

Curriculum Vitae

Meizi He, MD, MSc, PhD

Department of Public Health
The University of Texas at San Antonio
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WORKING EXPERIENCE

- 2020 - **Professor (Tenured)**
Department of Public Health. The University of Texas at San Antonio (UTSA)
&
- 2017- **Co-Director**
Center for Community-Based and Applied Health Research, UTSA
- 2013 - 2020 **Professor (Tenured)**
Department of Kinesiology, Health and Nutrition. UTSA
&
- 2013- **Core Graduate Faculty**
Join PhD Program in Translational Science, UTSA & UT Health San Antonio
- 2008 -2013 **Associate Professor (tenured)**
Department of Health and Kinesiology, UTSA
- 2007- 2008 **Associate Professor (tenured)**
Department of Food and Nutritional Sciences, Brescia University College, The
University of Western Ontario, London, ON, Canada
&
- 2001-2008 **Public Health Nutrition Scientist**
The Public Health Research, Education and Development Program (PHRED),
Middlesex-London Health Unit, London, ON, Canada
- 2001-2007 **Assistant Professor**
Department of Human Ecology, Brescia University College, The University of
Western Ontario, London, ON, Canada
- 1986-1995 **Faculty Member**
Department of Nutritional Sciences, Sun Yet-sen University of Medical Sciences,
China

EDUCATIONAL BACKGROUND

- 2000-2001 **Postdoctoral Fellow**
Department of Nutritional Sciences, University of Toronto, Toronto, ON, Canada
- 1996-2000 **PhD in Nutrition and Health**
University of Hong Kong, Hong Kong
Department of Medicine and Department of Zoology

1983-1986 **MSc in Human Nutrition and Health**
Sun Yet-sen University of Medical Sciences, China
Faculty of Preventive Medicine

1978-1983 **Medical Doctor**
Sun Yet-sen University of Medical Sciences, China
Faculty of Preventive Medicine

RESEARCH AND PUBLICATIONS

RESEARCH GRANTS

Funding held in the past 10 years

1. "A Technological Intervention to Improve Nutrition among Older Adult Congregate", Co-Investigator, Principal Investigator: Sarah Ullevig, NIH Natl Inst on Aging. \$1347365 (2021-2025)
2. "Expansion of the Building a Healthy Temple Cancer Prevention Program in Bexar County and Rio Grande Valley". Principal Investigator, Cancer Prevention Research Institute of Texas (PP190055, \$1,999,503) (2019 - 2023)
3. "Building a Healthy Temple: A Faith-Based Hypertension Prevention and Management Program through Healthy Eating and Active Living", Principal Investigator Christa Fund, (\$78000) (Jan 2020-Dec 2022)
4. "REACH Healthy Neighborhoods Project Evaluation", Co-Investigator, Principal Investigator: Dr. Eric Sosa. San Antonio Metropolitan Health District (\$396000) (2018-2023)
5. "Advancing Health Literacy to Enhance Equitable Community Responses to COVID-19", Co-Investigator, Principal Investigator: Dr. Eric Sosa. HHS \$1678762 (2021-2023)
6. "Building a Healthy Temple: A Diabetes self-Management Support Program in Hispanic Faith Community Setting," **Principal Investigator**, American Diabetes Association (\$598,071) (2017-2021)
7. "Building a Healthy Temple". **Principal Investigator**, Baptist Health Foundation (BHF) San Antonio. (\$75,000) (2017-19)
8. "Healthy Changes" – A Multisite Obesity Prevention Program among preschoolers. **Co-Investigator**, Principal Investigator: Dra Yolanda Flores-Peña (Mexico). The National Council for Science and Technology (CONACyT), Mexico (2,127,025 Mexican Pesos) (2015-2018).
9. "Building a Healthy Temple – A Faith-based Primary Cancer Prevention Program". **Principal Investigator**, Cancer Prevention Research Institute of Texas (CPRIT). (\$570,000) (2014-2018).
10. "Healthy Changes" – A Collaborative Obesity Prevention Program among preschoolers in Texas and Mexico. **Co-Investigator**, Principal Investigator: Dra Yolanda Flores-Peña (Mexico), Nutrition and Health Research Program 2014, Kellogg Nutrition & Health Institute (Instituto de Nutrición y Salud Kellogg's). (430,000 Mexican Pesos) (2014-2016)

11. “Building a Healthy Temple – A Childhood Obesity Prevention Program through Vacation Bible School”. **Principal Investigator**, Blue Cross Blue Shield of Texas. (\$126,000) (2014-2015)
12. “Building a Healthy Temple”. **Principal Investigator**, Baptist Health Foundation (BHF) San Antonio. (\$220,000) (2014-2016)
13. “Path to Health” – A Pilot Diabetes Prevention Program in Shangxi Province, China. **Co-Investigator**. International Diabetes Federation. (\$65,000) (2012-2014)
14. “Dietitian Today & Tomorrow” **Co-Director**, US Department of Agriculture (\$290,000) (2010-2014)
15. “Building a Healthy Temple”. **Principal Investigator**, Baptist Health Foundation (BHF) San Antonio. (\$250,000) (2012-2014)
16. “MI CASA Mujeres Interesadas en Cambios por la Salud. English Translation, Women Interested in Changes for a Healthy Lifestyle)” **Co-Investigator**, National Institutes of Health, (\$222,233.99) (2010-2012)
17. “Development and validation of a simple tool to measure beverage consumption among

PUBLICATIONS

Journal articles

1. Ji, L, Fretwell, V S, Escamilla, A, Yao, W, Zhang, T, **He, M**, and Zhang, J.Q. (2024) An acute exercise at low to moderate intensity attenuated postprandial lipemia and insulin responses. *Journal of Exercise Science & Fitness*, Vol 22 (1), Pages 14-22
2. Carrillo, L., Wilmoth, S., Ullevig, S., Sosa, E., Yin, Z., and **He, M**. (2023) Diabetes Self-Management Support Program in Predominantly Hispanic Faith Community Settings: A Pilot Study. *Journal of Health Disparities Research and Practice* (accepted).
3. Flores-Peña, Y, **He, M**, Sosa, E. T. Avila-Alpirez, H., Trejo-Ortiz, P. M. and Gutiérrez-Sánchez, G. Impacts of an early childhood obesity prevention program in Mexico, *Health Education Research* 2022, Vol. 37 Issue 4 Pages 242-253
4. Wilmoth S, Perez A, **He, M**. Latino church-going parents' insights on childhood obesity prevention. *Health Educ Res.* 2021, Vol. 27;36(5):541-553. doi: 10.1093/her/cyab021.
5. Wilmoth, S., Carrillo L, Correa L, Pan M, Parra-Medina D, Sosa E, Reyes R, Sass D, **He, M**. Building a Healthy Temple diabetes self-management education support program in Hispanic faith community settings: A cluster randomized controlled trial. *Contemporary Clinical Trials*, 2020. 99: p. 106192; <https://doi.org/10.1016/j.cct.2020.10619>
6. Strand M A, **He, M**, Johnson R, Perry J, Yin Z. Process evaluation of a community-based diabetes prevention project in China: The Pathway to Health (PATH). *Health Education Research* 2019. Vol 34 (5): 521–531.
7. Yin, Z., Ullevig, S. L. Sosa, E. T., Liang, Y., Olmstead, T., Howard, J. T., Errisuriz, V. L., Estrada, V. M., Martinez, C. E., **He, M.**, Small, S., Schoenmakers, C., & Parra-Medina, D. Study protocol for a cluster randomized controlled trial to test "Miranos! Look at Us, We Are Healthy!" - an early childhood obesity prevention program. *BMC PEDIATRICS*, 2019, 19: 190. doi: 10.1186/s12887-019-1541-4
8. Ullevig S, De Leon T, **He, M**. Potential Dietary Supplement and Medication Interaction in a subset of the Older Adults Population Attending Congregate Sites. *Journal of Nutrition in*

Gerontology and Geriatrics, 2018 Nov 6:1-13. doi: 10.1080/21551197.2018.1519481.

9. Flores-Peña Y, **He, M**, Sosa ET, Avila-Alpirez He, Trejo-Ortiz P M. Study protocol: intervention in maternal perception of preschoolers' weight among Mexican and Mexican-American mothers. BMC Public Health. 2018. 18: 669. <https://doi.org/10.1186/s12889-018-5536-0>.
10. Wilmoth, S., Pan, M., Correa, L., Martinez, E., Mendoza, R., Sosa, E. T., Yin, Z., & **He, M (corresponding author)**. A Summer Obesity Prevention Program for Hispanic Kids and Families through Vacation Bible School. 2018. J Child Obes Vol 3 (1) 2. DOI: 10.21767/2572-5394.100042
11. Wilmoth, S., Martinez, E., & **He, M (corresponding author)**. Hispanic Church Attending Youths' Perceptions of Healthy Bodyweight Promotion in Faith-Based Community. J Child Obes Vol 3 (1) 1. DOI: 10.21767/2572-5394.100041
12. Yin, Z., Perry, J., **He, M.**, Strand, M., & Johnson, R. Cultural Adaptation of an Evidence-Based Lifestyle Intervention for Diabetes Prevention for Chinese Women at Risk for Diabetes: Results of a Randomized Trial. International Health. Feb 13, 2018. doi: 10.1093/inthealth/ihx072. [Epub ahead of print]
13. Umana, C., Wilmoth, S., Pan, M., Zhang, J., Fogt, D., & **He, M (corresponding author)**. Effects of Soy Supplementation on Abdominal Obesity and Metabolic Risks on Post-Menopausal Women: A Pilot Study. Austin Journal of Obesity & Metabolic Syndrome, (2017). 2(1), 1-6. <http://austinpublishinggroup.com/obesity-metabolic-syndrome/download.php?file=fulltext/ajoms-v2-id1005.pdf>
14. Biediger-Friedman L, Sanchez B, **He, M**, Guan J, Yin Z. Food Purchasing Behaviors and Food Insecurity among College Students at The University of Texas at San Antonio. Journal of Food Security, 2016, Vol. 4 (3), 52-57.
15. Sosa, E., Parra-Medina D, Yin Z, Trummer V, **He, M.** "iMiranos! (Look at Us! We are Healthy!): Home-Based and Parent Peer-Led Childhood Obesity Prevention. Health Promotion Practice. 2016 Vol. 17: 675-681.
16. Battram D, Piche L, Beynon C, Kurtz J, **He, M.** Sugar-sweetened beverages: Children's perceptions, factors of influence and suggestions for reducing intake, Journal of Nutrition Education and Behavior. 2016, Vol 48 (1): 27-34.e1
17. **He, M**, Sosa E, Cordova A, Wilmoth S, Bustos D, Perez A, Yin Z, Effects of Healthy Eating Promotion on Food Preference of Head Start Preschoolers. Journal of Research in Obesity, 2015. Vol. 2015 Article ID 830827, 10 pages; DOI: 10.5171/2015. 830827
18. Strand M, Huseth-Zosel A, **He, M**, Perry J. Menopause and the risk of metabolic syndrome among middle-aged Chinese women. Family Medicine and Community Health 2015; Vol. 3, 15-22. (<http://dx.doi.org/10.15212/FMCH.2015.0106>)
19. Dolash K, **He, M**, Yin Z, Sosa. Factors that Influence Park Use and Physical Activity in Predominantly Hispanic and E Low Income Neighborhoods. Journal of Physical Activity and Health. 2014 Jun 4. [Epub ahead of print: PMID: 24905054]
20. Figueroa R, Sosa E, Cordova A, Wilmoth S, Wu S, **He, M (corresponding author)**. Health Communication and Obesity Prevention in Hispanic Communities: a Qualitative Exploration of Media's Roles. Journal of Research in Obesity, 2014 Vol. 2014, Article ID 722324, DOI: 10.5171/2014.722324

21. **He, M**, Wilmoth S, Jones T, Butos D, Leeds J, Yin Z. Latino Church Leaders' Perspective on Childhood Obesity Prevention. *American Journal of Preventive Medicine*. 2013;44(3S3):S232–S239
22. Chen R, Wilson K, Chen Y, Zhang D, Qin X, **He, M**, Hu Z, Ma Y, Copeland JR. Association between environmental tobacco smoke exposure and dementia syndromes. *Occup Environ Med*. 2013; Vol. 70(1):63-9
23. Gilliland J, Irwin J, Tucker P, Hess P, **He, M**. Linking Childhood Obesity to the Built Environment: A Multi-Level Analysis of Home and School Neighbourhood Factors associated with Body Mass Index. *Canadian Journal of Public Health*. 2012; Vol. 103(Suppl. 3):S15-S21
24. **He, M**, Tucker P, Gilliland J, Irwin J, Larsen K, Hess P. Obesogenic Neighbourhoods: The Impact of Neighborhood Restaurants and Convenience Stores on Adolescents' Food Consumption Behaviors. *Public Health Nutrition*. 2012. Vol. 15(12), 2331–2339
25. Yin Z, Parra-Medina, D, Cardova, A, **He, M**, Trummer, V, Sosa, E, Gallion, KJ, Sintes-Yallen, A, Huang Y, Wu X, Acosta D, Ramirez A. Míranos! Look at Us, We Are Healthy! An Environmental Approach to Early Childhood Obesity Prevention. *Childhood Obesity*. 2012 Vol. 8(5):429-39
26. **He, M**, Beynon C, Grike J, Henderson M, Kurtz J, Sangster-Bouck M, St. Onge R, van Zandvoort MM, Chevier-Lamoureux RD, Warren CY. Children's Perceptions of the Northern Fruit and Vegetable Program in Ontario, Canada. *Journal of Nutrition Education and Behavior*. 2012. Vol 44 (6), 592-596.
27. **He, M**, Tucker P, Gilliland J, Irwin J, Larsen K. and Hess P. The influence of local food environments on adolescents' food purchasing behaviors. *International Journal of Environmental and Public Health Research*. 2012, 9(4):1458-1471
28. Battram D, Beynon C, **He, M**. The reliability and validity of using clothing size as a proxy for waist circumference at the population level. *Applied Physiology, Nutrition and Metabolism*. 2011, 36:(2) 183-190, 10.1139/h11-001
29. Sangster Bouck M; St Onge R, **He, M**, Beynon C, Lemieux S, Khoshaba L, Stewart S. Process Evaluation of a School-based Fruit and Vegetable Program. *Canadian Journal of Dietetic Practices and Research*. 2011. Vol. 72 (1): 14-22
30. Callaghan C, Mandich G, **He, M (corresponding author)**. Healthy Vending Machine Pilot Project in Four Ontario Secondary Schools. *Canadian Dietetic Practice and Research*. 2010, Vol. 71(4):186-91.
31. Killough G, Battram, D. Kurtz, J, Mandich G. **He, M (corresponding author)**. Pause-2-Play – a pilot school-based obesity prevention program in Canada. *Brazilian Journal of Mother and Child Health*. 2010 Vol. 10 (3):303-311
32. **He, M**, Piche L, Kurtz J, Beynon C, Harris S B. Screen-related Sedentary Behaviours of School-aged Children: Principals' and Teachers' Perspectives. *Health Education Journal* 2011, Vol. 70 (1): 32-38
33. **He, M**, Li E, Harris S B, Huff M, Yau C, Anderson H. The Canadian Global Village Reality: A look at anthropometric surrogate cut-offs and metabolic abnormalities among East-Asian, South-Asian and European descendants. *Canadian Family Physicians*. 2010 Vol.56 (5): e174 - e182

34. **He, M**, Piche L, Clarson C, Harris S B. Childhood Overweight & Obesity Management: A National Perspective of Primary Health Care Providers' Views, Practices, Perceived Barriers and Needs. *Paediatrics and Child Health*, 2010 Vol 15 (7): 419-426
35. **He, M**, Piche, L, Beynon C, Harris S.B. Screen-related sedentary behaviors: Children's and parents' attitudes, social influence and intention. *Journal of Nutrition Education and Behavior*. 2010 Vol 42 (1):17-25.
36. **He, M**, Beynon C, Bouck M S, St Onge R, Stewart S, Khoshaba L, Horbul A B, Chircoski B. Impact of the Northern Fruit and Vegetable Pilot Program – A Cluster-Randomized Controlled-trial. *Journal of Public Health Nutrition* 2009. 12(11):2199-208
37. **He, M**, Callaghan C, Evans A, Mandich G. Healthy Eating Champions Award for Elementary Schools: Findings from a process evaluation. *Canadian Journal of Dietetic Practice and Research*. 2009. Vol. 70(2):101-4
38. **He, M**, Harris SB, Piche L, Beynon C. Understanding screen-related sedentary behavior and its contributing factors among school-aged children: A Social-Ecological Exploration. *American Journal of Health Promotion*. 2009. Vol. 23 (5) 299-308.
39. Tucker P, Irwin JD, Gilliland J, **He, M**. Adolescents' Perspectives of Home, School and Neighborhood Environmental Influences on Physical Activity and Dietary Behaviors. *Children, Youth and Environments*. 2009; 18(2), 12-35.
40. Larsen, K, Gilliland, J, Hess P, Tucker P, Irwin J, **He, M**. The Influence of the Physical Environment and Sociodemographic Characteristics on Children's Mode of Travel to and From School. *Am J Public Health* 2009; 99(3): 520-526.
41. Tucker P, Irwin J D, Gilliland J, **He, M**. Environmental Influences on Physical Activity Levels in Youth. *Health and Place*. 2009; 15(1):357-63.
42. Rush TJ, Ng VK, **He, M**, Irwin JD. Activity and Obesity of Columbian Immigrants in Canada who Use a Good Bank. *Perceptual and Motor Skills*. 2007; 105: 681-687.
43. Irwin JD, Ng V, Rush T, Nguyen C, **He, M**. Can food banks sustain nutrient requirements? A case study in Southwestern Ontario. *Canadian Journal of Pubic Health*. 2007; 98(1): 17-20.
44. Sutton J, **He, M (corresponding author)**, Despard C, Evans A. Barriers to Breastfeeding in a Vietnamese Community: A Qualitative Exploration. *Canadian Journal of Dietetic Research and Practice*. 2007; 68(4): 195-200.
45. **He, M**, Evans A. Are parents aware that their children are overweight or obese? *Canadian Family Physician*. 2007; 53: 1493-1499.
46. Rush TJ, Ng V, Irwin JD, Stitt L, **He, M** (corresponding author). Food insecurity and dietary intake of Columbian food bank users in London, Ontario. *The Canadian Journal of Dietetic Practice and Research*. 2007; 68(2): 73-78.
47. **He, M**, Beynon C. Prevalence of Overweight and Obesity in School-aged Children. *The Canadian Journal of Dietetic Practice and Research*. 2006; 67(3): 125-129.
48. Tucker P, Irwin JD, **He, M**, Sangster Bouck LM, Pollett G. Preschoolers' Dietary Behaviours: Parents' Perspectives. *The Canadian Journal of Dietetic Practice and Research*. 2006; 67(2):67-71.
49. Tucker P, Irwin JD, Sangster Bouck LM, **He, M**, Pollett G. Preventing paediatric obesity; recommendations from a community-based qualitative investigation. *Obes Rev*. 2006; 7(3): 251-260.

50. **He, M**, Irwin JD, Sangster Bouck LM, Tucker P, Pollett GL. Screen-Viewing Behaviors Among Preschoolers: Parents' Perceptions. *American Journal of Preventive Medicine*. 2005; 29(2): 120-125.
51. Irwin JD, **He, M**, Sangster Bouck LM, Tucker P, Pollett GL. Preschoolers' physical activity behaviours; Parents' perspectives. *Canadian Journal of Public Health*. 2005; 96(4): 299-303.
52. **HE, M**, Sutton J. Using Routine Growth Monitoring Data in Tracking Overweight Prevalence in Young Children. *Canadian Journal of Public Health*. 2004; 95(6): 419-423.
53. **He, M**. Eating habits, physical inactivity patterns and overweight of children in four London elementary schools. *Public Health & Epidemiology Report Ontario (PHERO)*. 2003; 14(1): 10-17.
54. **He, M**. Measuring childhood obesity: a public health perspective. *Public Health & Epidemiology Report Ontario (PHERO)*. 2003; 14(10): 151-156.
55. **He, M**, Tan KCB, Li ETS, Kung AWC. Body fat determination by dual energy X-ray absorptiometry and its relation to body mass index and waist circumference in Hong Kong Chinese. *International Journal of Obesity and Related Metabolic Disorders*. 2001; 25: 748-752.
56. **He, M**, Ma J, Chen Q, Mei J, Dai J, Luo Y et al. Growth and Feeding Practices of 4 and 8 months infants in Southern China. *Nutrition Research*. 2001; 21: 103-120.
57. **He, M**, Mei J, Jiang Z, Chen Q, Dai J, Lui SSH et al. Growth of infants during the first 18 months of life in urban and rural areas of Southern China. *Journal of Paediatrics and Child Health*. 2001; 37: 456-464.
58. Sit C, Yeung DL, **He, M**, Anderson GH. The Growth and feeding patterns of 9 to 12 month old Chinese Canadian infants. *Nutrition Research*. 2001; 21: 505-516.
59. **He, M**, Li ETS, Kung AWC. Dual-energy X-ray absorptiometry for body composition estimation in Chinese women. *Eur J Clin Nutr*. 1999; 53: 933-937.
60. **He, M**, Pan M, Li M, Yang Y, Liang C, Su B et al. Effect of mother's nutritional knowledge of feeding on the growth of young children in Guangdong Province. *Journal of China Public Health*. 1998; 14(8): 500-504.
61. Jiang Z, He Z, Chen Q, Ma J, Mei J, **He, M**. Multiple regression analysis of the determinants of 4 months old infants' growth in Guangdong Province. *Acta Nutrimenta Sinica*. 1998; 20(2): 202-208.
62. **He, M**, Su B, Li M., Yang Y, Pan M, Liang C et al. A survey on mother's nutritional knowledge- Attitude on the feeding of young children in Guangdong Province. *Journal of Hygiene Research*. 1997; 26 (1): 60-63.
63. **He, M**, Mei J, Ma J et al. Growth and feeding pattern of Gaungdong infants. *Acta Nutrimenta Sinica*. 1996; 18(3): 332-336.
64. **He, M**, Yang Y, Li M, Pan M, Liang C, Su B et al. Effects of different modes for health education on mother's knowledge of baby feeding. *Chinese J. Prevention Medicine*. 1996; 30(2): 11-13.
65. **He, M**. Heart rate monitoring as a mean in the measurement of energy expenditure in children. *Journal of Applied Nutrition*. 1995; 2(2): 20-24.

66. Ma J, **He, M**, Mei J. Inadequate vitamin A fortified milk powder induced abnormal fetal development in rats. *Food Sciences*. 1995; 16(3): 41-42.
67. Ho Z, **He, M**, Mei J et al. Energy requirement of preschool children in Subtropics Area IV: The field survey and evaluation. *Acta Nutrimenta Sinica*. 1989, **11** (3); 282-287.
68. Ho Z, **He, M**. Energy expenditure of preschool children in subtropical area. *World Review of Nutrition and Dietetics*. 1988; 57: 75-94.
69. Ho Z, **He, M**. Energy requirement of preschool children in Subtropics Area III: The energy expenditure of preschool children. *Acta Nutrimenta Sinica*. 1987; 9(3): 349-357.

Book Chapter

1. **He, M** & Summer W. Chapter 5: Sedentary behavior and childhood obesity prevention and management. In: Maryanne G. Bergin, Editor. *Sedentary Behavior: Physiology, Health Risks and Interventions*. New York: Nova Science Publishers. 2011: 81-94
2. **He, M**. Measuring Paediatric Obesity. In: Flamenbaum RK, editor. *Childhood Obesity and Health Research*. New York : Nova Science Publishers. 2006: 71-85.

Technical reports

1. Strand M, Yin Z, **He, M** and Perry J. Pathway to Health (PATH): A Lifestyle Intervention to Prevent Diabetes in High-risk Chinese Women. World Guide to IDF BRIDGES 2015 Brussels, Belgium: International Diabetes Federation, 2015.
2. **He, M.**, Beynon, C., Sangster Bouck, M., Gritke, J., St Onge, R., Kurtz, J., & Henderson, M. (2009) Evaluation of the Northern Fruit and Vegetable Program phase II: Children's perceptions – Algoma Final Report. London, Ontario: Middlesex-London Health Unit.
3. **He, M.**, Beynon, C., Gritke, J, Kurtz, J., Henderson, M, Sangster Bouck, M. & St. Onge, R. (2008) Evaluation of the northern fruit and vegetable program Phase II: Children's perceptions. London, Ontario: Middlesex-London Health Unit.
4. Dworatzek, Paula, Lenhardt, L., **He, M.**, Battram, D., Murkin, E. (2008). Measuring Fruit and Vegetable Consumption in 4-9 Year Olds: A Search for a Valid and Reliable Population-Based Tool. Middlesex-London Health Unit. London, Ontario.
5. Battram, D., Beynon, C. **He, M**. The Reliability and Validity of Using Self-Reported Clothing Size as a Proxy for Waist Circumference at the Population Level. Middlesex-London Health Unit. 2008, London, ON.
6. **He, M** & Beynon, C. Evaluation of the Northern Fruit and Vegetables Pilot Program – A randomized controlled trial. Ontario Ministry of Health Promotion. 2007. Toronto, ON. (http://www.mhp.gov.on.ca/english/health/HEAL/NFVP-English-Final_EN.pdf)
7. **He, M**. Childhood overweight: A growing public health concern. Simcoe District Health Unit. 2002. Barrie, ON.

Conference and working papers

1. Wilmoth, S, Wilhite, B, **He, M**. Impacts of the Building a Healthy Temple Diabetes Self-Management Education and Support Program (BHT DSMES), *Nutrition 2022, Current Developments in Nutrition*, 01 Jun 2022, 6(Suppl 1):870-870; PMID: PMC9194412

2. Chiang, N, Ullevig, S, Sosa, E, **He, M**, Zhang T, and Yin, Z. Food Security, Technology Use and Access, and Wellbeing in Community-Dwelling Older Adults During the COVID-19 Pandemic, *Nutrition 2022, Current Developments in Nutrition 2022 Vol. 6 Issue Supplement_1 Pages 193-193*
3. Wilmoth, S, Flores-Peña, Y, Carrillo, L, Martinez, E, Sosa, E, Mendoza, R, Avila-Alpirez, H, Trejo-Ortiz, **He, M**. Hispanic Maternal Perception of Preschoolers' Bodyweight Status in Samples from the United States of America and Mexico. *Current Developments in Nutrition, 2020 Vol 4 (Supplement 2): 1101, https://doi.org/10.1093/cdn/nzaa054_173.*
4. Flores-Peña, Y, **He, M**, Avila-Alpirez, H. Maternal Perception of Her Child's Body Weight, Child Lifestyle Behavior Problems and Maternal Confidence in Managing These Behaviors. *Current Developments in Nutrition, 2020, Vol 4 (Supplement_2): 1300, https://doi.org/10.1093/cdn/nzaa059_017.*
5. Wilmoth, S, Carrillo, L, Martinez, E., Mendoza, R, Correa, L, **He, M**. Impacts of Faith-Based Lifestyle Interventions on Congregational-Level Nutrition and Physical Activity Environment and Policies. *Current Developments in Nutrition, 2020 Volume 4, (Supplement_2):300, https://doi.org/10.1093/cdn/nzaa043_151*
6. **He, M**. (Leader), Wilmoth, S. R. (Author), & Sosa, E. T. (Author), American Diabetes Association 79th Scientific Sessions, "Building a Healthy Temple: A Faith-Based Diabetes Self-Management Support Program", American Diabetes Association, June 7, 2019. San Francisco, California.
7. Carrillo, L., Wilmoth, S., Mendoza, R., Balarin, A., Martinez, E., Pan, M., Shields, K., Spitsen, E., Sosa, E., Ullevig, S., Yin, Z., **He, M**. Diabetes Self-Management Support Program in Predominately Hispanic Faith Community Settings: A Pilot Study. *Nutrition 2018 Conference, American Society for Nutrition, June 8-12, 2018 Boston, MA.*
8. Wilmoth, S., Martinez, E., Carrillo, L., Pan, M., Sosa, E., Yin, Z., Parra-Medina, D., Neira, L.M., Price, A., **He, M**. *Building a healthy temple primary cancer prevention program among Latinos*. (Poster presentation). *Advancing the Science of Cancer in Latinos, February 21-23, 2018. San Antonio, TX.*
9. **He, M**. Diabetes self-management support group in community settings. *Diabetes Self-Management Support Group in Community Settings. 13rd China Nutrition Science Congress, May 22-24, 2017, Beijing, China.*
10. Wilmoth, S., Martinez, E., Mendoza, R., Salame, J., Pan, M., Parra-Medina, D., Luz- Neira, L., Sosa, E., Yin, Z., and **He, M**. Perceptions of a Faith-Based Cancer Primary Prevention Program in Hispanic Faith Communities. *Innovations in Cancer Research and Prevention Conference, Nov 13-14, 2017. Austin, TX*
11. Wilmoth S, Correa L, Martinez, E, Mendoza, R. Pan, M, Neira, L, Sosa, E., Yin, Z, **He, M**. Impact of a faith-based lifestyle intervention "Building a Healthy Temple" on participants; health behaviors. *37th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, 2016, March - to April 2, Washington, DC.*
12. Martinez, E, Wilmoth S, Correa L, Mendoza, R. Pan, M, **He, M**. Building a Health Temple: A Summer Obesity Prevention Program for Hispanic Kids and Families through Vacation Bible School. *37th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, 2016, March - to April 2, Washington, DC.*
13. Yin Z, **He, M**, Johnson R, Perry J, and Strand MA. Process evaluation of the PATH translational research project to reduce pre-diabetes risk factors among women in China.

Poster discussion at the 23rd World Diabetes Congress 2015, Nov 30-Dec 4, 2015 Vancouver, BC, organized by the International Diabetes Federation.

14. Strand M, Yin Z, **He, M** and Perry J. Reduction in risk factors among pre-diabetic Chinese women through the PATH translational research project in China. Poster display at the 23rd World Diabetes Congress 2015, Nov 30-Dec 4, 2015, Vancouver, BC, organized by the International Diabetes Federation.
15. Strand, M, **He, M**, Perry, J, Yin, Z. Translational research on the implementation of a diabetes prevention intervention in China. 143rd APHA Annual Meeting. Oct. 31 - Nov. 4, 2015, Chicago, IL.
16. **He, M**, S. Wilmoth, E. Sosa, Z. Yin, L M Neira. Impacts of a faith-based obesity prevention program on congregational health environment and policies. The 36th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, April 22-25, 2015, San Antonio, TX, USA.
17. **He, M**, C Unama, S Wilmoth, J Zhang, D Fogt. The effect of soy supplementation on body composition and metabolic risks among peri-early menopausal women: a pilot study. 6th Asian Congress of Dietetics (ACD), August 21-24, 2014, Taipei, Taiwan.
18. **He, M**, Parra-Media, D, Yin, Z, Wilmoth, S, Leeds, J, Jones, T, Bustos, D, Figueroa, R. Building a Healthy Temple – A pilot faith-based obesity prevention program. 2012 Annual Conference of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), May 23-26, 2012, Austin, TX, USA.
19. **He, M**. Healthy Eating Promotion in Head Start Centers. The 29th Annual Scientific Meeting of the Obesity Society, October 1-5, 2011, Orlando, FL, USA
20. **He, M**, Building a Healthy Temple. Salud America! 3rd Scientific Summit, September 13-16, 2011, San Antonio, TX, USA
21. **He, M**, Building a Healthy Temple. The 2nd Annual SALSI Research Forum. May 10, 2011 San Antonio, TX, USA
22. **He, M**, Ma Y, Yin Z. Promoting Fruit and Vegetables in Daycare Setting. The 7th Asia Pacific Conference on Clinical Nutrition. June 5-8, 2011, Bangkok, Thailand.
23. **He, M**, Beynon C, van Zandvoort M, Sangster Bouck M, Lueske B. Promoting Healthy Eating and Active Living what should public health campaigns focus on? 2nd National Obesity Summit. 2011, April 27-May 1, Montreal, QC. Canada.
24. Jones TK, Perez A, Wilmoth S, Dillon B, Biediger- Friedman L, **He, M**. College Students' Perceived Barriers and Facilitators to Maintaining a Healthy Bodyweight. Texas Obesity Research Center 2010 Conference Nov 18-19, 2010. Huston, TX
25. **He, M**, Yin Z, Leeds J, Wilmoth S, Perez A, Jones TK. Building a Healthy Temple. Texas Obesity Research Center 2010 Conference Nov 18-19, 2010. Huston, TX
26. **He, M**, Yin Z, Leeds J. Building a Healthy Temple – Latino faith-based communities' perspective on childhood obesity prevention. The Obesity Society 2010 Annual Scientific Meeting Oct 8-13, 2010, San Diego, CA.
27. **He, M**, Building a Healthy Temple—A Faith-Based Community Participatory Research Project for Preventing Childhood Obesity Among Latino Families. 2nd Annual Salud America! Scientific Summit. September 22-24, 2010, San Antonio, Texas.

28. **He, M**, Yin Z, Leeds J. Building a Healthy Temple – Developing a faith-based community obesity prevention program. Inaugural Salud America! Scientific Summit. Sept 9-11, 2010. San Antonio, TX, USA.
29. **He, M**, Yin Z, Leeds J. Building a Healthy Temple – Developing a faith-based community obesity prevention program. Healthy Kids, Healthy Nation: Reversing the Childhood Obesity Epidemic by 2009, Nov. 17-19, 2009, Atlanta, GA.
30. **He, M**, Harvey E, Battram, D S, Mandich, G E.; Clarson, C L.; Harris, S B. A Culturally Sensitive community-based obesity prevention program targeting Latino-Canadian children: a pilot study. The 20th World Diabetes Congress October 18 -22, 2009. Montreal, Qc, Canada. Abstract in Canadian Journal of Diabetes 33 (3) (Suppl): P-1287, 280-281, 2009.
31. **He, M**, Harvey E, Battram, D S, Mandich, G E.; Clarson, C L.; Harris, S B. Latino Families in Action (LFIA): Implementing and Evaluating a Community-based Obesity Prevention Program for A High-risk Paediatric Population. Strengthening Connections: Canadian Public Health Association 2009 Annual Conference. Winnipeg, Manitoba. Canada June 7-10, 2009.
32. **He, M**, Yin Z, Leeds, J. Building a Healthy Temple – Developing a faith-based community obesity prevention program. Inaugural Salud America! Scientific Summit. Sept 9-11, 2009. San Antonio, TX, USA.
33. **He, M**, Piché L, Battram, D, Giroux, I, Beynon C, Swans J, Kurtz J. Sweetened beverage consumption and its contributing factors among school-aged children – a multilevel analysis. Inaugural Texas Obesity Research Center Conference. April 9-10, 2009 Houston. TX, USA.
34. Killough G, **He, M (presenter)**, Battram, D, Kurtz, J, Mandich G. Pause-2-Play. The 1st National Obesity Summit. May 7 -10, 2009 Kananaskis, AB, Canada.
35. **He, M**, Piché L, Battram D, Giroux I, Beynon C, Kurtz J. Sweetened beverage consumption – children’s perspective. The Obesity Society 2008 Annual Scientific Meeting, October 3-7 2008. Phoenix, AZ. USA.
36. Beynon, **He, M**, Sangster-Bouck M, St Onge R, Stewart S, Khoshaba L, Horbul B A, Chircoski B. Evaluation results of the Northern Fruit & Vegetable pilot program – A partnership of local and provincial stakeholder. Making Healthy Communities Count – A Public Health Submit. October 26-29, 2008. Niagara Falls, ON, Canada.
37. Haase I J.; H B.; **He, M**; Naqshbandi, M; Webster-Bogaert, S. Getting School Kids Moving! Results from the Sandy lake School-Based Diabetes Intervention Study. Poster presented at 12th Annual CDA/CSEM Professional Conference and Annual Meetings, October 16, 2008. Montreal, Quebec, Canada.
38. **He, M**, Beynon C, Bouck M S, St Onge R, Stewart S, Khoshaba L, Lemieux S , Horbul BA, Chircoski B. Evaluation of the Northern Fruit and Vegetable Pilot Program – A Randomized Controlled Trial. Canadian Public Health Association 2008 Annual Conference. Public Health in Canada: Reducing Health Inequalities through Evidence and Action. June 1-4, 2008 Halifax, Nova Scotia, Canada
39. **He, M**, Beynon C, Bouck M S, St Onge R, Stewart S, Khoshaba L, Lemieux S, Horbul B A, Chircoski B. Impact Evaluation of the Northern Fruit and Vegetable Pilot Program (NFVPP). CSCN - CSNS Annual Scientific Meeting: The Road to Excellence in Canadian Nutrition May 29 - 31, 2008. Toronto, ON, Canada.

40. Battram D, Beynon C, **He, M**. The Validity of Using Self-reported Clothing Size as a Proxy for Waist Circumference at the Population Level. CSCN - CSNS Annual Scientific Meeting: The Road to Excellence in Canadian Nutrition May 29 - 31, 2008. Toronto, ON, Canada.
41. Lenhardt L, **He, M**, Battram D, Dworatzek P. A Search for a Valid and Reliable Population-Based Tool for Measuring Fruit and Vegetable Consumption in Children Aged 4-9 Years. Dietitians of Canada Conference, June 2008, Winnipeg, Manitoba, Canada.
42. **He, M**, Li E, Irwin I. The Canadian Global Village Reality: A look at anthropometric surrogate cutoffs and metabolic abnormalities among East-Asian, South-Asian and European Canadians. The Obesity Society's 2007 Annual Scientific Meeting. October 20-24, 2007. New Orleans, LA, USA.
43. **He, M**, Callaghan C, Evans A. Healthy Eating Champions Award for Elementary School: Findings from a process evaluation. 19th IUHPE World Congress. June 10-15, 2007. Vancouver, BC. Canada.
44. Tucker P, Gilliland J, **He, M**, Irwin JD. Environmental Influences on physical activity behaviours in youth. 19th IUHPE World Congress. June 10-15, 2007. Vancouver, BC. Canada.
45. **He, M**, Harris SB, Piche L, Beynon C, Radcliffe D, Evans A, Swan J. Turn-off the screen public health campaign: did kids turn off? The 2007 California Childhood Obesity Conference. January 23-26, 2007. Anaheim, CA, USA.
46. **He, M**, Harris SB, Piche L, Beynon C, Radcliffe D, Evans A, Swan J. Screen-related sedentary behaviours among school-aged children: Principals' and teachers' perspectives. Chronic Disease Prevention Alliance of Canada (CDPAC) Second National Conference: Integrated Chronic Disease Prevention: Building It Together. November 5-8, 2006. Ottawa, ON. Canada.
47. **He, M**, Harris SB, Piche L, Clarson CL, Ho M, Callaghan C. Paediatric overweight and obesity management: Primary health care providers' views, practices, perceived barriers and needs. 10th Annual CDA/CSEM Professional Conference and Annual Meetings. October 18-21, 2006. Metro Toronto Convention Centre, Toronto, ON. Canada.
48. **He, M**, Harris SB, Beynon C, Piche L, Radcliffe D, Evans A, Swan J. Determinants of screen-related sedentary behaviour among school-aged children. The CSCN 5th Annual Scientific Meeting. May 25-27, 2006. Edmonton, AB. Canada.
49. **He, M**, Yau YC, Ho M, Harris SB, Huff M, Anderson GH, Li E. Relationship of body mass index and health risks: A comparison between Asian Canadians and Caucasians. The 9th Annual CDA/CSEM Professional Conference and Annual Meetings. October 19-22, 2005. Edmonton, AB. Canada.
50. **He, M**, Harris SB, Piche L, Beynon C, Radcliffe D, Evans A, Swan J. Screen-related sedentary behaviours among school-aged children. The 9th Annual CDA/CSEM Professional Conference and Annual Meetings. October 19-22, 2005. Edmonton, AB. Canada.
51. **He, M**, Harris SB, Piche L, Beynon C, Radcliffe D, Evans A, Swan J. Working together to find answers: Children's sedentary behaviours. The Canadian Public Health Association's 96th Annual Conference. September 18-21, 2005. Ottawa, ON. Canada.
52. **He, M**, Evans A. Parents' awareness of overweight and obesity in their school-aged children. CFBS 48th Annual Meeting, "Second Northern Lights Summer Conference". June 21-24, 2005. University of Guelph, Guelph, ON. Canada.

53. Piche L, **He, M**, Callaghan C, Ho M. Childhood overweight and obesity management: Physicians' view, practices, perceived barriers and needs. CFBS 48th Annual Meeting, "Second Northern Lights Summer Conference". June 21-24, 2005. University of Guelph, Guelph, ON. Canada.
54. Li ETS, **He, M**, Yau CY, Anderson GH. Ethnic specific body mass index cut-off points. CFBS 48th Annual Meeting, "Second Northern Lights Summer Conference". June 21-24, 2005. University of Guelph, Guelph, ON. Canada.
55. **He, M**, Ng V, Malik A. Measuring sedentary behaviors in school-aged children. 2005 California Childhood Obesity Conference. January 9-12 2005. San Diego, CA, USA.
56. **He, M**, Ng V, Malik A. Reliability and validity of the Child Sedentary Activity Questionnaire (CSAQ). 54th Annual Conference, Ontario Public Health Association. November 23-24, 2004. Toronto, ON. Canada.
57. **He, M**, Sangster Bouck M, Irwin JD, Pollett G, Tucker P. Screen viewing behaviour and healthy body weight promotion in preschool-aged children- Parents' perception. The Canadian Federation of Biological Societies 47th Annual Meeting. June 16-20, 2004. Vancouver, BC. Canada.
58. **He, M**. Obesity prevalence and its contributing factors: findings from a cross-sectional study in seven elementary schools in London, Ontario. Canadian Public Health Association 95th Annual Conference. June 13-16, 2004. St. John's, Newfoundland, Canada.
59. **He, M**, Sutton J. Tracking obesity prevalence in young children. Ontario Public Health Association 54th Annual Conference. November 5-8, 2003. Windsor, ON. Canada.
60. **He, M**, Sutton J, Despard C, Wong E. Breastfeeding promotion to the Vietnamese community in Middlesex-London areas. Canadian Public Health Association 94th Annual Conference. May 10-13, 2003. Calgary, AB. Canada.
61. **He, M**, Sutton J. Feasibility of using routine growth data in the tracking of obesity prevalence in young children. Canadian Federation of Biological Societies (CFBS) 46th Annual Meeting. June 11-15, 2003. Ottawa, ON. Canada.
62. **He, M**, Beynon C, Buckland Foster I. Eating patterns, physical activity habits and overweight in London elementary school children. Ontario Public Health Association 53rd Annual Conference. November 18-20, 2002. Toronto, ON. Canada.
63. **He, M**, Sutton J, Sanderson R. Nutrition in early years: Growth patterns of young children in Middlesex-London. Ontario Public Health Association 53rd Annual Conference. November 18-20, 2002. Toronto, ON. Canada.
64. **He, M**, Beynon C, Buckland Foster I. Underweight and obesity in elementary school children: What is the public health implication of this paradox? Canadian Public Health Association 93rd Annual Conference. July 7-10, 2002. Yellowknife, NT. Canada.
65. **He, M**, Mei J, Jiang Z, Chen Q, Ma J, Dai J, Lui SSJ, He Z, Yeung DL, Anderson GH. Growth of urban and rural infants during the first 18 months of life in Southern China. Canadian Federation of Biological Society 43rd Annual Meeting. June 22-25, 2000. Ottawa, ON. Canada.
66. **He, M**, Li ETS, Kung AWC. Obesity and weight reduction: Relationships of leptin, body composition, body fat distribution, energy metabolism and weight reduction in Chinese females. ENDO'99, the 81st Annual Meeting of The Endocrine Society. June 14, 1999. San Diego, LA, USA.

67. **He, M**, Li ETS, Kung AWC. The Validation of BMI as an obesity criterion in Chinese adults. The 80th Annual Meeting of the Endocrine Society. June 24-27, 1998. New Orleans, LA, USA.
68. **He, M**, Kung AWC, Li ETS. Resting metabolic rate and body fat distribution in obese Chinese women. *Experimental Biology* '98. April 18-22, 1998. San Francisco, CA, USA.
69. **He, M**, Kung AWC, Li ETS. Body mass index and body fatness in Chinese women. International Meeting on Gastricenterology, Endocrinology and Reproduction. December, 16-20, 1996. Hong Kong.
70. **He, M**. A survey on mothers' nutritional knowledge-attitude–practice in infant feeding. The 7th Nutritional Conference of Asia. September 15-20, 1995. Beijing, China.

Plenary lectures and invited speeches in regional / international conferences

1. **He, M**, Building a Healthy Temple, 2018 IIMS Community Engagement Symposium: Community-Campus Partnership to Improve Health, Sept 29, 2018, San Antonio, TX.
2. **He, M**, Non-Communicable Disease Prevention and Management in Community Settings, The 7th Asian Congress of Dietetics, July 6-8, 2018, Hong Kong, China
3. **He, M**, Translational and Implementation Science in Community Nutrition, The 7th Asian Congress of Dietetics, July 6-8, 2018, Hong Kong, China
4. **He, M**, Community Nutrition Practice in Chronic Disease Prevention and Management. The 1st Guangzhou International Forum of Disease Oriented Nutrition. May 12-13, 2018, Guangzhou City, Guangdong Province, China.
5. **He, M**. Effects of Soy Supplement on Abdominal Obesity Prevention and Management Among Menopausal Women. The 1st ICC Asia-Pacific Grain Conference, May 21 - 24, 2017, Xiamen, China.
6. **He, M**, Wilmoth S. Building a Healthy Temple: A faith-based cancer primary prevention program, Cancer Therapy & Research Center, UTHSCSA, March 9, 2016., San Antonio, TX
7. **He, M**, Wilmoth S, Martinez E. 2015 Collaborating with Faith - Based Organizations: Building a Healthy Temple. Growing Healthy Texas, July-Sept 2015, Brownville, San Angelo, Fort Worth, Corpus Christi, San Marcos (five presentations)
8. **He, M**, Developing health promotion programs through existing infrastructure and systems: Implications for sustainable obesity prevention and weight management programs The 12th Chinese Nutrition Science Conference (CNSC), May 16-18, 2015, Beijing, China
9. **He, M**, Developing leadership and team building skills in nutrition research. The 17th Annual Meeting of China Association for Science and Technology, May 23-24 2015, Guangzhou, China
10. **He, M**, Building a Healthy Temple – A faith-based obesity prevention program. U.S.-México Border Obesity Prevention Summit (BOPS) on July 16-18, 2013, McAllen, Texas, USA.
11. **He, M**. A Social Ecological Approach to Obesity Prevention – A North America Perspective. 3rd Cross-strait Nutrition Conference, Sept 30, 2012. Hong Kong
12. **He, M**. Latino Families In Action: A community-based childhood obesity prevention program. Physical Activity Forum. January 15, 2008. London, ON.

13. **He, M.** Are Canadian doctors ready for the paediatric obesity epidemic? Weighing in on overweight and childhood obesity workshop. Celebrating Innovations in Health Care Expo 2007. May 24, 2007. Toronto, ON.
14. **He, M,** Beynon C. Preliminary findings from the Northern Ontario Fruit and Vegetable Pilot Project. Deputy Minister Advisory Committee, Ministry of Health Promotion. June 28, 2007. Toronto, ON.
15. Beynon C, **He, M.** Evaluation of the Healthy Eating Active Living Action Plan. Deputy Minister Advisory Committee, Ministry of Health Promotion. May 29, 2007. Toronto, ON.
16. **He, M.** Screen-related sedentary behaviours among school-aged children. Thames Valley Family Practice Research Unit's (TVFPRU) Meeting. December 9, 2005.
17. **He, M.** Screen-related sedentary behaviours among school-aged children. 4th Annual CIHR New Principal Investigators Meeting. November 4-6, 2005. The Briars Conference Centre, Jackson's Point, ON.
18. **He, M.** Measuring childhood obesity: a public health perspective. General Meeting, Association of Public Health Epidemiology of Ontario. Feb 13, 2004. Toronto, ON.
19. **He, M.** "Eating patterns, physical activity habits and overweight in London Elementary School Children". The Whole Information of Trustee, Thames Valley District School Board. May 2003.
20. **He, M.** "Eating patterns, physical activity habits and overweight in London Elementary School Children". Middlesex-London Board of Health. March, 2003. London, ON.
21. **He, M.** Childhood overweight: a growing public health concern. Simcoe District Health Unit. 2002. Barrie, ON.
22. **He, M,** Tecimer S, Singh L, Anderson GH. Neonatal nutrition and behavioural development. 13th International Symposium on Maternal and Infant Nutrition Symposium Proceedings. Heinz Institute of Nutritional Sciences. 2001. Guangzhou, China. pp. E70-E91 2001.

TEACHING ACTIVITIES

List of formal courses taught over the past 10 years

COURSE	LEVEL	YEARS										
		13	14	15	16	17	18	19	20	21	22	23
Nutrition and Health	Undergraduate										X	
Survey of Human Nutrition	Undergraduate											X
Public Health Nutrition & Policy	Graduate			X	X				X	X		
Health Behavior	Graduate	X	X					X				
Nutrition in Health & Disease	Graduate	X	X	X	X	X	X	X	X	X	X	X
Community Health	Graduate									X		

Health Prog Plan,Implementation, & Evaluation	Graduate		X	X	X	X						
Community Nutrition	Graduate				X	X	X	X	X	X	X	X
Public Policy & Nutrition					X	X	X	X	X	X	X	

SERVICES AND ADMINISTRATION

Assigned administrative activities

- 2017 - Funding Co-director, Center for Community-based and Applied Health Research, UTSA VPR
The mission of the center is to promote collaborative, interdisciplinary, applied health research that engages, empowers, and mobilizes communities. Combining expertise of research faculty and community stakeholders. The center is dedicated to identifying sustainable approaches for behavioral medicine applications to community health problems.

Professional service activities

- 2018-22 Consultant, Chinese Body Mind and Soul Program, Chinatown Public Health Center, San Francisco, CA
- 2017 -20 Committee Member, Baxter County Diabetes Collaborative - Prevention Workgroup (Provide professional advice to diabetes prevention initiatives across Baxter County).
- 2017 - 19 Consultant, Camp PowerUp Planning Committee (take part in Camp PowerUp planning, promotion and evaluation).
- 2017 - Committee Member, San Antonio Faith-based Initiative
- 2017 - 19 Member, American Diabetes Association Community Leadership Board (Provide professional advice to the Board and advocate for public health policy changes to curb diabetes).
- 2017 -19 Committee Member, San Antonio Diabetes Self-Management Work Group (Provide professional support and facilitate collaboration among stakeholders).
- 2017- Advisory Board Member, International Chinese Nutrition Young Scholar Network (ICNYSN)
- 2016 - Member, American Diabetes Association
- 2016 - Member North America Chinese Society for Nutrition
- 2015 - Advisor, Roadrunner Diabetes Screening and Education Project
- 2015 - Member Society of Behavioral Medicine
- 2014 - Editorial Review Board Member, Austin Journal of Obesity and Metabolic Disorders

- 2014 - Member, SA Mayor's Fitness Council (Advising Mayor's Fitness Council's initiatives related to obesity prevention).
- 2014- Full member, the Cancer Therapy & Research Center (CTRC), University of Texas Health Science Center San Antonio (UTHSCSA)
- 2012- Member, Mayor's Fitness Council Community Committee
- 2010- Faculty Advisor, UTSA Health Disparities Advisory Committee
- 2010-2012 Consultant, San Antonio's "Healthy Kids and Healthy Communities
- 2010- Advisor, Metro Health "Healthy Kids Healthy Community"
- 2008- Advisor, the UTSA Health Ambassadors
- 2007-2008 Co-chair, Healthy-Eating-Healthy Physical Activity Priority Planning Committee, London Children and Youth Network, City of London
- 2007-2008 Committee member, Healthy Bodyweight Workgroup, Heart and Stroke Foundation, South Western Ontario

Evaluated / reviewed article for journals

- Invited Reviewer for Women's Health and Diabetes Research Awards RFA, American Diabetes Association
- Invited external reviewer for both Canadian Institute of Health Research (CIHR) since 2006 Social Sciences and Humanities Research Council (SSHRC)
- Editorial Board Member. Austin Journal of Obesity and Metabolic Disorder since 2014
- Invited external reviewer for American Journal of Health Promotion since 2017
- Invited external reviewer for Public Health Nutrition since 2012
- Invited external reviewer for Childhood Obesity since 2012
- Invited external reviewer for Journal of Nutrition since 2009
- Invited external reviewer for Journal of Pediatrics since 2009
- Invited external reviewer for Journal of School Health since 2009
- Invited external reviewer for Journal of Nutrition Education and Behavior since 2007
- Invited external reviewer for International Journal of Paediatric Obesity since 2007
- Invited external reviewer for Canadian Family Physicians since 2007
- Invited external reviewer for International Journal of Obesity since 2006
- Invited external reviewer for Social Science & Medicine since 2006
- Invited external reviewer for Applied Physiology, Nutrition and Metabolism since 2006
- Invited abstract reviewer for the 2006 Canadian Public Health Association (CPHA) Annual Conference
- Invited external reviewer for the American Journal of Preventive Medicine since 2005
- Invited external reviewer for the Canadian Medical Association Journal (CMAJ) since 2005
- Invited external reviewer for Canadian Journal of Public Health since 2005
- Reviewing epidemiology online course modules for the "Skills Enhancement for Health Surveillance" Program, Health Canada

Media interviews

- August, 2015, Kens 5. Building a Healthy Temple Vacation Bible School
- Spring 2012. Sombrilla Magazine. "Churchgoers take a leap of faith to a healthier lifestyle"

- April 25, 2012. San Antonio Express News. “Program pushes healthier lifestyles for Latinos”
- March 10, 2012. San Antonio Express News. “Within walking distance of dietary trouble”
- Dec 8, 2011. KEN5 (San Antonio local TV). “Fit for the Lord: Churches join in obesity battle”
- April 15, 2011. WOAI (San Antonio local TV) “Will Faith Lead You To Lose Weight?”
- Sept 15, 2010, Global National TV (Canada) Doctors sound alarm on childhood obesity
- May 14, 2008, The Londoner (London local news paper). “Pause-2-Play”
- May 15, 2007, Latino! “Families in Action”
- February 3, 2007. Fanshawe Television. “Video Games and Childhood Obesity”
- January 11, 2007 CBC News. “Food banks provide low nutritional value: study”
- January 10, 2007 Toronto Stars. “Food hampers short on calories: Study”
- December, 2006, Canadian Research News. “Helping Kid Stay Fit and Healthy”
- December, 2006, Canadian Institute of Health Research. “Research Findings Solutions to Obesity”
- February 28, 2006. Rogers Cable “Childhood obesity prevention”
- December 1, 2003, The Western’s student-run campus radio station. “Childhood Obesity and Junk Food in Elementary School”
- August 1, 2003. The New PL. ‘Childhood Obesity’
- July, 2003, Journal of Registered Nurse. “Tipping the Scales”