighing everyday matters: Daily weighing improves weight loss and adoption of weight control behaviors. *Journal of the Academy of Nutrition and Dietetics.* 2015 Apr;115(4):511-8.

11. Bennett GG, **Steinberg DM**, Pagoto S. Will obesity treatment reimbursement benefit those at highest risk? *American Journal of Medicine*. 2015 Jul;128(7):670-1.

12. McVay MA, **Steinberg DM**, Askew S, Kaphingst KA, Bennett GG. Genetic causal attributions for weight status and weight loss during a behavioral weight gain prevention intervention. *Genetics in Medicine*. 2015 Aug 20. [Epub ahead of print].

13. Wolin KY, **Steinberg DM**, Lane IB, Askew S, Greaney ML, Colditz GA, Bennett GG. Engagement with eHealth self-monitoring in a primary care-based weight management intervention. *PLoS One*. 2015;10(10):e0140455.

14. Shaw RJ, **Steinberg DM**, Bonnet J, Modarai F, George A, Cunningham T, Mason M, Shahsahebi M, Grambow SC, Bennett GG, Bosworth HB. Mobile Health Devices: Will Patients Actually Use Them? *Journal of the American Medical Informatics Association.* 2016 Jan 17. [Epub ahead of print].

15. **Steinberg DM**. Authors response to Questions Regarding Weighing Every Day. *Journal of the Academy of Nutrition and Dietetics* 2016 Mar;116(3):405-6

16. Foley PB, **Steinberg DM**, Levine EL, Askew S, Batch BC, Puleo E, Svetkey LP, Bosworth HB, DeVries A, Miranda H, Bennett GG. Track: A randomized controlled trial of a digital health obesity treatment intervention for medically vulnerable primary care patients. *Contemporary Clinical Trials.* 2016 May; 48: 12-20.

17. **Steinberg DM,** Christy J, Batch BB, Askew S, Moore RH, Parker P, Bennett GG. Preventing weight gain improves sleep quality among Black women: Results from a RCT. *Annals of Behavioral Medicine*. In Press.

18. **Steinberg DM**, Bennett GG, Svetkey LP. The DASH Diet-20 years later. *Journal of the American Medical Association*. Under Review

RESEARCH SUPPORT

Current

Optimizing a standalone text messaging-based weight loss intervention, The National Institute of Diabetes and Digestive and Kidney Diseases (PI Bennett; R01DK109696)
02/01/17-01/31/2021
All study participants will receive a core 6-month weight loss texting intervention that includes tailored behavior change goals, interactive self-monitoring, automated feedback, and skills training. Using a fractional factorial design, we will randomize participants (n=592) to one of 16 experimental conditions that will test the text messaging components.
Role: Co-Investigator
Total direct funding: $1,961,067

Using digital health to improve adherence to the DASH diet among women with hypertension.
The National Institutes of Health Building Interdisciplinary Research Careers in Women's Health (BIRCWH) Career Development Grant (PI Steinberg; K12HD043446)
08/01/16-07/31/18
This career development grant is administered through the Duke University School of Medicine. The purpose of the BIRCWH is to promote interdisciplinary research that will benefit the health of women and provide training, mentoring and career guidance for junior faculty advancing to an independent scientific career. The study in this K12 award aims to leverage a commercial diet tracking app to improve adherence to dietary guidelines for managing blood pressure among women with hypertension.
Role: Principal Investigator

A Pragmatic Trial of a Digital Health Intervention to Prevent Weight Gain in Primary Care.
The National Institute of Diabetes and Digestive and Kidney Diseases (PI Bennett; R18DK109518); 05/15/16-05/14/21
This will be a pragmatic, patient-randomized controlled effectiveness trial, randomizing 442 overweight and obese adult community health center patients to a 12-month weight gain prevention intervention or to usual care.
Role: Co-Investigator
Total direct funding: $2,384,591

From Episodic to Real-Time Care in Diabetes Self-Management.
The National Institute of Nursing Research (PI Shaw; R15NR015890)
04/01/16 - 03/31/19
The purpose of this proposal is to develop a mobile technology dashboard that is usable on multiple interfaces (i.e. tablet, smart phone, computer monitor) that will facilitate clinical decision-making of various chronic illnesses based upon patient generated data.
Role: Co-Investigator
Total direct funding $476,897

Goals for Reaching Optimum Wellness (GROWell): A Feasibility Study of a Dietary Intervention During Pregnancy to Reduce Risk for Postpartum Depression.
Duke University School of Nursing Pilot Grant Program (PI Simmons)
03/01/16-02/28/17
This study will test a behavioral intervention that utilizes digital health and coaching to improve diet quality among pregnant women. The findings will inform an R33 grant looking at the effect of dietary changes on postpartum depression.
Role: Co-Investigator
Total funding: $25,000

New media obesity treatment in community health centers (Track),
The National Institute of Diabetes and Digestive and Kidney Diseases (PI Bennett; R01DK093829)
08/01/12-07/31/17
This study is testing a digital health weight loss intervention for obese patients with cardiometabolic morbidities in the community health center setting.
Role: Co-Investigator
Total direct funding: $1,911,554

Previous

ADAPT Center Small Grant Program, Duke University, National Institute of Nursing Research, National Institutes of Health (PI Shaw), 2013-2014
Title: The Adaptive Leadership Framework in Mobile Health: A Pilot Study for Weight Loss
This study begins to address the need for patients and clinicians to make meaning and perform adaptive work and approaches from multiple weight loss data (e.g., weight, physical activity, and diet) and barriers to weight loss that are captured in real time through mobile devices.
Role: Co-investigator
Total funding: $10,000

Center for Personalized Medicine Pilot Projects, Duke University (PI Shaw), 2013-2014
Title: The Mobile Health Platform, Feasibility and Evaluation Study
This is a feasibility trial assessing the use of a single mHealth platform to integrate multiple sources of real time data that can then be programmed to deliver data to providers and interventions to patients to promote weight loss,

Role: Co-investigator
Total funding: $50,000

Cancer Control and Education Program, Predoctoral Fellowship, Lineberger Comprehensive Cancer Center, UNC (5R25-CA057726), September 2010-August 2012

NIH National Research Service Award, Predoctoral Traineeship, Department of Nutrition Training Grant, UNC (T32-DK07686-17), September 2009-August 2010

AWARDS & HONORS

- National Institute of Health Loan Repayment Award, National Institute of Minority Health and Disparities, 2013-2015
- Duke University, Duke Global Health Institute Postdoctoral Research Award, February 2014
- UNC Chapel Hill, Department of Nutrition, Inducted into the *Theta Chapter of the Delta Omega Honor Society*, March 2013
- UNC Chapel Hill, Department of Nutrition, A. Hughes Bryan Outstanding Doctoral Award, March 2013
- Society of Behavioral Medicine, Meritorious Student Abstract Award, March 2013
- UNC Gillings School of Global Health, Gillings Dissertation Award, May 2011
- American Dietetic Association Foundation, Geraldine M. Piper Memorial Scholarship, June 2010
- Society of Behavioral Medicine, Distinguished Student Award for Excellence in Research, April 2010
- New York-Presbyterian Dietetic Internship, Dietetic Intern of Distinction Award, January 2004

CONFERENCE PRESENTATIONS

Steinberg DM, Tate DF. (2009). *Daily Self-weighing and Weight Loss in Adults*. Presented as a poster presentation at The Obesity Society annual meeting, October 24-28, Washington D.C.

Steinberg DM, Tate DF. (2010). *Mechanisms Linking Daily Self-Weighing and Weight Loss in Adults*. Presented as an oral presentation at The 2010 Society of Behavioral Medicine annual meeting, April 7-10, Seattle, WA.

Steinberg DM, Tate DF. (2011). *Are There Negative Consequences to Daily Self-weighing Among Overweight Adults?* Presented as a poster presentation at The 2011 Society of Behavioral Medicine annual meeting, April 27-30, Washington, D.C.

Steinberg DM, Tate DF, Bennett GG, Ennett SE, Samuel-Hodge C, Ward DS. (2012). *The WEIGH Study: A Randomized Trial focusing on Daily Self-Weighing for Weight Loss Among Overweight Adults***.** Presented as an oral presentation at The 2012 Society of Behavioral Medicine annual meeting, April 11-14, New Orleans, LA.

Steinberg DM, Tate DF, Bennett GG, Ennett SE, Samuel-Hodge C, Ward DS. (2012). *Outcomes from the WEIGH Study: Weighing Everyday to Improve and Gain Health.* Presented as a poster presentation at The 2012 Obesity Society annual meeting, September 20-23, San Antonio, TX

Steinberg DM, Tate DF, Bennett GG, Ennett SE, Samuel-Hodge C, Ward DS. (2013). *Daily self-weighing does not cause adverse psychological outcomes among overweight adults: results from a randomized controlled trial*. Presented as an oral presentation at The 2013 Society of Behavioral Medicine annual meeting, March 20-23, San Francisco, CA

Steinberg DM, Tate DF, Bennett GG. (2013). *Weighing everyday matters: Adherence results from a daily self-weighing intervention.* Presented as a symposium presentation at The 2013 Society of Behavioral Medicine annual meeting, March 20-23, San Francisco, CA

Steinberg DM, Puleo E, Zorn M, Levine E, Foley P, Bennett GG. (2013). *Adherence to self-monitoring in an eHealth intervention targeting weight gain prevention among Black women.* Presented as a poster presentation at The 2013 International Society of Research on Internet Interventions annual meeting, May 16-18, Chicago, IL.

Steinberg DM, Askew S, Lanpher MG, Foley P, Levine E, Bennett GG. (2014). *A weight gain prevention intervention reduces depression among Black women: results from an RCT.* Presented as an oral presentation at The 2014 Society of Behavioral Medicine annual meeting, Apr 23-26, Philadelphia, PA.

Steinberg DM, Moore R, Parker P, Askew S, Foley PB, Bennett GG. (2016). *Preventing weight gain improves sleep quality among Black women: Results from a RCT*. Presented as an oral presentation at The 2016 Society of Behavioral Medicine annual meeting, Mar 30-Apr 1, Washington, DC.

Steinberg DM, Burroughs, J, Askew, S, Bennett GG. A digital health intervention for weight loss improves diet quality among medically vulnerable patients: Results from an RCT. To be presented at the 2017 Society for Behavioral Medicine annual meeting, San Diego, CA.

Bennett GG, **Steinberg DM**, Askew SA, Levine EL. Effectiveness of an obesity treatment app with provider counseling for medically vulnerable patients in primary care practice. To be presented at the 2017 Society for Behavioral Medicine annual meeting, San Diego, CA.

Hopkins CM, **Steinberg DM**, Bennett GG. Preferred Weight Terms and Weight Dissatisfaction: A study of black women in the Shape trial. To be presented at the 2017 Society for Behavioral Medicine annual meeting, San Diego, CA.

McVay MA, **Steinberg DM**, Askew S, Bennett GG. Provider counseling is associated with increased weight loss in a primary care-based digital health weight loss intervention. To be presented at the 2017 Society for Behavioral Medicine annual meeting, San Diego, CA.

Brooks TL, **Steinberg DM**, Bennett GG. Rest ethic: the influence of beliefs about rest in overweight black women. To be presented at the 2017 Society for Behavioral Medicine annual meeting, San Diego, CA.

TEACHING

Instructor, Duke University, Fall 2015, Fall 2016
GLHLTH 670: Global Health Nutrition
Topic: General survey course on global nutrition problems, intervention strategies, and policies. This course is open to advanced undergraduates and masters in global health students.

Guest Lecturer, Duke University, Fall 2013, Fall 2014, Fall 2015, Fall 2016
GLHLTH 701**:** Global Health Challenges
Topic: Nutrition

Guest Lecturer, Duke University, Spring 2016

GLHLTH 305: Global Health: Social Determinants
Topic: Social Determinants of Diet and Obesity

Guest Lecturer, UNC-Chapel Hill, Spring 2016
HBEH 892-001 Special Topics: mHealth for Behavior Change
Topic: Using mobile technologies to treat obesity among socioeconomically disadvantaged populations

Guest Lecturer, UNC-Chapel Hill, Spring 2015
HPM 767: Disseminating Evidence and Innovation in Cancer Care
Topic: Adapting Behavioral Interventions to Different Settings and Populations

Guest Lecturer, Duke University, Fall 2013
PSY 211: Health Communications
Topics: Health Literacy and Theoretical Models for Behavior Change

Guest Lecturer, **UNC-Chapel Hill**, Fall 2013
HBEH 752: Public Health Intervention and Evaluation
Topic: Adapting Behavioral Interventions to Different Settings and Populations

Teaching Assistant, UNC-Chapel Hill, Fall 2009-Spring 2011
HBHE/NUTR 811 and HBHE 853: Development and Evaluation of Health Promotion and Disease Prevention Interventions.

SERVICE

- Faculty Advisor (2016-present), Hailey Diaz, Ms-GH student, Duke Global Health Institute
- Thesis Advisor (2016-present), Wa Meng, Masters in Graduate Liberal Studies student, Duke University
- Faculty Advisor (2014-2016), Kathleen Perry, Ms-GH student, Duke Global Health Institute
- Reviewer (2016-present), Master's in Global Health program admissions committee, Duke Global Health Institute
- Faculty Advisor (2015-present) for the Duke Durham Health Alliance undergraduate organization
- Obesity Topic Area Co-Chair (2016), Society of Behavioral Medicine 38th Annual Meeting
- Committee member (2016-present), mHealth@Duke conference steering committee

ADDITIONAL WORK EXPERIENCE

University of North Carolina at Chapel Hill Weight Research Program, Chapel Hill, NC
Graduate Student Research Assistant - August 2009-August 2012

Dana-Farber Cancer Institute, Center for Community Based Research, Boston, MA
Research Assistant, June 2007-June 2008

Harvard University Prevention Research Center, Boston, MA
Research Assistant, November 2006-February 2008.

Look AHEAD Study, St. Luke's-Roosevelt Hospital, New York, NY
Lifestyle Counselor/Participant Coordinator, September 2002-August, 2006

PROFESSIONAL EXPERIENCE

Member
Society of Behavioral Medicine
The Obesity Society

Ad-hoc Reviewer
Journal of Obesity
Journal of Clinical Nursing
Annals of Behavioral Medicine
Journal of Medical Internet Research
Health Psychology and Behavioral Medicine
Obesity
Journal of Telemedicine and Telecare
Journal of the American Medical Informatics Association
Nutrition
Contemporary Clinical Trials
International Journal of Obesity
Obesity Science and Practice
Obesity, Research, and Clinical Practice
Health Education and Behavior
Smart Health