



Anna H Grummon

Assistant Professor of Pediatrics (General Pediatrics) and, by courtesy, of Health Policy
Pediatrics - General Pediatrics

 Curriculum Vitae available Online

Bio

BIO

Dr. Grummon is an Assistant Professor of Pediatrics and (by courtesy) Health Policy and the Director of the Stanford Food Policy Lab. Dr. Grummon is a behavioral scientist whose work seeks to identify and evaluate policies that encourage healthy eating and help children and their families live long, healthy lives. In her work, Dr. Grummon uses randomized trials, natural experiments, and simulation modeling to examine how food policies like warning labels, beverage taxes, and food assistance programs affect what we eat and how healthy we are. She also studies strategies for encouraging people to choose foods that are more environmentally sustainable. Dr. Grummon's program of research has been funded by the National Institutes of Health, the Robert Wood Johnson Foundation, the New York City Department of Health and Mental Hygiene, and others. Her work has been published in leading medical and public health journals including JAMA, New England Journal of Medicine, Science, and the American Journal of Public Health and received coverage in news outlets such as the Washington Post, NBC, NPR, and Forbes.

Dr. Grummon holds a PhD and MSPH in Health Behavior from the University of North Carolina Gillings School of Global Public Health and a BA with Honors in Human Biology from Stanford. She completed her postdoctoral training at Harvard.

ACADEMIC APPOINTMENTS

- Assistant Professor, Pediatrics - General Pediatrics
- Assistant Professor (By courtesy), Health Policy
- Member, Maternal & Child Health Research Institute (MCHRI)

HONORS AND AWARDS

- Jules Hirsch Research Innovation Award, The Obesity Society (2023)
- Finalist, CGS/ProQuest Distinguished Dissertation Award in the Social Sciences (2021)
- Dean's Distinguished Dissertation Award for Social Sciences, University of North Carolina Chapel Hill (2020)
- First Place, Emerging Leaders in Nutrition Science, Policy Section, American Society for Nutrition (2019)
- First Place, Emerging Leaders in Nutrition Science, Nutrition Epidemiology, American Society for Nutrition (2018)
- First Place, Epidemiology and Population Health Section Student and Trainee Poster Competition, The Obesity Society (2018)
- Future Faculty Fellowship, University of North Carolina Chapel Hill (2017)
- Finalist, Firestone Medal for Excellence in Undergraduate Research, Stanford University (2011)
- JE Wallace Sterling Award for Scholastic Achievement, Stanford University (2011)
- Joshua Lederberg Award for Excellence in Human Biology, Stanford University (2011)
- Phi Beta Kappa, Stanford University (2011)

- Boothe Prize for Excellence in Writing in the Freshman Year, Stanford University (2008)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, Robert Wood Johnson Foundation Healthy Eating Research Food Labeling Working Group (2020 - present)

PROFESSIONAL EDUCATION

- Post-doctoral, Harvard TH Chan School of Public Health , Nutrition policy
- PhD, University of North Carolina Gillings School of Global Public Health , Health Behavior (2019)
- MSPH, University of North Carolina Gillings School of Global Public Health , Health Behavior (2016)
- BA, Stanford University , Human Biology (2011)

LINKS

- Stanford Food Policy Lab: <https://foodpolicylab.stanford.edu/>

Publications

PUBLICATIONS

- **Simple dietary substitutions can reduce carbon footprints and improve dietary quality across diverse segments of the US population.** *Nature food*
Grummon, A. H., Lee, C. J., Robinson, T. N., Rimm, E. B., Rose, D.
2023
- **Updated Health Warnings for Alcohol - Informing Consumers and Reducing Harm.** *The New England journal of medicine*
Grummon, A. H., Hall, M. G.
2022; 387 (9): 772-774
- **Nutrient Warnings on Unhealthy Foods.** *JAMA*
Hall, M. G., Grummon, A. H.
2020; 324 (16): 1609-1610
- **Sugary drink warnings: A meta-analysis of experimental studies.** *PLoS medicine*
Grummon, A. H., Hall, M. G.
2020; 17 (5): e1003120
- **Health Warnings on Sugar-Sweetened Beverages: Simulation of Impacts on Diet and Obesity Among U.S. Adults.** *American journal of preventive medicine*
Grummon, A. H., Smith, N. R., Golden, S. D., Frerichs, L., Taillie, L. S., Brewer, N. T.
2019; 57 (6): 765-774
- **Sugar-Sweetened Beverage Health Warnings and Purchases: A Randomized Controlled Trial.** *American journal of preventive medicine*
Grummon, A. H., Taillie, L. S., Golden, S. D., Hall, M. G., Ranney, L. M., Brewer, N. T.
2019; 57 (5): 601-610
- **Designing better sugary drink taxes.** *Science (New York, N.Y.)*
Grummon, A. H., Lockwood, B. B., Taubinsky, D., Allcott, H.
2019; 365 (6457): 989-990
- **Impact of taxes and warning labels on red meat purchases among US consumers: A randomized controlled trial.** *PLoS medicine*
Taillie, L. S., Bercholz, M., Prestemon, C. E., Higgins, I. C., Grummon, A. H., Hall, M. G., Jaacks, L. M.
2023; 20 (9): e1004284
- **Effects of 4 Interpretive Front-of-Package Labeling Systems on Hypothetical Beverage and Snack Selections: A Randomized Clinical Trial.** *JAMA network open*
Grummon, A. H., Gibson, L. A., Musicus, A. A., Stephens-Shields, A. J., Hua, S. V., Roberto, C. A.
2023; 6 (9): e2333515
- **Natural Claims on Sugary Fruit Drinks: A Randomized Experiment With U.S. Parents.** *American journal of preventive medicine*
Hall, M. G., Richter, A. P., Ruggles, P. R., Lee, C. J., Lazard, A. J., Grummon, A. H., Higgins, I. C., Duffy, E. W., Taillie, L. S.

2023

- **Childhood Sugar-sweetened Beverage Consumption: An Agent-based Model of Context-specific Reduction Efforts.** *American journal of preventive medicine*
Kasman, M., Hammond, R. A., Reader, L., Purcell, R., Guyer, S., Ganiban, J. M., Mitchell, D. C., Dabelea, D. M., Bellatorre, A., Bekelman, T. A., Cohen, C. C., Perng, W., Grummon, et al
2023
- **How pictorial warnings change parents' purchases of sugar-sweetened beverage for their children: mechanisms of impact.** *The international journal of behavioral nutrition and physical activity*
Hall, M. G., Grummon, A. H., Queen, T., Lazard, A. J., Higgins, I. C., Richter, A. P., Taillie, L. S.
2023; 20 (1): 76
- **Toddler milk: a scoping review of research on consumption, perceptions, and marketing practices.** *Nutrition reviews*
Richter, A. P., Grummon, A. H., Falbe, J., Taillie, L. S., Wallace, D. D., Lazard, A. J., Golden, S. D., Conklin, J. L., Hall, M. G.
2023
- **Obesity prevention across the US: A review of state-level policies from 2009 to 2019.** *Obesity science & practice*
Cleveland, L. P., Grummon, A. H., Konieczynski, E., Mancini, S., Rao, A., Simon, D., Block, J. P.
2023; 9 (2): 95-102
- **Effects of pictorial warnings on parents' purchases and perceptions of sugar-sweetened beverage categories.** *Pediatric obesity*
D'Angelo Campos, A., Taillie, L. S., Vataavuk-Serrati, G., Grummon, A. H., Higgins, I. C., Hall, M. G.
2023: e13030
- **In-store marketing and supermarket purchases: associations overall and by transaction SNAP status.** *American journal of preventive medicine*
Petimar, J., Moran, A. J., Grummon, A. H., Anderson, E., Lurie, P., John, S., Rimm, E. B., Thorndike, A. N.
2023
- **Designing Effective Alcohol Warnings: Consumer Reactions to Icons and Health Topics** *AMERICAN JOURNAL OF PREVENTIVE MEDICINE*
Grummon, A. H., Ruggles, P. R., Hall, M. G., Greenfield, T. K.
2023; 64 (2): 157-166
- **Designing Effective Alcohol Warnings: Consumer Reactions to Icons and Health Topics.** *American journal of preventive medicine*
Grummon, A. H., Ruggles, P. R., Greenfield, T. K., Hall, M. G.
2023; 64 (2): 157-166
- **Consumer behaviour and experiences in a naturalistic online grocery store: implications for nutrition research.** *Journal of nutritional science*
Grummon, A. H., Tucker, A. C., Noe, V., Rummo, P. E., Prestemon, C. E., Hall, M. G., Jaacks, L. M., Lippuner, V., Taillie, L. S.
2023; 12: e36
- **Should messages discourage sugary drinks, encourage water, or both? A randomized experiment with U.S. parents.** *Preventive medicine*
Grummon, A. H., Lazard, A. J., Taillie, L. S., Hall, M. G.
2022: 107417
- **Nutritional Composition and Purchasing Patterns of Supermarket Prepared Foods Over Time.** *American journal of preventive medicine*
Petimar, J., Grummon, A. H., Simon, D., Block, J. P.
2022
- **Impact of Health, Environmental, and Animal Welfare Messages Discouraging Red Meat Consumption: An Online Randomized Experiment.** *Journal of the Academy of Nutrition and Dietetics*
Grummon, A. H., Musicus, A. A., Salvia, M. G., Thorndike, A. N., Rimm, E. B.
2022
- **An agent-based model of child sugar-sweetened beverage consumption: implications for policies and practices.** *The American journal of clinical nutrition*
Kasman, M., Hammond, R. A., Purcell, R., Heuberger, B., Moore, T. R., Grummon, A. H., Wu, A. J., Block, J. P., Hivert, M. F., Oken, E., Kleinman, K.
2022; 116 (4): 1019-1029
- **Consumer Reactions to Positive and Negative Front-of-Package Food Labels.** *American journal of preventive medicine*
Grummon, A. H., Musicus, A. A., Moran, A. J., Salvia, M. G., Rimm, E. B.
2022

- **Simulation models of sugary drink policies: A scoping review.** *PloS one*
Smith, N. R., Grummon, A. H., Ng, S. W., Wright, S. T., Frerichs, L.
2022; 17 (10): e0275270
- **A Descriptive Analysis of Redemption Patterns by Vendor Type Among: WIC Participants in Massachusetts.** *Journal of the Academy of Nutrition and Dietetics*
Vercammen, K., Grummon, A. H., Zatz, L. Y., Gago, C. M., Blocksidge, M., Hua, S. V., Bleich, S. N., Stone, S., Kenney, E., Colchamiro, R., Rimm, E. B.
2022
- **Assessment of Calories Purchased After Calorie Labeling of Prepared Foods in a Large Supermarket Chain.** *JAMA internal medicine*
Petimar, J., Grummon, A. H., Zhang, F., Gortmaker, S. L., Moran, A. J., Polacsek, M., Rimm, E. B., Roberto, C. A., Rao, A., Cleveland, L. P., Simon, D., Franckle, R. L., Till, et al
2022; 182 (9): 965-973
- **Developing health and environmental warning messages about red meat: An online experiment.** *PloS one*
Taillie, L. S., Prestemon, C. E., Hall, M. G., Grummon, A. H., Vesely, A., Jaacks, L. M.
2022; 17 (6): e0268121
- **Reactions to messages about smoking, vaping and COVID-19: two national experiments.** *Tobacco control*
Grummon, A. H., Hall, M. G., Mitchell, C. G., Pulido, M., Mendel Sheldon, J., Noar, S. M., Ribisl, K. M., Brewer, N. T.
2022; 31 (3): 402-410
- **Differences in Dietary Quality by Sexual Orientation and Sex in the United States: NHANES 2011-2016.** *Journal of the Academy of Nutrition and Dietetics*
Prestemon, C. E., Grummon, A. H., Rummo, P. E., Taillie, L. S.
2022; 122 (5): 918-931.e7
- **Awareness of and reactions to health and environmental harms of red meat among parents in the United States.** *Public health nutrition*
Grummon, A. H., Goodman, D., Jaacks, L. M., Taillie, L. S., Chauvenet, C. A., Salvia, M. G., Rimm, E. B.
2022; 25 (4): 893-903
- **Purchases of Nontaxed Foods, Beverages, and Alcohol in a Longitudinal Cohort After Implementation of the Philadelphia Beverage Tax.** *The Journal of nutrition*
Grummon, A. H., Roberto, C. A., Lawman, H. G., Bleich, S. N., Yan, J., Mitra, N., Hua, S. V., Lowery, C. M., Peterhans, A., Gibson, L. A.
2022; 152 (3): 880-888
- **Sugar-Sweetened Beverage Pricing Policies: Simulation of Minimum Price Laws and Taxes in New York City.** *American journal of preventive medicine*
Grummon, A. H., Golden, S. D.
2022; 62 (3): e159-e168
- **Influence of the San Francisco, CA, Sugar-Sweetened Beverage Health Warning on Consumer Reactions: Implications for Equity from a Randomized Experiment.** *Journal of the Academy of Nutrition and Dietetics*
Grummon, A. H., Reimold, A. E., Hall, M. G.
2022; 122 (2): 363-370.e6
- **The impact of pictorial health warnings on purchases of sugary drinks for children: A randomized controlled trial** *PLOS MEDICINE*
Hall, M. G., Grummon, A. H., Higgins, I. A., Lazard, A. J., Prestemon, C. E., Avendano-Galdamez, M. I., Taillie, L.
2022; 19 (2): e1003885
- **Sugar-Sweetened Beverage Taxes and Population Health Outcomes.** *JAMA pediatrics*
Falbe, J., Grummon, A. H., Krieger, J. W.
2022; 176 (2): 129-131
- **The Potential for Healthy Checkout Policies to Advance Nutrition Equity.** *Nutrients*
Falbe, J., White, J. S., Sigala, D. M., Grummon, A. H., Solar, S. E., Powell, L. M.
2021; 13 (11)
- **Storybooks About Healthy Beverage Consumption: Effects in an Online Randomized Experiment With Parents.** *American journal of preventive medicine*
Grummon, A. H., Sokol, R. L., Goodman, D., Hecht, C. A., Salvia, M., Musicus, A. A., Patel, A. I.
2021

- **Testing front-of-package warnings to discourage red meat consumption: a randomized experiment with US meat consumers.** *The international journal of behavioral nutrition and physical activity*
Taillie, L. S., Chauvenet, C., Grummon, A. H., Hall, M. G., Waterlander, W., Prestemon, C. E., Jaacks, L. M.
2021; 18 (1): 114
- **Barriers and facilitators to achieving food security during the COVID-19 pandemic.** *Preventive medicine reports*
Reimold, A. E., Grummon, A. H., Taillie, L. S., Brewer, N. T., Rimm, E. B., Hall, M. G.
2021; 23: 101500
- **Awareness of and reactions to the health harms of sugary drinks: An online study of U.S. parents.** *Appetite*
Carl, A. E., Taillie, L. S., Grummon, A. H., Lazard, A. J., Higgins, I. C., Sheldon, J. M., Hall, M. G.
2021; 164: 105234
- **Calorie Labeling and Product Reformulation: A Longitudinal Analysis of Supermarket-Prepared Foods.** *American journal of preventive medicine*
Grummon, A. H., Petimar, J., Zhang, F., Rao, A., Gortmaker, S. L., Rimm, E. B., Bleich, S. N., Moran, A. J., Franckle, R. L., Polacsek, M., Simon, D., Greene, J. C., Till, et al
2021; 61 (3): 377-385
- **Using a Naturalistic Store Laboratory for Clinical Trials of Point-of-Sale Nutrition Policies and Interventions: A Feasibility and Validation Study.** *International journal of environmental research and public health*
Hall, M. G., Higgins, I. C., Grummon, A. H., Lazard, A. J., Prestemon, C. E., Sheldon, J. M., Taillie, L. S.
2021; 18 (16)
- **Implementation of a workplace physical activity intervention in child care: process evaluation results from the Care2BWell trial.** *Translational behavioral medicine*
Neshteruk, C. D., Willis, E., Smith, F., Vaughn, A. E., Grummon, A. H., Vu, M. B., Ward, D. S., Linnan, L.
2021; 11 (7): 1430-1440
- **Designing warnings for sugary drinks: A randomized experiment with Latino parents and non-Latino parents.** *Preventive medicine*
Hall, M. G., Lazard, A. J., Grummon, A. H., Higgins, I. C., Bercholz, M., Richter, A. P., Taillie, L. S.
2021; 148: 106562
- **Is late bedtime an overlooked sleep behaviour? Investigating associations between sleep timing, sleep duration and eating behaviours in adolescence and adulthood.** *Public health nutrition*
Grummon, A. H., Sokol, R. L., Lytle, L. A.
2021; 24 (7): 1671-1677
- **Is the Association Between Beverage Taxes and Reductions in Sales Driven by Communication of Health Consequences in Addition to Price Increases?** *JAMA network open*
Grummon, A. H., Roberto, C. A., Krieger, J. W.
2020; 3 (12): e2032537
- **COVID-19 and Parent Intention to Vaccinate Their Children Against Influenza.** *Pediatrics*
Sokol, R. L., Grummon, A. H.
2020; 146 (6)
- **Session 4: Advertising and taxation.** *Physiology & behavior*
Reister, E., Fleming-Milici, F., Grummon, A., Falbe, J.
2020; 224: 113056
- **Health Warnings and Beverage Purchase Behavior: Mediators of Impact.** *Annals of behavioral medicine : a publication of the Society of Behavioral Medicine*
Grummon, A. H., Brewer, N. T.
2020; 54 (9): 691-702
- **Implementation of the First US Sugar-Sweetened Beverage Tax in Berkeley, CA, 2015-2019.** *American journal of public health*
Falbe, J., Grummon, A. H., Rojas, N., Ryan-Ibarra, S., Silver, L. D., Madsen, K. A.
2020; 110 (9): 1429-1437
- **Workplace-based opportunities to support child care workers' health and safety.** *Preventive medicine reports*
Vaughn, A. E., Willis, E. A., Ward, D. S., Smith, F., Grummon, A., Linnan, L. A.

2020; 19: 101154

- **Demographic Groups Likely Affected by Regulating Sugar-Sweetened Beverage Portion Sizes.** *American journal of preventive medicine*
Smith, N. R., Grummon, A. H., Frerichs, L. M.
2020; 59 (3): e135-e139
- **Ethical Considerations for Food and Beverage Warnings.** *Physiology & behavior*
Grummon, A. H., Hall, M. G., Block, J. P., Bleich, S. N., Rimm, E. B., Taillie, L. S., Barnhill, A.
2020; 222: 112930
- **Reactions to graphic and text health warnings for cigarettes, sugar-sweetened beverages, and alcohol: An online randomized experiment of US adults.** *Preventive medicine*
Hall, M. G., Grummon, A. H., Lazard, A. J., Maynard, O. M., Taillie, L. S.
2020; 137: 106120
- **Sleep duration and body mass: direction of the associations from adolescence to young adulthood.** *International journal of obesity (2005)*
Sokol, R. L., Grummon, A. H., Lytle, L. A.
2020; 44 (4): 852-856
- **The impact of front-of-package claims, fruit images, and health warnings on consumers' perceptions of sugar-sweetened fruit drinks: Three randomized experiments.** *Preventive medicine*
Hall, M. G., Lazard, A. J., Grummon, A. H., Mendel, J. R., Taillie, L. S.
2020; 132: 105998
- **Acceptance-based therapy: the potential to augment behavioral interventions in the treatment of type 2 diabetes.** *Nutrition & diabetes*
Cardel, M. I., Ross, K. M., Butryn, M., Donahoo, W. T., Eastman, A., Dillard, J. R., Grummon, A., Hopkins, P., Whigham, L. D., Janicke, D.
2020; 10 (1): 3
- **Causal Language in Health Warning Labels and US Adults' Perception: A Randomized Experiment.** *American journal of public health*
Hall, M. G., Grummon, A. H., Maynard, O. M., Kameny, M. R., Jenson, D., Popkin, B. M.
2019; 109 (10): 1429-1433
- **Effects of a multipronged beverage intervention on young children's beverage intake and weight: a cluster-randomized pilot study.** *Public health nutrition*
Grummon, A. H., Cabana, M. D., Hecht, A. A., Alkon, A., McCulloch, C. E., Brindis, C. D., Patel, A. I.
2019: 1-12
- **How should sugar-sweetened beverage health warnings be designed? A randomized experiment.** *Preventive medicine*
Grummon, A. H., Hall, M. G., Taillie, L. S., Brewer, N. T.
2019; 121: 158-166
- **Supplemental Nutrition Assistance Program participation and racial/ethnic disparities in food and beverage purchases.** *Public health nutrition*
Grummon, A. H., Taillie, L. S.
2018; 21 (18): 3377-3385
- **Nutritional Profile of Purchases by Store Type: Disparities by Income and Food Program Participation** *AMERICAN JOURNAL OF PREVENTIVE MEDICINE*
Taillie, L., Grummon, A. H., Miles, D. R.
2018; 55 (2): 167-177
- **Workplace health and safety intervention for child care staff: Rationale, design, and baseline results from the CARE cluster randomized control trial.** *Contemporary clinical trials*
Ward, D. S., Vaughn, A. E., Hales, D., Viera, A. J., Gizlice, Z., Bateman, L. A., Grummon, A. H., Arandia, G., Linnan, L. A.
2018; 68: 116-126
- **Measuring beverage consumption in US children and adolescents: a systematic review.** *Obesity reviews : an official journal of the International Association for the Study of Obesity*
Grummon, A. H., Sokol, R. L., Hecht, C. A., Patel, A. I.
2018; 19 (8): 1017-27
- **Best practices for using natural experiments to evaluate retail food and beverage policies and interventions.** *Nutrition reviews*
Taillie, L. S., Grummon, A. H., Fleischhacker, S., Grigsby-Toussaint, D. S., Leone, L., Caspi, C. E.

2017; 75 (12): 971-989

- **Cumulative Risk Exposure and Waist Circumference in Preschool-Aged Children: the Mediating Role of Television and Moderating Role of Sex.** *Annals of behavioral medicine : a publication of the Society of Behavioral Medicine*
Grummon, A. H., Vaughn, A., Jones, D. J., Ward, D. S.
2017; 51 (4): 489-499
- **Nutritional profile of Supplemental Nutrition Assistance Program household food and beverage purchases.** *The American journal of clinical nutrition*
Grummon, A. H., Taillie, L. S.
2017; 105 (6): 1433-1442
- **Family child care home providers as role models for children: Cause for concern?** *Preventive medicine reports*
Tovar, A., Vaughn, A. E., Grummon, A., Burney, R., Erinosh, T., Østbye, T., Ward, D. S.
2017; 5: 308-313
- **Validation of a Brief Questionnaire Against Direct Observation to Assess Adolescents' School Lunchtime Beverage Consumption.** *Journal of nutrition education and behavior*
Grummon, A. H., Hampton, K. E., Hecht, A. n., Oliva, A. n., McCulloch, C. E., Brindis, C. D., Patel, A. I.
2017
- **A Trial of the Efficacy and Cost of Water Delivery Systems in San Francisco Bay Area Middle Schools, 2013** *PREVENTING CHRONIC DISEASE*
Patel, A. I., Grummon, A. H., Hampton, K. E., Oliva, A., McCulloch, C. E., Brindis, C. D.
2016; 13
- **Association Between Student Purchases of Beverages During the School Commute and In-School Consumption of Sugar-Sweetened Beverages, San Francisco Bay Area, 2013** *PREVENTING CHRONIC DISEASE*
Grummon, A. H., Oliva, A., Hampton, K. E., Patel, A. I.
2015; 12
- **Higher Retail Prices of Sugar-Sweetened Beverages 3 Months After Implementation of an Excise Tax in Berkeley, California.** *American journal of public health*
Falbe, J., Rojas, N., Grummon, A. H., Madsen, K. A.
2015; 105 (11): 2194-201
- **What influences youth to operate all-terrain vehicles safely?** *Health education research*
Grummon, A. H., Heaney, C. A., Dellinger, W. A., Wilkins, J. R.
2014; 29 (3): 533-546