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EDUCATION

- 2010 Ph.D., Anthropology, University of Massachusetts Amherst
- 2002 M.Sc., Physical Anthropology, University of Toronto
- 2000 Hon. B.A., with Distinction, Anthropology and English, University of Toronto

PROFESSIONAL APPOINTMENTS

- 2016– Assistant Professor, SUNY Oneonta
- 2012-14 International Junior Research Fellow (Postdoctoral), Department of Anthropology, Durham University
- 2009-11 Social Sciences and Humanities Research Council Postdoctoral Fellow, Department of Anthropology, University of Toronto

AFFILIATIONS

- 2014-20 Honorary Fellow, Department of Anthropology, Durham University
- 2015-16 Visiting Scholar, Department of Anthropology, University of Toronto Mississauga

GRANTS, FELLOWSHIPS AND AWARDS

- 2017 International Engagement Grant (with HL Ball), International Office, Durham University
- 2012-14 Wenner-Gren Foundation Post-PhD Research Grant: "The development of melatonin rhythmicity and sleep/wake consolidation in breastfed and formula fed infants"
- 2013 Seedcorn Funding, Research Office, Durham University: "Food security, maternal mental health and infant feeding behaviour in the state of São Paulo, Brazil"
- 2013 Research Support, Department of Anthropology, Durham University: "Food security, maternal mental health and infant feeding behaviour in the state of São Paulo, Brazil"
- 2012 Santander Mobility (Travel) Award, International Office, Durham University: "Food security, maternal mental health and infant feeding behaviour in the state of São Paulo, Brazil"
- 2012 Conference and Workshop Grant (with HL Ball), Institute of Advanced Studies, Durham University: "Light and the Rhythms of Infant Life: Infant sleep and circadian development"
- 2012-14 International Junior Research Fellowship, Durham University Institute for Advanced Studies, held in Department of Anthropology, Durham University

- 2010 Small Grant, Department of Anthropology Social Sciences and Humanities Research Council of Canada Institutional Grant, University of Toronto
- 2009-11 Postdoctoral Fellowship, Social Sciences and Humanities Research Council Award #756-2009-0562, held in Department of Anthropology, University of Toronto
- 2008 Travel Award, Marion and Jasper Whiting Foundation, Boston, MA
- 2008 Arnelagos-Swedlund Medical Anthropology Scholarship, Department of Anthropology, University of Massachusetts Amherst
- 2008 Travel Grant, School for Graduate Studies, University of Massachusetts Amherst
- 2005-07 Doctoral Fellowship, Social Sciences and Humanities Research Council Award #752-2005-0519, held in Department of Anthropology, University of Massachusetts Amherst
- 2005 Richard B. Woodbury Award for Outstanding Conference Paper, Department of Anthropology, University of Massachusetts Amherst
- 2000-01 Graduate Fellowship, Faculty of Arts and Sciences, University of Toronto

PUBLICATIONS

Peer-Reviewed Journal Articles

- Accepted Kingsnorth S, **Rudzik** AEF, King G, and AC McPherson. Residential immersive life skills programs for youth with disabilities: A case study of youth developmental trajectories of personal growth and caregiver perspectives. *BMC Pediatrics*.
- Accepted Duff C, King G, McPherson AC, Kingsnorth S, and AEF **Rudzik**. Residential Immersive Life skills programs for youth with disabilities: Experiences of parents and shifts in parenting approaches. *Journal of Adolescence*.
- 2018 **Rudzik** AEF, Robinson-Smith L, and HL Ball. Discrepancies in maternal reports of infant sleep vs. actigraphy by mode of feeding. *Sleep Medicine*. 49: 90-98.
- 2018 McPherson AC, **Rudzik** AEF, Kingsnorth S, King G, Gorter JW, and A Morrison. "Ready to take on the world": Experiences and understandings of independence after attending residential immersive life skills programs for youth with physical disabilities. *Developmental Neurorehabilitation*. 21(2): 73-82.
- 2016 **Rudzik** AEF and HL Ball. Exploring maternal perceptions of infant sleep and feeding method among mothers in the United Kingdom: A qualitative focus group study. *Maternal and Child Health Journal*. 20 (1): 33-40.
- 2014 **Rudzik** AEF, Breakey A, and RG Bribiescas. Oxytocin and Epstein-Barr Virus: Stress biomarkers in the postpartum period among first-time mothers from São Paulo, Brazil. *American Journal of Human Biology* 26 (1): 43-50.
- 2012 **Rudzik** AEF. The experience and determinants of first-time breastfeeding among low-income women from São Paulo, Brazil. *Current Anthropology*. 53 (1):108-117.
- 2011 **Rudzik** AEF, Leonard SH, and LL Sievert. Determinants of tubal ligation in Puebla, Mexico. *Women & Health*. 51 (4): 365-382.
- 2003 **Rudzik** AEF. Examining health equity through patient satisfaction and patient confidence in primary health care in the Republic of Trinidad and Tobago. *Journal of Health, Population and Nutrition*. 21(3): 243-250.

Book Chapters

- 2018 **Rudzik** AEF. "Mothering, identity construction and visions of the future among low-income adolescent mothers from São Paulo, Brazil" In: Marginalized Mothers, Mothering from the Margins. Eds: T Taylor and K Bloch. Emerald Publishing. Chapter 3, 41-55.
- 2016 **Rudzik** AEF and HL Ball. Baby-lag: Methods for assessing parental tiredness and fatigue. In: Biological Measures of Human Experience across the Lifespan: Making Visible the Invisible. Eds: LL Sievert and D Brown. Springer Press. Chapter 3, 29-46.
- 2014 **Rudzik** AEF. The embodied experience of breastfeeding and the product/process dichotomy in São Paulo, Brazil. In Ethnographies of Breastfeeding: Cultural Contexts and Confrontations. Bloomsbury Publishing, Eds: T Cassidy and A El Tom. Chapter 1, 11-22.
- 2013 **Rudzik** AEF and DW Sellen. Cultural considerations in feeding infants and young children. Pediatric Nutrition: 7th Ed. American Academy of Pediatrics, Eds: RE Kleinman and FR Greer. Chapter 10, 219-240.
- 2011 **Rudzik** AEF. Breastfeeding and the "good mother" ideal in São Paulo, Brazil. An Anthropology of Mothering. Demeter Press, Eds: M Walks and N McPherson. Chapter 9, 159-171.

Book Reviews

- 2018 **Rudzik** AEF. Book Review: Progressive Mothers, Better Babies. *Bulletin of Latin American Research*. 37(4): 520-522.
- 2016 **Rudzik** AEF. Book Review: Nighttime Breastfeeding: An American Cultural Dilemma. *American Anthropologist*. 118 (4): 975-976.
- 2015 **Rudzik** AEF. Book Review: Sleep Around the World: Anthropological Perspectives. *Journal of the Royal Anthropological Institute*. 12(2): 478-479.

Manuscripts Currently In Peer-Review

King G, McPherson AC, Kingsnorth S, Gorter JW, Avery L and AEF **Rudzik**. Opportunities, Experiences, and Outcomes of Residential Immersive Life Skills Programs for Youth with Disabilities

Invited Chapter In Prep

Rudzik AEF, McKenna JJ, Tomori C, and HL Ball. *Biocultural Perspectives on Infant Sleep*
Invited chapter for the Routledge Handbook of Anthropology and Reproduction.

Manuscripts In Prep

Leonard SH, Swedlund AC and AEF **Rudzik**. A plurality of practices: Order and dis-order in the treatment and classification of disease in New England, 1830-1910.

Protocols, Reports and Other Publications

- 2018 **Rudzik** AEF. Infant sleep and feeding in evolutionary perspective. *International Journal of Birth and Parent Education*. 6 (1): 17-20.

- 2016 McPherson AC, King G, **Rudzik A**, Kingsnorth S, Gorter JW and the Ontario Independence Program Research (OIPR) team. Optimizing life success through residential immersive life skills programs for youth with disabilities: Study protocol of a mixed-methods, prospective, comparative cohort study. *BMC Pediatrics*. 16 (1) 153-.
- 2015 **Rudzik** AEF. Normal infant sleep and parental expectations. *International Journal of Birth and Parent Education*. 2 (2): 7-10.
- 2014 **Rudzik** AEF. Breastfeeding and Maternal Smoking, Breastfeeding and Substance Misuse—A Review of Programs/Interventions Nationwide. Final Report on consultancy for Middlesbrough and Redcar/Cleveland Health Improvement Partnerships, pp. 1-30.
- 2011 **Rudzik** AEF, Karthigesu S, and DW Sellen. Supplementary feeding for premature infants unable to breastfeed. Summary provided to World Health Organization E-Library of Evidence for Nutrition Actions.
- 2003 **Rudzik** AEF. Baseline Assessment: Community involvement in Primary Health Care decision making. In: Republic of Trinidad and Tobago Primary Health Care Health Needs Assessment Report. Centre for International Health, University of Toronto, produced for Ministry of Health, Trinidad and Tobago, pp. 1-10.

CONFERENCE ACTIVITY/PARTICIPATION

Invited Speaker

- 2018 **Rudzik** AEF. Coping with infant sleep. Fifth Biennial Durham University Parent-Infant Sleep Lab Conference, April 19
- 2016 **Rudzik** AEF. Infant sleep and feeding: an evolutionary medicine perspective. XXI Curso Internacional de Bases Biologicas de la Conducta, October 6

Discussant

- 2011 **Rudzik** AEF. Before the Baby Comes: Dietary Provisioning during Pregnancy. American Anthropological Association Annual Meeting, November 15-20

Conferences Organized

- 2014 **Rudzik** AEF and HL Ball. Light and the Rhythms of Infant Life, Durham University. March 31-Apr 1

Panels Organized

- 2005 **Rudzik** AEF and AE Dolphin. The Biology of Experience, American Anthropological Association Annual Meeting, November 30-December 4

Presentations/Published Abstracts

- 2019 **Rudzik** AEF, Robinson L, and HL Ball. The baby's own room: the impact of infant sleep location on infant and maternal sleep and maternal well-being. Life of the Mind, SUNY Oneonta, November 13-14
- 2016 **Rudzik** AEF, Robinson L, and HL Ball. Infant sleep duration and melatonin levels in exclusively breastfed and exclusively formula fed infants. *American Journal of Human Biology*. 28: 294-294

- 2015 Kingsnorth S, **Rudzik** AEF, King GA, McPherson AC, Jones-Galley K, Glencross-Eimantas T, Gorter JW, Morrison A, Isihi AM, Timbrell N, and B Kehl. Optimizing life success through Residential Immersive Life Skills programs for youth with disabilities. Bloorview Research Institute Symposium, November 10
- 2015 McPherson AC, **Rudzik** AEF, Kingsnorth S, King GA, Gorter JW and A Morrison. "Ready to take on the world": experiences and understandings of independence after attending residential immersive life skills programs for youth with physical disabilities. Bloorview Research Institute Symposium, November 10
- 2015 McPherson, AC, Gorter, JW, Jones Galley, K, King, G, Kingsnorth, S, **Rudzik**, AEF, Glencross-Eimantas, T, Morrison, A, Isihi, AM, Savage, D, Timbrell, N. Essential ingredients of life-skills programs aiming to enhance transitions to adulthood for youth with disabilities. American Academy of Cerebral Palsy and Developmental Medicine Annual Meeting, October 21-24
- 2014 **Rudzik**, AEF, Robinson L and HL Ball. Sleeping like a baby? Subjective, objective, and biological measures of babies' and mothers' sleep. American Anthropological Association Annual Meeting, December 3-7
- 2014 **Rudzik** AEF, L Robinson and HL Ball. Sleeping like a baby? An investigation into mother-infant sleep by feeding method. *American Journal of Human Biology*. 26: 280, Human Biology Association Annual Meeting, April 9-10
- 2014 **Rudzik**, AEF, Robinson L and HL Ball. Sleeping like a baby? Investigating mother-infant sleep by feeding method, Light and the Rhythms of Infant Life Conference, Durham University, March 31
- 2013 **Rudzik** AEF. Associations between infant feeding and infant/maternal sleep: Maternal perceptions and subjective measures in a mixed qualitative/quantitative research study. *Maternal and Child Nutrition*. 9: 32. Nutrition and Nurture in Infancy and Childhood Biennial International Conference, June 10-12
- 2013 **Rudzik** AEF. A qualitative focus group study exploring maternal perceptions of infant feeding type and sleep outcomes. Wolfson Research Institute Research Colloquium, Durham University, April 17-18
- 2013 **Rudzik** AEF. C-reactive protein, body mass index and psychosocial stress/distress among Brazilian women in the early post-partum. *American Journal of Human Biology*. 25: 272-273. Human Biology Association Annual Meeting, April 10-11
- 2012 **Rudzik** AEF. Association between human milk oxytocin and subjective stress reports among breastfeeding low-income first-time mothers from São Paulo, Brazil: The impact of unplanned pregnancy. *Breastfeeding Medicine*. 7: 562. International Society for Research in Human Milk and Lactation Biennial Meeting, September 28-October 1
- 2012 **Rudzik** AEF. Parental perceptions of infant sleep. Developmental Physiology Annual Conference, University of Leicester, June 21-22
- 2012 **Rudzik** AEF. Parental perceptions of infant sleep. Sleep, Infancy and Mothering Conference, Durham University, June 14
- 2011 **Rudzik** AEF. Mothering, identity construction and expectations for the future among adolescent and adult women from São Paulo, Brazil. American Anthropological Association Annual Meeting, November 15-20

- 2011 Leonard SH, **Rudzik** AEF, and AC Swedlund. Physician networks, location, status and longevity in emergent industrial cities. Social Science History Association Annual Meeting, November 17-20
- 2011 **Rudzik** A and A Webb Girard. Associations between dietary diversity and post-partum depression among low-income new mothers from São Paulo, Brazil. *American Journal of Human Biology*. 23: 275. Human Biology Association Annual Meeting, April 13-14
- 2010 **Rudzik** AEF. Oxytocin. American Anthropological Association Annual Meeting, November 17-21
- 2010 **Rudzik** A, Breakey A and RG Bribiescas. Associations of two biomarkers with stress during the breastfeeding period among low-income new mothers from São Paulo, Brazil. *American Journal of Human Biology*. 22: 269. Human Biology Association Annual Meeting, April 14-15.
- 2009 **Rudzik** AEF. (Re)defining the 'good mother': breastfeeding practices among women in São Paulo, Brazil. American Anthropological Association Annual Meeting, December 1-6
- 2009 **Rudzik** AEF. Understanding infant feeding decisions in São Paulo, Brazil: A bio-experiential approach. Society for Medical Anthropology Annual Meeting, September 24-27
- 2009 **Rudzik** AEF. Risk of early supplementation and weaning among infants of low-income urban women, in São Paulo, Brazil. *American Journal of Human Biology*. 21:267. Human Biology Association Annual Meeting, April 1-2
- 2008 **Rudzik** AEF. Factors influencing early introduction of supplementary infant foods among low-income first-time mothers in the city of São Paulo, Brazil. Canadian Association for Physical Anthropology Annual Meeting, November 5-8
- 2008 **Rudzik** AEF. Breastfeeding, stress and early weaning among low-income urban woman, in São Paulo, Brazil. *American Journal of Human Biology*. 20:231. Human Biology Association Annual Meeting, April 9-10
- 2008 **Rudzik** AEF, Breakey A and RG Bribiescas. The impact of day-to-day stress on breastfeeding among low-income woman in São Paulo, Brazil: A preliminary analysis. Northeastern Anthropological Association Annual Meeting, March 7-9
- 2007 **Rudzik** AEF. Embodied constraints: Women's responses to unintended pregnancy, maternal ambivalence and the experience of breastfeeding. American Anthropological Association Annual Meeting, November 28-December 2
- 2006 Leonard SH, Swedlund AC and AEF **Rudzik**. A plurality of practices: Order and dis-order in the treatment and classification of disease in New England, 1830-1910. American Anthropological Association Annual Meeting, November 15-19
- 2006 **Rudzik** AEF. *Falta de ética*: Negotiating multiple ethical frameworks in field research with human participants. Conference on the Ethics of Practice in the Social Sciences and Humanities, University of Massachusetts, April 16
- 2006 Sievert LL and AEF **Rudzik**. Determinants of tubal ligation in Puebla, Mexico. *American Journal of Physical Anthropology*. S42: 165. American Association of Physical Anthropology Annual Meeting, March 8-11
- 2005 **Rudzik** AEF. Levels of experience: Infant care and the dialectical relationship between health, perception and action. American Anthropological Association Annual Meeting, November 30-December 4

- 2002 **Rudzik** AEF. Investigating patient satisfaction and confidence: Some methodological concerns. Canadian Association for Physical Anthropology Annual Meeting, October 24-26
- 2002 **Rudzik** AEF. User satisfaction and confidence in public health care: The case of Trinidad and Tobago. First Annual Global Health Research Conference, University of Toronto, May 10

DEPARTMENTAL AND EXTERNAL SEMINAR PRESENTATIONS

- 2017 Seminar, Marginalized mothering: Identity and visions of the future among low-income adolescent mothers from São Paulo Brazil, Gender Out of Bounds seminar series, SUNY Oneonta, November 30
- 2016 Workshop, The problem of breastfeeding: Policy, practice and research, Centro Tlaxcala, XXI Curso Internacional de Bases Biologicas de la Conducta, October 5
- 2014 Seminar, The Sleeping like a Baby? project. Department of Anthropology Seminar, Durham University, June 17
- 2012 Seminar, Breastfeeding: Biology/culture interactions in the individual. Medical Anthropology Research Group Seminar Series, Durham University, November 20
- 2010 Seminar, Determinants of breastfeeding duration in São Paulo, Brazil. Multidisciplinary Residency Program, Santa Marcelina College, São Paulo, Brazil, May 5
- 2004 Seminar, The Grammars of Death. Government Publications Librarians of New England Annual Meeting, Amherst, MA, October 29

TEACHING EXPERIENCE

- 2016- Assistant Professor, Department of Anthropology SUNY College at Oneonta: Introduction to Biological Anthropology; Introduction to Cultural Anthropology; Medical Anthropology; Anthropology of Reproduction; Anthropology of Food and Nutrition; Evolutionary Medicine; Human Biology and Culture Change; Issues in Anthropology (Capstone).
- 2012-13 Module Lecturer, Department of Anthropology, Durham University: Health in Society and Sex, Reproduction and Love
- 2011 Sessional Lecturer, Department of Anthropology, University of Toronto: Medical Anthropology and Social Justice
- 2010-11 Evaluator, Poster Session and Senior Research Presentations, Human Biology Program, University of Toronto
- 2010-11 Guest Lecturer and Small Group Facilitator, Human Biology Program, University of Toronto: Hidden Hunger
- 2008 Visiting Lecturer, Department of Anthropology, Trinity College (CT): Anthropology and Global Health
- 2007 Sessional Lecturer, Department of Anthropology, University of Massachusetts: Human Ecology
- 2003-9 Teaching Assistant, Department of Anthropology, University of Massachusetts: Quantitative Research Methods in Anthropology; Human Origins and Human Variation; Inequality and Oppression
- 2000-1 Teaching Assistant, Department of Anthropology, University of Toronto: Plagues and Peoples; Forensic Anthropology; Health Diet and Disease in Past Populations

SUPERVISORY EXPERIENCE

- 2012-13 Supervisor, Research Assistantships of Lyn Robinson (PhD candidate) and Jane Herron (MA student), Department of Anthropology, Durham University
- 2010 Co-supervisor, Muhannad Malas, final year Independent Research Project, Department of Anthropology, University of Toronto

RESEARCH EXPERIENCE

- 2014-16 Research Coordinator, Social Sciences and Humanities Research Council Insight Grant: Optimizing life success through Residential Immersive Life Skills programs for youth with disabilities. PIs: GA King and AC McPherson.
- 2014 Consultant to Middlesbrough and Redcar/Cleveland Health Improvement Partnerships on Breastfeeding and Maternal Smoking, Alcohol and Substance Misuse.
- 2004-5 Research Assistant, Social and Demographic Research Institute, University of Massachusetts Amherst. National Institutes of Health Grant: The Grammars of Death. PIs: SH Leonard, DA Anderton, and AC Swedlund.
- 2003 Social Science Consultant to the Ministry of Health, Republic of Trinidad and Tobago, University of Toronto Centre for International Health Team. Team Lead: D Zakus, Director, Centre for International Health.

DISCIPLINARY SERVICE

- 2015- Member, Research Ethics Board, Bloorview Research Institute, Holland Bloorview Kids Rehabilitation Hospital, Toronto, Canada
- 2010- Ad Hoc Reviewer, *American Anthropologist*, *American Journal of Human Biology*, *American Journal of Physical Anthropology*, *Annals of Human Biology*, *Current Anthropology*, *Developmental Psychology*, *Early Human Development*, *Ecology of Food and Nutrition*, *Journal of Biosocial Science*, *Journal of Human Lactation*, *Journal of Public Health*, *Maternal and Child Health Journal*, *Social Science and Medicine*,
- 2017-18 Member, Annual Meeting Program Committee, Human Biology Association
- 2017 Faculty facilitator, Graduate Student Reception, Human Biology Association
- 2017 Judge, Student Awards Competition, Human Biology Association
- 2016 Reviewer, Routledge Books, UK, Book Proposal in Biocultural Anthropology
- 2013-14 Member, Annual Meeting Program Committee, Human Biology Association

UNIVERSITY SERVICE

- 2019- Co-organizer, #UnderstandingRace lecture series, Department of Anthropology, SUNY Oneonta
- 2019- Member, Open Access Scholarship ad hoc committee, SUNY Oneonta
- 2018- Member, Library Committee, SUNY Oneonta
- 2018- Co-Advisor, Anthro Club, Department of Anthropology, SUNY Oneonta
- 2017- Facilitator, White Allies Caucus, Racial Equity Oneonta, SUNY Oneonta
- 2017 Member, Institutional Review Board, SUNY Oneonta

2013-14 Postdoctoral Representative to the Research Committee, Department of Anthropology, Durham University

ADDITIONAL TRAINING

- 2018 Training Workshop on Salivary Biomarkers, Salimetrics, University of California Irvine
- 2016 Conference, Canadian Association of Research Ethics Boards, Toronto, ON
- 2014 Expanding Open Access for Authors Workshop, Holland Bloorview Kids Rehabilitation Hospital and University of Toronto
- 2012-13 Early Career Researcher "Leading Research" Programme, Durham University
- 2012 NVivo Training Workshop, Durham University
- 2012 Early Career Researcher Summer School, University of Newcastle/Durham University
- 2010 Teaching in Higher Education Postdoctoral Course, University of Toronto
- 2010 Qualitative Data Analysis with NVivo Workshop, University of Toronto
- 2007 Using SPSS to Analyze Anthropological Data Workshop, Society for Applied Anthropology Annual Meeting, Tampa, FL

OUTREACH ACTIVITIES

- 2014 Lecturer, "Normal Infant Sleep" for Second National Childbirth Trust (UK) Training Day on Infant Sleep, January 14
- 2013 Staff, Parent-Infant Sleep Lab Booth, Durham University "Celebrate Science" Outreach event, October 29
- 2013 Presenter, Durham Education Business Partnership "Science of our Lives" event at Whitworth Park Secondary School, March 22
- 2012 Lecturer, "Normal Infant Sleep Development" for National Childbirth Trust (UK) Training Day on Infant Sleep, November 3
- 2012 Staff, Parent-Infant Sleep Lab Booth, Durham University "Celebrate Science" Outreach event, October 31