

# Stanford

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## Anthony Crimarco

Postdoctoral Research Fellow, SCRDP/ Heart Disease Prevention

### Bio

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#### BIO

Anthony Crimarco, Ph.D., is a Postdoctoral Fellow in Cardiovascular Disease Prevention at the Stanford Prevention Research Center. His primary research interests include diet and lifestyle interventions. More specifically he focuses on the health benefits of plant-based diets, the impact of the built environment on diet and physical activity behaviors, and the use of mHealth and eHealth in lifestyle interventions.

Dr. Crimarco completed a Ph.D. in Health Promotion, Education, and Behavior from the Arnold School of Public Health at the University of South Carolina in 2019. He also completed M.S. degrees in Management at the University of Florida (2013) and Wellness Management at Ball State University (2012).

#### PROFESSIONAL EDUCATION

- Ph.D., University of South Carolina , Health Promotion, Education, and Behavior (2019)
- M.S., University of Florida , Management (2013)
- M.S., Ball State University , Wellness Management (2012)
- B.S., Stetson University , Integrative Health Sciences (2009)

#### STANFORD ADVISORS

- Christopher Gardner, Postdoctoral Research Mentor
- Christopher Gardner, Postdoctoral Faculty Sponsor

### Publications

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#### PUBLICATIONS

- **Sustainable Diets for Cardiovascular Disease Prevention and Management.** *Current atherosclerosis reports*  
Mendoza-Vasconez, A. S., Landry, M. J., Crimarco, A., Bladier, C., Gardner, C. D.  
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- **Adherence to Ketogenic and Mediterranean Study Diets in a Crossover Trial: The Keto-Med Randomized Trial.** *Nutrients*  
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- **Nutrition Study Design Issues-Important Issues for Interpretation.** *American journal of health promotion : AJHP*  
Gardner, C. D., Crimarco, A., Landry, M. J., Fielding-Singh, P.  
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- **Nutrition Study Design Issues-Important Issues for Interpretation** *AMERICAN JOURNAL OF HEALTH PROMOTION*  
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- **Outcomes of a short term dietary intervention involving vegan soul food restaurants on African American adults' perceived barriers, benefits, and dietary acceptability of adopting a plant-based diet** *Food Quality and Preference*  
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2020; 79
- **"They Eat What They Eat, I Eat What I Eat": Examining the Perspectives and Experiences of African Americans Who Adopt Plant-Based Diets** *American Journal of Lifestyle Medicine*  
Botchway, M., Turner-McGrievy, G., Crimarco, A., Wilson, M., Davey, M., Wilcox, S., Frongillo, E.  
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- **A randomized crossover trial on the effect of plant-based compared with animal-based meat on trimethylamine-N-oxide and cardiovascular disease risk factors in generally healthy adults: Study With Appetizing Plantfood-Meat Eating Alternative Trial (SWAP-MEAT).** *The American journal of clinical nutrition*  
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2020
- **Examining demographic characteristics and food access indicators from the location of vegan soul food restaurants in the south.** *Ethnicity & health*  
Crimarco, A., Turner-McGrievy, G. M., Adams, S., Macaуда, M., Blake, C., Younginer, N.  
2019: 1–16
- **The effects of meal-timing on self-rated hunger and dietary inflammatory potential among a sample of college students** *JOURNAL OF AMERICAN COLLEGE HEALTH*  
Crimarco, A., Turner-McGrievy, G. M., Wirth, M. D.  
2019; 67 (4): 328–37
- **Impact of a 12-month Inflammation Management Intervention on the Dietary Inflammatory Index, inflammation, and lipids** *CLINICAL NUTRITION ESPEN*  
Turner-McGrievy, G. M., Wirth, M. D., Shivappa, N., Dunn, C. G., Crimarco, A., Hurley, T. G., West, D. F., Hussey, J. R., Hebert, J. R.  
2019; 30: 42–51
- **"We're Not Meat Shamers. We're Plant Pushers.": How Owners of Local Vegan Soul Food Restaurants Promote Healthy Eating in the African American Community** *Journal of Black Studies*  
Crimarco, A. E., Turner-McGrievy, G. M., Botchway, M., Macaуда, M., Adams, S. A., Blake, C., Younginer, N.  
2019
- **Using Commercial Physical Activity Trackers for Health Promotion Research: Four Case Studies.** *Health promotion practice*  
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2019; 25 (1): 9–19
- **The Nutritious Eating with Soul (NEW Soul) Study: Study design and methods of a two-year randomized trial comparing culturally adapted soul food vegan vs. omnivorous diets among African American adults at risk for heart disease** *Contemporary Clinical Trials*  
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2019
- **Use of Mobile Wearable Devices to Compare Eating, Physical Activity, and Sleep Between Individuals Following Vegetarian and Omnivorous Diets** *Journal of Technology in Behavioral Science*  
Crimarco, A., Turner-McGrievy, G., Wright, M.  
2018; 3 (4): 259-267
- **Mobilizing mHealth for Moms: a Review of Mobile Apps for Tracking Gestational Weight Gain** *Journal of Technology in Behavioral Science*  
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Crimarco, A. n., Mayfield, C. n., Mitchell, N. n., Beets, M. W., Yin, Z. n., Moore, J. B.  
2018; 11 (5): 137–51
  
- **Partnerships for active elementary schools: Physical education outcomes after 4 months of a 2-year pilot study** *HEALTH EDUCATION JOURNAL*  
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- **Byte by Bite: Use of a mobile Bite Counter and weekly behavioral challenges to promote weight loss.** *Smart health (Amsterdam, Netherlands)*  
Turner-McGrievy, G. M., Boutté, A. n., Crimarco, A. n., Wilcox, S. n., Hutto, B. E., Hoover, A. n., Muth, E. R.  
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- **A plant-based diet for overweight and obesity prevention and treatment.** *Journal of geriatric cardiology : JGC*  
Turner-McGrievy, G. n., Mandes, T. n., Crimarco, A. n.  
2017; 14 (5): 369–74
  
- **Accelerometry-Derived Physical Activity of First Through Third Grade Children During the Segmented School Day.** *The Journal of school health*  
Weaver, R. G., Crimarco, A. n., Brusseau, T. A., Webster, C. A., Burns, R. D., Hannon, J. C.  
2016; 86 (10): 726–33
  
- **The Fast-Casual Conundrum: Fast-Casual Restaurant Entrées Are Higher in Calories than Fast Food.** *Journal of the Academy of Nutrition and Dietetics*  
Schoffman, D. E., Davidson, C. R., Hales, S. B., Crimarco, A. E., Dahl, A. A., Turner-McGrievy, G. M.  
2016; 116 (10): 1606–12