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**University of Illinois Chicago**  
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## EDUCATION

**2000** B.S., SUNY- College at Buffalo, *Clinical Dietetics*  
**2002** M.S., University of Illinois at Urbana-Champaign, *Nutritional Sciences*  
**2009** Ph.D., University of Illinois Chicago, *Human Nutrition*

## CURRENT POSITIONS

**2019-** Program Leader, Cancer Prevention and Control, University of Illinois Cancer Center, Chicago, IL  
**2023-** Professor *with tenure*, Department of Kinesiology and Nutrition, College of Applied Health Sciences, University of Illinois at Chicago, Chicago, IL

## POSITIONS SINCE TERMINAL DEGREE

**2009-2012** Research Scientist (GS-11), USDA/Agricultural Research Service, Baton Rouge, LA  
**2010-2012** Adjunct Faculty, Pennington Biomedical Research Center, Baton Rouge, LA  
**2012** Visiting Assistant Professor, University of Illinois at Chicago, Department of Medicine, Health Promotion Research  
**2012-2019** Assistant Professor, tenure track, Division of Academic Internal Medicine, Department of Medicine, University of Illinois at Chicago, Chicago, IL  
**2012-2014** Assistant Director, Diet and Behavior Shared Resource, University of Illinois Cancer Center  
**2014-2020** Adjunct Faculty, University of Illinois at Chicago, Department of Kinesiology and Nutrition, Chicago, IL  
**2015-2019** Director, Diet and Behavior Shared Resource, University of Illinois at Chicago Cancer Center, Chicago, IL  
**2019 - 2020** Associate Professor *with tenure*, Division of Academic Internal Medicine, Department of Medicine, University of Illinois at Chicago, Chicago, IL  
**2020-2023** Associate Professor with tenure, Department of Kinesiology and Nutrition, College of Applied Health Sciences, University of Illinois at Chicago, Chicago, IL

## OTHER ACADEMIC, RESEARCH, AND CLINICAL POSITIONS

**2000-2002** Graduate Assistant, University of Illinois at Urbana-Champaign, McKinley Student Health Center, Urbana, IL  
**2000-2002** Research Assistant, University of Illinois at Urbana-Champaign, Division of Nutritional Sciences, Urbana, IL  
**2002-2003** Clinical/Research Dietitian, Rehabilitation Institute of Chicago, Chicago, IL  
**2003-2004** Project Coordinator, University of Illinois Chicago, Department of Kinesiology and Nutrition, Chicago, IL  
**2004-2009** Graduate Research Assistant, University of Illinois Chicago, Departments of Kinesiology and Nutrition and Medicine, Chicago, IL

## HONORS AND AWARDS

### *Professional*

**2023** Researcher of the Year, College of Applied Health Sciences, University of Illinois Chicago

**2020** Hope Award, Student Housing Services, University of Illinois Chicago  
**2018** Full member, University of Illinois Health, Cancer Center, University of Illinois at Chicago  
**2017** Faculty Fellow, Institute for Health Research and Policy, University of Illinois at Chicago  
**2016** Faculty Fellow, Institute for Health Research and Policy, University of Illinois at Chicago  
**2015** Dannon Nutrition Leadership Institute, Class of 2015  
**2014** Faculty Fellow, Institute for Health Research and Policy, University of Illinois at Chicago  
**2013** Faculty Fellow, Institute for Health Research and Policy, University of Illinois at Chicago  
**2013-2016** Research Associate, UIC Building Interdisciplinary Careers in Women's Health program  
**2011** USDA Spot Award, Stoneville, MS  
**2010** USDA Extra Effort Award, Stoneville, MS  
**2010** USDA Extra Effort Award, Stoneville, MS

### **Academic**

**2023** Applied Health Sciences Researcher of the Year, University of Illinois Chicago  
**2009** Savatri K. Kamath Award, University of Illinois at Chicago, Department of Kinesiology and Nutrition  
**2002** Division of Nutritional Sciences Travel Award, University of Illinois at Urbana Champaign  
**2001** University Fellowship, University of Illinois at Urbana Champaign  
**2001** Division of Nutritional Sciences Travel Award, University of Illinois at Urbana Champaign

### **PROFESSIONAL CERTIFICATION AND LICENSURE**

**2001-** Registered Dietitian, Commission on Dietetic Registration  
**2002-2009** Illinois Licensed Dietitian/Nutritionist  
**2010-2013** Louisiana Licensed Dietitian/Nutritionist  
**2014 -** Illinois Licensed Dietitian/Nutritionist

### **GRANT SUPPORT**

#### **Ongoing**

**NIH/NCI R01CA257807-03S1 (Tussing-Humphreys/Varady/Penalver-Bernabe) 9/1/2023-8/30/2024**

*Mediating Role of Gut Microbiota in the Regulation of Colorectal Cancer Risk in the Context of Time-restricted Eating and Calorie Restriction*

The goal is to examine the microbial-regulated metabolite signatures and host-microbial interactions in response to TRE and daily CR while promoting and enhancing diversity among cancer prevention researchers.

Role: Mentor

**NIH/NIDDK R01 DK135574 (Lockwood) 5/15/2023 – 2/28/2028**

*The Gut Microbiome and Serum Metabolites as a Biological Mechanism Underlying Pain in Kidney Transplantation (Biome-KT)*

The goal of this study is to better understand how the communities of microbes, and the chemicals they produce that may affect pain, change after kidney transplantation, and how these changes affect pain over time in order to develop patient-centered treatments for pain by manipulating the microbiome through diet, stress reduction, and or supplementation with pre/probiotics.

Role: Co-I

**NIH/NCI U54CA202997 sub-award (Biggers/Tussing-Humphreys) 9/1/2023-8/31/2025**

*Targeting chronic psychosocial stress for colorectal cancer prevention: a pilot feasibility study among at-risk non-Hispanic Black women*

The goals is to test the feasibility and acceptability of a mindfulness intervention and explore the preliminary effect on stress and weight, fasting glucose, inflammation markers, and the gut microbiome – risk markers and risk pathways associated with CRC.

Role: MPI

**NIH/NIDCR UG3 DE032003 (Lee/Buscemi)****10/1/2022 – 8/31/2029***Testing a Multi-behavioral Intervention to Improve Oral Health Behaviors in the Pediatric Dental Surgery Population*

The primary goal of this project is to plan and implement a behavior intervention in the pediatric dental surgical population.

Role: Co-I

**Applied Health Science Pilot Grant (Tussing-Humphreys/Gabel/Schmidt)****6/1/2022 – 5/31/2024***Time restricted eating for weight management in pediatric cancer survivors*

This is a pilot study to test the feasibility and preliminary efficacy of TRE for weight management and cardiometabolic risk reduction among pediatric cancer survivors.

Role: MPI

**NIH/NIDDK R01DK128180 (Varady)****9/14/2021 – 8/31/2026***Time restricted feeding versus daily calorie restriction: Effect on body weight, metabolic risk, and the gut microbiome*

This study will be the first to show that time restricted feeding can be implemented as an alternative to traditional dieting (i.e., daily calorie restriction) for long-term weight management. This study will also show that time restricted feeding can be used as an effective non-pharmacological therapy to improve insulin sensitivity and decrease metabolic risk in this population group.

Role: Co-I

**NIH/NCI R01CA257807 (Tussing-Humphreys/Varady)****9/10/2021 – 8/31/2027***Effects of Time-restricted Eating versus Daily Continuous Calorie Restriction on Body Weight and Colorectal Cancer Risk Markers among Adults with Obesity*

The proposed research will demonstrate that time-restricted eating, a type of intermittent fasting, is an effective therapy to help obese individuals reduce and control their body weight and prevent the development of colorectal cancer.

Role: MPI

**NIH/NHLBI R34HL155481 (Koenig/Tussing-Humphreys)****2/01/2021 – 1/31/2024***Feasibility of oral lactoferrin to prevent iron deficiency anemia in obese pregnancy*

This study will pilot test oral lactoferrin along with a prenatal supplement devoid of iron in obese pregnant women to assess whether it is feasible, acceptable, and potentially more effective at preventing IDA than a traditional daily prenatal supplement containing iron.

Role: MPI

**NIH/NCI R01CA250390 (Fitzgibbon/Tussing-Humphreys)****1/15/2021 – 12/31/2025***Mediterranean Diet and Weight Loss: Targeting the Bile Acid/Gut Microbiome Axis to Reduce Colorectal Cancer Risk*

African Americans (AAs) have the highest colorectal cancer (CRC) incidence and mortality that we hypothesize can be attributed to their higher prevalence of obesity, intake of low fiber, high animal protein and saturated fat diets and a higher abundance of gut bacteria known to metabolize bile acids to metabolites that are genotoxic and tumor promoting. Obesity and diet determine the extent to which bile acid metabolism is a risk factor for CRC. This proposal will determine if the largely plant-based Mediterranean Diet alone, weight loss alone or the two interventions combined can affect the bile acid-gut microbiome axis ultimately revealing critical information on how weight loss and diet can address CRC risk in AAs, but also in other high-risk populations.

Role: MPI

**U54CA202997 (Fitzgibbon/Jimbo)****9/1/2020-8/31/2025***The Chicago Cancer Health Equity Collaborative (ChicagoCHEC)*

The presence of major cancer health inequities in Chicago is well-documented. The Chicago Cancer Health Equity Collaborative (ChicagoCHEC), a comprehensive cancer research partnership between the Robert H.

Lurie Comprehensive Cancer Center of Northwestern University, the University of Illinois at Chicago, and Northeastern Illinois University, builds upon its productive first U54 award to continue strengthening collaborative infrastructure and implementing innovative cancer research, education, and outreach programs aimed at eliminating Chicago's deeply-engrained cancer disparities.

Role: Core Co-lead

### **Completed**

#### **Illinois Department of Health (Hughes)**

**8/1/2022 – 6/30/2023**

*Maximizing the Reach of Fit & Strong! In Illinois*

The goal of this project is to disseminate the Fit & Strong! program throughout the state of Illinois.

Role: Co-I

#### **NIH/NCI U54MD012523 Sub:7086 (Tussing-Humphreys/Grippe)**

**9/23/2017–6/30/2023**

*The Influence of Structural Violence and Individual Behavior and Health on the Gut Microbiome and Colorectal Cancer Risk*

This project will employ a translational research approach to establish if exposure to structural violence increases psychosocial and physical vulnerability (e.g., anxiety/stress), compounded by one's behavior (e.g., diet), which interacts with the gut microflora in ways that result in CRC health inequality in urban AAs. Because the gut microflora can be reshaped by diet and other factors, findings from this research may lead to novel strategies to reduce racial/disparities in CRC.

Role: MPI

#### **University of Illinois Cancer Center Pilot Grant (Mutlu/Tussing-Humphreys)**

**5/1/2022 – 4/30/2023**

*Role of gut microbial steroid metabolism in African Americans with polyps*

This is a pilot study examining gut microbial enzymes that are involved in the enterohepatic circulation estrogens in the gut lumen in African Americans (AA) compared to Whites (W) in men and women; and how fecal estrogens and estrogenic activity relate to diet composition and phytoestrogen intake and the presence of adenomatous polyps, which are precursors to colon cancer.

Role: MPI

#### **NIH/NCI R01CA204808 (Gaskins/Mutlu/Tussing-Humphreys/Ridlon)**

**8/1/2016 – 8/31/2022**

*Diet Modulation of Bacterial Sulfur and Bile Metabolism and Colon Cancer Risk*

Proposed are innovative studies designed to investigate the biological basis of the increased risk for the development of colorectal cancer independently associated with being African American or consuming a diet high in red meat and saturated fat.

Role: MPI

#### **NIH/NHLBI R01HL129153**

**(Fitzgibbon)**

**9/1/2016 – 4/30/2022**

*Mediterranean Diet, Weight Loss, and Cognition in Obese Older Adults*

Proposed is a three-arm RCT in which 180 obese (body mass index [BMI] >30 and < 50 kg/m<sup>2</sup>) adults, aged 55 years and older, will be randomized to an 8-month intervention consisting of: 1) MedDiet Alone, without caloric restriction/weight loss (MedDiet-A); 2) MedDiet lifestyle intervention with caloric restriction/weight loss (MedDiet-WL); or 3) control to test the effects on cognition and cardiometabolic risk factors.

Role: Co-I

#### **NIH/NICHD R03HD095056**

**(Maki/Gilbert)**

**8/20/2018 – 7/31/2021**

*Human Microbiome and Perinatal Depression*

This is a feasibility study in preparation for a larger study to determine whether women with depression during their pregnancy and after their delivery have alterations in the bacterial communities in their intestine.

Identifying which bacteria are associated with depression is a critical first step in the development of safe probiotic treatments for depression during pregnancy.

Role: Co-I

**NIH/NIMHD U54 Pilot Grant- CHER CHICAGO (Koenig) 8/01/2018 –7/31/2019**

*Mitigating the effects of structural violence on maternal iron status: a randomized controlled pilot study of probiotic supplementation in at-risk pregnant Black women*

This is a double-blind placebo-controlled randomized pilot study to determine the feasibility and tolerability and preliminary effects of daily oral LP299v supplementation on maternal stress response and iron status and infant iron status at delivery.

Role: Co-I

**American Cancer Society (MRSG014-025-01-CNE) (Tussing-Humphreys) 7/01/2014-6/30/2019**

*Obesity, Iron Regulation, and Colorectal Cancer Risk*

This is a career development award to explore if inflammation-induced changes to the metabolism of iron are a mechanism linking obesity to increased colorectal cancer risk. The grant will also support the PI's training in the areas of cancer biology and microbiology.

Role: PI

**NIH/NIA R01 AG039374 (Hughes / Fitzgibbon) 4/1/2012-3/31/2019**

*Comparative Effectiveness of Customary Fit and Strong! vs. Fit and Strong! Plus*

This research study will compare the effectiveness of customary *Fit and Strong!* – an evidence-based physical activity/behavior change program for overweight/obese older adults to an enhanced version of the program that focuses on weight loss.

Role: Co-I

**USDA ARS SCA 58-6401-753 (Thomson/Tussing-Humphreys) 9/24/2012-9/30/2017**

*Obesity Research in the Lower Mississippi Delta*

This project involves three separate research studies. One is evaluating the impact of a church-based intervention on dietary guideline adherence, diet quality, and physical activity. The second project is a secondary analysis of NHANES investigating dietary intake patterns associated with excess adiposity in US children. The third project involves investigating maternal overweight, omega-3 supplementation, and iron status.

Role: UIC PI

**Robert Wood Johnson Foundation Nurses Faculty Scholars Grant (Koenig) 9/15/2015-9/14/2017**

*Maternal Obesity and Iron Dysregulation in Mother and Fetus*

This project will use a stable iron isotope to examine difference in iron absorption and placental iron transfer in obese and lean women.

Role: MPI (in-kind)

**Coleman Foundation (Hoskins) 3/31/2015 – 8/31/2016**

*Current State Assessment and Implementation of Comprehensive Supportive Oncology Processes (Distress, Palliative, Hospice Referral and Survivorship Care) at University of Illinois Hospital and Health Sciences System*

This grant is assessing need and implementation of a comprehensive oncology processes at UIC.

Role: Co-I

**UIC CCTS, Pilot Grant 0413-05 (Tussing-Humphreys) 5/1/2014-3/30/2016**

*Obesity, Colonic Iron Metabolism and Colorectal Cancer Risk*

This is cross sectional study examining the influence of obesity on gene expression of iron regulatory proteins, iron accumulation and markers of colorectal cancer risk in healthy colonic mucosa obtained from 30 lean and 30 obese adults enrolled in the Chicago Colon Cancer Consortium.

Role: PI

**UIC Cancer Center, Pilot Grant 02014-03 (Fantuzzi) 4/1/2014-6/30/2015**

*Galectin-3 as a Link between Obesity and Colorectal Cancer*

Galectin-3 is pro-carcinogenic depending on its cellular location. This is a translational study to examine how obesity affects Galectin-3 expression and cellular location in the colon. Animal models will be used to examine mechanisms by which obesity modulated Galectin-3 expression.

Role: Co-I

**American Cancer Society of Illinois #261775 (Tussing-Humphreys) 1/1/2013-5/31/2015**

*Effect of Community-based Lifestyle Interventions on Serum Biomarkers of Cancer Risk in Overweight and Obese Older Minority Adults with Osteoarthritis: A Randomized Trial*

This is an ancillary study to examine the comparative impact of participation in an 8-week community-based exercise versus exercise plus weight management intervention on serum biomarkers that link obesity and osteoarthritis (OA) with increased cancer risk for 150 overweight and obese older African American adults with OA.

Role: PI

**USDA ARS CRIS: 6401-51000-001-00D (Tussing-Humphreys)**

**2/1/2010-6/30/2012**

*Obesity Prevention in the Mississippi Delta Region of Mississippi*

Role: PI

**PUBLICATIONS (h-index = 26)**

**Peer Reviewed Manuscripts, Published/In Press (underline = corresponding author/senior author)**

1. Oddo VM, Moise C, Welke L, Bernabé BP, Maki P, Koenig MD, Pezley L, Xia Y, Tussing-Humphreys L. Mediterranean Diet Adherence and Depressive Symptoms among a Nationally Representative Sample of Pregnant Women in the United States. *J Nutr*. 2023 Aug 19;S0022-3166(23)72550-9. doi: 10.1016/j.tjn.2023.08.022. Epub ahead of print. PMID: 37598749.
2. McLeod A, Bernabe BP, Xia Y, Sanchez-Flack J, Lamar M, Schiffer L, Hemphill NO, Fantuzzi G, Maki P, Fitzgibbon M, Tussing-Humphreys L. Exploring the Effects of a Mediterranean Diet and Weight Loss on the Gut Microbiome and Cognitive Performance in Older, African American Obese Adults: A Post Hoc Analysis. *Nutrients*. 2023 Jul 27;15(15):3332. doi: 10.3390/nu15153332. PMID: 37571270; PMCID: PMC10420801.
3. Lin S, Cienfuegos S, Ezpeleta M, Gabel K, Pavlou V, Mulas A, Chakos K, McStay M, Wu J, Tussing-Humphreys L, Alexandria SJ, Sanchez J, Unterman T, Varady KA. Time-Restricted Eating Without Calorie Counting for Weight Loss in a Racially Diverse Population : A Randomized Controlled Trial. *Ann Intern Med*. 2023 Jul;176(7):885-895. doi: 10.7326/M23-0052. Epub 2023 Jun 27. PMID: 37364268.
4. Yazici C, Thaker S, Castellanos KK, Al Rashdan H, Huang Y, Sarraf P, Boulay B, Grippo P, Gaskins HR, Danielson KK, Papachristou GI, Tussing-Humphreys L, Dai Y, Mutlu ER, Layden BT. Diet, Gut Microbiome, and Their End Metabolites Associate With Acute Pancreatitis Risk. *Clin Transl Gastroenterol*. 2023 Jul 1;14(7):e00597. doi: 10.14309/ctg.0000000000000597. PMID: 37162146; PMCID: PMC10371326.
5. Kim SJ, Blesoff JR, Tussing-Humphreys L, Fitzgibbon ML, Peterson The association between neighborhood conditions and weight loss among older adults living in a large urban city. *J Behav Med*. 2023 Jun 13. doi:10.1007/s10865-023-00430-w. Mar 31: PMID: 37310591.
6. Koenig MD, Crooks N, Burton T, Li Y, Hemphill NO, Erbe K, Rutherford JN, Liese KL, Pearson P, Stewart K, Kessesee N, Gondwe KW, Reed L, Tussing-Humphreys L. Structural Violence and Stress Experiences of Young Pregnant Black People. *J Racial Ethn Health Disparities*. 2023 Jun 12. doi: 10.1007/s40615-023-01661-y. Epub ahead of print. PMID: 37306921.

7. Mehta R, Ray RM, Tussing-Humphreys LM, Pasquale LR, Maki P, Haan MN, Jackson R, Vajaranant TS. Effect of Low-Fat Dietary Modification on Incident Open-Angle Glaucoma. *Ophthalmology*. 2023 Jun;130(6):565-574. doi: 10.1016/j.ophtha.2022.11.014. Epub 2022 Nov 21. PMID: 36410561.
8. Lin TT, Park CG, Kapella MC, Martyn-Nemeth P, Tussing-Humphreys L, Rospenda KM, Zenk SN. Shift work domains and their interactions with empty calorie food/beverage consumption: A 14-day intensive longitudinal study. *Int J Nurs Stud*. 2023 May;141:104490. doi: 10.1016/j.ijnurstu.2023.104490. Epub 2023 Mar 15. PMID: 37004340; PMCID: PMC10323862.
9. Wolf PG, Kim S, Tussing-Humphreys L. Socioenvironmental Stressors, Gut Microbes, and Colorectal Cancer Inequities: A Chicago Perspective. *Am J Gastroenterol*. 2023 May 1;118(5):765-768. doi: 10.14309/ajg.0000000000002131. Epub 2022 Dec 23. PMID: 36689734; PMCID: PMC10159872.
10. Burton TC, Lv N, Tsai P, Peñalver Bernabé B, Tussing-Humphreys L, Xiao L, Pandey GN, Wu Y, Ajilore OA, Ma J. Associations between fecal short-chain fatty acids, plasma inflammatory cytokines, and dietary markers with depression and anxiety: Post hoc analysis of the ENGAGE-2 pilot trial. *Am J Clin Nutr*. 2023 Apr;117(4):717-730. doi: 10.1016/j.ajcnut.2023.01.018. Epub 2023 Feb 1. PMID: 36796440; PMCID: PMC10273083.
11. Ustick J, Chakos K, Jia H, Hanneke R, DiPiazza B, Koenig MD, Ma J, Man B, Tussing-Humphreys L, Burton TCJ. Associations between plant-based diets, plant foods and botanical supplements with gestational diabetes mellitus: a systematic review protocol. *BMJ Open*. 2023 Mar 21;13(3):e068829. doi:10.1136/bmjopen-2022-068829. PMID: 36944462; PMCID: PMC10032412.
12. Jang MK, Park C, Tussing-Humphreys L, Fernhall B, Phillips S, Doorenbos AZ. The Effectiveness of Sarcopenia Interventions for Cancer Patients Receiving Chemotherapy: A Systematic Review and Meta-analysis. *Cancer Nurs*. 2023 Mar-Apr 01;46(2):E81-E90. doi: 10.1097/NCC.0000000000000957. PMID: 34054070; PMCID:PMC8627517.
13. McLeod A, Penalver Bernabe B, Xia Y, Sanchez-Flack J, Lamar M, Schiffer L, Castellanos K, Fantuzzi G, Maki P, Fitzgibbon M, Tussing-Humphreys L. Comparing the gut microbiome of obese, African American, older adults with and without mild cognitive impairment. *PLoS One*. 2023 Feb 24;18(2):e0280211. doi:10.1371/journal.pone.0280211. PMID: 36827280; PMCID: PMC9955629.
14. McLeod A, Wolf P, Chapkin RS, Davidson LA, Ivanov I, Berbaum M, Williams LR, Gaskins HR, Ridlon J, Sanchez-Flack J, Blumstein L, Schiffer L, Hamm A, Cares K, Antonic M, Bernabe BP, Fitzgibbon M, Tussing-Humphreys L. Design of the Building Research in CRC prevention (BRIDGE-CRC) trial: a 6-month, parallel group Mediterranean diet and weight loss randomized controlled lifestyle intervention targeting the bile acid-gut microbiome axis to reduce colorectal cancer risk among African American/Black adults with obesity. *Trials*. 2023 Feb 15;24(1):113. doi: 10.1186/s13063-023-07115-4. PMID: 36793105; PMCID: PMC9930092.
15. OjiNjideka Hemphill N, Pezley L, Steffen A, Elam G, Kominiarek MA, Odoms-Young A, Kesse N, Hamm A, Tussing-Humphreys L, Koenig MD. Feasibility Study of Lactobacillus Plantarum 299v Probiotic Supplementation in an Urban Academic Facility among Diverse Pregnant Individuals. *Nutrients*. 2023 Feb 9;15(4):875. doi: 10.3390/nu15040875. Erratum in: *Nutrients*. 2023 Jul 27;15(15): PMID: 36839232; MCID: PMC9966742.
16. Lockwood MB, Chlipala GE, Maeinschein-Cline M, DeVon HA, Lichvar AB, Samra MK, Park CG, Campara M, Doorenbos AZ, Tussing-Humphreys LM, Spaggiari M, Bronas UG, Steel JL, Green SS. Pain Interference in End Stage Kidney Disease is Associated with Changes in Gut Microbiome Features Before and After Kidney Transplantation. *Pain Manag Nurs*. 2023 Feb;24(1):68-77. doi: 10.1016/j.pmn.2022.08.013. Epub 2022 Sep 29. PMID: 36184305; PMCID: PMC9925398.

17. Peñalver Bernabé B, Maki PM, Cunningham JL, Eisenlohr-Moul T, Tussing-Humphreys L, Carroll IM, Meltzer-Brody S, Gilbert JA, Kimmel M. Interactions between perceived stress and microbial-host immune components: two demographically and geographically distinct pregnancy cohorts. *Transl Psychiatry*. 2023 Jan 6;13(1):3. doi: 10.1038/s41398-022-02276-3. PMID: 36609477; PMCID: PMC9822983.
18. Ezpeleta M, Gabel K, Cienfuegos S, Kalam F, Lin S, Pavlou V, Song Z, Haus JM, Koppe S, Alexandria SJ, Tussing-Humphreys L, Varady KA. Effect of alternate day fasting combined with aerobic exercise on non-alcoholic fatty liver disease: A randomized controlled trial. *Cell Metab*. 2023 Jan 3;35(1):56-70.e3. doi:10.1016/j.cmet.2022.12.001. Epub 2022 Dec 21. PMID: 36549296; PMCID: PMC9812925.
19. Wolf PG, Penalver Bernabe B, Oliveira ML, Hamm A, McLeod A, Olender S, Castellanos K, Loman BR, Gaskins HR, Fitzgibbon M, Tussing-Humphreys L. Effect of Diets Varying in Iron and Saturated Fat on the Gut Microbiota and Intestinal Inflammation: A Crossover Feeding Study among Older Females with Obesity. *Nutr Cancer*. 2023;75(3):876-889. doi: 10.1080/01635581.2022.2163668. Epub 2023 Jan 10. PMID: 36625531; PMCID: PMC10023443.
20. OjiNjideka Hemphill N, Crooks N, Zhang W, Fitter F, Erbe K, Rutherford JN, Liese KL, Pearson P, Stewart K, Kessie N, Reed L, Tussing-Humphreys L, Koenig MD. Obstetric experiences of young black mothers: An intersectional perspective. *Soc Sci Med*. 2023 Jan;317:115604. doi: 10.1016/j.socscimed.2022.115604. Epub 2022 Dec 9. PMID: 36549014; PMCID: PMC9854070.
21. Gabel K, Fitzgibbon ML, Yazici C, Gann P, Sverdllov M, Guzman G, Chen Z, McLeod A, Hamm A, Varady KA, Tussing-Humphreys L. The basis and design for time-restricted eating compared with daily calorie restriction for weight loss and colorectal cancer risk reduction trial (TRE-CRC trial). *Obesity (Silver Spring)*. 2022 Dec;30(12):2376-2385. doi: 10.1002/oby.23579. Epub 2022 Nov 1. PMID: 36319597; PMCID: PMC9691536.
22. Tussing-Humphreys L, Lamar M, McLeod A, Schiffer L, Blumstein L, Dakers R, Karstens A, Hemphill NON, Strahan D, Siegel L, Flack JS, Antonic M, Restrepo L, Berbaum M, Fitzgibbon M. Effect of Mediterranean diet and Mediterranean diet plus calorie restriction on cognition, lifestyle, and cardiometabolic health: A randomized clinical trial. *Prev Med Rep*. 2022 Aug 19;29:101955. doi:10.1016/j.pmedr.2022.101955. PMID: 36161108; PMCID: PMC9502289.
23. Pezley L, Cares K, Duffecy J, Koenig MD, Maki P, Odoms-Young A, Clark Withington MH, Lima Oliveira M, Loiacono B, Prough J, Tussing-Humphreys L, Buscemi J. Efficacy of behavioral interventions to improve maternal mental health and breastfeeding outcomes: a systematic review. *Int Breastfeed J*. 2022 Sep 5;17(1):67. doi: 10.1186/s13006-022-00501-9. PMID: 36064573; PMCID: PMC9446548.
24. Koenig MD, Tussing-Humphreys L, DeMartelly V, LaBomascus B, OjiNjideka Hemphill N, Welke L, Pezley L, Ruchob R, Hirsch B, Furlette-Koski M, Kessie N, Ferrans CE. Recruitment and Retention of Urban Pregnant Women to a Clinical Study Administering an Oral Isotope Dietary Tracer. *Womens Health Rep (New Rochelle)*. 2022 Jul 18;3(1):652-660. doi: 10.1089/whr.2022.0015. PMID: 35982776; PMCID: PMC9380878.
25. Serrano J, Laughlin MR, Bellin MD, Yadav D, Chinchilli VM, Andersen DK; Type 1 Diabetes in Acute Pancreatitis Consortium (T1DAPC). Type 1 Diabetes in Acute Pancreatitis Consortium: From Concept to Reality. *Pancreas*. 2022 Jul 1;51(6):563-567. doi: 10.1097/MPA.0000000000002073. PMID: 36206459; PMCID: PMC9555854.
26. Pezley L, Tussing-Humphreys L, Koenig MD, Maki P, Odoms-Young A, Freels S, DiPiazza B, Cann F, Cares K, Depa C, Klejka G, Lima Oliveira M, Prough J, Roe T, Buscemi J, Duffecy J. Feasibility of a Web-Based Intervention to Prevent Perinatal Depression and Promote Human Milk Feeding: Randomized Pilot

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101. Wang Y, Jahns L, Tussing-Humphreys L, Xie B, Rockett H, Liang H, Johnson L. Dietary intake patterns of low-income urban african-american adolescents. *J Am Diet Assoc.* 2010 Sep;110(9):1340-5. doi: 10.1016/j.jada.2010.06.005. PMID: 20800126; PMCID: PMC2929676.
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104. Holterman AX, Browne A, Tussing L, Gomez S, Phipps A, Browne N, Stahl C, Holterman MJ. A prospective trial for laparoscopic adjustable gastric banding in morbidly obese adolescents: an interim report of weight loss, metabolic and quality of life outcomes. *J Pediatr Surg.* 2010 Jan;45(1):74-8; discussion 78-9. doi: 10.1016/j.jpedsurg.2009.10.013. PMID: 20105583.
105. Varady KA, Tussing L, Bhutani S, Braunschweig CL. Degree of weight loss required to improve adipokine concentrations and decrease fat cell size in severely obese women. *Metabolism.* 2009 Aug;58(8):1096-101. doi: 10.1016/j.metabol.2009.04.010. Epub 2009 Jun 18. PMID: 19477470.
106. Holterman AX, Browne A, Dillard BE 3rd, Tussing L, Gorodner V, Stahl C, Browne N, Labott S, Herdegen J, Guzman G, Rink A, Nwaffo I, Galvani C, Horgan S, Holterman M. Short-term outcome in the first 10 morbidly obese adolescent patients in the FDA-approved trial for laparoscopic adjustable gastric banding. *J Pediatr Gastroenterol Nutr.* 2007 Oct;45(4):465-73. doi:10.1097/MPG.0b013e318063eef6. PMID: 18030214.
107. Wang Y, Liang H, Tussing L, Braunschweig C, Caballero B, Flay B. Obesity and related risk factors among low socio-economic status minority students in Chicago. *Public Health Nutr.* 2007 Sep;10(9):927-38. doi: 10.1017/S1368980007658005. Epub 2007 Feb 19. PMID: 17381954.
108. Tussing L, Chapman-Novakofski K. Osteoporosis prevention education: behavior theories and calcium intake. *J Am Diet Assoc.* 2005 Jan;105(1):92-7. doi: 10.1016/j.jada.2004.10.025. PMID: 15635352.
109. Wang Y, Tussing L. Culturally appropriate approaches are needed to reduce ethnic disparity in childhood obesity. *J Am Diet Assoc.* 2004 Nov;104(11):1664-6. doi: 10.1016/j.jada.2004.08.035. PMID: 15499351.
110. Tussing L, Chapman-Novakofski K. Doing the math for calcium! See it, do it, teach it! *J Nutr Educ Behav.* 2004 Mar-Apr;36(2):99-100. doi: 10.1016/s1499-4046(06)60140-1. PMID: 15068759.

### ***Other publications***

1. Goodman M, Thomson J, **Tussing-Humphreys L**. Lessons learned from the implementation of the Delta Healthy Sprouts Comparative Effectiveness Trial. *SAGE Research Methods Case Study Series.* 2017.

### ***Book Chapters***

1. Fitzgibbon ML, Kong A, **Tussing-Humphreys LM**. (2013). Understanding Population Health from Multi-Level and Community-Based Models. In: Shumaker SA, Ockene JK, and Riekert KA, editors. *The Handbook of Health Behavior Change.* 4th ed. New York: Springer Publishing Company, LLC.
2. **Tussing-Humphreys LM** and Nguyen V (2013). Obesity and Micronutrient Deficiencies. In: *Adipose Tissue and Adipokines in Health and Disease.* Edited by Giamila Fantuzzi and Carol Braunschweig, Vol 2.
3. Fitzgibbon ML, Stolley M, **Tussing-Humphreys LM** (2014). Diet and Cancer. In: *Psycho-oncology.* Edited by Jimmie Holland et al. Volume 3. Oxford Press.
4. Fitzgibbon ML, **Tussing-Humphreys LM**, Kong A, Bains A (2021). Diet and Cancer Chp. 3. In *Psycho-oncology.* Edited by William S. Breitbart et al. Volume 4. Oxford Press.

### ***Other research publications***

1. Thomson J and **Tussing-Humphreys L**. A Simulation Study of the Potential Effects of Whole Grain Food Substitutions on Diet Quality in Lower Mississippi Delta Adults. Proceedings from the Whole Grains Summit, CFW Plexus, 2013.
2. Chapman-Novakofski K and **Tussing L**. Using behavior theory to develop an osteoporosis prevention program. Networking News-Nutrition Education for the Public Practice Group; 26(1): 2004.

### ***Curriculum***

1. Hemphill N, **Tussing-Humphreys L**, Fitzgibbon ML. Building Research in Diet and Cognition Trial Interventionist Curriculum. 2016-2017.
2. **Tussing-Humphreys L**, Thomson JL, Goodman M. The Delta Healthy Sprouts Curriculum. 2012.

### **CONFERENCE PRESENTATION, ORAL (INVITED)**

1. **American Society of Metabolic and Bariatric Surgery - Keynote Address** – Obesity and Colorectal Cancer: Weight the Evidence. Dallas, TX, June 2022.
2. **Digestive Disease Week**. Structural Violence and Colorectal Cancer San Diego, CA. May 2022.
3. **Microbes and Social Equity Symposium**, University of Maine. Structural violence, microbiome and colorectal cancer. Virtual June 2021.
4. **Food and Nutrition Conference and Expo (FNCE), Academy of Nutrition and Dietetics**. “Malnutrition Following Bariatric Surgery: Underlying Mechanisms and Strategies for Prevention and Treatment: Iron Nutrition and Bariatric Surgery.” Virtual, October 18, 2020.
5. **Agging in American Conference**. “Fit & Strong! Plus Early Results from a Comparative Effectiveness Trial” Chicago, IL, March 2017.
6. **Whole Grain Summit**. Thomson JL and **Tussing-Humphreys L**. “A Simulation Study of the Potential Effects of Whole Grain Food Substitutions on Diet Quality in Lower Mississippi Delta Adults.” Minneapolis, MN, May 2012.

### **CONFERENCE PRESENTATION, ORAL (REFEERED)**

1. **Nutrition 2022 (American Society for Nutrition)**. Presented by PhD/Post-Doctoral Fellow Dr. Andrew McLeod. The Effect of a Mediterranean Diet with or Without Calorie Restriction on Cognition, Lifestyle, and Metabolic Health of Obese, Predominately Non-Hispanic Black Older Adults. Finalist for Post-doctoral award.
2. **Experimental Biology**. Presented by PhD student, Lauren Welke. Iron status and regulation in African American Women with High-risk Pregnancy. San Diego, CA, April 2016.
3. **European Iron Club**. Iron accumulation and ferroportin expression in breast tissue of obese and non-obese postmenopausal Caucasian women with and without breast cancer. Verona, Italy, September 2014.

4. **Experimental Biology.** “A church-based diet and supervised physical activity intervention for rural, southern, African American adults: Delta Body and Soul.” San Diego, CA, April 2014.
5. **Experimental Biology.** “Weight, Serum Hcpidin, and Iron Status in Pregnant African American Women.” Boston, MA, 2013 (accepted for oral presentation but unable to present due to hospitalization).
6. **The Obesity Society.** Elevated hepcidin is disproportionate to iron depletion in obese pre-menopausal females. Washington DC, October 2009.
7. **FASEB Annual Meeting.** “Impact of an osteoporosis prevention program”. New Orleans, LA, 2002.
8. **FASEB Annual Meeting.** “Development of an osteoporosis prevention program.” Orlando, FL, 2001.

#### **ACADMEIC SEMINARS, ORAL (Invited)**

1. **University of Idaho.** Obesity and Iron Homeostasis. December 10, 2020.
2. **Kansas University Medical Center.** Obesity and Iron Homeostasis. December 1, 2020.
3. **Massey Cancer Center, Virginia Commonwealth University.** Going Beyond My Comfort Zone to Understand and Address Colorectal Cancer Health Disparities. February 10, 2020.
4. **University of Illinois Cancer Center, Cancer Prevention and Control Program.** Sharing about CHER: Structural Violence, Gut Microbiome and Colorectal Cancer risk. December 6, 2018.
5. **Chicago Area Dietetics Student Symposium.** Diet, Gut Microbiome and Colorectal Cancer, University of Illinois at Chicago, Chicago, IL, October 2017.
6. **Chicago Area Microbiome during Pregnancy and Infant Development Symposium.** Oral iron supplementation and the gut microbiome. University of Chicago, Chicago, IL, June 2017.
7. **UIC Cancer Center, Population Behavior and Health Outcomes Program Monthly Seminar.** “Early Findings from the Fit & Strong! Biomarker Ancillary Study. Chicago, IL, March 2016.
8. **Academic Internal Medicine Work in Progress Seminar.** Effect of Lactobacillus Plantarum 299v on Iron Metabolism in Obese Pregnancy. Chicago, IL, January 2016.
9. **Combined Annual Meeting of CSCTR and MWAFFMR.** Maternal Obesity, Iron Metabolism, and Mediterranean Diet. Chicago, IL, April 2015.
10. **UIC Diabetes and Obesity Research Day.** Maternal Obesity, Iron Metabolism, and Mediterranean Diet. Chicago, IL, October 2014.
11. **University of Illinois at Chicago, Department of Kinesiology and Nutrition, Weekly Seminar Series.** Obesity in Pregnancy: Iron Dysregulation in Mother and Fetus. Chicago, IL, March 2014.
12. **University of Illinois at Urbana Champaign, Division of Nutritional Sciences, Graduate Seminar Series.** Obesity and Iron Metabolism Dysfunction: Examining the Potential for Health Risk Across the Lifespan. Urbana, IL, November 2013.
13. **University of Illinois at Chicago, Department of Physical Therapy, Seminar Series.** Obesity and Iron Metabolism Dysfunction: Examining the Potential for Health Risk Across the Lifespan. Chicago, IL, October 2013.

14. **University of Illinois Cancer Center, Diet and Behavior Shared Resource 101 Training Symposium.** Dietary Assessment Methods: Food Frequency Questionnaire. Chicago, IL, December 2012.
15. **University of Illinois Cancer Center, Population Health and Behavioral Outcomes Program Monthly Seminar Series.** Obesity, Iron Bioavailability, and Colon Cancer Risk. Chicago, IL, September 2012.
16. **3rd Annual USDA ARS Delta Obesity Prevention Research Unit Workshop.** Approaches to Analysis & Analysis Example: Delta Body & Soul. Pine Bluff, AR, August 2011.
17. **3rd Annual USDA ARS Delta Obesity Prevention Research Unit Workshop.** Obesity Prevention in the Mississippi Delta Region of Mississippi. Pine Bluff, AR, August 2011.
18. **Delta Caucus.** Obesity and Food Availability in the Lower Mississippi Delta Region. Washington, DC, April 2011.
19. **LSU AgCenter Consumer Nutrition and Wellness Annual Meeting.** A Community-based Approach to Improve Breastfeeding Initiation and Continuation in the Mississippi Delta. Baton Rouge, LA, November 2010.

#### **INVITED PRESENTATIONS, COMMUNITY**

1. **Chicago Cancer Health Equity Consortium – Community Check In.** Diet and Colorectal Cancer. March 2021.
2. **The Chicago Council on Science and Technology.** Food for Thought: Connections between Nutrition and Brain Health. May 9, 2019.
3. **Illinois Colorectal Cancer Roundtable.** Sharing about CHER: Structural Violence, Gut Microbiome and Colorectal Cancer risk. December 13, 2018.
4. **Colleges Against Cancer,** Relay for Life, University of Illinois at Chicago, April 2018.
5. **American Cancer Society, Lunch and Learn @** Golden Eagle Company, Chicago, IL, April 2017.
6. **CAN-TV, UIC Cancer Center Weekly,** Obesity, Diet and Cancer, Chicago, IL, August 2016.
7. **Black Women’s Health Expo.** Obesity: The What, Why, and the What to Do. Chicago, IL, April 2016.
8. **American Medical Association Employee Wellness Series.** Lifestyle Behaviors and Colorectal Cancer. Chicago, IL, March 2016.
9. **Northern Trust Black History Month Employee Health Seminar.** Obesity: The What, Why, and the What to Do. Chicago, IL, February 2016.
10. **UIC Movember Launch Event.** Reducing the Risk of Cancer and Chronic Diseases with Healthy Food and Physical Activity. Chicago, IL, October 2015.

#### **ADVISEMENT/MENTORING**

***Early Career Faculty (primary mentor)***

**2013- Mary Dawn Koenig, Ph.D., C.N.M, R.N., College of Nursing,** Iron metabolism in pregnancy. *Result: Robert Wood Johnson Nurse Faculty Scholar award, NHLBI R34, Promotion and Tenure to Associate Professor, NIDDK R01.*

**2017-2019 Sandra Gomez, Ph.D., R.D., Rush University,** Adiposity and colorectal cancer disparities. *Result: NCI Diversity Supplement, Promotion and Tenure to Associate Professor.*

**2020- Beatriz Penalver-Bernabe, Ph.D., College of Medicine** Gut microbiome and health disparities. *Result: NCI Diversity Supplement, NICHD R21.*

**2022- Kelsey Gabel, Ph.D., College of Applied Health Sciences,** Intermittent fasting in cancer survivors. *Result: NIH BIRCWH K12.*

**2022- Saria Lofton, Ph.D., R.N., College of Nursing,** Food insecurity and chronic disease disparities. *Result: ACS-IRG pilot grant.*

#### **Post-doctoral Advisees (primary mentor)**

**2019-2022 Patricia Wolf, Ph.D., R.D.,** Co-Primary Mentor. Diet, Gut Microbiome and Colorectal Cancer Health Disparities. UIC NCI Cancer Education and Career Development T32. *Result: Tenure-track position at Purdue University.*

**2020- Tristesse Burton, Ph.D.,** Co-Primary Mentor. Plant-based diets and Gestational Diabetes Mellitus UIC NHBLI Premier T32 *Result: Bridge to Faculty awardee, University of Illinois Chicago; Ford Foundation Postdoctoral Fellowship; NIH BIRCWH K12 post-doctoral fellow*

**2022- Andrew McLeod, Ph.D., R.D.** Diet, gut microbiome and chemotherapy related cognitive impairment. UIC NCI Cancer Education and Career Development T32.

**2022 Kelsey Gabel, Ph.D., R.D.** Time-restricted eating for improving weight and cardiometabolic outcomes among cancer survivors. *Result: Tenure-track position at University of Illinois Chicago*

#### **Ph.D. Advisees (primary mentor)**

**2013- 2018** Lauren Welke, Department of Kinesiology and Nutrition, University of Illinois at Chicago. *Project: Mediterranean Diet Adherence and Depression.*

- *Selected for Oral presentation and Emerging Leaders Research Competition at Experimental Biology 2016.*

**Current:** *Abbvie*

**2015-2017** Sparkle Springfield, NCI T32 pre-doc fellow (co-advised with Drs. Angela Odoms-Young and Melinda Stolley), Department of Kinesiology and Nutrition, University of Illinois Chicago. *Project: Dietary Guideline Adherence of African American Breast Cancer Survivors.*

**Current:** *Tenure-track faculty, Loyola University Medical Center*

**2016-2021** Andrew McLeod, PhD Student, Department of Kinesiology and Nutrition, University of Illinois at Chicago. *Project: Mediterranean Diet, Microbiome, and Cognition.*

- *Received 2018 ASN Pre-doctoral fellowship for his research*

**Current:** *NCI T32 post-doctoral fellowship, UIC*

**2016-2021** Nefertiti Hemphill, PhD Student, Department of Kinesiology and Nutrition, University of Illinois at Chicago. *Project: Feasibility and Preliminary Efficacy of Lactobacillus 299v for Optimizing Maternal and Infant Hematological and Iron Status Parameters among at-risk Women.*

- 2019-2021 UIC Access to Excellence Fellowship

**Current:** Harvard School of Public Health, MPH program

**2017-2021** Lacey Pezley, PhD Student, Department of Kinesiology and Nutrition, University of Illinois Chicago. *Project: Addressing Mental Health and Breastfeeding in Black Women.*

**Current:** Post-doctoral Fellow UIC, Instructor Kinesiology and Nutrition

**2021-** Manoela Lima Oliveira, Doctoral Candidate, Department of Kinesiology and Nutrition, University of Illinois Chicago. *Project: Targeting Chronic Psychosocial Stress and Obesity for Early Onset Colorectal Cancer Prevention.*

- American Society of Preventive Oncology NCI Award, 2023
- NCI T32 pre-doctoral fellow

**2021-** Kate Cares, PhD Student, Department of Kinesiology and Nutrition, University of Illinois Chicago. *Project: Time-restricted eating and prebiotics to reduce cardiometabolic risk among pediatric cancer survivors.*

- American Society of Nutrition Best Poster Award in Microbiology, 2023

**2022-** Kaitie Chakos Rodriguez, PhD Student, Department of Kinesiology and Nutrition, University of Illinois Chicago. *Project: Time-restricted eating with and without a Mediterranean Diet among Breast Cancer Patients in Chemotherapy.*

### **M.S. Advisees**

**2016-2018** Neda Khudeira, Department of Kinesiology and Nutrition, University of Illinois Chicago. *Thesis: Adiposity, Body Composition, Systemic Inflammation and Physical Function in Older Overweight and Obese African American Adults with Osteoarthritis.*

**2016-2017** Lacey Pezley, Department of Kinesiology and Nutrition. University of Illinois Chicago. *Project: Pre-pregnancy BMI, Gestational Weight Gain and Maternal Mood.*

**2016-2019** Bazil LaBomascus, Department of Kinesiology and Nutrition, University of Illinois Chicago. *Thesis: Placental Tfr-1 gene and protein expression and relation to maternal and neonatal iron-related markers and placental iron in pregnant obese and lean women.*

**2018-2019** Elizabeth Klikuszowian, Department of Kinesiology and Nutrition, University of Illinois at Chicago. *Project: Third trimester iron utilization in pregnant women with and without pre-pregnancy obesity.*

**2020 - 2021** Radhika Patel, Department of Kinesiology and Nutrition, University of Illinois at Chicago. *Project: Diet Quality, Sulfidogenic Bacteria and Systemic Inflammation.*

**2021- 2022** Jessica Ustick, Department of Kinesiology and Nutrition, University of Illinois at Chicago. *Project: Plant-based diets and foods for GDM prevention: A Systematic Review.*

### **MPH Capstone Advisees**

**2014** Chelsea Matthews, School of Public Health, Department of Community Health Science, University of Illinois Chicago, Capstone: Dietary intake and osteoarthritis severity.

**2017-2019** Teresa Schering, School of Public Health, Department of Epidemiology and Biostatistics, University of Illinois Chicago, Capstone: *Association of Diet Quality and Physical Function Among Older Overweight and Obese African American Adults with Osteoarthritis*

### ***UIC Honors College Capstone Advisees***

**2013-2014** Nadiya Voytanovych, Department of Kinesiology and Nutrition, University of Illinois Chicago. Capstone: *Adherence to a Mediterranean Diet and Iron and Inflammatory Status in Premenopausal Women.*

**2013-2015** Lelas Shamaileh, Pre-pharmacy, University of Illinois Chicago. Capstone: *Changes in Glucose Homeostasis and Systemic Inflammation Following an 8-week Exercise Only and 8-week Exercise Plus Dietary Weight Management Intervention among Overweight and Obese African American Older Adults with Osteoarthritis.*

- *Capstone selected for the Interdisciplinary Undergraduate Research Journal.*

**2013-2015** Aya Qutub, Department of Kinesiology and Nutrition, University of Illinois Chicago. Capstone: *Iron Status and Glucose Metabolism in Older Overweight and Obese African American Adults.*

- *Selected for Chancellor's Undergraduate Research Award (CURA) to conduct research in my lab.*
- *Selected for Honors College Capstone Award.*
- *Selected to participate in Under the Dome Poster Competition in Springfield, IL.*

**2014-2016** Neda Khudeira, Department of Kinesiology and Nutrition, University of Illinois Chicago. Capstone: *Adiposity Indicators, Systemic Inflammation, and Physical Function in Older, Overweight and Obese, African American Adults with Lower Extremity Osteoarthritis.*

**2015-2017** Vaidehi Patel, Department of Biological Sciences, University of Illinois Chicago. Capstone: *Dietary Quality and Maternal Mood.*

**2016-2018** Manal Qadeer, Department of Kinesiology and Nutrition, University of Illinois Chicago. Capstone: *Associations Between Mediterranean Diet Adherence, Depressive Symptoms, and Cardiometabolic Biomarkers in Pregnancy: Results from the National Health and Nutrition Examination Survey, 2005 – 2010.*

**2016-2018** Sevasti Vergis, Department of Kinesiology and Nutrition, University of Illinois Chicago. Capstone: *Dietary Quality and Nutrient Intake of Urban Overweight and Obese Older Adults with Lower Extremity Osteoarthritis.*

**2018-2020** Ayesha Mohammad, Department of Kinesiology and Nutrition, University of Illinois Chicago. Capstone: *Association between objective and self-perceived measures of stress and diet quality among urban non-Hispanic White and non-Hispanic Black adults.*

**2019-2021** Nia Batmunkh, Department of Kinesiology and Nutrition, University of Illinois Chicago. Capstone: *Food away from home consumption and chronic disease among non-Hispanic white and non-Hispanic black adults in Chicago.*

**2022** Meera Abuzer, Department of Kinesiology and Nutrition, University of Illinois Chicago. Capstone: *Diet Quality and Stool Bile Acid Metabolites among Chicago Adults.*

### ***Medical Student Advisee***

**2015- 2017** Ronvir Sangha, University of Illinois at Chicago. *Project: Review of the literature: Maternal Obesity, Excessive Gestational Weight Gain and Maternal and Infant Iron Status.*

## **Undergraduate Advisees**

**2010-2012** Tanyatta Mayo, USDA 1890 University Scholar Program, candidate for Bachelor of Science in clinical dietetics, Southern A & M University, Baton Rouge, LA.

## **Ph.D. Dissertation Committees**

- 2016** Kristin Hoddy (Advisor: Dr. Krista Varady), Department of Kinesiology and Nutrition, University of Illinois Chicago. Dissertation: Meal Timing during Alternate Day Fasting: Effect on Body and Cardiovascular Disease Risk.
- 2019** Kelsey Gabel (Advisor: Dr. Krista Varady), Department of Kinesiology and Nutrition, University of Illinois Chicago. Dissertation: *Time-restricted feeding effects on weight loss, metabolic and safety endpoints.*
- 2019** T-T Lin (Advisor: Dr. Shannon Zenk), College of Nursing, University of Illinois at Chicago. *Dissertation: Shift work, sleep and diet quality among Korean nurses.*
- 2020** Karla Castellanos (Advisor: Dr. Paul Grippo), Department of Kinesiology and Nutrition, University of Illinois Chicago. *Dissertation: Metformin, High Fat Diet and Pancreatic Cancer.*
- 2020** Aimee Karstens (Advisor: MaryJo Ladu), Department of Psychiatry, University of Illinois Chicago. *Dissertation: Evaluation of Plasma Lipoprotein Profiles in a Mediterranean Diet Intervention.*
- 2021** Sofia Cienfuegos (Advisor: Dr. Krista Varady), Department of Kinesiology and Nutrition, University of Illinois at Chicago. Dissertation: Time restricted feeding (4-hour versus 6-hour) for weight loss in obese adults.
- 2023** Katherine Erbe (Advisor: Dr. Mary Dawn Koenig), College of Nursing, University of Illinois Chicago, Dissertation: Nutrition education to pregnant women during primary obstetrics care.

## **Ph.D. Preliminary Exam Committees**

- 2014** Jingbo Pang (Advisor: Dr. Giamila Fantuzzi), Department of Kinesiology and Nutrition, University of Illinois Chicago.
- 2017** Karla Castellanos (Advisor: Dr. Paul Grippo), Department of Kinesiology and Nutrition, University of Illinois Chicago.
- 2019** Kelsey Gabel (Advisor: Dr. Krista Varady), Department of Kinesiology and Nutrition, University of Illinois Chicago.
- 2020** Sofia Cienfuegos (Advisor: Dr. Krista Varady), Department of Kinesiology and Nutrition, University of Illinois Chicago.
- 2021** Katherine Erbe (Advisor: Dr. Mary Dawn Koenig), College of Nursing, University of Illinois Chicago.
- 2022** Mandy Vukits
- 2023** Shuhao Lin (Advisor: Dr. Krista Varady), Department of Kinesiology and Nutrition, University of Illinois Chicago.
- 2023** Garry Lewis (Advisor: Dr. Jarrad Hampton-Marcell), Department of Biological Sciences, University of Illinois Chicago.

## **M.S. Thesis Committees**

**2012** Wei-Ping Wong, MS, RD (Advisor, Dr. Georgiana Tuuri), Division of Human Nutrition and Dietetics, Louisiana State University, Baton Rouge, LA. Thesis: A Cafeteria-based tasting program improved elementary school children's fruit preferences and self-efficacy to consume fruits and vegetables.

## **TEACHING**

### ***University of Illinois at Chicago***

**2008** Teaching Assistant, Nutrition Epidemiology (HN 532), Department of Kinesiology and Nutrition  
**2013** Guest Lecturer, School of Public Health, Advanced Cancer Epidemiology EPID 516, Topic: Nutrition Epidemiology.  
**2014** Guest Lecturer, School of Public Health, Nutrition Epidemiology, EPID 594, Topic: Mediterranean Diet, Health Status and Disease Risk.  
**2014** Guest Lecturer, Department of Maternal Fetal Medicine, Fellow Training Program Seminar. Nutritional Regulation and Macro- and Micro-nutrient Requirements in Pregnancy.  
**2015** Guest Lecturer, School of Public Health, Advanced Cancer Epidemiology EPID 516, Topic: Nutrition Epidemiology of Cancer.  
**2015** Guest Lecturer, Department of Kinesiology and Nutrition, Advanced Pathophysiology, HN 503, Topic: Breast Cancer and Nutrition Epidemiology.  
**2015** Lecturer, Cells to Community: Research in the Department of Kinesiology and Nutrition, HN 594, Topic: Maternal Obesity and Maternal and Infant Iron Bioavailability.  
**2016** Guest Lecturer, Department of Pathology, Pathobiology of Cancer, PATH 511, Topic: Nutrition Epidemiology of Cancer.  
**2016-2019** Guest Lecturer, Nutrition and Cancer and Dietary Assessment, ResearchStart program  
**2016** Guest Lecturer, KN 500. Evidence-Based Practice in Kinesiology and Nutrition.  
**2016** Lecturer, Cells to Community: Research in the Department of Kinesiology and Nutrition, HN 594, Topic: Maternal Obesity and Maternal and Infant Iron Bioavailability.  
**2017** Guest Lecturer, Nutrition Epidemiology of Cancer, ResearchStart program.  
**2017** Guest Lecturer, Diet, the Microbiome and Colorectal Cancer, NCI R25T Fellowship program, UIC School of Public Health.  
**2017** Lecturer, Cells to Community: Research in the Department of Kinesiology and Nutrition, HN 594, Topic: Maternal Obesity and Maternal and Infant Iron Bioavailability.  
**2017** Instructor, Department of Kinesiology and Nutrition, HN 594: Nutrition and Cancer.  
**2018** Guest Lecturer, MDC Medical Colloquia, Mediterranean Diet and Mental Health.  
**2018** Guest lecturer, HN 200, biochemical assessment of nutritional status.  
**2020-** Instructor, HN 320, Clinical Nutrition I, part III (MNT for respiratory, cardiovascular, obesity and nutritional anemias)  
**2021** Lecturer, MDC Medical Colloquia for M1 and M2 Students  
**2022** Lecturer, MDC Medical Colloquia for M1 and M2 Students

### ***Other***

**2011** Guest Lecturer, Louisiana State University, Human Ecology 1000, Energy Balance  
**2012** Guest Lecturer, Louisiana State University, Human Nutrition and Foods Seminar 7010, Hcpidin and the Iron Deficiency of Obesity

## **PROFESSIONAL SOCIETY MEMBERSHIP, LEADERSHIP, AND ACTIVITIES**

**2000-2002** ***American Dietetic Association***

- Student member

**2007-** ***American Society for Nutrition***

- Member
- Secretary/Treasurer, Vitamin and Mineral Research Interest Section, 2013 – 2014
- Chair-elect, Vitamins and Minerals Research Interest Section, 2014 – 2015
- Chair, Vitamins and Minerals Research Interest Section, 2015 – 2016
- Organizer and chair of plenary session, *Obesity, Iron Metabolism Dysfunction, and Chronic Disease*, Experimental Biology, 2016
- Co-chair, mini-symposium, One-carbon metabolism and Selenium, Experimental Biology, 2015
- Judge, Emerging Leaders Poster Competition, Experimental Biology, 2013 – 2017
- Selection Committee Member, USDA ARS W.O. Atwater Memorial Lectureship, 2016-
- Public Information Committee, 2016 –
- Co-organizer, Webinar: Vitamins and Minerals and the Gut Microbiome, November 2017

**2007-2018     *The Obesity Society***

- Member

**2013-         *International Biolron Society***

- Member

**2013-         *International BioMetals Society***

- Member

**2020-         *Academy of Nutrition and Dietetics***

- Member

**PEER REVIEW, GRANTS (Local, National, and International)**

- 2012**         Grant reviewer, Medical Research Council, UK, Population and Medical Systems Grants
- 2013**         Grant reviewer, Michigan Obesity Research Center, Pilot Grants
- 2013-2016**    Reviewer, UIC Craig Fellowships
- 2014**         Grant reviewer, Michigan Obesity Research Center, Pilot Grants
- 2014**         Grant reviewer, Medical Research Council, UK, Population and Medical Systems Grants
- 2014**         Invited external reviewer for Dr. Lovoria Williams R15 application, Georgia Regents University
- 2015**         Grant panel member, Canadian Breast Cancer Research Foundation, Fellowships section
- 2015-2022**    Reviewer, UIUC Margin of Excellence Grants, Division of Nutritional Sciences
- 2018**         Reviewer, NIH ZAT1 AJT (08), Discovery and Biological Signatures of Diet-derived Microbial Metabolites
- 2019**         Reviewer, NIH HIV Comorbidities and Clinical Studies Study Section
- 2020**         Reviewer, NCI SPORE, ZCA1 RPRB-N (J1) S
- 2021**         Reviewer, NCI P20, ZCA1 RPRB-L (M1)
- 2021**         Reviewer, NCI R01, ZRG1-OTC-M (02)
- 2021**         Ad Hoc Reviewer, NCI, Cancer Prevention and Control Study Section
- 2022**         Reviewer, ZCA1 RPRB-L (A1)
- 2022**         US-Israel Binational Science Foundation
- 2023**         Reviewer, ZCA1 RPRB-H (01)

**INVITED JOURNAL REVIEWER**

*Journal of the Academy of Nutrition and Dietetics, Journal of Nutrition Education and Behavior, Journal of Clinical Endocrinology, Journal of the American College of Nutrition, Patient Education and Counseling, Obesity, Pediatric Research, Nutrition Reviews, Nephrology Dialysis Transplantation, Journal of Rural Health, Journal of Infant, Child and Adolescent Nutrition, BMC Public Health, Hormone Research in Pediatrics, Nutrients, American Journal of Health Promotion, Diabetology & Metabolic Syndrome, International Journal of Behavioral Nutrition and Physical Activity, Nanomedicine, Reproductive Sciences; European Journal of Clinical Nutrition, Mediators of Inflammation, Clinical and Translational Gastroenterology, Archives of Medical Research, American Journal of Hematology*

## **OTHER PROFESSIONAL SERVICE**

### ***Institutional***

**2012,2016,2017** Judge, University of Illinois College of Medicine Research Day  
**2013-2016** Judge, UIC Student Research Forum  
**2013-** UIC Honors College Faculty Fellow  
**2014-2017** Judge, Scholarly Activities Day, Department of Medicine  
**2014, 2016** Judge, Poster Competition, University of Illinois Cancer Center Research Forum  
**2015-2017** Interviewer, UIC Honors College Admissions  
**2015-** Member, Cancer Center Protocol Review Committee  
**2016** Faculty search committee member, Academic Internal Medicine, Department of Medicine  
**2017** Judge, Women's Health Research Day, College of Medicine  
**2017 –** Cancer Education and Career Development (NCI T32) Faculty Mentor  
**2019 –** PREMIER Fellowship (NHLBI T32) Faculty Mentor  
**2018** Judge, UIC Gary Kruh Cancer Research Symposium  
**2021-** Member, Kinesiology and Nutrition, Department Faculty Advisory Committee  
**2022** Search Committee Chair, for 3 tenure-track positions, Department of Kinesiology and Nutrition  
**2022** College Promotion and Tenure Committee, College of Applied Health Sciences

### ***Extramural***

**2010-2012** Advisory Member, USDA ARS Delta Obesity Prevention Research Unit, Little Rock, AR  
**2010-2012** Judge, Louisiana State Science and Engineering Fair, Baton Rouge, LA  
**2012** Judge, Conrad Foundation, Spirit of Innovation Award  
**2016–2019** Ambassador, American Cancer Society of Illinois