

CURRICULUM VITAE

DANIEL A. ZALTZ

CONTACT INFORMATION

Department of Nutritional Sciences
University of Toronto Temerty Faculty of Medicine
C. David Naylor Building, Rm. 202
6 Queen's Park Crescent
Toronto, ON Canada M5S 1A8
Email: daniel.zaltz@utoronto.ca
Website: danielzaltz.com

EDUCATION AND TRAINING

Education

2023 – present Postdoctoral Research Fellow, University of Toronto Temerty Faculty of Medicine, Toronto, ON
2019 – 2023 PhD, Social and Behavioral Sciences, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD
2016 – 2017 MPH, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD
2010 – 2011 International Honors Program, School for International Training, Brattleboro, VT
2009 – 2012 BS, Boston University Sargent College of Health and Rehabilitation Sciences, Boston, MA

Fellowships

2023 – 2026 Postdoctoral Fellow, Canadian Institutes of Health Research, Health Research Training
2023 – 2024 Postdoctoral Fellow, Banting and Best Diabetes Centre, D.H. Gales Family Charitable Foundation
2019 – 2023 Predoctoral Fellow, National Institutes of Health, Clinical Research and Epidemiology in Diabetes and Endocrinology, NIH NIDDK T32DK062707
2020 – 2022 Early Childhood Fellow, Nutrition and Obesity Policy Research and Evaluation Network, Healthy Eating Research, CDC Division of Nutrition, Physical Activity, and Obesity
2019 – 2021 Fellow, Lerner Center for Public Health Promotion, Johns Hopkins Bloomberg School of Public Health

ACADEMIC AND PROFESSIONAL POSITIONS

2023 – present Postdoctoral Research Fellow, Department of Nutritional Sciences, Temerty Faculty of Medicine, University of Toronto, Toronto, ON
2023 – present Postdoctoral Research Assistant, Memorial University of Newfoundland, St. John's, NL
2019 – 2023 Graduate Research Assistant, Department of Health, Behavior, and Society, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD
2017 – 2019 Research Program Manager, Lerner Center for Public Health Promotion, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD
2016 – 2017 Graduate Research Assistant, Lerner Center for Public Health Promotion, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD
2016 – 2017 Graduate Research Assistant, Sugar Free Kids Maryland, Baltimore, MD

RESEARCH FUNDING

2025 – 2026 Canadian Institutes of Health Research Institute of Population and Public Health. A mixed-methods examination of corporate political activity related to restrictions on food marketing to children in Canada. Role: Co-Investigator.

- 2023 – 2026 Canadian Institutes of Health Research. Longitudinal trends in free sugar content of beverages in the Canadian retail food supply: Evaluation of current and projected impacts of novel policies to reduce free sugar consumption. Role: Principal Investigator.
- 2022 – 2023 Healthy Eating Research. Enhancing policies, systems, and environments to improve childhood nutrition and reduce health disparities. Role: Co-Investigator.

PEER-REVIEWED PUBLICATIONS

25. **Zaltz DA**, Prowse R, Yi Y, O'Dea J, Harding SV. Beverage consumption among adults in Newfoundland and Labrador, Canada prior to the implementation of a sugar-sweetened beverage tax. *BMC Public Health*. 2025. In press.
24. Hamamji S, **Zaltz DA**, L'Abbé MR. Cardiometabolic health, socioeconomic status, and 2019 Canada's Food Guide Good Choices Assessment Score: Findings from the Canadian Health Measures Survey. *Applied Physiology, Nutrition, and Metabolism*. 2025. In Press.
23. Flexner N, **Zaltz DA**, Greenthal E, Musicus AA, Ahmed M, L'Abbé MR. Estimating the dietary and health impact of implementing mandatory front-of-package nutrient disclosures in the US: a policy scenario modeling analysis. *PLOS ONE*. 2025;20(2): e0312638.
22. Hamamji S, Ahmed M, **Zaltz DA**, L'Abbé MR. Development and evaluation of a food choices assessment score (FCAS) measuring the healthfulness of dietary choices according to 2019 Canada's Food Guide/Canada's Dietary Guidelines, using the Canadian Health Measures Survey food frequency questionnaire. *Applied Physiology, Nutrition, and Metabolism*. 2025;50:1-12.
21. **Zaltz DA**, Neff RA, Ritchie LD, Benjamin-Neelon SE, & the ECE Beverage Collective. Child beverage consumption in US early care and education settings, 2008 - 2020. *Journal of Nutrition Education and Behavior*. 2025. In Press.
20. Bucko A, McIver KL, **Zaltz DA**, Liu T, Neelon B, Benjamin-Neelon SE, Pate RR. ABC grow healthy practices and obesity-related health behaviors in family child care homes in South Carolina. *Child: Care, Health, & Development*. 2025;51(1): e70004.
19. **Zaltz DA**, Weir BW, Neff RA, Benjamin-Neelon SE. Projected impact of replacing juice with whole fruit in early care and education. *American Journal of Preventive Medicine*. 2025;68(2): 357-65.
18. **Zaltz DA**, Ahmed M, Vergeer L, Schermel A, L'Abbé MR. Free sugars in the Canadian diet: a research summary and future directions for food policy. *Applied Physiology, Nutrition, and Metabolism*. 2024;50:1-6.
17. McIver KL, **Zaltz DA**, Neelon B, Bucko A, Benjamin-Neelon SE, Pate RR. Children's physical activity in family child care homes: Influence of quality status, environment and policy features, and child characteristics. *Child: Care, Health & Development*. 2024;50(4), e13274.
16. **Zaltz DA**, Mueller NT, Hoyo C, Østbye T, Benjamin-Neelon SE. Breastfeeding and less healthy beverage intake during the first year of life. *Pediatric Obesity*. 2024; 19(1):e13086.
15. Pate RR, **Zaltz DA**, Neelon B, Liu T, Bucko A, Benjamin-Neelon SE. Policies, practices, and environmental characteristics among family child care homes in South Carolina. *Childhood Obesity*. 2023;20(6):442-47.
14. **Zaltz DA**. Leveraging the Child and Adult Care Food Program to facilitate healthy behaviors and environments in early care and education settings. *American Journal of Public Health*. 2023;113(S3):S198-S20.
13. Bleiweiss-Sande R, Skelton K, **Zaltz DA**, Bacardí-Gascón M, Jiménez-Cruz A, Benjamin-Neelon SE. Interventions to prevent obesity in Latinx children birth to six years globally: A systematic review. *Public Health Nutrition*. 2023; 1-43.
12. **Zaltz DA**, Lee DL, Woodward-Lopez G, Ritchie LD, Bleich SN, Benjamin-Neelon SE. Adherence to healthy default beverage laws for children's meals in 3 US cities. *American Journal of Preventive Medicine*. 2023;65(1):67-73.

11. **Zaltz DA**, Pate RR, Liu T, McIver KL, Neelon B, Benjamin-Neelon SE. Young children's dietary quality in family childcare and in their own home. *Journal of the Academy of Nutrition and Dietetics*. 2022;123(8):1197-1206.
10. **Zaltz DA**, Bisi LE, Ruskin G, Hoe C. How independent is the International Food Information Council from the food and beverage industry? A content analysis of internal industry documents. *Globalization and Health*. 2022;18:91.
9. Liu T, Broverman S, Puffer ES, **Zaltz DA**, Thorne-Lyman AL, Benjamin-Neelon SE. Dietary diversity and dietary patterns in school-aged children in Western Kenya: a latent class analysis. *International Journal of Environmental Research and Public Health*. 2022;19:9130.
8. **Zaltz DA**, Grossman ET, Lucas SA, Ruffin M, Benjamin-Neelon SE. University pouring rights contracts: provisions that may protect companies from beverage policies. *American Journal of Preventive Medicine*. 2022;62(6):E367-E370.
7. Neff RA, **Zaltz DA**, Hecht AA, Pate RR, Neelon B, O'Neill JR, Benjamin-Neelon SE. Preschool healthy food policy did not increase percent of food wasted: evidence from the Carolinas. *Nutrients*. 2020;12:3024.
6. Skelton K, Lowe C, **Zaltz DA**, Benjamin-Neelon SE. Garden-based interventions and early childhood health: an umbrella review. *International Journal of Behavioral Nutrition and Physical Activity*. 2020;17:121.
5. **Zaltz DA**, Hecht AA, Neff RA, Pate RR, Neelon B, O'Neill JR, Benjamin-Neelon SE. Healthy eating policy improves children's diet quality in early care and education in South Carolina. *Nutrients*. 2020;12:1753.
4. **Zaltz DA**, Hecht AA, Pate RR, O'Neill JR, Neelon B, Benjamin-Neelon SE. Participation in the child and adult care food program is associated with fewer barriers to providing healthier foods in early care and education centers. *BMC Public Health*. 2020;20:856.
3. Benjamin-Neelon S, Liu T, Puffer ES, Turner L, **Zaltz DA**, Thorne-Lyman A, Broverman S. A garden-based intervention to improve dietary diversity in Kenyan school children: results from a natural experiment. *Current Developments in Nutrition*. 2020;4(2):810.
2. Gonzalez-Nahm S, Bhatti AM, Ames ML, **Zaltz DA**, Benjamin-Neelon SE. A public health messaging campaign to reduce caloric intake: feedback from expert stakeholders. *Journal of Nutrition Education and Behavior*. 2020;52(6):595-606.
1. **Zaltz DA**, Pate RR, O'Neill JR, Neelon B, Benjamin-Neelon SE. Barriers and facilitators to compliance with a state healthy eating policy in early care and education centers. *Childhood Obesity*. 2018; 14(6):349-357.

INVITED ORAL PRESENTATIONS

7. **Zaltz DA**, Lee JJ, Mulligan C, Ahmed M, Flexner N, Jeong H, Vergeer L, L'Abbé MR. Effectiveness of Canadian front-of-pack labelling regulations and Canada's Food Guide recommendations in identifying ultra-processed foods. International Congress on Obesity. Sao Paulo, Brazil. 26-29 June 2024.
6. L'Abbé MR, Lee JJ, Mulligan C, Jawad A, **Zaltz DA**. Unraveling the role of politics in the development of Canadian food policies and its public health implications. World Public Health Nutrition Congress. London, UK. 11 June 2024.
5. **Zaltz DA**. Sugar-sweetened beverage (SSB) taxes as a public health intervention to reduce diabetes and other metabolic syndromes. University of Toronto Network for Healthy Populations-BBDC Joint Clinical and Population Research-in-Progress Rounds. Toronto, ON. 18 March 2024.
4. **Zaltz DA**. Sociodemographic differences in beverage consumption prior to implementation of a sugar-sweetened beverage tax in Newfoundland and Labrador. University of Toronto Banting and Best Trainee Seminar Series. Toronto, ON. 23 February 2024.
3. **Zaltz DA**. Projected shifts in nutrient intake by replacing juice in US child care facilities. Johns Hopkins Bloomberg School of Public Health Works of Research and Practice Seminar Series. 4 May 2023.

2. **Zaltz DA**, Pate RR, O'Neill JR, Neelon B, Benjamin-Neelon SE. Physical activity in South Carolina child care centers after implementation of the ABC Grow Healthy standards. Active Living Research Conference. Charleston, SC. 17-20 February 2019.
1. Neff RA, Hecht A, **Zaltz DA**, Pate RR, O'Neill JR, Neelon B, Benjamin-Neelon SE. New state nutrition policy for early care and education: effect on wasted food. Joint Annual Meeting of the Agriculture, Food, and Human Values Society and the Association for the Study of Food and Society. Madison, WI. 16 June 2018.

CONFERENCE ABSTRACTS

5. **Zaltz DA**, Prowse R, Harding S. Beverage consumption patterns in Newfoundland and Labrador prior to the implementation of Canada's first sugar-sweetened beverage tax. International Congress on Obesity. Sao Paulo, Brazil. 26-29 June 2024.
4. **Zaltz DA**, Harding S, Lawlor N, O'Dea J, Prowse R. Changes to online retail beverage prices in response to a sugar-sweetened beverage tax in Newfoundland and Labrador: a controlled-interrupted time series analysis. Banting and Best Diabetes Centre 33rd Annual Scientific Day. Toronto, ON. 10 May 2024.
3. **Zaltz DA**, Hecht AA, Neff RA, Pate RR, Neelon B, O'Neill JR, Benjamin-Neelon SE. Impact of a new healthy eating policy on children's diet quality in South Carolina early care and education centers. Annual meeting of The Obesity Society. Nashville, TN. 13 November 2018.
2. Bhatti A, **Zaltz DA**, Ames ML, Benjamin-Neelon SE. Evaluation of a public health messaging campaign to reduce portion size and caloric intake. Annual meeting of The Obesity Society. Nashville, TN. 13 November 2018.
1. **Zaltz DA**, Pate RR, O'Neill JR, Neelon B, Benjamin-Neelon SE. Barriers and facilitators to compliance with a state healthy eating policy in early care and education centers. Healthy Eating Research 12th Annual Grantee Meeting. Nashville, TN. 27 April 2018.

ACADEMIC AND PROFESSIONAL SERVICE

2024 – present	Co-supervisor, Undergraduate research project. Anusha Ramesh. Department of Nutritional Sciences, University of Toronto Temerty Faculty of Medicine
2023 – present	Doctoral Committee Member, non-voting member. Samer Hamamji, PhD Candidate, Department of Nutritional Sciences, University of Toronto Temerty Faculty of Medicine
2023 – present	Masters Committee Member, non-voting member. Caroline Middleton, Masters Candidate, Department of Nutritional Sciences, University of Toronto Temerty Faculty of Medicine
2023 – 2024	Co-supervisor, Undergraduate research project. Ofek Gross. Department of Nutritional Sciences, University of Toronto Temerty Faculty of Medicine
2023 – 2024	Co-supervisor, Undergraduate research project. Carolina Huang. Department of Nutritional Sciences, University of Toronto Temerty Faculty of Medicine
2023 - 2024	Departmental Representative, Department of Nutritional Sciences, University of Toronto Temerty Faculty of Medicine Postdoctoral Committee

TEACHING

Invited Lectures

11. Population health and nutrition policies in Canada and globally. *Basic Human Nutrition*. Interdisciplinary Centre for Health and Society. University of Toronto Scarborough, Toronto, ON. 26 November 2024.
10. Nutrition throughout the lifecycle. *Basic Human Nutrition*. Interdisciplinary Centre for Health and Society. University of Toronto Scarborough, Toronto, ON. 26 November 2024.

9. Mobile media use, health, and dietary intake during early childhood. *Children, Media, and Health*. Department of Health, Behavior, and Society, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD. 21 February 2023.
8. Introduction to Carbohydrates, Diabetes, and Public Health Interventions. *Nutrition and Health*. Faculty of Health Sciences, Ontario Tech University, Oshawa, ON. 16 October 2023.
7. Mobile media use, health, and dietary intake during early childhood. *Children, Media, and Health*. Department of Health, Behavior, and Society, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD. 21 February 2023.
6. Mobile media, food and beverage advertising, and children's health. *Children, Media, and Health*. Department of Health, Behavior, and Society, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD. 22 February 2022.
5. Persuasive communications to influence public perceptions of nutrition and health. *Introduction to Persuasive Communications: Theories and Practice*. Department of Health, Behavior, and Society, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD. 1 December 2021.
4. Systematic reviews and meta-analyses in public health research. *Research Methods in Public Health*. Johns Hopkins University Krieger School of Arts and Sciences, Baltimore, MD. 29 March 2021.
3. Mobile media, food and beverage advertising, and children's health. *Children, Media, and Health*. Department of Health, Behavior, and Society, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD. 23 February 2021.
2. Introduction to food and beverage marketing to children. *Corporate Influences on Public Health*. Johns Hopkins University Krieger School of Arts and Sciences, Baltimore, MD. 28 October 2020.
1. Designing and implementing public health messaging campaigns. *Contemporary Issues in Health Communication*. Department of Health, Behavior, and Society, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD. 4 September 2018.

Teaching Assistantships

10. Translating Research into Public Health Programs and Policy. AY2022-2023 Term 4. Sara E. Benjamin-Neelon, PhD, JD, MPH. Department of Health, Behavior and Society. Johns Hopkins Bloomberg School of Public Health.
9. The Political Economy of Social Inequalities and its Consequences for Health and Quality of Life. AY2022-2023 Term 4. Vincente Navarro, MD, DrPH. Department of Health Policy and Management. Johns Hopkins Bloomberg School of Public Health.
8. Children, Media, and Health. AY2022-2023 Term 3. Michelle Kaufman, PhD. Department of Health, Behavior and Society. Johns Hopkins Bloomberg School of Public Health.
7. Translating Research into Public Health Programs and Policy. AY2021-2022 Term 4. Sara E. Benjamin-Neelon, PhD, JD, MPH. Department of Health, Behavior and Society. Johns Hopkins Bloomberg School of Public Health.
6. Children, Media, and Health. AY2021-2022 Term 3. Michelle Kaufman, PhD. Department of Health, Behavior and Society. Johns Hopkins Bloomberg School of Public Health.
5. Introduction to Persuasive Communication. AY2021-2022 Winter Institute. Meghan Brigid Moran, PhD, MA. Department of Health, Behavior and Society. Johns Hopkins Bloomberg School of Public Health.
4. The Political Economy of Social Inequalities and its Consequences for Health and Quality of Life. AY2020-2021 Term 4. Vincente Navarro, MD, DrPH. Department of Health Policy and Management. Johns Hopkins Bloomberg School of Public Health.

3. Children, Media, and Health. AY2020-2021 Term 3. Michelle Kaufman, PhD. Department of Health, Behavior and Society. Johns Hopkins Bloomberg School of Public Health.
2. Introduction to Persuasive Communication. AY2020-2021 Winter Institute. Meghan Brigid Moran, PhD, MA. Department of Health, Behavior and Society. Johns Hopkins Bloomberg School of Public Health.
1. Introduction to Persuasive Communication. AY2020-2021 Term 2. Meghan Brigid Moran, PhD, MA. Department of Health, Behavior and Society. Johns Hopkins Bloomberg School of Public Health.

PUBLIC ENGAGEMENT

Media

10. The what, how, and why of ultraprocessed foods. *Medpage Today*. 13 January 2025.
9. What questions do you have about sugar? *CBC Radio*. 28 December 2024.
8. Sugar: The Sweet Truth. *VisionTV*. 4 December 2024.
7. Science behind ultra-processed foods. *CBC Radio*. 7 August 2024.
6. New school meal standards: an encouraging step towards healthier kids. *Medpage Today*. 10 May 2024.
5. Why are companies allowed to use misleading images on their product packaging? *Global News Good Morning Hamilton*. 10 January 2024.
4. Michelle Obama's "healthy" drinks still have a lot of sugar in them. *Quartz*. 9 May 2023.
3. Food-industry front group: The International Food Information Council (IFIC). *Food Politics*. 16 November 2022.
2. Study finds International Food Information Council misinforms public on dietary intake. *Healio*. 3 November 2022.
1. Sweeten the Deal. Letter to the Editor. *The New Yorker*. 19 October 2020.

Legislative Testimony

1. Maryland State Senate. Maryland Association of County Health Officers child health panel invited by the Maryland Senate Finance Committee. SB119 “Electronic Nicotine Delivery Systems – Licensing.” 15 February 2017.

PROFESSIONAL ACTIVITIES

Professional Associations

The Obesity Society, American Public Health Association, Diabetes Canada

Editorial Boards

2024 – 2027 Reviewer Board Member, Applied Physiology, Nutrition, and Metabolism

Grant Review Boards

2024 – 2025 Canadian Institutes of Health Research Doctoral Program

Government Committees

2024 – 2024 Health Canada Best Brains Exchange: Unpacking Ultra-Processed Foods – Identifying Research Priorities

Ad Hoc Journal Reviewer

American Journal of Clinical Nutrition, American Journal of Preventive Medicine, American Journal of Preventive Medicine Focus, Applied Physiology Nutrition and Metabolism, BMC Public Health, BMC Systematic Reviews,

British Journal of Nutrition, Childhood Obesity, Globalization and Health, Journal of the Academy of Nutrition and Dietetics, Public Health Nutrition