

**Hilary Bethancourt, PhD, MPH**  
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## EDUCATION & ACADEMIC POSITIONS

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**Postdoctoral Scholar** Aug 2018-present  
Department of Biobehavioral Health  
Pennsylvania State University, University Park, PA

**PhD in Biocultural Anthropology** Sept 2013-June 2018  
University of Washington, Seattle, WA  
*Dissertation Title:* “The Health Implications of Periodic Dietary Restrictions on Animal Products among Orthodox Christians in the United States”  
*Dissertation Committee:* Dr. Kathleen O’Connor (Chair), Dr. Bettina Shell-Duncan, Dr. Mario Kratz, and Dr. Donna Johnson

**Master of Public Health in Epidemiology,** Sept 2011-June 2014  
University of Washington, Seattle, WA  
*MPH Thesis Title:* “Association between Longitudinally-Assessed Dietary Composition and Blood Telomere Length in Adult Filipinos.”  
*MPH Committee:* Dr. Mario Kratz (Chair), Dr. Shirley Beresford, and Dr. Dan Eisenberg

**Master of Arts in Biocultural Anthropology,** Sept 2010-June 2013  
University of Washington, Seattle, WA  
*Master’s Paper Title:* “Evolutionary Perspectives on the Role of Diet in Human Health and Disease.”  
*Advisors:* Dr. Kathleen O’Connor and Dr. Bettina Shell-Duncan

**Bachelor of Arts in Anthropology and Spanish, Summa Cum Laude,** Aug 2005-May 2008  
University of New Mexico, Albuquerque, NM  
*Honors Thesis Title:* “The Effects of Acculturation on the Health Care and Treatment Choices of the Tsimane Amerindians of Bolivia.”  
*Advisor:* Dr. Hillard Kaplan

## PUBLICATIONS, REPORTS, & PRESENTATIONS

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### Peer-Reviewed Journal Articles:

- Rosinger AY, **Bethancourt H**, Francis LA. Association of Caloric Intake From Sugar-Sweetened Beverages With Water Intake Among US Children and Young Adults in the 2011-2016 National Health and Nutrition Examination Survey. *JAMA Pediatrics*. doi:10.1001/jamapediatrics.2019.0693

- **Bethancourt HJ**, Kratz M, Beresford SA, Hayes MG, Kuzawa C, Duazo P, Borja J, and Eisenberg DA. (2015). No association between blood telomere length and longitudinally assessed diet or adiposity in a young adult Filipino population. *European Journal of Nutrition*. 1-14.
- **Bethancourt HJ**, Rosenberg DE, Beatty T, Arterburn DE. (2014). Barriers to and facilitators of Physical Activity Program Use among Older Adults. *Clinical Medicine and Research* 12 (1-2):10-20.

#### **Works Under Review:**

- **Bethancourt HJ**, Leonard WR, Tanner S, Schultz AF, Rosinger AY. (*Accepted*). Longitudinal changes in measures of body fat and diet among adult Tsimane' forager-horticulturalists of Bolivia.
- Rosinger AY, **Bethancourt HJ**. (*Under Review*) Chicha as Water: Longitudinal Examination of Changes in Traditional Fermented Beer Consumption Among Forager Horticulturalists in the Bolivian Amazon.
- **Bethancourt HJ**, Kratz M, O'Connor K. (*Under Review*). Spiritually-motivated restrictions on animal products have a limited impact on consumption of healthy plant-based foods.
- **Bethancourt HJ**, Kratz M, O'Connor K. (*In Preparation*). A short-term spiritual "fast" from animal products has a minimal impact on cardiometabolic health biomarkers.

#### **Professional Reports:**

- **Bethancourt H.**, Lozano P. "Interpreting Cancer Screening Statistics, or Will This Screening Test Save Lives?" Group Health Clinical Pearls Blog. November 28, 2012.

#### **Podium Presentations:**

- **Bethancourt HJ**, O'Connor K, Kratz M, Shell-Duncan B. "Variation in plant-based diets and their effects on biomarkers of cardiometabolic health: examples from a natural experiment with Orthodox Christians in the United States." Oral presentation accepted for the American Society of Nutrition (ASN) Annual Meeting; Boston, MA; June 11, 2018.
- **Bethancourt HJ**, Borja JB, Kuzawa CW, Hayes MG, Eisenberg DTA. "Association between blood telomere length in young adults and longitudinally-assessed adiposity and diet among a Filipino population." Podium presentation at the American Association of Physical Anthropologists (AAPA) Annual Meeting; Calgary, Canada; April 12, 2014.

#### **Poster Presentations:**

- **Bethancourt HJ**, Rosenberg DE, Beatty T, Arterburn DE. "Barriers to and Facilitators of Physical Activity among Medicare Members." Poster presented at Creating Elder Friendly Communities: A University of Washington Gerontology Research Forum, September 19, 2012.

### **Invited Talks and Guest Lectures:**

- *Nutrition Transitions across Human Evolutionary History: Implications for the Role of Diet in Human Health and Disease*. Presented in MedAnth497, Medical Anthropology. Pennsylvania State, January 17, 2019.
- *Bacon versus Broccoli: A Nuanced Look at the Contradictory Research on the Health Effects of Omnivorous Versus Plant-based Diets*. Presented at the Center for Studies in Demography and Ecology seminar, University of Washington, May 19, 2017.
- *Evolutionary perspectives on diet, human life history, health, and disease*. Presented in BioA 355/ Biol 385, Evolutionary Medicine, University of Washington, April 11, 2017 & October 17, 2017.
- *The “Paleo” diet: what we (think we) know about early human diets*. Presented in Anth311, The Cultural Politics of Diet and Nutrition, University of Washington, March 6, 2017.
- *A social ecological model of obesity*. Presented in Anth 215, Introduction to Medical Anthropology and Global Health, University of Washington, November 8, 2016 & November 14, 2017.
- *The evolution of the human diet: what we (think we) know and what we don’t know*. Presented in BioA355/Biol385, Evolutionary Medicine, University of Washington, October 9, 2014.
- *Thinking about qualitative research: Interviews and focus groups*. Presented in BioA350, Men’s Health across the Lifespan, University of Washington, October 25, 2012 & May 7, 2014.

### **RESEARCH GRANTS AND ACADEMIC FELLOWSHIPS**

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- Doctoral Dissertation Research Improvement Grant: *The Health Implications of Periodic Dietary Restrictions on Animal Products among Orthodox Christians in the United States*, National Science Foundation, Division of Behavioral and Cognitive Sciences, Award # 1540282. Co-PI, (\$30,898.00), 2015-2017, Status: Completed
- *Eunice Kennedy Shriver National Institute of Child Health and Human Development Training Fellowship*, UW Center for Studies in Demography and Ecology, 2014-2016
- *UW Medical Anthropology Global Health Pilot Research Grant*, 2013-2014
- *National Science Foundation Graduate Research Fellowship*, 2011-2016
- *UW Graduate School Fund for Excellence and Innovation Research Assistantship*, 2010-2011
- *Ballut Abyad Undergraduate Research Award*, University of New Mexico, 2007
- *National Science Foundation Research Experience for Undergraduates Supplement*, UNM-UCSB Tsimane’ Health and Life History Project, 2006

## RESEARCH EXPERIENCE

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### Postdoctoral Research

Aug 2018-present

Water, Health, and Nutrition Lab, Department of Biobehavioral Health  
Pennsylvania State University, State College, PA

*Mentor:* Dr. Asher Rosinger

- Collecting data on hydration, nutrition, and stress among Tsimane' in Bolivia and Daasanach in Kenya.
- Conducting secondary analyses on diet, water intake, and measures of nutrition status and health using data from the Tsimane' Amazonian Panel Study (TAPS) and the National and Health and Nutrition Examination Survey (NHANES).

### Doctoral Dissertation Research

Sept 2013-June 2018

*Mentor:* Dr. Kathleen O'Connor

- Developed, piloted, and refined recruitment tools, surveys, diet assessment instruments, instructional material, and health assessment protocols.
- Recruited and followed >100 participants from three cities for a 3-month prospective study.
- Conducted health assessments involving collection of vitals and capillary blood.
- Measured C-reactive protein in dried blood spot and serum samples using an in-house enzyme-linked immunosorbent assay (ELISA) in the UW Biodemography Laboratory.
- Hired, trained, and mentored student research assistants on data collection and entry.
- Conducted analyses of changes in diet and cardiometabolic health markers observed among Orthodox Christians during temporary dietary restrictions on animal products.
- Conducted qualitative interviews and focus groups on the perceived challenges and benefits of spiritually-motivated dietary restrictions among Orthodox Christians in the USA.

### Graduate Research Assistant

Aug 2015-Nov 2015

Molecular Anthropology Laboratory, University of Washington, Seattle, WA

*Mentor:* Dr. Daniel Eisenberg

- Conducted literature reviews on telomere biology across distinct cell types and assisted with statistical analyses for academic papers and conference presentations on telomere attrition.

### Graduate Student Intern

Jan 2015-Oct 2015

Fred Hutchinson Cancer Research Center, Seattle, WA

*Mentor:* Dr. Mario Kratz

- Work with the Kratz Lab team to design nutrition education materials for a pilot dietary intervention trial aimed at reducing inflammation of adipose tissue among patients with metabolic syndrome.

### Graduate Student Intern

June 2012-Dec 2012

Group Health Research Institute, Seattle, WA

*Mentor:* Dr. Dori Rosenberg

- Collaborated on a qualitative research project aimed to investigate the barriers to and facilitators of physical activity among older adults.
- Wrote educational report for health professionals on how to interpret cancer screening statistics.

**Graduate Research Assistant** Sept 2010-June 2011  
Biological Anthropology and Biodemography Laboratory, University of Washington, Seattle  
*Mentor:* Dr. Kathleen O'Connor

- Trained in biomarker collection and enzyme immunoassay methods.
- Conducted descriptive statistical analyses for Health Initiatives for Men pilot project.

**Undergraduate Research Assistant** March 2006-May 2008  
UNM-UCSB Tsimane' Health and Life History Project, Beni, Bolivia and Albuquerque, NM  
*Mentor:* Dr. Hillard Kaplan

- Worked with multicultural team of anthropologists and doctors in the delivery of medical care and collection and entry of census, public health, and time allocation data among Tsimane' Amerindians.

## TEACHING EXPERIENCE

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**University of Washington, Seattle** Sept 2016-June 2018

- Gave lectures, led lab/quiz sections, graded, and held office hours for the following courses:
  - BioA 355/Biol 385, Evolutionary Medicine  
*Main Instructor:* Dr. Daniel Eisenberg
  - BioA 201, Principles of Biological Anthropology  
*Main Instructor:* Dr. Andrea Duncan
  - Anth 311, The Cultural Politics of Diet and Nutrition  
*Main Instructor:* Dr. Ann Anagnost
  - Anth 2015, Introduction to Medical Anthropology and Global Health  
*Main Instructor:* Dr. Marieke van Eijk

## INTERNATIONAL EXPERIENCE

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**Water, Health and Nutrition Lab Data Collection** April 2019-May 2019  
Collection of data on water and food insecurity and health and stress biomarkers among Tsimane' communities in the department of Beni, Bolivia.

**Sichuan University Summer Intensive Language Exchange Program** June 2011-Aug 2011  
China, Sichuan University

**Tsimane' Health and Life History Project Fieldwork** July 2006-Dec 2006  
Collection of health and demographic data among Tsimane' communities in the department of Beni, Bolivia

**Comparative Religion and Culture Studies Program, Global College, Long Island University** Sept 2004-June 2005  
Anthropology studies in China, Thailand, India, Italy

**Rotary Club Ambassadorial Program** Aug 2001-Aug 2002  
Study abroad in La Rioja, Argentina