

## **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**

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**

#### **Associate Professor**

August 2010 – present

Department of Nutrition Science

East Carolina University, Greenville, NC 27858

Responsibilities included:

- A) 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
- 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

#### **Assistant Professor**

August 2005 – August 2010

Department of Nutrition Science

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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**

August, 2003 – May 2005

Department of Nutrition Science

East Carolina University, Greenville, NC 27858.

Responsibilities included:

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

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### 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

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**. 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.

Perrin MT, **Pawlak R**. 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**. 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; 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.

**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.

## **Roman Pawlak, Ph.D, RD**

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

**Pawlak R.** Berger J. Hines I. Iron status of vegetarian adults. A Review of literature. *American Journal of Lifestyle Medicine*. 2016; DOI: 10.1177/1559827616682933.

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

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.** 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.

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.

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.

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

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**Pawlak R.** London H. Colby S. Wall-Basset 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.

**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.

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**Pawlak R.** Malinauskas B. Predictors of intake of vegetables among 9<sup>th</sup> 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.** (2014). Vegetarian Toolkit. Academy of Nutrition and Dietetics. [www.eatright.org/shop](http://www.eatright.org/shop)

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

**Pawlak, R.** (2012). Vitamin B12 in vegetarian diets. [www.vndpg.org](http://www.vndpg.org).

Carr D.H. & **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.

### **None-referred publications**

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**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-nalez-y-ogranicz-y-spozywanie.html>

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

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

**Pawlak R.** Czy należy ograniczyć cholesterol w diecie, część 4? <http://blog.siegnijpozdrowie.org/2015/12/czy-nalez-y-ogranicz-y-spozywanie.html>

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**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](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.** Żyć 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). Śwńska 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)

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



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### **Abstracts/posters Refereed**

Perrin MT. **Pawlak R.** Total water-soluble choline concentration does not differ in milk from vegan, vegetarian, and non-vegetarian lactating women. Accepted for presentation at the Academy of Breastfeeding Medicine 24<sup>th</sup> Annual International Meeting. October, 2019.

Patil S. **Pawlak R.** Vitamin B12 and homocysteine status correlate with glycemic control and kidney function. Accepted for presentation at the American Diabetes Association 78<sup>th</sup> Scientific Session. Orlando, FL. 2018.

**Pawlak R.** Vitamin B12 content in breast milk of vegan, vegetarian and non-vegetarian lactating women. 7<sup>th</sup> International Congress on Vegetarian Nutrition. Loma Linda University, Loma Linda, CA, February, 2018.

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

Grant R. **Pawlak R.** Cardiovascular disease risk factors profile among Australian vegetarian and non-vegetarian teenagers. 7<sup>th</sup> 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. 7<sup>th</sup> International Congress on Vegetarian Nutrition. Loma Linda University, Loma Linda, CA, February, 2018.

**Pawlak R,** Ding C, Sovyanhadi M. (2015) 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. (2014). Growth Among Children Living in Vilcabamba Ecuador. Poster presentation at NC Dietetic Association annual meeting.

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

**Pawlak R.** & Gregor M. (2011). 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

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

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

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

**Pawlak, R.,** Connell, C., Brown, D., Meyer, M.K., & Yadrick, K. (2004). 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.

### **Books**

**Pawlak R.** Dieta, fakty I mity. 2019. Under contract with Fundacja Zrodla Zycia.

**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). 1<sup>st</sup> edition. ISBN 078-83-52103-65-2.

**Pawlak R.** Vegan/vegetarian mother and her baby. 1<sup>st</sup> 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>

**Pawlak R.** Healthy diet without secrets. 1<sup>st</sup> 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. 1<sup>st</sup> edition, 2012. Greenville, NC. ISBN 978-1-62407-629-9. E-book version on amazon.com at <http://www.amazon.com/dp/B00B6QQ9A2>

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**Pawlak R.** W obronie vegetarianizmu (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 vegetarianizmu (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 vegetarianizmu (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**

2020:

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. Pending.

**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.

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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 January, 2018

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.

**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. Status –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. Status –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. Status –funded.

2011:

I will take sickness away from the midst of you.

Blue Cross Blue Shield North Carolina Foundation. Amount - \$4736. Status - funded

2009:

American Indian Faith-Based Obesity Prevention Project. Blue Cross Blue Shield North Carolina Foundation. Amount - \$65,832. Status – funded.

## **Roman Pawlak, Ph.D, RD**

Work ph: (252) 744-1030

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

2007:

Community based nutrition intervention in at risk population. Blue Cross Blue Shield North Carolina Foundation. \$57,289. Status – funded.

2006:

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. Status – funded.

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

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. Status – not funded.

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. Status – funded.

2004:

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. Status – not funded.

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.

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. Status – funded.

## **Roman Pawlak, Ph.D, RD**

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: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.

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

2020

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](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](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](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](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](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](https://www.dietitiancentral.com/ceu/dietitian_recorded_webinar.cfm?art_id=531&cid=515)

2019

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>

February, 2018

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

## **Roman Pawlak, Ph.D, RD**

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January, 2018

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

October 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.

April 2017

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

January 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.

November 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.

August 2016

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.

April 2016

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

March 2016

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

## **HONORS/RECOGNITIONS**

2019

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

## **Roman Pawlak, Ph.D, RD**

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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.

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.

March 2013

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

December 2012

Pawlak R., et al. "Understanding Nutrition" published in the American Journal of Lifestyle Medicine was recognized by the MDLinx.com as the 7<sup>th</sup> 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](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)

August 2012

Department of Nutrition Science's outstanding service award.

March 2012

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

March 2011

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



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March 2010

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

August 2009

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

March 2009

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

December, 2008

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

May, 2007

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

November, 2006

Nominated for the East Carolina University Scholar/Teacher Award.

September, 2006

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

July 2006

Included in Marquis Who's Who in America publication.

January 2003

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

May 2002

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

May 2001

Received Graduate Assistantship from the National Food Service Management Institute.

### **PROFESSIONAL SERVICE ACTIVITIES**

Fall, 2010 – present

Associate editor Journal of Nutrition Education and Behavior.

Journal/Book Reviewer

Fall, 2006 – present

## **Roman Pawlak, Ph.D, RD**

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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

2005:  
Editors/Authors: Whitney Ellie, Rolfes Sharon  
Title: Understanding Nutrition.  
Year of publication: 2005  
11<sup>th</sup> edition.  
ISBN: 0-534-62226-7

Editors/Authors: Wardlaw Gordon, Hampl Jeffrey, DiSivestro Robert.  
Title: Perspectives in Nutrition  
Year of publication: 2006  
7<sup>th</sup> edition.  
ISBN: 13: 978-0-07-282750-7  
ISBN: 10:0-07-282750-5

### **Work done for professional organizations**

October, 2006-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/Member of the Tenure and Promotion committee

Fall 2013 – present  
Chair of the Personnel Committee

## **Roman Pawlak, Ph.D, RD**

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Fall 2006 – present:

Chair of the department's scholarship committee

Fall 2006-present

Member of the College of Human Ecology Excellence Committee

Fall 2009 – Spring 2010

Member of the New Faculty Search 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.

Fall 2006 - Spring 2006:

Member of New Faculty Search Committee

Fall 2005 – Spring 2006:

Member of the Graduate Committee

Member of the Graduate Curriculum Committee

Fall 2004 – Spring 2006:

Member of departmental student service and scholarship committee. East Carolina University.

Member of international committee at the College of Human Ecology. East Carolina University.

Member of the international committee at the International House. East Carolina University

Summer 2004:

Participation in the Summer Institute of the Allied Health Careers Opportunity Program

Spring 2004:

### **PROFESSIONAL AND COMMUNITY PRESENTATIONS AND ACTIVITIES**

Fall 2007 – present

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

December 2006 – present

Appearances in local channels' television talk shows focused on nutrition and health

October 2004 - present

## **Roman Pawlak, Ph.D, RD**

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

Summer 2008 - present

Nutrition lectures for community-based organizations outside of the USA (e.g. Poland, Brazil, Ecuador).

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.

### **PROFESSIONAL MEMBERSHIP**

American Society for Nutrition – registration # 23090

Academy of Nutrition and Dietetics – registration # 915114

AND Vegetarian Practice Group – registration # 915114

Physicians Committee for Responsible Medicine

The Honor Society of Phi Kappa Phi