

MARCELA VIZCARRA CATALAN

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RESEARCH INTERESTS

Socio-ecological view to approach childhood obesity; prevention of childhood obesity focusing on family and childcare centers in which children experience eating socialization; health behavior change, obesity and obesity-related diseases in vulnerable groups.

EDUCATION

- 2015 - Present **PhD Candidate in Community Health**
University of Illinois at Urbana-Champaign, USA
- 2012 **Master of Science in Food and Nutrition**
Institute of Nutrition and Food Technology (INTA)
University of Chile, Santiago de Chile
Concentration: Human Nutrition
- 2012 **Certificate in Education and Social Marketing in Public Health**
University of Chile, Santiago de Chile
- 2010 **Certificate in Food Marketing**
University of Chile, Santiago de Chile
- 2003 **Professional Title, Nutritionist**
University of Chile, Santiago de Chile
- 2003 **Certificate in Sciences of Physical Activity**
University of Chile, Santiago de Chile
- 2001 **Bachelor of Science in Nutrition and Dietetics**
University of Chile, Santiago de Chile

ACADEMIC EXPERIENCE

- 2019 **Teaching Assistant (grader)**
Survey of Interdisciplinary Health, undergraduate level course
Interdisciplinary Health Sciences
University of Illinois at Urbana-Champaign, USA
- 2017 **Teaching Assistant (instructor)**
Survey of Interdisciplinary Health, undergraduate level course
Interdisciplinary Health Sciences
University of Illinois at Urbana-Champaign, USA

- 2016 **Teaching assistant (grader)**
Contemporary Health, undergraduate level course
 Kinesiology and Community Health
 University of Illinois at Urbana-Champaign, USA
- 2016 **Teaching assistant (grader)**
Introduction to Public Health, undergraduate level course
 Kinesiology and Community Health
 University of Illinois at Urbana-Champaign, USA
- 2016 **Teaching Assistant (instructor)**
Intermediate Spanish, undergraduate level course
 Department of Spanish
 University of Illinois at Urbana-Champaign, USA
- 2010 - 2013 **Instructor**
Nutrition and Health, undergraduate level course
 Department of Health and Sciences of Physical Activity
 Sek University, Chile
- 2012 - 2013 **Instructor**
Eating Disorders and Diseases related to Food and Nutrition,
 undergraduate level course
 Alberto Hurtado University, Chile
- 2012 - 2013 **Nutritionist**
 Institute of Nutrition and Food Technology
 Collecting data and implementing teaching sessions in Project
 "Colacion BKN" of 5 a day in Chile
- 2013 **Instructor**
Health Promotion, undergraduate level course
 Universidad de Las Americas, Santiago de Chile
- 2009 **Instructor**
Food and Nutrition, undergraduate level course
 Department of Health and Sciences of Physical Activity
 Sek University, Santiago de Chile

COLLABORATIVE RESEARCH

- 2019 “Gardening and Family Health: Elucidating the role of the human and environmental microbiota”, UIUC.
Management of data base and preliminary statistical analysis
- 2016 - 2017 “Determinants of eating behaviors in Chilean women: A participatory study using photo-elicitation”, UIUC
Conducted qualitative analysis, writing and editing manuscripts
- 2014 “The Dona Francisca Health Study: Mobilizing the community to prevent and control chronic diseases”, UIUC
Designed nutritional contents for workshop and educational material in food and nutrition
- 2016 “Abriendo caminos”, UIUC
Collecting data (anthropometric and nutritional), review of the literature and qualitative data analysis for the educadoras de la salud project within the project “Abriendo caminos”
- 2009 *Effect of a milk product containing probiotics and prebiotics on the digestive function of healthy and constipated subjects.* [Efecto de un producto lácteo con probióticos y prebióticos sobre la función digestiva de sujetos sanos y constipados], INTA
Rrecruiting participants, collecting data, creation of data base

PROFESSIONAL EXPERIENCE

- 2010 - 2013 **Consultant**
Designing and implementing health promotion programs for companies affiliated to Mutual de Seguridad, Chile (nonprofit organization to ensure health safety in workplaces)
Project management leading to implement the strategy of health promotor workplaces [Estrategia Lugares de trabajo promotores de la salud]
- 2003 - 2007 **Nutritionist** at Lo Barnechea’s Health Center, Santiago, Chile
Conducted, designed, implemented and evaluated the project aimed at community of Barnechea “For a Happy Heart”
Supervised the Supplemental Nutrition program for children and older adults
Provided advice and counselling about food and nutrition for pediatric, adult and geriatric population
Implementing health promotion program in the district

HONORS AND AWARDS

- 2019 Honorable Mention for the Ferber Award
Recognition for the quality of the ongoing dissertation utilizing survey methodology in the study of parent feeding styles toward preschool children to develop culturally competent programs for families to prevent childhood obesity in Chile
- 2018 Tinker Fellowship
Center for Latin America and Caribbean Studies
Funding for the study "Influences on child-centered feeding among parents of preschool children residing in low income neighborhoods in Chile"
- 2017 Tinker Fellowship
Center for Latin America and Caribbean Studies
Funding for the study "Feeding my child: A pilot study to validate and test the caregiver's feeding style questionnaire in Chile"
- 2016 CONICYT "Becas Chile" Scholarship
National Comision of Scientific Research and Technology, Chilean Government
Funding for completing doctoral program and researching about child eating socialization to childhood obesity prevention
- 2016 List of Teaking Assistants/Teachers Ranked as Excellent by Their Students
University of Illinois at Urbana-Champaign

REFEREED ARTICLES

- Vizcarra M.**, Palomino A., Iglesias L., Valencia A., Gálvez P., Schwingel, A., *Weight matters – Factors influencing eating behaviors of vulnerable women*. *Nutrients*: 11(8) p. 1809, 2019
- Gálvez E, P., Iglesias V., L., **Vizcarra C., M.**, Palomino P., AM., Valencia C., A., Schwingel, A. "We eat in this way because..." *Understanding eating behaviors of Chilean women of low socioeconomic status*. ["Comemos así porque..." *Entendiendo las conductas alimentarias de mujeres chilenas de bajos recursos*]. *Revista Médica de Chile*: 146(8) p. 882-889, 2018
- Gálvez, P., **Vizcarra, M.**, Palomino, A.M., Valencia, A., Iglesias, L., Schwingel, A. *The photo-elicitation of food worlds: A study on the eating behaviors of low socioeconomic Chilean women*. *Appetite* 111: p. 96-104, 2017
- Schwingel, A., Wiley, A.R., Teran-Garcia, M., McCaffrey, J., Gálvez, P., **Vizcarra, M.** *Promotoras and the semantic gap between Latino community health researchers and Latino communities*. *Public Health Practice*: p. 1-10, 2016.
- Valenzuela, R., Gormaz, J., Masson, L., **Vizcarra, M.**, Cornejo P., Valenzuela, A., Tapia, G. *Evaluation of hepatic bioconversion of α -linolenic acid (ALA) to eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) in rats fed oils from chia (*Salvia hispanica*) or rosa mosqueta (*Rosa rubiginosa*)*. *Grasas y Aceites*, 63(1): p.61-69, 2012
- Gotteland, M., **Vizcarra, M.**, Maury, E. *Effect of a milk product containing probiotics and prebiotics on the digestive function of healthy and constipated subjects*. [Efecto de un producto lácteo con probióticos y prebióticos sobre la función digestiva de sujetos sanos y constipados]. *Revista Chilena de Nutrición*, 37(3): p. 340-351, 2010.
- Maury, E., Sequera, S., Sanchez, D., Bravo, A., Romero, M., **Vizcarra, M.**, *Changes in Protein Composition of Mature Breast Milk during Storage by Freezing*. *Pediatr. (Asuncion)*, 37(3); 181-194

POSTERS AND PRESENTATIONS

- Alam, R., **Vizcarra, M.**, Stecher MJ, Navarro, C., Rodriguez, Y., Schwingel, A (September, 2019). "Uninvolved feeding and underestimation of child weight status explain child BMI z-scores in Chilean preschoolers". Food and Family Conference of the Family Resiliency Center at University of Illinois at Urbana-Champaign and Christopher Family Foundation, Chicago, IL.
- Vizcarra, M.**, Schwingel, A. "Influences on child-centered feeding behaviors among parents of preschool children residing in low income Neighborhoods in Chile". Presenter in Tinker Workshops in the University of Illinois at Urbana-Champaign, February 2019.

- Vizcarra, M.**, Stecher, M.J., Schwingel, A. *The power of a child: Influences of feeding practices toward preschool children in Chile*. Fifteenth International Congress of Qualitative Inquiry sponsored by the University of Illinois at Urbana-Champaign, May 2019.
- Coloma, MJ, **Vizcarra, M.** *Exploring complementary feeding practices toward children under two year old in Myanmar*. Fifteenth International Congress of Qualitative Inquiry sponsored by the University of Illinois at Urbana-Champaign, May 2019.
- Vizcarra, M.** Po, C., An, R. Associations between caregiver's feeding styles and feeding practices with weight status of 2-to-12-Years-Old Children in Latin American and Caribbean Countries: A Systematic Review
- Pond, R., **Vizcarra, M.**, Schwingel, A. *Uninvolved feeding style is associated with higher central adiposity and lower variety of fruit intake*. Obesity Week, November 2018.
- Vizcarra, M.**, Stecher, M.J., Femandois, N., Aguayo, L., Schwingel, A. *Underestimation of child weight status is associated with permissive feeding styles in Chile (edited abstract)*. American Association for Nutrition, June 2018.
- Vizcarra, M.**, Schwingel, A. *"Feeding my child": A pilot study to validate and test the Caregiver's Feeding Style Questionnaire in Chile*. Presenter in Tinker Workshops, February 2018.
- Aguayo, L., **Vizcarra, M.**, Wiley, A., Teran-Garcia, M., Schwingel, A. *Lifelong associations of maternal recall of uncertain access to food during childhood*. Obesity Week 2017.
- Vizcarra, M.**, Galvez, P., Schwingel, A. *Exploring family factors influencing eating habits of Chilean women from low-socioeconomic status*. Twelfth International Congress of Qualitative Inquiry sponsored by the University of Illinois at Urbana-Champaign, May, 2016.
- Galvez, P., **Vizcarra, M.**, Aguayo L., Schwingel, A. *Visual methods in the study of eating behaviors in low socioeconomic Chilean women*. 28th Annual Ethnographic & Qualitative Research Conference sponsored by the University of Nevada, February 2016.
- Vizcarra, M.**, Gonzalez, D., Valenzuela, R., Tapia, G. *Bioconversion of omega-3 long chain polyunsaturated fatty acids (LCFA ω -3) of vegetal origin, PPAR-alfa and acil-CoA oxidasa expression in rats liver (in Spanish)*. XIX Congress of Nutrition of Chilean Society of Nutrition, Bromatology and Toxicology, Coquimbo, Chile, 2011.
- Lobos, N., **Vizcarra, M.**, Valenzuela, R., Varela, P., Tapia, G. *PPAR-alfa expression in liver of rats fed with high omega-3 long chain polyunsaturated fatty acids diets (LCFA ω -3)(in Spanish)*. Revista Farmacologica de Chile, 3(1): p.54, 2010.
- Valenzuela, R., **Vizcarra, M.**, Tapia, G. *Bioconversion of omega-3 long chain polyunsaturated fatty acids (LCFA omega-3) of vegetal origin: Effects over liver damage (in Spanish)*. RNC FELANPE (Special Number), p.62-63, 2010.

SKILLS

- Spanish, native speaker; English, advanced level
- Statistical Package for the Social Sciences, NVivo, Atlas.ti
- Teaching Foundations certificate
- Leadership certification in progress (2019-2020 period)

SOCIETY MEMBERSHIP

2017 - present The Obesity Society

2017 - present American Society for Nutrition

2017- present American Public Health Association (abstract reviewer)