

Agata Kowalewska PhD, RD

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University of Florida

Gainesville, FL 32611-7342

Education and
Credentials

Virginia Polytechnic Institute and State University (Virginia Tech), Blacksburg, VA
PhD. Human Nutrition, Foods and Exercise, Community Nutrition and Dietetics, May 2010

Dissertation: Health beliefs, behaviors, and environmental factors related to diet and physical activity among college students and their parents.

Dietetic Internship Program, August 2010 – May 2011

Registered Dietitian, June 2011

University of Arizona, Tucson, AZ

M.S. Geosciences, December 1996

Thesis: Reconstruction of paleoenvironments of the Great Salt Lake Basin during the late Cenozoic.

University of Warsaw, Warsaw, Poland

M.S. Geology, December 1991

Thesis: Late Holocene and present sediment of Garbaś Lake and the geological structure of its surroundings.

Professional
Experiences

August 2020 – present: The Center for European Studies, College of Liberal Arts and Sciences at the University of Florida, Gainesville, FL; Lecturer

August 2018 – May 2020: The Center for European Studies, College of Liberal Arts and Sciences at the University of Florida, Gainesville, FL; Visiting Lecturer

January 2017 – present: Distance and Continuing Education at the University of Florida, Gainesville, FL; Lecturer

December 2017 – present: Family Youth and Community Sciences Department, College of Agricultural Life Sciences at the University of Florida, Gainesville, FL; Affiliate Faculty

Teaching responsibilities at UF:

- The academic year 2020-21:
 - POL1130 and POL1131 Polish Language and Culture, 100% online section
 - POL2220 and POL2221 Intermediate Polish, virtual in-person
 - EUS2131 Food Customs and Patterns of European Countries, virtual in-person (fall)
 - EUS3937 Applied European Languages: Rzeczpospolita in Review: events in Poland according to a daily newspaper, virtual in-person (fall)
 - EUS3938 European LCTL: Polish Independent Study, virtual in-person (fall and spring)
 - EUS3930/GEO3930 Health and Policy: Europeans Approach to Food, virtual in-person (spring)

EUS 4911 Undergraduate Research in European Studies, virtual in-person (spring)
EUS6905 Polish independent study, graduate-level, virtual in-person (fall and spring)

- The academic year 2019-20:
POL1130 and POL1131 Polish Language and Culture, in-person and virtual classes
POL1130 and POL1131 Polish Language and Culture, 100% online section
POL2220 and POL2221 Intermediate Polish, in-person and virtual classes
EUS3110 Culture and Society in Europe: Food Patterns of European Countries, cross-listed with FSHN4936, in-person (fall)
EUS3937 Applied European Languages: Then and Now: Legends and History, a course in Polish, in-person (fall)
EUS3938 European LCTL: Polish Independent Study, in-person
EUS4932/EUS6932 Jean Monnet Special Seminar: EU Today Sustainability beyond the 3Rs, virtual in-person (spring)
EUS6905 Polish independent study, graduate-level, in-person and virtual classes
FOS2001.B Flex course: Man's Food: 100% online course, continues enrollment
- The academic year 2018 -19:
POL1130 and POL1131 Polish Language and Culture, in-person
EUS3938 Polish independent study, undergraduate level (both semesters), in-person
EUS3110 Culture and Society in Europe: Food Customs and Patterns (fall), inperson
EUS3930 Europe: Food Production and Sustainability (spring), cross-listed with FYC4932, in-person
EUS6905 Polish independent study, graduate-level (both semesters), in-person
FOS2001.A Flex course: Man's Food: 100% online course, continues enrollment
- The academic year 2017-18:
POL1130 and POL1131 Polish Language and Culture, in-person
EUS3938 Polish independent study, undergraduate level (both semesters), in-person
EUS6905 Polish independent study, graduate-level (both semesters), in-person
FOS2001.A Flex course: Man's Food: 100% online course, continues enrollment
FOS2001 Man's Food, 100% online course (fall)
- The academic year 2016-17:
Internship preceptor and advisor - Master of Public Health, College of Public Health and Health Professions at the University of Florida, Gainesville, FL; (3 projects)
POL1130 and POL1131 Polish Language and Culture, in-person
EUS3938 Polish independent study, undergraduate level (both semesters), in-person
EUS6905 Polish independent study, graduate-level (both semesters), in-person
FOS2001 Man's Food, 100% online course (three semesters)
- The academic year 2015-16
FOS2001 Man's Food: 100% online course (three semesters)
Global Health Outreach, a field course in Haiti (spring)
- The academic year 2014-15
HUN2201 Fundamentals of Human Nutrition (three semesters)
Global Health Outreach, a field course in Haiti (spring)

HUN4936 Topics in Community Nutrition

- The academic year 2013-14
HUN4936 Topics in Community Nutrition
DIE3310 Community Nutrition,
DIE4436 Nutrition Counseling and Communication
HUN2201 Fundamentals of Human Nutrition (three semesters)

August 2016 – May 2018: The Center for European Studies, College of Liberal Arts and Sciences at the University of Florida, Gainesville, FL; Adjunct Lecturer

July 2013 – December 2017: Food Science and Human Nutrition Department, College of Agricultural Life Sciences at the University of Florida, Gainesville, FL; Visiting Assistant Scientist/Adjunct Assistant

September 2016 – December 2017: International Center at the University of Florida. USAID Feed the Future INGENAES project at the University of Florida, Gainesville, FL; Adjunct Scientist Nutrition Specialist

May – December 2016: UF Professional Development; Consultant; Nutrition and Foodservice Professional Training program reviewer

12/2011 – 03/2013: Department of Population Health Sciences at Virginia Tech, Blacksburg, VA; Consultant

02 - 06/2013: Virginia Cooperative Extension at Virginia Tech, Family and Consumer Sciences, Blacksburg, VA; Grant Writer

04 - 05/2012: Human Development at Virginia Tech, Blacksburg, VA; Intergenerational Obesity Project, Researcher

08/2010 – 05/2011: Dietetic Internship at Virginia Tech, Blacksburg, VA

- Clinical Dietitian, Levis Gale Hospital Montgomery
- Foodservice Dietitian, Radford University Dining Services
- Nutrition Coordinator, Local Office on Aging the Area Agency on Aging
- Support for grant implementation “Balanced Living with Diabetes” NIH grant
- Educator, Carillion Diabetes Center in New River Valley Medical Center
- Clinical Dietitian, Dialysis center of Fresenius Medical Center, Roanoke, VA

01/2005 – 05/2010: Department of Human Nutrition, Foods & Exercise, Virginia Tech, Blacksburg, VA, Graduate Teaching Assistant

Foods and Nutrition – eight semesters

Nutrition Across the Life Span – two semesters

1993 – 1996: Department of Geosciences, University of Arizona, Tucson, AZ; Graduate Teaching/Research Assistant

1990 – 1992: TEMPUS Program

Ministry of Education, Warsaw, Poland (Ministerstwo Edukacji Narodowej, Warszawa, Polska)

Volunteer and Service 05/2019 – present: UF Academic Manager of Reciprocal Agreement between UF and University of Warsaw
08/2018 – present: External Dietetics Advisory Board of Dietetics Program at the UF, member
08/2017 – present: Academic Advisor Polish Student Association POLSA
08/2015 – 08/2016: FYCS Distant Education Improvement Committee
08/2014 – 09/2015: IFAS reviewer for Family Album publications
08/2013 – 07/2016: FSHN Dept. Undergraduate Committee
08/2013 – 08/2014: FSHN Dept. DPD Program Committee
2012 spring, Chair of Evaluation Committee, 83rd Annual Meeting, Virginia Dietetic Association

Memberships and Activities in the Profession 2019 – present: North American Association of Teachers of Polish
2019 – present: American Association of Teachers of Slavic and East European Languages
2013 – present: Florida Academy of Nutrition and Dietetics member
2013 – present: Gainesville Academy of Nutrition and Dietetics member
2008 – present: Academy of Nutrition and Dietetics member
2015 – 2017: North American Colleges and Teachers of Agriculture member
2014 – 2016 Campus Director of Florida Extension Association of Family and Consumer Sciences
2013 – 2016: Electronic Data Information Source of UF/IFAS Extension reviewer
12/2013 – 2016: UF IFAS Food Safety and Nutrition Leadership Work Group co-leader
2008 – 2013: Southwest Virginia Dietetic Association
2008 – 2013: Virginia Dietetic Association
2008: American Dietetic Association Foundation Student Stipend Recipient

Honors and Awards 2020 fall: Foreign Languages Across the Curriculum (FLAC) Course Development Grant (\$5,000)
2019 fall: Foreign Languages Across the Curriculum (FLAC) Course Development Grant (\$5,000)
2019 spring: College of Liberal Arts and Sciences Faculty Travel Award
2015-2016: Office of Sustainability University of Florida Prairie Project stipend (\$500)
2015: FSHN international outreach funding (\$1,000)
2014- 2015: recipient of Roche Teaching Fellowship of College of Agricultural and Life (\$2,000)
2014: Grant recipient to develop new teaching and research opportunities IFAS Dean of Research (\$1,600)
2014 – 2015 Grant recipient to conduct need assessment for development youth selfmanagement diabetes education program (\$1,600)

Professional Presentation and Publications Presentations:
11/2017 Wood, E., McNamara, K., Kowalewska, A., and Ludgate, N. Household decision-making around food in rural Tajikistan. American Public Health Association (APHA) Conference. Atlanta, GA. Funded by USAID Feed the Future INGEANES

10/2016 L. Acosta, G. O’Kane, J. Kellett, A. Kowalewska. Collaborations in Dietetics Education across Countries. Journal of the Academy of Nutrition and Dietetics supplement.

08/2015 Kowalewska A. "Food Myths and Nutrition" - Master Gardener Summer Institute

01/2015 – Kowalewska A. "Major nutritional deficiencies in developing countries and international aid programs" - Global Health Outreach, Haiti group

2013 Kowalewska A. Hunger U – UF student association panel discussion

Journal Articles:

Anderson, HS, Wood EA, Kowalewska A, McKune SL. Household remoteness and patterns of food production and consumption in Tajikistan. *International Journal of Agricultural Extension*. 2018,6;1:7-16

Wood, E., McNamara, K., Kowalewska, A., and Ludgate, N. Household decision-making around food in rural Tajikistan. *Food & Nutrition Research*. 2018, 62: 1330 - <http://dx.doi.org/10.29219/fnr.v62.1330>

Serrano E, Kowalewska A, Hosig K, Fuller C, Fellin L, Wigand V. Status and goals of local school wellness policies in Virginia: a response to the child nutrition and WIC Reauthorization Act of 2004. *J Nutr Educ Behav*. 2007;39(2):95-100

Kowalewska A, Cohen, AS. Reconstruction of paleoenvironments of the Great Salt Lake basin during the late Cenozoic. *Journal of Paleolimnology*. 1998;.20:381-407

Reports:

Kowalewska A. and Anderson H. Dietary Diversity Assessment in Rural Villages of Khatlon Province. USAID Feed the Future INGEANES. 2017 (under review)

Kowalewska A, Hosig K, Serrano LE, Fuller C. A Summary of Virginia School Divisions' Reports on School Health Advisory Boards and Local (School) Wellness Policies. 20112012 School Year. Virginia Department of Education. 2013

Kowalewska A, Hosig K, Serrano LE, Fuller C. A Summary of Virginia School Divisions' Reports on School Health Advisory Boards and Local (School) Wellness Policies. 20102011 School Year. Virginia Department of Education. 2012

Extension Publications:

Kowalewska A and Makarevich E. Cuba and US: Food Customs and Health. 2017 EDIS Publication FSHN17-8. <http://edis.ifas.ufl.edu/fs303>

Educational materials:

Kowalewska A. Tomatoes: food and nutrition. Crop guides. US AID Feed the Future Tajikistan Agriculture and Water Activity. 2017

Kowalewska A. Cucumber: food and nutrition. Crop guides. US AID Feed the Future Tajikistan Agriculture and Water Activity. 2017

Kowalewska A. Mung beans: food and nutrition. Crop guides. US AID Feed the Future Tajikistan Agriculture and Water Activity. 2017

Kowalewska A. Cabbage and cabbage family: food and nutrition. Crop guides. US AID Feed the Future Tajikistan Agriculture and Water Activity. 2017

Kowalewska A, Wood EA. Nutrition, Behaviors. And Health: Food & Water for Extension Services Staff: A Facilitator's Guide. INGENAES. 2017 (under revision)

Kowalewska A. and Poulsen, L. Tips for a Quality Diet in Nepal: Meeting the Body's Needs for Protein. INGENAES. 2017 <http://ingenaes.illinois.edu/library/#technical-notes>

Abstracts:

Wood E, McNamara K, Kowalewska A, Ludgate N. Household decision-making around food in rural Tajikistan. American Public Health Association Conference. Atlanta. 2017.

Acosta L, O'Kane G, Kellett J, Kowalewska A. Collaborations in Dietetics Education Across Countries. Food & Nutrition Conference & Expo™ (FNCE®) Boston, 2016.

Kowalewska A, Blalock PJ, Tawney C, Kuhn CA. FODMAP diet – an approach to management of irritable bowel syndrome. Virginia Dietetic Association Annual Meeting. 2011;8:4.

Kowalewska A, Hosig KW, Deater-Deckard K, Nickols-Richardson S, Serrano E. Are students majoring in health sciences healthier than students “just” interested in the topic? JADA:2008;108(9):118.

Kowalewska A, Hosig K. Are BMI-status school letters and school/community-based nutritional and fitness resources viewed as useful by primary caregivers in southwestern Virginia? Dean's Forum on Health, Food, and Nutrition. 2008;309.

Cohen AS, Davis OK, Kowalewska A, Moutoux TE. Late Cenozoic paleolakes and paleoclimate in the Bonneville Basin. Geological Society of America. 1997;29:254.

Kowalewska A, Cohen AS. Ostracode-based reconstruction of the lacustrine environments in the Great Salt Lake basin during the late Cenozoic. Geological Society of America. 1995;27:206.

Research

2017 Examining the integration of nutrition materials into Nepal's pluralistic agricultural extension services system. Funded by USAID Feed the Future INGEANES. UF IRB approved

2016 – 2017 Household Decision-making Around Food. Funded by USAID Feed the Future INGEANES. UF IRB approved

2016 – 2017 Dietary Diversity Assessment in Rural Villages of Khatlon Province, Tajikistan. Funded by USAID Feed the Future INGEANES. UF IRB approved

2015-2016: Comparison of fruit consumption between two groups of students enrolled in a general nutrition course in two consecutive semesters. UF IRB approved

2015- 2016: Development of diabetes self-management curriculum for teenagers in Florida: Focus group based exploratory assessment and pilot research. UF IRB approved

2009: Dietary and physical activity behaviors of college students: How much do parents and peers matter? (Dissertation project), VT IRB approved

2008: Factors Influencing College Students' Nutrition and Physical Activity Choices (3rd year). VT IRB approved

Dietary and physical activity behaviors of college students: How much do parents and peers matter? (pilot), VT IRB approved

Nutrition and Physical Activity Changes During Transition from High School to College. VT IRB approved

2007: Factors Influencing College Students' Nutrition and Physical Activity Choices (2nd year). VT IRB approved

Nutrition and Physical Activity Changes During Transition from High School to College. VT IRB approved

2006: Factors Influencing College Students' Nutrition and Physical Activity Choices (1st year). VT IRB approved

2005: Need Assessment of Nutrition and Fitness Program for School Age Children in Montgomery County. VT IRB approved

All research projects before 2010 were conducted under the supervision and in cooperation with K. Hosig, PhD, MPH, RD, and approved by the Virginia Tech Institutional Review Board.