

CURRICULUM VITAE
Hilary Bethancourt, PhD, MPH
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EDUCATION: COMPLETED DEGREES/CERTIFICATES

University of Washington, Seattle, WA

- **PhD in Biocultural Anthropology, June 2018**
Dissertation Committee: Dr. Kathleen O'Connor (Chair), Dr. Bettina Shell-Duncan (Member), Dr. Mario Kratz (Member), and Dr. Donna Johnson (Graduate Student Representative)
Dissertation Title: "The Health Implications of Periodic Dietary Restrictions on Animal Products among Orthodox Christians in the United States"
- **Certificate in Demographic Methods, June 2016**
Awarded by the Center for Studies in Demography and Ecology
- **Master of Public Health in Epidemiology, June 2014**
MPH Committee: Dr. Mario Kratz (Chair), Dr. Shirley Beresford, and Dr. Dan Eisenberg
MPH Thesis Title: "Association between Longitudinally-Assessed Dietary Composition and Blood Telomere Length in Adult Filipinos."
- **Master of Arts in Biocultural Anthropology, June 2013**
Advisors: Dr. Kathleen O'Connor and Dr. Bettina Shell-Duncan
Master's Paper Title: "Evolutionary Perspectives on the Role of Diet in Human Health and Disease."

University of New Mexico, Albuquerque, NM

- **Bachelor of Arts in Anthropology and Spanish, Summa Cum Laude, May 2008**
Advisor: Dr. Hillard Kaplan
Honors Thesis Title: "The Effects of Acculturation on the Health Care and Treatment Choices of the Tsimane Amerindians of Bolivia."

RESEARCH EXPERIENCE

Graduate Student Principal Investigator, September 2013-June 2018

Doctoral Dissertation Research, United States

- Developed, piloted, and refined recruitment tools, surveys, diet assessment instruments, instructional material, and health assessment protocols.
- Recruited and followed over 100 participants from three cities for a 5-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 to help with collection and entry of data.
- Conducted extensive statistical analyses of changes in diet and cardiometabolic health markers observed among Orthodox Christians during temporary dietary restrictions on animal products.

Graduate Research Assistant, August 2015-November 2015

Molecular Anthropology Laboratory, University of Washington; Seattle, WA

Supervisor: 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, January 2015-October 2015

Fred Hutchinson Cancer Research Center; Seattle, WA

Mentor: Dr. Mario Kratz

- Collaborated with a research 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-December 2012

Group Health Research Institute; Seattle, WA

Supervisor: 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, September 2010-June 2011

Biological Anthropology and Biodemography Laboratory, University of Washington; Seattle, WA

Supervisor: 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; Albuquerque, NM and Bolivia

Supervisor: 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.

RESEARCH GRANTS AND ACADEMIC FELLOWSHIPS

Grants/Fellowships Received:

- *National Science Foundation Doctoral Dissertation Research Improvement Grant, 2015-2017*
- *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*

PUBLICATIONS, REPORTS, & PRESENTATIONS

Peer-Reviewed Journal Articles:

- 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.

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:

- *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.

TEACHING EXPERIENCE

Teaching Assistant for Evolutionary Medicine**University of Washington, Seattle***March 2017-December 2017, March 2018-June 2018***Teaching Assistant for Principles of Biological Anthropology****University of Washington, Seattle***January 2018-March 2018***Teaching Assistant for The Cultural Politics of Diet and Nutrition****University of Washington, Seattle***January 2017-March 2017***Teaching Assistant for Introduction to Medical Anthropology and Global Health, University of Washington, Seattle***September 2016-December 2016***INTERNATIONAL EXPERIENCE**

Sichuan University Summer Intensive Language Exchange Program*June 2011-August 2011: China, Sichuan University***Comparative Religion and Culture Studies Program, Global College, Long Island University***September 2004-June 2005: China, Thailand, India, Italy***Rotary Club Ambassadorial Program***August 2001-August 2002: La Rioja, Argentina*