

Roman Pawlak, Ph.D, RD

Work ph: (252) 744-1030

E-mail: pawlakr@ecu.edu

EDUCATION

Doctor of Philosophy in Nutrition and Food Systems

University of Southern Mississippi, Hattiesburg, MS 39406

May 28 2001 - December 12, 2003

Registered Dietitian Nutritionist

Passed the Dietetic Registration program completion at Andrews University.

January, 2002

Master of Science in Human Nutrition

Andrews University, Berrien Springs, MI 49103

September 21, 1999 – May 13, 2001

Diploma of Graduation (bachelor equivalent) in Theology

Wyższe Seminarium Duchowne (Higher Spiritual Seminary), Podkowa Leśna, Poland,

September 1, 1988 - June 6, 1992.

WORK EXPERIENCE

Professor

2023 – present

Department of Nutrition Science

East Carolina University, Greenville, NC 27858

Responsibilities included:

- A) teaching undergraduate and graduate classes including
 - Life Cycle Nutrition
 - Vegetarian Nutrition
 - Nutrition Science
 - Topics in Nutrition
 - Review of Current Literature
 - Seminar in Nutrition
 - Thesis
- B) advising graduate students
- C) serving as a thesis committee chair and member
- D) conducting independent research and mentoring undergraduate and graduate students in their research activities
- E) engaging in service to the department, profession, and community

Associate Professor

2010 – 2023

Department of Nutrition Science

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E-mail: pawlacr@ecu.edu

East Carolina University, Greenville, NC 27858

Responsibilities included:

- F) teaching undergraduate and graduate classes including
 - Life Cycle Nutrition
 - Nutrition in Wellness
 - Vegetarian Nutrition
 - Nutrition Science
 - Seminar in Nutrition
 - Review of Current Literature
 - Seminar in Nutrition
 - Thesis
- G) advising graduate students
- H) serving as a thesis committee chair and member
- I) conducting independent research and mentoring undergraduate and graduate students in their research activities
- J) engaging in service to the department, profession, and community

Assistant Professor

2005 – 2010

Department of Nutrition Science

East Carolina University, Greenville, NC 27858

Responsibilities included:

- A) teaching undergraduate and graduate classes including
 - Life Cycle Nutrition
 - Nutrition Science
 - Vitamins and Minerals
 - Human Nutrition in Physiology and Metabolism
 - Vegetarian Nutrition
 - Seminar in Nutrition
 - Review of current literature
- B) advising both undergraduate and graduate students
- C) serving as a thesis committee member
- D) conducting independent research and mentoring undergraduate and graduate students in their research activities
- E) engaging in service to the department, profession and community

Visiting Assistant Professor

2003 – 2005

Department of Nutrition Science

East Carolina University, Greenville, NC 27858.

Responsibilities included:

- A) teaching undergraduate and graduate classes including
 - Contemporary Nutrition

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- Nutrition Science
- Clinical Nutrition for Allied Health Professions
- Vitamins and Minerals

B) advising undergraduate and graduate students

C) mentoring undergraduate and graduate students in their research activities

D) engaging in service to the department, profession and community

Adjunct Faculty

Summer and Fall 2002

University of Southern Mississippi, Hattiesburg, MS 39406.

Responsibility included developing the curriculum and teaching two undergraduate classes: Nutrition for Living and Nutrition.

Graduate Research Assistant

May, 2001 – August 2003

National Food Service Management Institute, University of Southern Mississippi, Hattiesburg, MS 39406.

Responsibilities included assisting research scientists in developing survey questionnaires, completing research projects by reviewing literature, and entering research data for statistical analysis.

Intern

2000 – 2001

Dietetic Internship, Oakwood College, Huntsville, AL 35802.

Responsibilities, included patients interviews and assessments, conducting independent research, organizing a health fair, and currying out nutrition-related public meeting presentations.

PUBLICATIONS

Refereed Journals

Pawlak R, Judd N, Donati GL, Perrin MT. Prevalence and Predictors of Low Breast Milk Iodine Concentration in Women Following Vegan, Vegetarian, and Omnivore Diets. *Breastfeeding Medicine*. 2023;18(1):37-42. doi: 10.1089/bfm.2022.0211.

Perrin MT, **Pawlak R**, Cooper J, Donati GL. Major and Trace Mineral Composition of Milk from Lactating Women Following Vegan, Vegetarian, and Omnivore Diets. *British Journal of Nutrition*. 2022. Dec 23;1-21. doi: 10.1017/S0007114522004007.

Marsh A, Azcarate-Peril AM, Aljumaah M, Neville J, Perrin MT, Dean LL, Wheeler MD, Hines IN, **Pawlak R**. Fatty acid profile driven by maternal diet is associated with the composition of human milk microbiota. *Frontiers in Microbiomes*. Accepted for publication on 10/24/2022. <https://doi.org/10.3389/frmbi.2022.1041752>.

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Neville J, **Pawlak K**, Chang M, Furst A, Bode L, Perrin MT. A cross-sectional assessment of human milk oligosaccharide composition of vegan, vegetarian and non-vegetarian mothers. *Breastfeeding Medicine*, 2022;17(3):210-217.

Pawlak R. Vitamin B12 status is a risk factor for bone fractures among vegans. *Medical Hypothesis*, 2021;153:110625. <https://doi.org/10.1016/j.mehy.2021.110625>.

Pawlak R. Vitamin B12 in vegan pregnant and lactating women and young children. *International Journal of Birth and Parent Education*, 2020;Oct,Suppl:2-7.

Perrin MT, **Pawlak R**, Allen LH, Hampel D. Total water-soluble choline concentration does not differ in milk from vegan, vegetarian, and non-vegetarian lactating women. *Journal of Nutrition*, 2020;150(3):512-517.

Grant R, **Pawlak R**, Vos P, Bilgin AA, Berg J, Pearce R, Morris M. Cardiovascular disease risk factors profile among Australian vegetarian and non-vegetarian teenagers. *American Journal of Lifestyle Medicine*, 2019; DOI: 10.1177/1559827619829000.

Hüpsch-Marzec HM, **Pawlak R**, Skaba D. Understanding vitamin B12. *Journal of Stomatology*, 2019;72(4):184-189. <https://doi.org/10.5114/jos.2019.91237>.

Perrin MT, **Pawlak R**, Dean LL, Christis A, Friend L. A cross-sectional study of fatty acids and brain-derived neurotrophic factor (BDNF) in human milk from lactating women following vegan, vegetarian, and omnivore diets. *European Journal of Nutrition*, 2019;58(6):2401-2010.

Pawlak R, Vos P, Shahab-Ferdows S, Hampel D, Allen LH, Perrin MT. Vitamin B12 content in breast milk of vegan, vegetarian and non-vegetarian lactating women in the United States. *American Journal of Clinical Nutrition*, 2018;108(3):525-531.

Pawlak R. To vegan or not to vegan when pregnant, lactating or feeding young children. *European Journal of Clinical Nutrition*, 2017;71(11):1259-1262. doi: 10.1038/ejcn.2017.111.

Pawlak R, Kolasa K. Embracing a plant based diet. *Nutrition Today*, 2017;52(3):1-7.

Pawlak R. Vitamin B12 for diabetes patients treated with metformin. *Journal of Family Medicine and Disease Prevention*, 2017;3:057 DOI: 10.23937/2469-5793/1510057

Pawlak R. Vegetarian diets in prevention and management of diabetes and its complications. *Diabetes Spectrum*, 2017;30(2):82-88.

Pawlak R, Berger J, Hines I. Iron status of vegetarian adults. A Review of literature. *American Journal of Lifestyle Medicine*, 2017; DOI: 10.1177/1559827616682933.

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Pawlak R, Ding Q, Sovyanhadi M. Vegetarian children and adolescents' anthropometric characteristics do not significantly differ from their non-vegetarian counterparts. *Integrative Food, Nutrition and Metabolism*, 2017;4(3):1-4.

Pawlak R, Bell K. Iron status of vegetarian children. Literature review. *Annals of Nutrition and Metabolism*. 2017;70:88–99.

Collins AB, **Pawlak R**. Prevalence of vitamin B12 deficiency among patients with thyroid dysfunction. *Asia Pacific Journal of Clinical Nutrition*. 2016;25(2):221-226.

Pawlak R. Is vitamin B12 deficiency a risk factor for cardiovascular disease in vegetarians? *American Journal of Preventive Medicine*. 2015;48(6):e11–e26.

Pawlak R. Vitamin B12 in vegetarian diets. *Middle Eastern Journal of Rehabilitation and Health*. 2015;2(4): e32907. doi: 10.17795/mejrh-32907.

Pawlak R, Ding C, Sovyanhadi M. Pregnancy outcome and breastfeeding pattern among vegans, vegetarians and non-vegetarians. *Journal of Dietetics Research and Nutrition*, 2014;1(1): 004.

Pawlak R, Lester SE, Babatunde T. The prevalence of cobalamin deficiency among vegetarians assessed by serum vitamin B12. A review of literature. *European Journal of Clinical Nutrition*, 2014;68:541–548.

Pawlak R. Inadequate vitamin B12 intake is a problem NOT just for a small number of Adventist vegans. *Journal of the Academy of Nutrition and Dietetics*, 2014;114(2):197. Letter to the Editor.

Sharp A, **Pawlak R**. Weight status and growth patterns among children with autism living in North Carolina. *Topics in Clinical Nutrition*, 2014;29(1):10-14.

Rusher DR, **Pawlak R**. A review of 89 published case studies of vitamin B12 deficiency. *Journal of Human Nutrition and Food Science*, 2013;1(2):1008.

Pawlak R. Low-carbohydrate, high-protein diets for management of type 2 diabetes. *American Journal of Clinical Nutrition*, 2013;98(1):247-248. Letter to the Editor.

London HA, **Pawlak R**, Colby ES, Wall-Bassett E, Sira N. The Impact of pistachios consumption on blood lipid profile; A Literature Review. *American Journal of Lifestyle Medicine*, 2013. DOI: 10.1177/1559827613479910.

Pawlak R, Parrott SJ, Raj S, Cullum-Dugan D, Lucus D. How prevalent is vitamin B12 among vegetarians? *Nutrition Reviews*, 2013;71(2):110-117.

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Pawlak R, Parrott SJ, Raj S, Cullum-Dugan D, Lucus D. Understanding vitamin B12. *American Journal of Lifestyle Medicine*, 2013;7(1):60-65.

Pawlak R, London H, Colby S, Wall-Bassett E, Sira N. Perception of nut intake among individuals with or at risk for heart disease and/or diabetes. *Journal of Behavioral Health*, 2012;1(3):186-189.

McArthur L, **Pawlak R**. An Exploratory study of compliance with dietary recommendations among college students majoring in health-related disciplines: application of the transtheoretical model. *Nutrition Research and Practice*, 2011;5(6):578-584.

Mileva R, Zafirova-Ivanovska B, Isjanovski V, Milev M, **Pawlak, R**. Beliefs regarding use of vitamins and minerals as food supplements in a group of out-patients in a city of Skope; A preliminary report. *Medicus*, 2010;XIII(1):206-209.

Pawlak R, Malinauskas B, Corbett A. Benefits, barriers, attitude, and beliefs about soy meat alternatives among African American parishioners living in eastern North Carolina. *Ethnicity and Disease*, 2010;20(2):118-22.

Sira N, **Pawlak R**. Prevalence of overweight and obesity, and dieting attitudes among Caucasian and African American college students in Eastern North Carolina: A cross sectional survey. *Nutrition Research and Practice*, 2010;4(1):36-42.

Pawlak R. Prevalence of arterial hypertension among people living in or near Vicabamba, Ecuador. *International Journal of Health Sciences*, 2009;II (3):231-233.

Pawlak R, Colby S, Herring J. Beliefs, benefits, barriers, attitude, intake and knowledge about peanuts and tree nuts among WIC participants in eastern North Carolina. *Nutrition Research and Practice*, 2009;3(3):220-225.

Pawlak R, Malinauskas B, Riviera D. Predicting intention to eat healthy diet by elite college baseball athletes. The application of the Theory of Planned Behavior. *Journal of Nutrition Education and Behavior*, 2009;41(5),334-339.

Pawlak R, Cerutti C, Quinton R. Taking an undergraduate nutrition class results in favorable attitude toward a healthful diet and improved intake of several key nutrients. *Family and Consumer Sciences Research Journal*, 2009;38(1):3-10.

Pawlak R, Sovyanhadi M. Prevalence of overweight and obesity among Seventh-day Adventists college students; a cross-sectional survey. *Ethnicity & Disease*, Spring, 2009;19(2):111-114.

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Pawlak R, Colby S. Benefits, barriers, self-efficacy and knowledge regarding healthy foods; perception of African Americans living in eastern North Carolina. *Nutrition Research and Practice* 2009;3:56-63.

Pawlak R, Malinauskas B. Predictors of intake of vegetables among 9th grade students attending public high schools in eastern North Carolina. The application of the Theory of Planned Behavior. *Journal of Nutrition Education and Behavior*, 2008;40(6):392-398.

Pawlak R, Malinauskas B. The use of the Theory of Planned Behavior to assess predictors of intention to eat fruits among 9th-grade students attending two public high schools in Eastern North Carolina. *Family and Consumer Sciences Research Journal*, 2008;37(1):16-26.

Pawlak R, Brown D, Meyer MK, Connell C, Yadrick K, Johnson JT, Blackwell A. Theory of Planned Behavior and Multivitamin Supplement Use in Caucasian College Females. *Journal of Primary Prevention*, 2008;29(1):57-71.

Malinauskas B, Abey V, Harris N, Overton R, **Pawlak R**. Adult Special Olympics Athletes: Health Risks Related to Food Choices by Self or Caregiver. *Journal of Family & Consumer Sciences*, 2007;99(3):37-42.

Pawlak R, Connell C, Brown D, Meyer MK, Yadrick K. Predictors of multivitamin supplements use among African American female students: A prospective study utilizing the Theory of Planned Behavior. *Ethnicity & Disease*, Autumn 2005;(15):540-547.

Publications for professional organizations/government

Pawlak R. Clinical insight in the vitamin B12. Vegetarian Nutrition Dietetic Practice Group at the Academy of Nutrition and Dietetics. Winter 2018 newsletter/website.<https://vndpg.org/wp-content/uploads/2018/01/VNU-Winter-2018.pdf>.

Pawlak R. Vitamin B12 in vegetarian diets. A position statement for consumers of the Vegetarian Nutrition Dietetic Practice Group.<https://vegetariannutrition.net/docs/B12-Vegetarian-Nutrition.pdf>.

Cullum-Dugan D, Lucas D, **Pawlak R**. Vegetarian Toolkit. Academy of Nutrition and Dietetics. (2014). www.eatright.org/shop.

Pawlak, R. (2012). Vitamin B12 in vegetarian diets. www.vndpg.org.

Carr DH. **Pawlak R**. Management issues impacting family day care homes operating within the Child and Adult Care Food Program Guidelines: a review of literature. NFSMI Item Number 38677-0188, March 2003.

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None-referred publications

Pawlak R. How to defend the Adventist dietary principles in light of new diet trends (part 2)? Spectrum, <https://spectrummagazine.org/article/2018/04/06/how-defend-adventist-dietary-principles-light-new-diet-trends-part-2>

Pawlak R. How to defend the Adventist dietary principles in light of new diet trends (part 1)? Spectrum, <https://spectrummagazine.org/article/2018/04/03/how-defend-adventist-dietary-principles-light-new-diet-trends-part-1>

Pawlak R. The health benefits of olive oil. Spectrum, <https://spectrummagazine.org/article/2018/04/30/health-benefits-olive-oil>

Pawlak R. What about vitamin D? Spectrum, <https://spectrummagazine.org/article/2018/04/23/what-about-vitamin-d>

Pawlak R. Is red wine really good for your health? Spectrum, <https://spectrummagazine.org/article/2018/05/07/red-wine-really-good-your-health>

Pawlak R. What is vitamin B12 and why is it important? Spectrum, <https://spectrummagazine.org/article/2018/04/16/what-vitamin-b12-and-why-it-important>

Pawlak R. Principles of healthy eating: Whole grains. <http://lifeandhealth.org/nutrition/principles-of-healthy-eating-whole-grains/174479.html>

Pawlak R. Principles of healthy eating: Fruits and vegetables. <http://lifeandhealth.org/nutrition/principles-of-healthy-eating-fruits-and-vegetables/164493.html>

Pawlak R. Vitamin B12 and vegetarian diet. <https://lifeandhealth.org/nutrition/vitamin-b12-and-vegetarian-diets/174413.html>

Pawlak R. Principles of healthy eating: nuts and seeds. <http://lifeandhealth.org/nutrition/principles-of-healthy-eating-nuts-and-seeds/114510.html>

Pawlak R. Czy należy ograniczyć cholesterol w diecie, część 1? <http://blog.siegnijpozdrowie.org/2015/09/czy-nalezyc-ograniczyc-spozywanie.html>

Pawlak R. Czy należy ograniczyć cholesterol w diecie, część 2? <http://blog.siegnijpozdrowie.org/2015/10/czy-nalezyc-ograniczyc-spozywanie.html>

Pawlak R. Czy należy ograniczyć cholesterol w diecie, część 3? <http://blog.siegnijpozdrowie.org/2015/11/czy-nalezyc-ograniczyc-spozywanie.html>

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Pawlak R. Czy należy ograniczyć cholesterol w diecie, część 4?

<http://blog.siegnijpozdrowie.org/2015/12/czy-nalezyc-ograniczyc-spozywanie.html>

Pawlak R. Zrozumienie witaminy B12. Zdrowie z wyboru. Lato 2015.

Pawlak R. [Surowa dieta-czy większość albo nawet cały pokarm, który dostarczamy do naszego organizmu, powinien być spożywany na surowo?](http://adwentysci.com/surowa-dieta/) <http://adwentysci.com/surowa-dieta/>

Pawlak R. Surowa dieta/Raw food diet. <http://www.dandypolish.org.au/articles/891>

Pawlak R. Rakowi można zapobiec. <http://adwentysci.com/rakowi-mozna-zapobiec/>

Pawlak R. Olej z oliwek. 08/2009. http://www.dandypolish.org.au/news_entries/7530
(Australia)

Pawlak R. Niebezpieczne mięso. <http://adwentysci.com/niebezpieczne-mieso/>

Pawlak R. (2009). Jeść czy nie jeść? Czy wezwanie Ellen G. White do powstrzymywania się od jedzenia mięsa jest nadal ważne? Part 2. Głos Adwentu, 7:14-15 (Poland)

Pawlak R. (2009). Jeść czy nie jeść? Czy wezwanie Ellen G. White do powstrzymywania się od jedzenia mięsa jest nadal ważne? Part 1. Głos Adwentu, 6:14-15. (Poland)

Pawlak R. Lampka czerwonego wina – na zdrowie czy na chorobę?

<http://adwentysci.com/lampka-czerwonego-wina-%e2%80%93-na-zdrowie-czy-na-chorobe/>

Pawlak R. Wpływ odpowiedniej ilości snu na zdrowie. <http://adwentysci.com/wplyw-odpowiedniej-ilosci-snu-na-zdrowie/>

Pawlak R. Życie jak adwentyści. <http://adwentysci.com/zyc-jak-adwentysci/>

Pawlak R. Orzechy-pokarm bogów? <http://adwentysci.com/orzechy-pokarm-bogow/>

Pawlak R. & Flakus A. Dieta a choroby krążenia. <http://adwentysci.com/dieta-a-choroby-krazenia/>

Pawlak R. (2009). Świnka grypa. Znaki Czasu, 6:26-27. (Poland)

Pawlak R. (2008). Zmień dietę będziesz zdrowszy. Znaki Czasu, 12, 26-29. (Poland)

Pawlak R. (2008). Zmień dietę będziesz zdrowszy. Wiadomości Polonii Adwentystycznej, 1-2
(Australia)

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E-mail: pawlacr@ecu.edu

Pawlak R. (2008). Witaminy pod kontrolą. Wiadomości Polonii Adwentystycznej. (Australia)

Abstracts/posters Refereed

Perrin MT, **Pawlak R.** Allen LH, Hampel D. Total water-soluble choline concentration does not differ in milk from vegan, vegetarian, and non-vegetarian lactating women. Academy of Breastfeeding Medicine 24th Annual International Meeting. October, 2019.

Wooten A, Kew K, Selim M, Perrin MT, **Pawlak R.** Quantitative Analysis of Glyphosate and AMPA in Breast Milk using Liquid Chromatography/Mass Spectrometry. Eastern NC conference of the American Chemical Society. 2019.

Patil S, **Pawlak R.** Cummings D. Vitamin B12 and homocysteine status correlate with glycemic control and kidney function. American Diabetes Association 78th Scientific Session. Orlando, FL. 2018.

Pawlak R, Vos P, Shahab-Ferdows S, Hampel D, Allen LA, Perrin M. Vitamin B12 content in breast milk of vegan, vegetarian and non-vegetarian lactating women. 7th International Congress on Vegetarian Nutrition. Loma Linda University, Loma Linda, CA, February, 2018.

Perrin MT, **Pawlak R,** Dean LL. Fatty acids and brain derived neurotrophic factor (BDNF) in human milk from lactating women following vegan, vegetarian, and omnivore diets. 7th International Congress on Vegetarian Nutrition. Loma Linda University, Loma Linda, CA, February, 2018.

Grant R, **Pawlak R,** Vos P, Bilgin AA, Berg J, Pearce R, Morris M. Cardiovascular disease risk factors profile among Australian vegetarian and non-vegetarian teenagers. 7th International Congress on Vegetarian Nutrition. Loma Linda University, Loma Linda, CA, February, 2018.

Pawlak R. Folate, vitamin B12 and homocysteine status among Australian vegetarian and non-vegetarian teenagers. 7th International Congress on Vegetarian Nutrition. Loma Linda University, Loma Linda, CA, February, 2018.

Pawlak R, Ding C, Sovyanhadi M. Pregnancy outcome and breastfeeding pattern among vegans, vegetarians and non-vegetarians. Experimental Biology conference presentation. Boston, 2015. EB # 101400.

Flippo S, **Pawlak R,** Ding Q. Growth Among Children Living in Vilcabamba Ecuador. Poster presentation at NC Dietetic Association annual meeting. 2014.

Pawlak R. Predicting intentions to eat a healthful diet by Seventh-Day Adventist college students; applying the Theory of Planned Behavior. Poster presentation. A33. 2012.

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Pawlak R, Gregor M. The Hartland Institute of Health Education's residential lifestyle intervention improves patients' BMI, blood lipids and fasting plasma glucose profiles. Experimental Biology, Poster presentation. A31. 2011.

Pawlak R, Colby S, Herring J. Perception of eating nuts by WIC participants from rural North Carolina. Experimental Biology, Poster presentation. B119. 2008.

Pawlak R, Colby S. Assessment of health status among members of two African Americans churches from eastern North Carolina. Experimental Biology, Poster presentation. B229. 2008.

Pawlak, R, Brown D, Meyer MK, Connell C, Yadrick K, Johnson JT, Blackwell A. Predictors of the use of multivitamin supplements in undergraduate Caucasian female students. American Academy of Health Behavior Annual Meeting. Poster presentation. #2. 2005.

Pawlak R, Connell C, Brown D, Meyer MK, Yadrick K. Behavioral factors influencing the use of multivitamin supplements by female students; The application of the Theory of Planned Behavior. Experimental Biology. Poster presentation. C-102 I 110.5. 2004.

Books

Pawlak R. Dieta, fakty i mity. 2019. Fundacja Zrodla Zycia. ISBN 978-83-65309-99-0.

Pawlak R. 食べるものに気をつけて笑顔で暮らそう！Tokyo, Japan.2017.Japanese Publishing House. ISBN 978-4-89222-501-7.

Pawlak R. Na obranuvegetarianstwi. Praha, Czech Republic. 2017. Prameny zdravi. ISBN 978-80-9037-804-9.

Pawlak R. Witamina B12. Fundacja Zrodla Zycia. Poland. 2016. ISBN 978-83-65309-29-7.

Pawlak R. Vitamin B12. Combating the epidemic of deficiency. Greenville, NC. 2016.ISBN 978-1-51360-916-4.

Pawlak R. Sposob na cukrzyce.Fundacja Zrodla Zycia. Poland. 2015. ISBN 978-83-65309-25-9.

Pawlak R. Jestem mama jestem wegetarianka (I am a mother, I am a vegetarian). 1st edition. ISBN 078-83-52103-65-2.

Pawlak R. Vegan/vegetarian mother and her baby. 1st edition. ISBN 978-1-62620-175-0

Pawlak R. Forever young. Secrets of delaying aging and living disease free. ISBN 978-1-62620-174-3. <http://www.amazon.com/dp/B00B6NY2A4>

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Pawlak R. Healthy diet without secrets. 1st edition. Greenville, NC ISBN 978-1-62620-017-3. E-book version on amazon.com at <http://www.amazon.com/dp/B00B5SUVWI>

Pawlak R. In defense of vegetarianism. 1st edition, 2012. Greenville, NC. ISBN 978-1-62407-629-9. E-book version on amazon.com at <http://www.amazon.com/dp/B00B6QQ9A2>

Pawlak R. W obronie wegetarianizmu (In defense of vegetarianism). Nowe Spojrzenia. 2nd edition. 2012 ISBN-978-83-61640-27-1.

Pawlak R. Zdrowe odżywianie bez tajemnic (Healthy diet without secrets). Fundacja Zrodla Zycia, 2012. July 2012. ISBN978-83-62103-28-7.

Pawlak R. W obronie wegetarianizmu (In defense of vegetarianism). Nowe Spojrzenia. 2nd edition. April 2012. ISBN-978-83-61640-27-1.

Pawlak C. & **Pawlak R.** Wegetariańska matka i jej dziecko (Vegetarian mother and her baby). Znaki Czasu. 2nd edition. Warsaw, Poland. April, 2012. ISBN: 83-87188-75-1.

Pawlak R. W obronie wegetarianizmu (In defense of vegetarianism). Nowe Spojrzenia. July 2011. ISBN-978-83-61640-27-1.

Pawlak R. I Am the Lord Who Heals You. American Book Publishing, July 2010. ISBN-13: 9781589826328, ISBN: 1589826329.

Pawlak C. & **Pawlak R.** Wegetariańska matka i jej dziecko (Vegetarian mother and her baby). Znaki Czasu. Warsaw, Poland. 1998. ISBN: 83-87188-75-1.

GRANTS

2022:

Pawlak R. Vos P. Assessment of urinary iodine excretion and breast milk iodine concentration of vegan pregnant and lactating women. National Institutes of Health. \$151,000. Pending.

Pawlak R. Prenatal Peanut Butter for mothers to be and their offspring. \$59,452. Not funded.

2021:

Pawlak R, Rubin L. Wheeler M. Impact of adhering to a vegan diet during pregnancy on offspring anthropometry and neuromotor development. National Institutes of Health. \$437,000. Resubmitted November 2021. Not funded.

Pawlak R, Dean L, Andrea Azcarate-Peril A. Development of *Prenatal Peanut Butter* to improve nutritional status of mothers to be and their offspring. Peanut Institute. \$108,468. Not funded.

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E-mail: pawlacr@ecu.edu

Bolin L, **Pawlak R**, Rubin L. Assessment of telomere length in offspring of vegan, vegetarian, and non-vegetarian mothers. National Institutes of Health. \$271,275. Not funded.

Pawlak R, Rubin L. Assessment of telomere length in offspring of vegan and non-vegetarian mothers. Vegetarian Nutrition Dietary Practice Group. \$10,000. Funded.

2020:

Pawlak R, Rubin L. Wheeler M. Impact of adhering to a vegan diet during pregnancy on offspring anthropometry and neuromotor development. National Institutes of Health. \$437,000. Resubmitted November 2020. Not funded.

Wheeler M, **Pawlak R**. B12 Regulation of PUFA Synthesis. National Institutes of Health. \$151,000. Funded.

Neville J, **Pawlak R**. Impact of adhering to a vegan diet during pregnancy on offspring anthropometry and chromosomal stability. Nutricia Research Foundation. \$35,435. Submitted September, 2020. Not funded.

Neville J, **Pawlak R**. Cross-Sectional Assessment of Microbiota in Breastmilk from Vegan, Vegetarian, & Non-Vegetarian Lactating Mothers. \$5,000. College of Allied Health, East Carolina University. Funded.

Pawlak R, Rubin L. Impact of adhering to a vegan diet during pregnancy on offspring anthropometry and neuromotor development. National Institutes of Health. \$397,422. Submitted February, 2020. Not funded.

2019:

Kuehn D, **Pawlak R**, May L. The Role of Nutrients in Outcomes of Opioid Exposed Infants. Gerber Foundation. \$277,595. Submitted February, 2019. Not funded.

Wheeler M, **Pawlak R**. The impact of combined supplementation of vitamin B12 and n-3 polyunsaturated fatty acids on pro-inflammatory gene expression and enzyme synthesis associated with diabetes and its complications. Allen Foundation. \$28,800. Not funded.

May L, **Pawlak R**. Assessment of opioid addiction of mothers on nutritional status of infants. Allen Foundation. \$52,602. Not funded.

2018:

Pawlak R, May L. Folate, vitamin B12 and omega-3 fatty acid intervention to prevent perinatal depression. East Carolina University Faculty Senate. \$6,250. Funded.

Roman Pawlak, Ph.D, RD

Work ph: (252) 744-1030

E-mail: pawlacr@ecu.edu

Wheeler M, **Pawlak R.** The impact of combined supplementation of vitamin B12 and n-3 polyunsaturated fatty acids on pro-inflammatory gene expression and enzyme synthesis associated with diabetes and its complications. Allen Foundation. \$28,800. Not funded.

Thomas C, **Pawlak R.** Cardiovascular disease risk factors profile among vegetarian and non-vegetarian young adults. East Carolina University Undergraduate Research/Creative Activity award. \$2,000. Not funded.

2017

Kuehn D, **Pawlak R,** May L. Neonatal Symptoms of Maternal Opioid Addiction: Opioid or its impact on folate and vitamin B12. Allen Foundation. \$52,278. Not funded.

Pawlak R. Analyses of breast milk's bioactive compounds of lactating vegan, vegetarian and non-vegetarian mothers. Academy of Nutrition and Dietetics Foundation. Amount \$10,000. Not funded.

2016:

Pawlak R. Analyses of breast milk's bioactive compounds of lactating mothers adhering to different dietary pattern. Allen Foundation. Amount -\$39,800. Not funded.

Pawlak R, Cummings D, Patil S. Is vitamin B12 and homocysteine status associated with diabetic complications? East Carolina University Division of Research, Economic Development and Engagement. Amount -\$16,350. Funded.

Pawlak R, Perrin M. Assessment of vitamin B12, EPA, DHA and BDNF in human milk of vegan, vegetarian and non-vegetarian lactating women. Academy of Nutrition and Dietetics Foundation. Vegetarian Nutrition Dietetic Practice Group Research Grant Award. Amount \$9,901. Funded.

2011:

Pawlak R. I will take sickness away from the midst of you. Blue Cross Blue Shield North Carolina Foundation. Amount - \$4736. Funded

2009:

Pawlak R. American Indian Faith-Based Obesity Prevention Project. Blue Cross Blue Shield North Carolina Foundation. Amount - \$65,832. Funded.

Pawlak R. Assessment of cardiovascular disease risk factors among people from Vilcabamba, Ecuador. Faculty Senate, East Carolina University. Amount - \$10,000 Not funded.

2007:

Pawlak R. Community based nutrition intervention in at risk population. Blue Cross Blue Shield North Carolina Foundation. \$57,289. Funded.

Roman Pawlak, Ph.D, RD

Work ph: (252) 744-1030

E-mail: pawlacr@ecu.edu

2006:

Pawlak R. Heritage Hospital Development Council Community benefits and Health Initiatives Grant to teach members of Conetoe Chapel Missionary Baptist Church, Tarboro, NC healthy eating and healthy cooking practices. Heritage Hospital, Tarboro, NC. Amount - \$10,000. Funded.

Pawlak R. The Diabetes Sentinel Program. Northeastern North Carolina Faith-Based Physical Activity and Nutrition Program. Northeastern North Carolina Partnership for Public Health. Amount - \$35,000. Funded.

2005:

Malinauskas B, Rivera D, **Pawlak R.** The peak performance study: dietary intake, barriers, and beliefs to optimize sports performance through diet and supplements among elite college baseball athletes. College of Human Ecology 2006-2007 Research/Creative Activity Grant. Amount - \$4,000. Funded.

Pawlak R. Identification of psychosocial factors regarding the use of multivitamin supplements among Latina women residing in eastern North Carolina; The application of the Theory of Planned Behavior. East Carolina Faculty Senate. Amount - \$8,970. Not funded.

Pawlak R. Assessment of weight status of children with special health care needs residing in Pitt County, North Carolina. College of Human Ecology, East Carolina University. Amount - \$2,700. Funded.

2004:

Pawlak R. Identification and validation of beliefs regarding the use of multivitamin supplements in Spanish speaking child-bearing age women residing in North Carolina; The application of the Theory of Planned Behavior. March of Dimes. Amount \$32,644. Not funded.

Pawlak R. Predictors of diet and physical activity among ethnically diverse students in public middle schools in North Carolina. United States Department of Agriculture. Amount - \$177,659. Status – not funded.

Pawlak R. Identification and quantification of social, attitudinal, control, and psychological factors related to fruits, vegetables, and whole grains consumption among students attending public high schools in Eastern North Carolina. Lincoln Foodservice Products and Child Nutrition Foundation, American School Food Service Association. Amount - \$2,500. Funded.

2002:

Pawlak R. Behavioral factors influencing the use of multivitamin supplements by female college students. Committee on Services and Resources for Women at the University of Southern Mississippi. Amount - \$200. Status – funded.

Roman Pawlak, Ph.D, RD

Work ph: (252) 744-1030

E-mail: pawlacr@ecu.edu

Travel Award for the National Institutes of Health conference on “Dietary Supplements Use in Women: Current Status and Future Directions.” National Institutes of Health. Amount - \$600. Status – funded.

PROFESSIONAL AND COMMUNITY PRESENTATIONS AND ACTIVITIES

2022:

Pawlak R. Assessment of vitamin B12. Jagiellonian University, Krakow, Poland.

Pawlak R. The status of vitamin B12 among vegetarians. Jagiellonian University, Krakow, Poland.

Pawlak R. Can a vegan diet be recommended to pregnant and lactating women? Jagiellonian University, Krakow, Poland.

Pawlak R. Health benefits of plant-based diets. Jagiellonian University, Krakow, Poland.

2021:

Pawlak R. Dietary misconceptions among vegetarians. University of Life Sciences, Poznan, Poland.

Pawlak R. Reversing atherosclerosis. Jagiellonian University, Krakow, Poland.

2021:

Pawlak R. Clinical insight into vitamin B12. University of Life Sciences, Poznan, Poland.

Pawlak R. The biggest misconceptions among vegetarians. University of Life Sciences, Poznan, Poland.

Pawlak R. Can a vegan diet be recommended to pregnant and lactating women? University of Life Sciences, Poznan, Poland.

Pawlak R. Why do vegans break their bones? University of Life Sciences, Poznan, Poland.

Pawlak R. Misconceptions about vitamin B12. University of Life Sciences, Poznan, Poland.

Pawlak R. University of Life Sciences, Poznan, Poland.

Pawlak R. Functional vitamin B12 deficiency: Assessment and treatment options.

https://www.dietitiancentral.com/ceu/dietitian_recorded_webinar.cfm?art_id=688&cid=673.
Webinar for Dietitian Central.

Pawlak R. Nutritional consideration for pregnant and lactating vegan and vegetarian women. Webinar for Dietitian Central.

https://www.dietitiancentral.com/ceu/dietitian_recorded_webinar.cfm?art_id=633&cid=618.

Pawlak R. Carbohydrate counting or a vegan diet. What to recommend to diabetic patients. Webinar for Dietitian Central.

https://www.dietitiancentral.com/ceu/dietitian_recorded_webinar.cfm?art_id=638&cid=623.

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Pawlak R. Vitamin D and calcium during pregnancy. Webinar for Dietitian Central.
https://www.dietitiancentral.com/ceu/dietitian_recorded_webinar.cfm?art_id=645&cid=630.

Pawlak R. Familial hypercholesterolemia. Does diet make a difference? Webinar for Dietitian Central.
https://www.dietitiancentral.com/ceu/dietitian_recorded_webinar.cfm?art_id=617&cid=602.

2020:

Pawlak R. Why do vegans break their bones. The vitamin B12 connection. Webinar for Dietitian Central.
https://www.dietitiancentral.com/ceu/dietitian_recorded_webinar.cfm?art_id=609&cid=594.

Pawlak R. Is there an association between vitamin B12 and cancer? Webinar for Dietitian Central.
https://www.dietitiancentral.com/ceu/dietitian_recorded_webinar.cfm?art_id=603&cid=588.

Pawlak R. The Impact of Low-Carb/High Protein Diets vs Plant-Based Diets on Cardiovascular Disease.
https://www.dietitiancentral.com/ceu/dietitian_recorded_webinar.cfm?art_id=585&cid=569.

Pawlak R. Vitamin B12 Status, Metformin, And The Risk And Severity Of Diabetic Comorbidities. Webinar for Dietitian Central.
https://www.dietitiancentral.com/ceu/dietitian_recorded_webinar.cfm?art_id=573&cid=557.

Pawlak R. The Role of Nutrition in Alzheimer's Disease Prevention. Webinar for Dietitian Central.
https://www.dietitiancentral.com/ceu/dietitian_recorded_webinar.cfm?art_id=569&cid=553.

Pawlak R. Vitamin B12 In Vegetarians: Truth and Misconceptions. Webinar for Dietitian Central.
https://www.dietitiancentral.com/ceu/dietitian_recorded_webinar.cfm?art_id=556&cid=540.

Pawlak R. Debunking The Myths Behind The Raw Food Diets. Webinar for Dietitian Central.
https://www.dietitiancentral.com/ceu/dietitian_recorded_webinar.cfm?art_id=538&cid=522.

Pawlak R. The Biggest Dietary Misconceptions Among Vegetarians. Webinar for Dietitian Central.
https://www.dietitiancentral.com/ceu/dietitian_recorded_webinar.cfm?art_id=531&cid=515.

2019:

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Pawlak R. Clinical insight into vitamin B12. Webinar for the Academy of Nutrition and Dietetics. <https://www.eatrightstore.org/cpe-opportunities/recorded-webinars/clinical-insight-into-vitamin-b12>.

2018:

Pawlak R. Clinical significance of vitamin B12 status among vegetarians. 7th International Congress on Vegetarian Nutrition. Loma Linda University, Loma Linda, CA.

Pawlak R. Reversal of atherosclerosis with vegetarian diets. East Carolina University. Division of Endocrinology. East Carolina University. Department of Family Medicine ground rounds.

Pawlak R. Clinical insight into vitamin B12. Webinar for the Nutrition and Wellness Military Families Learning Network. <https://www.slideshare.net/robinallenrd/clinical-insight-into-vitamin-b12-121232423>.

2017:

Pawlak R. Clinical insights into vitamin B12. Food and Nutrition Conference and Expo. Academy of Nutrition and Dietetics. Chicago, IL. September 2017

Pawlak R. Reversal of atherosclerosis with vegetarian diets. East Carolina University. Division of Endocrinology.

Pawlak R. Advantages, disadvantages and challenges of vegetarian diets. North Carolina Eastern Dietetic Conference. Greenville, NC.

2017:

Kolasa K. **Pawlak R.** Embracing a Plant Based Diet for Health: benefits and risks for infants, children, teens and their family. East Carolina University. Department of Pediatrics ground rounds.

2016:

Kolasa K. **Pawlak R.** Embracing a Plant Based Diet for Health: what is it and what's the evidence? East Carolina University, Department of Family Medicine ground rounds.

Kolasa K. **Pawlak R.** Lifestyle Medicine. Medical Nutrition Therapy. Improving chronic conditions through nutrition. Web-based recording continuing education module for the American College of Preventive Medicine and the American College of Lifestyle Medicine.

Pawlak R. Clinical insight into vitamin B12. North Carolina Eastern Dietetic Conference. Greenville, NC.

Roman Pawlak, Ph.D, RD

Work ph: (252) 744-1030

E-mail: pawlakr@ecu.edu

Pawlak R. Low vitamin B12 and hyperhomocysteinemia as risk factors for brain atrophy, cognitive decline and dementia. East Carolina University. Neuroscience collaborative meeting.

Fall 2007 – present:

Faith based nutrition programs/activities. Series of lectures related to diet and health conducted through the year at faith-based organizations.

Summer 2008 – present:

Nutrition lectures for community-based organizations outside of the USA (Poland, Colombia, Brazil, Ecuador, Costa Rica, Israel, Japan, Malawi).

October 2004 - present

Nutrition presentations for professional and advocacy organizations (e.g. North Carolina Folic Acid Council, Pitt County Vegetarian Meet-up Group, City of Greenville, Vidant Medical Center).

Spring 2005 – Fall 2010

Volunteered as a counselor at Children's Heart Camp 2005 for children with congenital heart defects. Sponsored by College of Human Ecology at East Carolina University.

HONORS/RECOGNITIONS

2019:

Received the Outstanding performance in research award from the Dean of the College of Allied Health.

Received East Carolina University William E. Laupus Health Sciences Library's Author Recognition award.

2018:

Nominated for the Dean of Allied Health Sciences research award.

2017:

Received East Carolina University William E. Laupus Health Sciences Library's Author Recognition award.

2016:

Received East Carolina University William E. Laupus Health Sciences Library's Author Recognition award.

Nominated for the East Carolina University's Servire Society, year 9.

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2015:

Received East Carolina University William E. Laupus Health Sciences Library's Author Recognition award.

Nominated for the East Carolina University's Servire Society, year 8.

2014:

Received East Carolina University Joyner Library's Faculty Book Author award.

Nominated for the East Carolina University's Servire Society, year 7.

2013:

Nominated for the East Carolina University's Servire Society, year 6.

2012:

Pawlak R., et al. "Understanding Nutrition" published in the American Journal of Lifestyle Medicine was recognized by the MDLinx.com as the 7th most read manuscript in 2012. The selection was made out of more than 2000 journals from more than 30 specialties.

http://www.mdlinx.com/top-read-articles/2012/?specialty=nursing&art_id=4116920&utm_source=email&utm_medium=email&utm_campaign=top-read-2012-authors

2012:

Department of Nutrition Science's outstanding service award.

Nominated for the East Carolina University's Servire Society, year 5.

2011:

Nominated for the East Carolina University's Servire Society, year 4.

2010:

Nominated for the East Carolina University's Servire Society, year 3.

2009:

Department of Nutrition and Dietetics' researcher of the year award.

2009:

Nominated for the East Carolina University's Servire Society, year 2.

2008:

Nominated and inducted to the East Carolina University's Servire Society.

2007:

Invited to join Who's Who among American Teachers and Educators ID# 464593324

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E-mail: pawlakr@ecu.edu

2006:

Nominated for the East Carolina University Scholar/Teacher Award.

Nominated for the Robert L. Jones Award for Outstanding Teaching at East Carolina University.

Included in Marquis Who's Who in America publication.

2003:

Nominated for membership in The Honor Society of Phi Kappa Phi, Chapter at University of Southern Mississippi

2002:

Received Graduate Assistantship from the National Food Service Management Institute, extended for the second year.

2001:

Received Graduate Assistantship from the National Food Service Management Institute.

PROFESSIONAL SERVICE ACTIVITIES

Fall, 2010 – 2014

Associate editor Journal of Nutrition Education and Behavior.

Journal/Book Reviewer

Fall, 2006 – 2015

Reviewer for the Journal of Nutrition Education and Behavior.

January, 2013 - present

Reviewers for the Nutrition Reviews.

November, 2013 – Present

Reviewer for the European Journal of Clinical Nutrition.

Textbooks reviews:

July 2006:

Editors/Authors: Marion Nestle and L. Beth Dixon

Title: Taking sides; Clashing views on controversial issues in food and nutrition

Year of publication: 2004

Publisher: McGraw-Hill/Dushkin,

Publisher's address: Guilford, Connecticut 06437

ISBN: 0-07-292211-7

Roman Pawlak, Ph.D, RD

Work ph: (252) 744-1030

E-mail: pawlacr@ecu.edu

2005:

Editors/Authors: Whitney Ellie, Rolfes Sharon

Title: Understanding Nutrition.

Year of publication: 2005

11th edition.

ISBN: 0-534-62226-7

Editors/Authors: Wardlaw Gordon, Hampl Jeffrey, DiSivestro Robert.

Title: Perspectives in Nutrition

Year of publication: 2006

7th edition.

ISBN: 13: 978-0-07-282750-7

ISBN: 10:0-07-282750-5

Work done for professional organizations

2010-present

Authored research papers for the Vegetarian Nutrition Dietetic Practice Group.

2006-2010

Selected by the Evidence-Based Practice Committee of the American Dietetic Association to participate in the expert panel on the Vegetarian Nutrition Workgroup, the Evidence-based Project.

2022- present

Selected by the Evidence-Based Practice Committee of the American Dietetic Association to participate in the expert panel on the Vegetarian Nutrition Workgroup, the Evidence-based Project.

Work done for the Department, College, and University

Fall 2010 – present

Chair of the faculty evaluation guidelines committee

Chair or member of the Tenure and Promotion Committee, Scholarship Committee, Faculty Evaluation Committee, Personnel Committee, College of Human Ecology Excellence

Committee, New Faculty Search Committees, Graduate Committee, International Committee.

Fall 2007 – Spring 2010

Member of Carolyn Freeze Baynes Institute for Social Justice

Fall 2007 – Spring 2010

Member of the editorial board for the Social Justice in Context journal.

PROFESSIONAL MEMBERSHIP

Academy of Nutrition and Dietetics – registration # 915114

Academy of Nutrition and Dietetics Vegetarian Practice Group – registration # 915114

Roman Pawlak, Ph.D, RD

Work ph: (252) 744-1030

E-mail: pawlakr@ecu.edu