

# Asher Yoel Rosinger, PhD MPH

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Updated 8/19

## CURRENT POSITION

- 2019–present**      **Ann Atherton Hertzler Early Career Professor in Global Health**  
Department of Biobehavioral Health, Department of Anthropology  
The Pennsylvania State University
- 2017–present**      **Assistant Professor**  
Department of Biobehavioral Health, Department of Anthropology  
The Pennsylvania State University
- 2017–present**      **Faculty Affiliate**  
Population Research Institute  
The Pennsylvania State University

## EDUCATION AND TRAINING

- 2015–2017**      **Epidemic Intelligence Service Officer**  
Centers for Disease Control and Prevention  
Supervisor: Cynthia Ogden
- 2008–2015**      **PhD Anthropology**  
The University of Georgia  
Dissertation: Hydration Strategies, Nutrition, and Health during a Lifestyle  
Transition in the Bolivian Amazon
- 2010–2012**      **MPH Epidemiology**  
The University of Georgia
- 2003–2007**      **BA Anthropology & Psychology**, highest distinction  
The University of North Carolina at Chapel Hill

## PUBLICATIONS

### Peer-Reviewed Journal Articles:

\* = undergraduate student; + = graduate student; ^ = postdoc mentee

1. Bethancourt H<sup>^</sup>, Leonard WR, Tanner S, Schultz AF, **Rosinger AY** (Senior, corresponding author). (In Press) Longitudinal changes in body composition and diet among adult Tsimane' forager-horticulturalists of Bolivia, 2002–2010. Obesity: doi:10.1002/oby.22556
2. **Rosinger AY**, Bethancourt HJ<sup>^</sup>, Francis LA. (2019). 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: 173(6): 602-604. doi:10.1001/jamapediatrics.2019.0693

3. **Rosinger AY**, Ice G. (2019). Secondary data analysis to answer human biology questions. Methods Toolkit article. American Journal of Human Biology: 31(3): e23232 (1-19) 10.1002/AJHB.23232.
4. **Rosinger AY**, Pontzer H, Raichlen D, Wood B, Tanner S, Sands J. (2019). Age-related decline in urine concentration may not be universal: Comparative study from the US and two small-scale societies. American Journal of Physical Anthropology: 168(4): 705-716. <https://doi.org/10.1002/AJPA.23788>
5. **Rosinger AY**, Chang A-M, Buxton O, Li J, Wu S, Gao X. (2019). Short sleep is associated with inadequate hydration: Cross-cultural evidence from US and Chinese adults. SLEEP, 42(2): <https://doi.org/10.1093/sleep/zsy210> (99th percent altmetric score)
6. Brewis A, **Rosinger A**, Wutich A, Adams E, Cronk L, Pearson A, Workman C, Young S, and HWISE RCN Consortium. (2019). Water Sharing, Reciprocity, and Need: A Comparative Study of Inter-Household Water Transfers in Sub-Saharan Africa. Economic Anthropology, 6(2): 208-221. <https://doi.org/10.1002/sea2.12143>
7. Young SL, Collins SM, Boateng GO, Neilands TB, Jamaluddine Z, Miller JD, Brewis AA, Frongillo E, Jepson W, Melgar-Quiñonez H, Schuster RC, Stoler J, Wutich A, **HWISE RCN Consortium**: Adams E, Ahmed F, Balogun M, Chapman K, Cole S, Figueroa LS, Ghattas H, Hagaman A, Hawley N, Lima C, Maes K, Maupin J, Mathad J, Mbullo P, Muslin M, Niesluchowski M, Pearson A, Rasheed S, **Rosinger AY**, Santos J, Santoso MV, Soares M, Srivastava S, Staddon C, Tshala-Katumbay D, Tesfaye Y, Tutu R, Trowell A, Workman C. (2019). A protocol for the development and validation of an instrument to measure household water insecurity across cultures: the Household Water InSecurity Experiences (HWISE) Scale. BMJ Open: [doi.org/10.1136/bmjopen-2018-023558](https://doi.org/10.1136/bmjopen-2018-023558)
8. Stoler J, Brewis AA, Harris L, Wutich A, Pearson A, **Rosinger AY**, Schuster RC, Young SL. (2019). Household Water Sharing: A Missing Link in International Health. International Health: 11(3): 163-165 <https://doi.org/10.1093/inthealth/ihy094>
9. Wutich A, Budds J, Jepson W, Harris L, Adams E, Brewis A, Cronk L, DeMyers C, Maes K, Marley T, \*Miller J, Pearson A, **Rosinger A**, Schuster R, Stoler J, Staddon C, Wiessner P, Workman C, Young S. (2018). Household Water Sharing: A review of water gifts, exchanges, and transfers across cultures. Wiley Interdisciplinary Reviews – Water: 5(6): e1309.
10. **Rosinger AY**, Young SL, +Collins SM, Haider SR, Mishra P, Nagai HT, Petro M, Downs JA. (2018). Schistosomiasis and hydration status: *Schistosoma haematobium*, but not *Schistosoma mansoni* increases urine specific gravity among rural Tanzanian women. American Journal of Physical Anthropology: 166(4): 952-959.
11. **Rosinger AY**, Herrick K, Wutich A, Yoder J, Ogden C. (2018). Tap or bottled water? Disparities in plain, tap, and bottled water consumption among US adults, 2007–2014. Public Health Nutrition; 21(8): 1455-1464.
12. **Rosinger AY**, Puts D. (2018). It's complicated: Why raters' BMI poorly explained attractiveness ratings. Obesity: 26(3): 461-462. (Invited commentary)

13. **Rosinger AY.** (2018). Household water insecurity after a historic flood: Diarrhea and dehydration in the Bolivian Amazon. *Social Science & Medicine*; 197: 192-202.
14. Shapiro-Mendoza CK, Rice ME, Galang RR, Fulton AC, VanMaldeghem K, Prado MV, Ellis E, Anesi MS, +Simeone RM, Petersen EE, +Ellington SR, Jones AM, Williams T, Reagan-Steiner S, Perez-Padilla J, Deseda CC, Beron A, Tufa AJ, **Rosinger A**, Roth NM, Green C, Martim S, Lopez CD, deWilde L, Goodwin M, Pagano HP, Mai CT, Gould C, Zaki S, Ferrer LN, Davis MS, Lathrop E, Polen K, Cragan JD, Reynolds M, Newsome KB, Huertas MM, Bhatangar J, Quiñones AM, Nahabedian JF, Adams L, Sharp TM, Hancock WT, Rasmussen SA, Moore CA, Jamieson DJ, Munoz-Jordan JL, Garstang H, Kambui A, Masao C, Honein MA; Meaney-Delman D; Zika Pregnancy and Infant Registries Working Group. (2017). Pregnancy outcomes after maternal Zika Virus infection during pregnancy – U.S. territories, January 1, 2016 – April 25, 2017. *MMWR Morb Mortal Wkly rep*; 66:615-621.
15. **Rosinger A**, Carroll M, Lacher D, Ogden C. (2017). Decreasing trends in Total Cholesterol, Triglycerides, and Low-Density Lipoprotein in U.S. adults, 1999–2014. *JAMA Cardiology*; 2(3)339-441. **(99th percentile altmetric score)**
16. **Rosinger A**, Herrick K, Gahche J, Park S, Frenk S. (2017). Percentage of Total Daily Kilocalories Consumed from Sugar-Sweetened Beverages Among Children and Adults, by Sex and Income Level— National Health and Nutrition Examination Survey, United States, 2011–2014. *MMWR Morb Mortal Wkly Rep*; 66(6); 181.
17. **Rosinger A**, Herrick K, Gahche J, Park S. (2017). Sugar-sweetened beverage (SSB) consumption among U.S. adults, 2011-2014. *NCHS Data Brief #270*: 1-8.
18. **Rosinger A**, Herrick K, Gahche J, Park S. (2017). Sugar-sweetened beverage (SSB) consumption among U.S. youth, 2011-2014. *NCHS Data Brief #271*: 1-8.
19. **Rosinger A**, Lawman H, Akinbami L, Ogden C. (2016). The role of obesity in the relationship between water intake and hydration status in US adults: 2009–2012. *American Journal of Clinical Nutrition*; 104: 1554-1061.
20. Adams L, Bello-Pagan M, Lozier M, Ryff KR, Espinet C, Torres J, Perez-Padilla J, Febo MF, Dirlikov E, Martinez A, Munoz-Jordan J, Garcia M, Segarra MO, Malave G, Rivera A, Shapiro-Mendoza C, **Rosinger A**, Kuehnert MJ, Chung KW, Pate LL, Harris A, Hemme RR, Lenhart A, Aquino G, Zaki S, Read JS, Waterman SH, Alvarado LI, Alvarado-Ramy F, Valencia-Prado M, Thomas D, Sharp TM, Rivera-Garcia B. (2016). Update: Ongoing Zika Virus Transmission - Puerto Rico, November 1, 2015-July 7, 2016. *MMWR Morb Mortal Wkly Rep*; 65:774–779.
21. Simeone RM, Shapiro-Mendoza CK, Meaney-Delman D, Petersen EE, Galang RR, Oduyebo T, Rivera-Garcia B, Valencia-Prado M, Newsome KB, Pérez-Padilla J, Williams TR, Biggerstaff M, Jamieson DJ, Honein MA; **Zika and Pregnancy Working Group**: Ahmed F, Anesi S, Arnold KE, Barradas D, Barter D, Bertolli J, Bingham AM, Bollock J, Bosse T, Bradley KK, Brady D, Brown CM, Bryan K, Buchanan V, Bullard PD, Carrigan A, Clouse M, Cook S, Cooper M, Davidson S, DeBarr A, Dobbs T, Dunams T, Eason J, Eckert A, Eggers P, Ellington SR, Feldpausch A, Fredette CR, Gabel J, Glover M, Gosciminski M,

Gay M, Haddock R, Hand S, Hardy J, Hartel ME, Hennenfent AK, Hills SL, House J, Igbinsosa I, Im L, Jeff H, Khan S, Kightlinger L, Ko JY, Koirala S, Korhonen L, Krishnasamy V, Kurkjian K, Lampe M, Larson S, Lee EH, Lind L, Lindquist S, Long J, Macdonald J, MacFarquhar J, Mackie DP, Mark-Carew M, Martin B, Martinez-Quiñones A, Matthews-Greer J, McGee SA, McLaughlin J, Mock V, Muna E, Oltean H, O'Mallan J, Pagano HP, Park SY, Peterson D, Polen KN, Porse CC, Rao CY, Ropri A, Rinsky J, Robinson S, **Rosinger AY**, Ruberto I, Schiffman E, Scott-Waldron C, Semple S, Sharp T, Short K, Signs K, Slavinski SA, Stevens T, Sweatlock J, Talbot EA, Tonzel J, Traxler R, Tubach S, Van Houten C, VinHatton E, Viray M, Virginie D, Warren MD, Waters C, White P, Williams T, Winters AI, Wood S, Zaganjor I. (2016). Possible Zika Virus Infection Among Pregnant Women - United States and Territories, May 2016. *MMWR Morb Mortal Wkly Rep*; 65(20):514-9.

22. **Rosinger A**, Herrick K. (2016). Daily water intake among U.S. men and women, 2009–2012. *NCHS Data Brief #242*, 1-8.
23. **Rosinger A**. (2015). Heat and hydration status: Predictors of repeated measures of urine specific gravity among Tsimane' adults in the Amazon. *American Journal of Physical Anthropology*; 158(4): 696-707.
24. Leonard W, Reyes-García V, Tanner S, **Rosinger A**, Schultz A, Vadez V, Zhang B, TAPS Bolivia Study Team, Godoy R. (2015). The Tsimane' Amazonian Panel Study (TAPS): Nine years (2002-2010) of annual data available to the public. *Economics & Human Biology*; 19: 51-61.
25. **Rosinger A**. (2015). Dehydration among Lactating Mothers in the Amazon: A Neglected Problem. *American Journal of Human Biology*; 27(4)\*: 576-578. \*Contributed issue cover photo.
26. **Rosinger A**, Tanner S. (2015). Water from fruit or the river? Examining hydration strategies and gastrointestinal illness among Tsimane' adults in the Bolivian Amazon. *Public Health Nutrition*; 16(6): 1098-1108.
27. **Rosinger A**, Tanner S, Leonard W, TAPS Study Team. (2013). Precursors to over-nutrition: The effects of household market food expenditures on measures of body composition among Tsimane' adults in lowland Bolivia. *Social Science & Medicine*; 92: 53-60.
28. Tanner S, **Rosinger A**, Leonard WR, Reyes-Garcia V, TAPS Study Team. (2013). Health and adult productivity: The relationship between adult nutrition, helminth infection, and agricultural, hunting, and fishing yields in the Bolivian Amazon. *American Journal of Human Biology*; 25(1): 123-130.

#### **Refereed Book and Handbook Chapters:**

29. **Rosinger AY**, Bethancourt HJ<sup>^</sup>. (In Press). Chicha as Water: Traditional Fermented Beer Consumption Among Forager Horticulturalists in the Bolivian Amazon. *Proceedings of the British Academy*. Eds. Robin Dunbar and Kimberley Hockings. Oxford University Press.

30. **Rosinger A**, Godoy R. (2016). Height and weight of native populations. In J. Komlos and I. Kelly, *The Oxford Handbook of Economics and Human Biology*. Oxford University Press. Pages 192-209.
31. Tanner S, **Rosinger A**. (2014). Salud y nutrición: Perfil y cambio. Reyes-Garcia V & Huanca T, Eds. *Cambio Local – Cambio Global: Radiografía del Proceso de Cambio en la Sociedad Tsimane'*, Amazonia Boliviana. Barcelona, Icaria editorial. Pages 255-282.

### Works under review:

1. Bethancourt H<sup>^</sup>, Kenney WL, Almeida D, **Rosinger AY** (Senior, corresponding author). Cognitive performance in relation to hydration status and water intake among older adults, NHANES 2011-2014. Under Review.
2. **Rosinger AY**. Bio-behavioral variation in human water needs: How adaptations, early life environments, and the life course affect body water homeostasis. *American Journal of Human Biology*: Revise and Resubmit.
3. Wutich A, **Rosinger AY**, Brewis A, Stoler J, Jepson W. Measuring water needs for human biology and health. *American Journal of Human Biology*: R&R.
4. Brewis A, et al, **HWISE RCN Consortium (Rosinger AY)**. Household Water Insecurity Is A Plausible Driver of Food Insecurity: Evidence from 27 Sites in Low- and Middle-Income Countries. *American Journal of Human Biology*: R&R.
5. Young S, et al, **HWISE RCN Consortium (Rosinger AY)**. The Household Water InSecurity Experiences (HWISE) Scale: development and validation of a household water insecurity measure for low- and middle- income countries. *BMJ Global Health*: R&R.
6. Schuster R et al, **HWISE RCN Consortium (Rosinger AY)**. “If there is no water, we cannot feed our children”: The far-reaching consequences of water insecurity on infant feeding practices and infant health across 16 low- and middle income countries. *American Journal of Human Biology*: Under Review.

### **GRANTS**

- CNH2-S: Long Term Perspectives on Water Security, Food Security, and Land Management Among Pastoralists Experiencing Change. National Science Foundation.
  - Co-PI (\$148,769–PSU budget, \$748,849–total budget, Status: Recommended for funding), 10/2019–23
- Collaborative Research: REU Site: Past and Present Human-Environment Dynamics, National Science Foundation.
  - PI (\$84,621, Status: Recommended for funding), 09/2019–2022
- Healthy houses, healthy communities: improving water management to enhance health outcomes and global security. Center for Security and Education Research, Penn State University
  - Co-PI (\$15,000, status: Ongoing), 2019-2020

- Human Health and the Environment Seed Grant Program. Water Insecurity, Stress, and Hydration (WISH): A cross-cultural exploration of psychological and biological consequences of water-related stressors. Penn State University
  - PI (\$47,355, Status: Ongoing), 2018-20
- Engaged Anthropology Grant: Water and Hydration in the Bolivian Amazon: Reinforcing Traditional Strategies to Reduce Water-Related Morbidities. The Wenner-Gren Foundation.
  - PI (\$4,980, Status: Completed), 2018-2019
- Doctoral Dissertation Research Improvement Grant: Hydration Strategies, Nutrition, and Health During Lifestyle Transitions, National Science Foundation, Biological Panel, Award #1341161
  - Co-PI (\$15,013), 2013–14. Status: Completed.
- Dissertation Fieldwork Grant: Hydration Strategies, Nutrition, and Health During a Lifestyle Transition in the Bolivian Amazon. The Wenner-Gren Foundation for Anthropological Research, Award #8718
  - PI (\$19,990), 2013–14. Status: Completed.
- Travel Grant, The Graduate School, University of Georgia (\$300), 2013, 2014.

## HONORS & AWARDS

- Ann Atherton Early Career Professorship in Global Health, 2019-2022
- Andrew Carnegie Fellows Program Finalist, 2018
- CDC & ATSDR Honor Award Winner, Excellence in Emergency Response (Domestic): Zika Pregnancy and Birth Defects Surveillance Group, 2017
- Alexander Langmuir Award Finalist, Centers for Disease Control and Prevention, 2017
- Delta Omega, Public Health Honor's Society, University of Georgia Beta Chi Chapter, 2017
- Excellence in Research by Graduate Students Award (\$1,000), winner for Social and Behavioral Sciences, The Graduate School, UGA, 2016
- Herz Global Impact Award, Achievement Rewards for College Scientists (ARCS) Foundation, Inc., Atlanta Chapter, (\$10,000), 2014–2015
- E.E. Hunt, Jr. Student Award for Outstanding Podium Presentation, Human Biology Association Meetings (\$500), 2015
- Student Member Travel Award, Human Biology Association, 2015
- University of Georgia Anthropology Department Graduate Assistantship, 2010–13, 2014–15
- E.E. Hunt, Jr. Student Award for Outstanding Poster Presentation, Human Biology Association Meetings (\$500), 2013
- Fulbright Finalist for Bolivia, 2013
- Outstanding Graduate Teaching Assistant Award, Center for Teaching and Learning, UGA, 2013
- Best Graduate Research Poster Award, Global Education Forum, UGA, 2013
- Charles Hudson Excellence in Teaching Award, Anthropology Department, UGA, 2012
- Summer Doctoral Graduate Research Fellowship, UGA (\$3,000), 2012
- Summer Travel Award, Latin American & Caribbean Studies Institute, UGA (\$1,000), 2012
- Dean's Award, The Graduate School, UGA (\$1,000), 2011

- The Graduate School Research Assistantship, UGA, 2008–2010
- Invited student. NSF Summer Field Training in Methods of Data Collection in Cultural Anthropology in Bolivia, 2009
- Frances L. Phillips Travel Scholarship, UNC Chapel Hill (\$6,000), 2007
- Phi Beta Kappa, UNC Chapel Hill, 2007
- Pearl L. Calvin Scholarship, UNC Chapel Hill, 2005
- Psi Chi, National Psychology Honors Society, UNC Chapel Hill, 2005

## **RESEARCH EXPERIENCE**

### **Pennsylvania State University Water Insecurity, Stress, and Hydration (WISH)**

#### **PI, June 2018–present**

- Beni, Bolivia
- Ileret, Lake Turkana, Kenya

### **Household Water Insecurity Experiences Scale Consortium**

#### **Site PI, August 2017–present**

- Beni, Bolivia

### **Pennsylvania State University Koobi Fora Research Training Program, Lake Turkana, Kenya**

#### **Co-PI, July 2017–present**

- Human Biology Project PI

### **Tsimane' Amazonian Panel Study, Beni, Bolivia**

#### **Senior Researcher, June 2009–present**

- Hydration status and water insecurity component PI
- Perception of thirst and hydration; Dietary change and effects on weight and adiposity

### **Centers for Disease Control and Prevention**

#### **Puerto Rico**

#### **EIS officer, 2015–2017**

- Zika Response with the Pregnancy and Birth Defects Task Force, Puerto Rico. 3 Deployments:
  - March, 2016: Co-led Epi-Aid 2016-021: Enhanced Surveillance of Pregnancy and Infant Outcomes following Zika Virus Infection in Puerto Rico
    - Piloted and tested feasibility of Zika Active Pregnancy Surveillance System (ZAPSS) in 3 health regions in Puerto Rico.
    - Abstracted medical records, data entry/analysis, completed needs assessment.
  - June–July, 2016: Served as surveillance site coordinator and liaison to Puerto Rico Department of Health
    - Helped expand ZAPSS to island wide coverage.
    - Developed training materials and operations document, trained and integrated long-term PRDH contractors into surveillance system.
  - October–November, 2016: Led Epi-Aid 2017-001: Evaluating the Diagnostic Utility of rRT-PCR-testing on Whole Blood for the Diagnosis of Zika Virus Infection among Pregnant Women in Puerto Rico

- Enrolled 572 pregnant women into the investigation.

**The University of Georgia  
Beni, Bolivia**

**NSF Study co-Principal Investigator, July 2012–June 2014**

- Conducted a longitudinal study in 2 communities in Beni, Bolivia regarding water intake strategies, hydration, and gastrointestinal illness.
- Administered 2 rounds of interviews with 63 households (n=250) regarding diet, economics, and health; conducted anthropometrics & urine analysis.
- Collaborated with local Bolivian environmental health and parasitological laboratories to assess water quality analysis and fecal sample analysis.
- Collected dried blood spots, fecal, and hair samples from a subsample of 110 participants.
- Conducted 3 rounds of water quality analysis in both communities.
- Managed, trained, and arranged logistics for an international field team of four, including a Bolivian MD, indigenous translator, and US research assistant.

**The University of Georgia  
Department of Anthropology, Athens GA  
Graduate Student, August 2008–May 2015**

- Investigated the role of water intake strategies cross-culturally on health and nutrition.
- Presented scientific findings at seminars, national, and international conferences.
- Published peer-reviewed journal articles.

**Environmental Protection Agency  
National Exposure Research Laboratory, Athens GA  
Student Intern/volunteer, January 2012–May 2012**

- Conducted water quality analysis investigating the effects of agricultural runoff in watersheds using different land management techniques.
- Collected and analyzed water samples for salmonella, E. coli, enterococci, total coliforms, and turbidity; DNA extraction methods, and data analysis.

**National Science Foundation Field School in Anthropological Methods  
Beni, Bolivia**

**Field Assistant, Student, and Researcher, June–August 2009, 2010**

- Taught sessions on data collection and data analysis for PhD anthropology students.
- Helped coordinate logistics for team of 20.
- Conducted qualitative interviews regarding cultural views of water and diarrheal illness.
- Conducted field surveys, time allocation, participant observation, and qualitative interviews.

**TEACHING EXPERIENCE**

**Pennsylvania State University, State College, PA**

▪ **Instructor of record**

Fall 2019 (upcoming): BBH 302: Diversity and Health; enrollment: 40 students

Spring 2019: Anth 497: Medical Anthropology; enrollment: 7 students

Spring 2018: Anth 497: Medical Anthropology; enrollment: 17 students

**University of Georgia, Athens, GA**



### **Writing-Intensive Program Teaching Assistant, August 2014–May 2015**

- Taught and coached writing development skills for 2 courses, developed syllabi, graded, held office hours, and gave lectures.

#### **Courses:**

Spring 2015: Anth 1102: Introduction to Anthropology; Main instructor: Joseph Lanning

Fall 2014: Anth 4540: Health, Biology, and Culture; Main instructor Dr. Susan Tanner

### **University of Georgia, Athens, GA**

#### **Teaching Assistant, August 2010–May 2013**

- Graded, held office hours, led review sessions, and gave lectures for 9 courses.

#### **Courses:**

Spring 2013: Anth 4640: Evolution and Ecology of Infectious Disease; Main instructor: Dr. Susan Tanner

Fall 2012: Anth 4075: Economic Anthropology; Main instructor: Dr. Bram Tucker;

Anth 3541: Anthropology of Food and Eating; Main instructor: Dr. Susan Tanner

Spring 2012: Anth 4790: Human Adaptation; Main instructor: Dr. Susan Tanner

Fall 2011: Anth 1102: Introduction to Anthropology; Main instructor: Dr. Don Nelson

Spring 2011: Anth 1102: Introduction to Anthropology; Main instructor: Jason Gonzales

Fall 2010: Anth 4540: Introduction to Medical Anthropology: Health, Biology, and Culture.

Main instructor: Dr. Susan Tanner

### **National Science Foundation Summer Field School in Anthropology Methods, Beni, Bolivia**

#### **Teaching Assistant, June 2010–July 2010**

- Taught methods of data collection, data analysis, and presentation.

## **MENTORING**

### **Post-doctoral scholars**

- Hilary Bethancourt (PSU Biobehavioral Health), 2018–Present

### **Graduate students (Committee member/Co-investigator)**

- Sixtus Aguree (PSU Nutrition), 2017–Present
- Talia Shirazi (PSU Anthropology), 2018–Present

### **Undergraduate research assistants/advises**

- Sara Caldana (PSU Biobehavioral Health), 2018–Present
- Celine Latona (PSU Biobehavioral Health), 2018–Present
- Jason John (PSU Biobehavioral Health), 2019–Present
- Alysha Kelyman (PSU Biobehavioral Health), 2019–Present

### **Past mentorship experiences**

- Graduate-Undergraduate Mentor Program, UGA anthropology, 2013–2015
  - Onyale Donloe; Millie Foster; Abigail Willis
- Graduate Recruitment Opportunities Mentor, UGA Graduate School, 2011–2013
  - Janet Lewis

## **INVITED WORKSHOPS (fully funded)**

COMPASS Science Communication Workshop (one of 20 invited faculty). Hosted by the Institutes of Energy and the Environment. Penn State. October 18-19, 2018.

Household Water Insecurity Indicators UK Workshop. Invited Participant. University of the West of England. September 14-15, 2018.

Setting the National Agenda on Water Intake and Sugar-Sweetened Beverage Intake for 0-5 year olds. Healthy Eating Research; Robert Wood Johnson Foundation. Invited Participant. Washington, DC. May 17-18, 2018.

Household Water Insecurity Experiences Workshop on Water sharing. Invited Participant. Arizona State University. Feb 27-Mar. 1, 2018.

Household Water Insecurity Experiences Scale (HWISE) Workshop. Invited Participant. Northwestern University. August 9-11, 2017.

## **SELECTED PRESENTATIONS**

**Asher Rosinger.** Biobehavioral Variation in Human Water Needs and Body Water Homeostasis (Plenary). Human Biology Association 44<sup>th</sup> annual Meeting. Cleveland, OH, March 27, 2019.

**Asher Rosinger,** Alex Brewis. Life and Death: Human Biology of water (Introduction to Plenary). Human Biology Association 44<sup>th</sup> annual Meeting. Cleveland, OH, March 27, 2019.

**Asher Rosinger.** Biobehavioral Variation in Human Water Needs and Body Water Homeostasis. Bio Anthropology Colloquium, Yale University. Jan 17, 2019.

**Asher Rosinger,** Sascha Ellington, Janice Perez-Padilla, Samantha Olson (presenter), Regina Simeone, Caitlin Pedati, Betsy Schroeder, Jorge L. Munoz-Jordan, Laura E. Adams, Romeo Galang, Miguel Valencia-Prado, Candimar Colón, Mary Goodwin, Dana Meaney-Delman, Lyle Petersen, Denise Jamieson, Carmen Deseda, Margaret Honein, Brenda Rivera-García, Carrie Shapiro-Mendoza. Evaluating differences in Zika virus diagnostic test results by specimen type among pregnant women during the Zika virus outbreak, Puerto Rico 2016. 67<sup>th</sup> Annual Meeting of the American Society of Tropical Medicine and Hygiene. New Orleans, LA. October 30, 2018.

**Asher Rosinger.** Chicha as Water: Longitudinal Examination of Changes in Traditional Fermented Beer Consumption Among Forager Horticulturalists in the Bolivian Amazon. British Academy of the Humanities and Social Sciences. Conference on Alcohol and Humans: A long and social affair. London, Britain. September 13, 2018.

**Asher Rosinger.** Health Perspectives on Water Insecurity in the Global South. International Waters Network Webinar: April 26, 2018. <https://www.youtube.com/watch?v=iM4SVxnQ-g0&feature=youtu.be&t=1267>

**Asher Rosinger,** Jeff L. Sands, Susan Tanner. Is age-related decline in urine concentrating ability universal? Hydration biomarkers from the US and Bolivian Amazon. Human Biology Association 43<sup>rd</sup> annual Meeting. Austin, TX, April, 2018.

**Asher Rosinger**, Sera L. Young, Shalean M. Collins, Syeda R. Haider, Pallavi Mishra, Honest T. Nagai, Mnyeshi Petro, Godfred O. Boateng And Jennifer A. Downs. *Schistosoma haematobium*, but not *Schistosoma mansoni*, increases urine specific gravity in a sample of rural Tanzanian women, 2016. American Association of Physical Anthropology 88<sup>th</sup> annual Meeting. Austin, TX, April, 2018.

**Asher Rosinger**. Who drinks the tap water? Disparities in tap and bottled water consumption among US adults, 2011–2014. Water Working Group Webinar. March 2018.

**Asher Rosinger**. Who drinks the tap water? Disparities in tap and bottled water consumption among US adults, 2011–2014. 6<sup>th</sup> annual Water and Health Conference: Where Science Meets Policy, Chapel Hill, NC, October 2017.

**Asher Rosinger**. Water Insecurity after a Historic Flood: Diarrhea and Dehydration in the Bolivian Amazon. Global Household Water Insecurity Workshop, Northwestern University, August 2017.

**Asher Rosinger**, and co-authors. Evaluating the utility of rRT-PCR testing in whole blood compared to other specimens and IgM testing to optimize the diagnosis of Zika Virus infection among asymptomatic pregnant women – Puerto Rico, 2016. 66<sup>th</sup> Annual EIS Conference at the Centers for Disease Control and Prevention, GA, USA, April 2017.

**Asher Rosinger**, Margaret Carroll, Cynthia Ogden. Decreasing trends in Total Cholesterol, Triglycerides, and Low-Density Lipoprotein in U.S. adults, 1999–2014. Human Biology Association 42<sup>nd</sup> Annual Meeting. New Orleans, LA. April, 2017.

**Asher Rosinger**. The role of nutritional adaptations, lifestyle transitions, and weight status in human water needs. Department of Biobehavioral Health, The Pennsylvania State University, February 2017.

**Asher Rosinger**. Two Minute Update: Evaluating the diagnostic utility of rRT-PCR testing on whole blood for the diagnosis of Zika Virus infection among pregnant women, Puerto Rico October 1 – November 5, 2016. Tuesday Morning Seminar, CDC. Atlanta, GA. November, 2016.

Janice Pérez-Padilla, Kyle Ryff, Rosecelis Brasil Martines, Alma Martínez-Quñones, Romeo R. Galang, **Asher Y. Rosinger**, Mary Goodwin, Regina Simeone, Carrie K. Shapiro-Mendoza, Denise Jamieson, Margaret Honein, Cynthia Goldsmith, Julu Bhatnagar, Brenda Rivera-García & Miguel Valencia-Prado. Zika Virus Infection and Pregnancy Outcomes in Puerto Rico. ID Week 2016, New Orleans, LA. October, 2016.

**Asher Rosinger**. Nutritional Assessment: Anthropometry and the Nutrition Transition. Nutritional Epidemiology. George Washington University, Washington, DC. September 2016.

**Asher Rosinger**. Tales from the field: Two deployments with the Zika Active Pregnancy Surveillance System in Puerto Rico. DHANES Division Meeting July 2016.

**Asher Rosinger**, Hannah Lawman, Lara Akinbami, and Cynthia Ogden. The role of obesity on water intake and hydration status in U.S. adults: 2009-2012. 65<sup>th</sup> Annual EIS Conference at the Centers for Disease Control and Prevention, GA, USA, May 2016.

**Asher Rosinger**, Hannah Lawman, Lara Akinbami, and Cynthia Ogden. The role of obesity on water intake and hydration status in U.S. adults: 2009-2012. American Association of Physical Anthropology 86<sup>th</sup> annual Meeting. Atlanta, GA, April, 2016

**Asher Rosinger**. The role of obesity in the relationship of water intake and urine osmolality. Tuesday Morning Seminar. CDC. Atlanta, GA. March, 2016.

**Asher Rosinger**. How to conduct an outbreak investigation: a case study. Nutritional Epidemiology. George Washington University, Washington, DC. September 2015.

**Asher Rosinger**. Heat and hydration status: Predictors of repeated measures of urine specific gravity among Tsimane' adults in the Amazon. Human Biology Association 40<sup>th</sup> Annual Meeting. St. Louis. **\*Winner best podium presentation.** March 2015.

**Asher Rosinger**. Hydration strategies, nutrition, and health during a lifestyle transition in the Bolivian Amazon. Department of Anthropology, University of Florida, February 2015.

**Asher Rosinger**. Hydration strategies, nutrition, and health during a lifestyle transition in the Bolivian Amazon. School of Anthropology, University of Arizona, January 2015.

**Asher Rosinger**, Susan Tanner, William R Leonard, and TAPS Study Team. Setting nutritional pathways: The effects of household market food expenditures on body composition among rural Bolivian children. American Anthropological Association 113<sup>th</sup> Annual Meeting, Washington, DC, December 2014.

**Asher Rosinger**. Water quality, decision-making, and disease before and after a flood: A natural experiment among an indigenous population in the Bolivian Amazon. 3<sup>rd</sup> annual Water and Health Conference: Where Science Meets Policy, Chapel Hill, NC, October 2014

**Asher Rosinger**. Nutrition, disease, and hydration during a lifestyle transition in the Bolivian Amazon. Department of Anthropology, Yale University, New Haven, CT, October 2014.

**Asher Rosinger**. AnthroHacking: Tips for Conducting Fieldwork. Department of Anthropology, University of Georgia, Athens, GA, November 2013.

**Asher Rosinger**, Susan Tanner. Water from fruit or the river? Examining hydration strategies among Tsimane' adults in the Bolivian Amazon. Human Biology Association 38<sup>th</sup> Annual Meeting. Knoxville, TN. **\*Winner best poster presentation.** March 2013.

**Asher Rosinger**, Susan Tanner, William Leonard, and TAPS Bolivia Research Team. Precursors to Overnutrition: The Effects of Household Market Food Expenditures on Measures of Body Composition Among Tsimane' Adults in Lowland Bolivia. Global Education Forum: Obesity, Food Security, and Nutrition in a Global Context. UGA, Athens, GA. **\*Winner best Poster presentation.** March 2013.

**Asher Rosinger**. Water intake strategies and disease in the Bolivian Amazon. One Health Symposium: Breaking barriers and crossing-scales. University of Georgia, Athens, GA 2013.

Susan Tanner, **Asher Rosinger**, Ricardo Godoy, William Leonard, Tom McDade, Viki Reyes-Garcia, and Tomas Huanca. Functional consequences of adult malnutrition and parasitic infection among the Tsimane' of lowland Bolivia. Human Biology Association 36<sup>th</sup> Annual Meeting, Minneapolis, MN. March 2011.

**Asher Rosinger**. Vulnerability, perception, and water quantity: An assessment of childhood diarrhea in Lowland Bolivia. American Anthropological Association 108th Annual Meeting, New Orleans, LA. November 2010.

## PEER-REVIEW ACTIVITIES

### Editorial responsibilities

- American Journal of Human Biology, Guest editor for Special Issue on the Human Biology of Water (scheduled for January/February issue, 2020)

### Ad hoc reviewer

- American Journal of Human Biology (\*3, 3/18/2019, 06/13/2019)
- American Journal of Physical Anthropology (\*2)
- BMC Public Health
- British Journal of Nutrition
- Ecology of Food and Nutrition
- EcoHealth (4/17/19)
- European Journal of Nutrition (\*2)
- Healthy Eating Research Rapid Report on lead in school water
- Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services Global Assessment
- Journal of Water and Health (3/1/19)
- Nutrients (\*4; 2/18/19)
- Nutrition Journal
- Obesity
- Pediatrics
- Public Health Nutrition
- Social Science & Medicine (\*3, 4/11/19; 6/11/19)
- Cambio Local – Cambio Global: Radiografía del Proceso de Cambio en la Sociedad Tsimane', Amazonia Boliviana (edited volume)

## SERVICE

### Pennsylvania State University

- Diversity, Equity, and Inclusion Committee, Department of Biobehavioral Health (committee member, 2018-Pres)
- Web Committee, Department of Biobehavioral Health (2017-2019; Committee chair 2018-2019)
- Judge for Rapid 90 competition, BBH (3/21/18)

### External Service

- HWISE RCN (NSF) Activity Hub Lead, Health and Human Biology, 2019–present
- Plenary session organizer of “Life and Death: The Human Biology of Water”, 44<sup>th</sup> annual meeting of the Human Biology Association, 4/2019

- Scientific Advisory Committee: Developing a Strategic Research Agenda for Eliminating Consumption of Sugar-Sweetened Beverages (SSB) and Increasing Water Use in Early Childhood. Healthy Eating Research, Robert Wood Johnson Foundation, Jan–Aug, 2018
- Contributor and co-editor at Anthrohacker.com, website devoted to giving practical field advice for researchers and anthropologists, 2014–present
- Chair for Human Demography and Epidemiology Session: American Association of Physical Anthropology Annual Meeting, April 14, 2018.
- Breakout session co-lead: Analyzing secondary datasets for human biology research: Human Biology Association 42<sup>nd</sup> Annual Meeting, April 2017.
- Panel discussant: Careers outside academia for human biologists. Human Biology Association 41<sup>st</sup> Annual Meeting, April, 2016
- Moderator \*2, Session: “Understanding and analyzing data from the National Health and Nutrition Examination Survey (NHANES): Overview and basic analyses”. AND “Overview of the National Health and Nutrition Examination Survey (NHANES)”. National Conference on Health Statistics, Washington, D.C., August 2015
- A Day in the Field: Anthropological Field Methods Expo, Biological Anthropology Table, UGA, 2010
- Vice President, Anthropology Graduate Student Organization (AGSO), 2009
- Manuscript Editor, Environmental and Ecological Anthropology Journal, 2008–2009

## LANGUAGES

- English
- Spanish

## PROFESSIONAL MEMEBERSHIPS

- American Anthropological Association
- Human Biology Association
- American Association of Physical Anthropology
- The Epidemic Intelligence Service Alumni Association
- Water Working Group
- National Drinking Water Alliance

## SELECTED MEDIA COVERAGE

- **National Geographic** feature story “The Evolution of Diet” in September 2014 edition: <http://www.nationalgeographic.com/foodfeatures/evolution-of-diet/>
- **National Geographic** “We Are What We Eat: Foraging in the Amazon Rainforest” October 15, 2014: <http://proof.nationalgeographic.com/2014/10/15/we-are-what-we-eat-foraging-in-the-amazon-rainforest/>
- **CBS News** “Are Americans drinking enough water every day?” April, 26, 2016: <http://www.cbsnews.com/news/are-americans-drinking-enough-water-every-day/>
- **HealthDay News** “Americans Getting Adequate Water Daily, CDC Finds” April 26, 2016: <https://consumer.healthday.com/vitamins-and-nutrition-information-27/food-and-nutrition-news-316/americans-getting-adequate-water-per-day-cdc-finds-710354.html>

- **Public News Service** “Americans Need to Step Up Their Water Intake” April 26, 2016: <http://www.publicnewsservice.org/2016-04-26/health-issues/americans-need-to-step-up-their-water-intake/a51608-1>
- **WCLU radio** “CDC Study Shows Importance of Hydration-Especially in Seniors” May 4, 2016: <http://wcluradio.com/cdc-study-shows-importance-of-hydration-especially-in-seniors/>
- **NPR** “CDC: 157 Pregnant Women in The U.S. Have Tested Positive For Zika“ May 20, 2016: <http://www.npr.org/sections/health-shots/2016/05/20/478835112/cdc-is-monitoring-157-pregnant-women-in-the-u-s-with-zika-virus>
- **BuzzFeed News** “CDC Widens Warnings About Zika and Pregnancy” May 20, 2016: [https://www.buzzfeed.com/danvergano/the-cdc-is-now-watching-nearly-300-pregnant-women-for-zika?utm\\_term=.hvY8LZ98XD#.gw7qG6vqdW](https://www.buzzfeed.com/danvergano/the-cdc-is-now-watching-nearly-300-pregnant-women-for-zika?utm_term=.hvY8LZ98XD#.gw7qG6vqdW)
- **Washington Post** “Zika is spreading explosively in Puerto Rico, report says” July 29, 2016: <https://www.washingtonpost.com/news/to-your-health/wp/2016/07/29/zika-is-spreading-explosively-in-puerto-rico-report-says/>
- **FiveThirtyEight** “Zika has made its way to Florida mosquitoes” July 29, 2016: <http://fivethirtyeight.com/features/zika-has-made-its-way-to-florida-mosquitoes/>
- **Vox** “Florida now has a few cases of Zika. Puerto Rico has a widespread epidemic” July 29, 2016: <http://www.vox.com/2016/7/29/12324744/zika-florida-puerto-rico-numbers>
- **New York Times** “Zika Cases in Puerto Rico Are Skyrocketing” July 30, 2016: [http://www.nytimes.com/2016/07/31/health/zika-virus-puerto-rico.html?\\_r=0](http://www.nytimes.com/2016/07/31/health/zika-virus-puerto-rico.html?_r=0)
- **Reuters Health** “Americans’ cholesterol, triglyceride levels continue to fall” November 30, 2016: <http://www.livescience.com/57020-cholesterol-level-trends.html#sthash.UHCVPaSC.gbpl>
- **CBS News** “Big change seen in Americans’ cholesterol levels” November 30, 2016: <http://www.cbsnews.com/news/americans-cholesterol-levels-keep-falling/>
- **LiveScience** “Why Americans Cholesterol Levels Are Improving” November 30, 2016: <http://www.livescience.com/57020-cholesterol-level-trends.html#sthash.UHCVPaSC.gbpl>
- **MedPage Today** “CDC Analysis: National Lipid Profile Improving” December 1, 2016: <http://www.medpagetoday.com/cardiology/dyslipidemia/61768>
- **Medscape** “Is Diet Outpacing Pills in Driving Down US Lipid Levels?” December 2, 2016: <http://www.medscape.com/viewarticle/872665>
- **CNN** “Study: 30% of kids have two or more sugary drinks a day” January 26, 2017: <http://edition.cnn.com/2017/01/26/health/sugary-drinks-children-cdc-study/index.html>
- **Washington Post** “Americans were making a lot of progress cutting back on sugary drinks. Now that’s stopped” January 26, 2017: [https://www.washingtonpost.com/news/wonk/wp/2017/01/26/americans-were-making-a-lot-of-progress-cutting-back-on-sugary-drinks-now-thats-stopped/?utm\\_term=.2f964e965053](https://www.washingtonpost.com/news/wonk/wp/2017/01/26/americans-were-making-a-lot-of-progress-cutting-back-on-sugary-drinks-now-thats-stopped/?utm_term=.2f964e965053)
- **StatNews** “Trend of Americans giving up sugary drinks seems to have gone flat” January 26, 2017: <https://www.statnews.com/2017/01/26/soda-sugary-drinks/>
- **Dailymail** “We just cannot quit soda, data show” January 26, 2017: <http://www.dailymail.co.uk/health/article-4160630/Trend-Americans-giving-sweet-drinks-flat-lined.html>
- **NCHS Blog** “Sugar-sweetened Beverage Consumption in U.S.” January 26, 2017: <https://nchstats.com/2017/01/26/sugar-sweetened-beverage-consumption-in-u-s/>

- **Business Insider** “A shocking number of all the calories you consume in a day come from sugary drinks” January 26, 2017: <http://www.businessinsider.com/how-much-of-our-daily-calories-come-from-sugar-sweetened-drinks-2017-1>
- **Los Angeles Times** “Microcephaly or other birth defects seen in 5% of pregnancies affected by Zika, CDC” June 08, 2017: <http://www.latimes.com/science/sciencenow/la-sci-sn-zika-birth-defects-20170608-htmlstory.html>
- **Northwestern University Journalism** “As half the world suffers from water shortages, researchers gather to meet the threat”, August 29, 2017: <http://climatechange.medill.northwestern.edu/2017/08/29/as-half-the-world-suffers-from-water-shortages-global-researchers-gather-to-meet-the-threat/>
- **Georgia Magazine** “Disease Detective”, Alumni Profile in Fall 2017 edition, page 50: <https://ugamagazine.uga.edu/issue/fall-2017>
- **Penn State News** “Black, Hispanics less likely to drink tap water, more likely to buy bottled water” February 23, 2018: <http://news.psu.edu/story/505759/2018/02/23/research/black-hispanics-less-likely-drink-tap-water-more-likely-buy-bottled>
- **Medical Xpress** “Black, Hispanics less likely to drink tap water, more likely to buy bottled water” February 26, 2018: <https://medicalxpress.com/news/2018-02-black-hispanics-bottled.html>
- **The Journal of Blacks in Higher Education** “Academic study finds a large racial gap in trust of public water supplies” March 5, 2018: <https://www.jbhe.com/2018/03/academic-study-finds-a-large-racial-gap-in-trust-of-public-water-supplies/>
- **The Washington Informer** “Racial gap evident in water consumption: Study” March 9, 2018: <http://washingtoninformer.com/racial-gap-evident-in-water-consumption-study/>
- **Circle of Blue** “H2O Hotspots: Speaking of Water – Who Trusts the Tap” Podcast Interview March 27, 2018: <http://www.circleofblue.org/2018/world/whats-up-with-water-speaking-of-water-who-trusts-the-tap-bonus-episode/>
- **The National Drinking Water Alliance** “Disparities in tap and bottled water intake among US adults” April 20, 2018: <http://www.drinkingwateralliance.org/single-post/2018/04/20/Disparities-in-Tap-and-Bottled-Water-Intake-Among-US-Adults>
- **The Sausage of Science Podcast** “When it rains, it floods” Podcast Interview September 17, 2018: <https://soundcloud.com/humanbiologyassociation/sos-episode-23-when-it-rains-it-floods-a-chat-with-asher-rosinger>
- **Advanced Science News.** “Water sharing across cultures” September, 20, 2018: <https://www.advancedsciencenews.com/water-sharing-across-cultures-gifts-exchanges-and-other-transfers-between-households/>
- **Penn State News** “Shorter sleep can lead to dehydration” November 5, 2018: <https://news.psu.edu/story/545953/2018/11/05/research/shorter-sleep-can-lead-dehydration>
- **EurekAlert** “Shorter sleep can lead to dehydration” November 5, 2018: [https://www.eurekalert.org/pub\\_releases/2018-11/ps-ssc110518.php](https://www.eurekalert.org/pub_releases/2018-11/ps-ssc110518.php)
- **Bustle.** “Drinking more water might help you feel less tired, according to this new study” November 6, 2018: <https://www.bustle.com/p/drinking-more-water-might-help-you-feel-less-tired-according-to-this-new-study-13095383>
- **Elite Daily.** “Does dehydration affect your sleep? Lack of water def affects your sleep, science says” November 6, 2018: <https://www.elitedaily.com/p/does-dehydration-affect-your-sleep-lack-of-water-def-affects-your-sleep-science-says-13098272>
- **Medical News Today.** “Sleep deprivation may cause dehydration” November 7, 2018: <https://www.medicalnewstoday.com/articles/323595.php>



- **Inverse.** "Sleep deprivation: Dehydration effects revealed in morning urine" November 7, 2018: <https://www.inverse.com/article/50557-sleep-deprivation-morning-urine>
- **The Independent.** "Not getting enough sleep? Drinking more water could help you" November 7, 2018. <https://www.independent.co.uk/life-style/health-and-families/sleep-hydration-water-study-fatigue-penn-state-university-a8623841.html>.
- **IFLScience.** "Scientists Discover Yet Another Way Sleep Deprivation Can Hurt Us" November 7, 2018: <https://www.iflscience.com/health-and-medicine/scientists-discover-yet-another-way-sleep-deprivation-can-hurt-us/all/>.
- **Bicycling Magazine.** "Your Sleep Schedule Might Be Messing With Your Hydration Levels" <https://www.bicycling.com/health-nutrition/a24746442/sleep-dehydration-study/>.
- **KUSI News: Good Morning San Diego.** "How sleep deprivation may cause dehydration" November 13, 2018: <https://www.kusi.com/how-sleep-deprivation-may-cause-dehydration/>.
- **BTRtoday: The Daily Beat Podcast** Interview. "Studying Sleep and Dehydration with Asher Rosinger" November 19 & 20, 2018:  
<http://www.btrtoday.com/listen/thedailybeat/studying-sleep-dehydration-with-asher-rosinger-part-1/>  
<http://www.btrtoday.com/listen/thedailybeat/studying-sleep-hydration-with-asher-rosinger-part-2/>
- **The Economist.** Loss of kidney function in old age is not inevitable. Feb. 13, 2019: <https://www.economist.com/science-and-technology/2019/02/13/loss-of-kidney-function-in-old-age-is-not-inevitable?fsrc=scn/tw/te/bl/ed/lossofkidneyfunctioninoldageisnotinevitable nephrology>
- **Penn State News** "Not drinking water may boost kids' consumption of sugary beverages" April 22, 2019: <https://news.psu.edu/story/569568/2019/04/22/research/not-drinking-water-may-boost-kids-consumption-sugary-beverages>
- **CNN.** "Drinking water linked to fewer sugary drinks -- and calories -- in kids" April 22, 2019: <https://www.cnn.com/2019/04/22/health/water-decreases-sugary-drinks-study/index.html>
- **NPR.** Daily Newscast Radio Interview 4/23/2019 at 8 am.
- **Reuters.** Drinking water might help kids limit soda. <https://www.reuters.com/article/us-health-kids-beverages/drinking-water-might-help-kids-limit-soda-idUSKCN1RZ2DZ>
- **MarketWatch.** This diet hack can cut around 100 calories a day. April 22, 2019: <https://www.marketwatch.com/story/this-diet-hack-can-cut-around-100-calories-a-day-2019-04-22>