

Jennifer Massa
Research Scientist

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EDUCATION:

Date	Discipline	Degree	Institution
1998	Environmental Science	BA	Connecticut College
2007	Epidemiology	MS	Harvard T.H. Chan School of Public Health
2010	Epidemiology + Nutritional Epidemiology	ScD	Harvard T.H. Chan School of Public Health

POSTDOCTORAL TRAINING:

Research Fellowships

Dates	Field of Research	Place	Title (if applicable)
2010- 2013	Neuroepidemiology	Harvard Chan	Post-doctoral research fellow

ACADEMIC APPOINTMENTS:

Dates	Title	Department	Institution
1998-2001	Research Assistant II	Environmental Health	Harvard Chan
2002-2003	Project Coordinator	Environmental Health	Johns Hopkins School of Public Health

2013-2016	Research Associate	Nutrition	Harvard Chan
2016-present	Research Scientist	Nutrition	Harvard Chan

HOSPITAL/AFFILIATED INSTITUTIONAL APPOINTMENTS:

Dates	Title	Hospital/Institution
2014-2017	Instructor	Beth Israel/ Harvard Medical School

OTHER PROFESSIONAL APPOINTMENTS:

Dates	Title	Organization
2004-2016	Senior Residential Proctor	Harvard College
2004-present	Freshman Adviser	Harvard College
2016-present	Chair of Research Working Group	Teaching Kitchen Collaborative

COMMITTEE SERVICE:

DEPARTMENTAL/SCHOOL AND UNIVERSITY SERVICE:

Dates	Name of Committee and Role	Institution/Organization
2005-2008	Sexual Assault Prevention and Response Proctor Liaison	Harvard College
2011-2016	Proctor Mentor	Harvard College
2015-2016	Freshman Orientation Reorganization Contributing Member	Harvard College

EDITORIAL ROLES:

1. Ad hoc reviewer

Neurobiology

Journal of Lifestyle Medicine

HONORS AND DISTINCTIONS:

Date	Name of Honor/Distinction	Organization	Description of Achievement
1994-1998	Dean's High Honors	Connecticut College	Outstanding GPA
1998	Chancellor's Award for Academic Excellence	Connecticut College	Outstanding GPA
1998	Connecticut College Scholarship Award	Connecticut College	High Academic Achievements
1998	Magna Cum Laude	Connecticut College	GPA of 3.8
2012	Harvard Star Family Prize for guidance of undergraduate students	Harvard College	
2008-2010	Nutritional Epidemiology of Cancer training grant	National Cancer Institute	

FUNDED GRANTS AND UNFUNDED PROJECTS:

COMPLETED GRANTS

07/01/2017-06/30/2018 2018 Research Day on Teaching Kitchens and Self Care Practices
R13 AT009822-01

Role: (\$6,414) Co-Investigator and in this role assisted with coordination of all aspects of this conference. I lead the Scientific Review Committee and was the point person for reviewing all of the scientific submissions for the conference. I managed and delegated tasks to all of the TKC co-chairs who oversaw the reviews of each scientific submission and decided if and how they will be presented at the conference. I was responsible for coordinating the scientific plenary talks and symposia/panel presentations at the conference and formally reviewed these materials before presentations. I oversaw and managed all of the committees needed to prepare for and run the conference. Additionally, I was the key person to work on administrative details such as the provision of continuing education credits and the oversight of conflicts of interest procedures for the conference.

To create the first meeting of researchers interested in sharing original research related to teaching kitchens and related fields. To establish a network of scientists who are working with these emerging models of translational culinary medicine and beginning the conversation about how these interventions may affect health outcomes and lessen medical costs.

ACTIVE GRANTS

1/1/19-12/31/19 Teaching Kitchen Collaborative (TKC)

Donations from Sansum Foundation and Turner Farms

Role: (\$9,600) Write grants, oversee data analysis, write papers, submit to peer-review journals, work as Chair of the Research Working Group of the Teaching Kitchen Collaborative.

To develop a Teaching Kitchen and Self-Care Education curriculum for the public, distilling and translating information about experiences gleaned from a decade of teaching healthcare professionals about optimal nutrition, lifestyle, and self-care strategies. To test the pilot of this program in multiple work settings. To help coordinate effort at various institutions who are interested in Teaching Kitchens and their related self-care practices through the TKC.

6/1/2017-3/1/2019 Smart Research Fund
Gift

Role: (\$24,000) Create clinical trials to explore questions related to dietary choices and glucose response as well as other physiological markers of health. In addition, I work to execute the trials, analyze the data, and write manuscripts based on scientific findings.

To promote an open dialogue between Science, Politics, Business and Society to push the big topics relating to food, nutrition, well-being and the health of our planet into the agendas of national and International opinion leaders and decision makers.

1/1/19-6/30/19 Campus for H
Gift

Role: (\$24,000) Work as a research consultant to create and analyze questionnaires and other research assessment tools to obtain data on diet and lifestyle factors and analyze findings.

To disseminate cutting-edge scientific findings from an innovative perspective as a new service that anyone can use. Public health, medicine professionals, and business experts become one team at Campus for H and establish new ways to do research and establish best practices.

9/1/2015-6/30/2020 Metabolomics and risk of Parkinson's Disease
R01 111186 NIH/NINDS

Role: (\$9,600) Serve as the primary contact for Internal Review Board assessments of the studies between the Channing Laboratory and the Harvard TF Chan School of Public Health as well as the researchers.

The aims of this project are to create and maintain the data files of individuals with Parkinson's Disease in the Nurses' Health Study cohort, reviewing the statistical programs used for the preparation of manuscript generated by the project, and maintaining data records of all the disease follow-up process. Retrieving and aliquotting the plasma samples for Parkinson's cases and matched controls from both the Nurses' Health Study and the Health Professionals Follow-up Study and shipping the samples to the metabolomic lab for analyses.

7/1/2018-6/30/2021 Metabolomic Predictors of MS Outcomes

W81XWH1810341 111266 Department of Defense

Role: (\$9,600) Serve as the primary contact for Internal Review Board assessments of the studies between the Department of Defense the Harvard TF Chan School of Public Health as well as the researchers.

Using data from the Department of Defense medical records, analyze samples of stool and serum to understand markers of inflammation and infectious disease that may increase risk of MS.

PENDING GRANTS

07/01/2019-06/30/2020 2020 Research Day on Teaching Kitchens and Self Care Practices

R13 AT010554-01

Role: (\$6,414) Co-Investigator and in this role will assist with coordination of all aspects of this conference. She will lead the Scientific Review Committee and be the point person for reviewing all of the scientific submissions for the conference. She will manage and delegate tasks to all of the TKC co-chairs who will oversee the reviews of each scientific submission and decide if and how they will be presented at the conference. Dr. Massa will be responsible for coordinating the scientific plenary talks and symposia/panel presentations at the conference and will formally review these materials before presentation.

Provide a forum for original research related to teaching kitchens and disseminate as widely as possible. Look at trends in research methods, research studies, and relevant outcome assessments used by those investigating the impact of various Teaching Kitchen models at 2-year intervals assess the interest of and participation by clinical researchers, basic scientists, health care and policy makers, the private sector, and other thought leaders in Teaching Kitchen related research, at 2 year intervals, to assess the degree to which teaching kitchen models are being incorporated into research and clinical care systems by a widening number of independent investigators across the scientific, medical and public health communities.

TEACHING AND TRAINING:

TEACHING IN HARVARD CHAN SCHOOL COURSES

Dates	Course number/Title	Responsibility
2008-2009	NUT 201: Nutritional Epidemiology	Teaching Assistant
2016	NUT 232: Designing and Evaluating Behavioral Interventions Targeting Diet and Physical Activity	Project Mentor

TEACHING IN OTHER COURSES

Dates	Course number/Title/Institution	Responsibility
2007-2008	Quantitate Reasoning/ Medical Detectives	Teaching Fellow
2012-2013	Nutrition/ Lecturer/ Culinary Institute of America	Co-PI of pilot study

ADVISORY AND SUPERVISORY RESPONSIBILITIES

Dates	Name of trainee	Type of supervision	Current position
2015	Benjamin Matthews	Project Adviser	Residency in Medicine
2018	Ryan Kane	Project Adviser	Medical Student
2003-present	450+ first year Harvard College students		Academic Adviser

INVITED PRESENTATIONS:

Dates	Title or topic of presentation	Organization/Location
2015	Biostatistics: Calculating sample size and power	Anesthesiology Department/ Beth Israel Hospital
2017	Creation of Assessment Tools	Teaching Kitchen Research Day Conference / Napa CA
2018	Calcium and Vitamin D/ Alcohol and heart disease	Sansum Diabetes Center/ Santa Barbara CA

COMMUNITY SERVICE ACTIVITIES:

Dates	Type of activity	Organization
2013-present	Room Parent / Volunteer	Maria L. Baldwin Cambridge Public Elementary School
2017	Health and wellness talk	Martin Luther King Junior 3 rd grade Public School

BIBLIOGRAPHY:

Peer-reviewed publications

Original research

1. Johnson SB, Langlieb AM, Teret SP, Gross R, Schwab M, **Massa J**, Ashwell L, Geyh AS. Rethinking first response: effects of the clean up and Recovery effort on workers at the world trade center disaster site. *Journal of Occupational and Environmental Medicine*. 2005 Apr;47(4):386-91.
2. Gross R, Neria Y, Tao XG, **Massa J**, Ashwell L, Davis K, Geyh A. Posttraumatic stress disorder and other psychological sequelae among world trade center clean up and recovery workers. *Annals of the New York Academy of Sciences*. 2006. Jul;1071:495-9.
3. Tao X, **Massa J**, Ashwell L, Davis K, Schwab M, Geyh A. The World Trade Center clean up and recovery worker cohort study: respiratory health among cleanup workers approximately 20 months after initial exposure at the disaster Site. *Journal of Occupational and Environmental Medicine*. 2007 Oct; 9(10)1063- 72.
4. **Massa J**, Munger KL, O'Reilly EJ, Falk KI, Ascherio A. Plasma titers of antibodies against Epstein Barr virus BZLF1 and risk of multiple sclerosis. *Neuroepidemiology*. 2007;28(4):214-5.
5. **Massa J**, Munger KL, O'Reilly EJ, Levin LI, Ascherio A. Serum titers of IgG antibodies against tetanus and diphtheria toxoids and risk of multiple sclerosis. *Journal of Neuroimmunology*. 2009 Mar 31;208(1-2):141-2.
6. **Massa J**, O'Reilly E, Munger KL, Delorenze GN, Ascherio A. Serum uric acid and risk of multiple sclerosis. *Journal of Neurology*. 2009 Oct;256(10):1643-8.
7. **Massa J**, O'Reilly E, Munger K, Ascherio A. Caffeine and alcohol intakes have no association with risk of multiple sclerosis. *Multiple Sclerosis*. 2013. Jan; 19(1):53-8.
8. **Massa J**, Hamdan A, Simon KC, Bertrand K, Wulf G, Tamimi RM, Ascherio A. Infectious mononucleosis and risk of breast cancer in a prospective study of women. *Cancer Causes and Control*. 2012. Dec; 23(12)1893-8.
9. Munger KL, Levin LI, **Massa J**, Horst R, Orban T, Ascherio A. Preclinical Serum 25-Hydroxyvitamin D Levels and Risk of Type 1 Diabetes in a Cohort of US Military Personnel. *American Journal of Epidemiology*. 2013. Mar 1;177(5):411-9.
10. **Massa J**, Simon KC, Lopez-Ridaura R, Rivera-Flores J, Silverman-Retana O, Corona T, Kagan IG, Ascherio A. Epstein-Barr Virus, Hygiene, and Multiple Sclerosis in Mexico City. 2013. *Journal of Neurological Disorders*. 1: 119.
11. **Massa J**, Cho E, Orav KJ, Willett WC, Wu K, and Giovannucci EL. Long-term use of multivitamins and risk of colorectal adenoma in young women. *British Journal of Cancer*. 2014. Jan 7;110(1):249-55.
12. **Massa J**, Cho E, Wu K, Orav KJ, Willett WC, and Giovannucci EL. Total calcium intake increases risk of advanced colorectal adenoma in young women. *Cancer Causes and Control*. 2014. Feb 22.
13. **Massa J**, Stone KL, Wei EK, Harrison SL, Barrett-Connor E, Lane NE, Paudel M, Redline S, Ancoli-Israel S, Orwoll E, Schernhammer E. Vitamin D and sleep outcomes in older community-dwelling men: The MrOS sleep study. *Sleep*. 2015 Feb 1;38(2):251-7.
14. Devore E, Kim S, Ramin C, Rapp-Wengrzyn L, **Massa J**, Holmes MD, Michels KB, Tamimi RM, Forman JP, Schernhammer ES. A prospective study of antihypertensive

- medication use and incident breast cancer among women. *Breast Cancer Research and Treatment*. 2015 Feb;150(1):219-29.
15. Ramin C, **Massa J**, Rapp-Wegrzyn L, Brown S, Pierre-Paul J, Devore E, Hankinson S, Eva Schernhammer ES. The association of body size in early life with adult urinary 6-sulfatoxymelatonin levels among night-shift health care workers. *BioMed Central Public Health*. 2015 May 6;15:467.
 16. Boone MD, **Massa J**, Mueller A, Jinadasa SP, Lee J, Kothari R, Scott DJ, Callahan J, Celi LA, Hacker MR. The organizational structure of an intensive care unit influences treatment of hypotension among critically ill patients: A retrospective cohort study. *Journal of Critical Care*. 2016 Jun;14-8. 2016 Feb 24.
 17. Vetter C, Devore EE, Wegrzyn LR, **Massa J**, Speizer FE, Kawachi I, Rosner B, Stampfer MJ, Schernhammer ES. Association Between Rotating Night Shift Work and Risk of Coronary Heart Disease Among Women. *Journal of the American Medical Association*. 2016 Apr 26;315(16):1726-34.
 18. Dorans K, **Massa J**, Chitnis T, Ascherio A, and Munger K. Physical Activity and the Incidence of Multiple Sclerosis. *Neurology*. 2016 Oct 25;87(17):1770-1776.
 19. **Massa J**, Devore EE, Schernhammer ES, Wu K, Wei E. Night shift work, sleep duration, and risk of colorectal adenoma. *International Journal of Colorectal Disease*. 2017 Jan 17. doi: 10.1007/s00384-017-2758-z.
 20. Eisenberg DM, Righter AC, Matthews B, Zhang W, Willett WC, **Massa J**. Feasibility Pilot Study of a Teaching Kitchen and Self-Care Curriculum in a Workplace Setting. *American Journal of Lifestyle Medicine*. 2017, May 23. doi: 10.1177/1559827617709757.
 21. Devore EE, **Massa J**, Papantoniou K, Schernhammer ES, Wu K, Zhang X, Willett WC, Fuchs CS, Chan AT, Ogino S, Giovannucci E, Wei EK. Rotating night shift work, sleep, and colorectal adenoma in women. *Int J Colorectal Dis*. 2017 Jul;32(7):1013-1018.
 22. Papantoniou K, Devore EE, **Massa J**, Strohmaier S, Vetter C, Yang L, Shi Y, Giovannucci E, Speizer F, Schernhammer ES. Rotating night shift work and colorectal cancer risk in the nurses' health studies. *Int J Cancer*. 2018 Dec 1;143(11):2709-2717.
 23. Zavitsanou S, **Massa J**, Deshpande S, Pinsker J, Church M, Andre C, Doyle F, Michelson A, Creason J, Dassau E, Eisenberg D. The Effect of Two Types of Pasta Versus White Rice on Postprandial Blood Glucose Levels in Adults with Type 1 Diabetes: A Randomized Crossover Trial. *Diabetes Technology & Therapeutics*, *Diabetes Technology & Therapeutics*. 2019 Jan 9. DOI: 10.1089/dia.2019.0109

Published Abstracts

1. Papantoniou K, Devore EE, **Massa J**, Vetter C, Wegrzyn LR, Schernhammer ES. Rotating night shift work and colorectal cancer risk in the Nurses' Health Study (NHS) and NHS II with 24 years of follow-up. *International Symposium on Shiftwork and Work time*. Northern Territory, Australia. 2017 June.

2. **Massa J**, Papantoniou K, Munger KL, Ascherio A, Schernhammer ES. Rotating night shift work and multiple sclerosis risk in the Nurses' Health Study (NHS) and NHS II. International Symposium on Shiftwork and Work time. Northern Territory, Australia. 2017 June.
3. **Massa J**, Righter A, Laporte NY, Baron E, Eisenberg D. Baseline Assessment Tool Creation for Teaching Kitchens Research. Napa Valley, California. 2018 February.
4. Eisenberg D, Laporte NY, Righter A, Baron E, **Massa J**. Characteristics of Teaching Kitchens in 2017 - Results of a Survey of 32 Organizations with Teaching Kitchens. Napa Valley, California. 2018 February.

Educational Materials

Teaching Kitchen and Self-Care Curriculum: created for the 39 member institutions of the Teaching Kitchen collaborative including culinary, nutrition, exercise, mindfulness and health coaching components. Written for a wide audience including patients, community members, and the working population. Educational materials are to teach individuals how to cook, eat, and move in a healthier way. (16- week course)

Culinary Medicine Curriculum: created as an intensive summer program for Harvard Chan MPH students who would live at the Culinary Institute in Hyde Park, NY to learn hands on culinary skills, nutrition, exercise, mindfulness, and health coaching.