

CURRICULUM VITAE

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EDUCATION

- 2018-2020 Postdoctoral Fellow, Health Disparities Research, The University of Texas MD Anderson Cancer Center, Houston, TX
- 2014-2018 PhD, Behavioral Sciences, UTHealth Houston School of Public Health, Houston, TX
- 2011-2013 MPH, Health Promotion, Columbia University, Mailman School of Public Health, New York, NY
- 2005-2008 BA, Psychology, Policy Studies, Rice University, Houston, TX

ACADEMIC APPOINTMENTS

- 2020- Assistant Professor (tenure-track), UTHealth Houston School of Public Health, Houston, TX
- 2018-2020 Postdoctoral Fellow, The University of Texas MD Anderson Cancer Center, Houston, TX
- 2014-2018 Predoctoral Fellow, UTHealth Houston School of Public Health, Houston, TX

RESEARCH GRANTS AND CONTRACTS: Funded and In Progress

- 9/2024-04/2029 *Developing and Testing a Multilevel, Culturally Appropriate Lifestyle Intervention for Hispanic Patients with Metabolic-dysfunction Associated Steatotic Liver Disease (K01MD019149)*
Funder: NIH/National Institute on Minority Health and Health Disparities
Role: Principal Investigator
Total costs: \$647,449
- 07/2024-08/2029 *Heart Disease and Stroke Prevention Program (HHS001429200001)*
Funder: Texas Department of State Health Services
Role: MPI (Heredia, Fernandez)
Total costs: \$810,000/year
- 07/2024-08/2029 *Heart Disease and Stroke Prevention Innovative Program (HHS001446300001)*
Funder: Texas Department of State Health Services
Role: MPI (Heredia, Fernandez)
Total costs: \$560,000/year
- 10/2023-09/2024 *Nourishing the Community Through Culinary Medicine: Cooking and Nutrition Education for the Acres Homes Community*
Funder: National Cancer Institute-funded U54 Acres Homes Cancer Prevention Collaboration (Center for Transformative Community-Driven Research to Prevent Obesity-related Cancer, 1U54CA280804-01)
Role: Principal Investigator
Total Direct Costs: \$75,000

- 03/2023-02/2026 *Implementation and Evaluation of an Evidence-Based, Multilevel Lifestyle Intervention for Underserved and Rural Populations in South Texas: Tu Salud ¡Si Cuenta!* (Project Director: Reininger; PP230018)
 Funder: Cancer Prevention and Research Institute of Texas
 Role: Co-Project Director
 Total costs: \$999,254
- 01/2023-05/2025 *Teaching Kitchen Collaborative Multisite Trial* (Site PI: Hoelscher)
 Role: Site Co-PI
 Funder: Teaching Kitchen Collaborative, Inc
 Total costs: \$100,000
 Funder: Ardmore Institute of Health
 Total costs: \$160,672

RESEARCH GRANTS AND CONTRACTS: Funded and Completed

- 04/2022-12/2024 *Greater Plains Collaborative Optimizing Infrastructure for Conducting Patient-Centered Outcomes Research: PCORnet, The National Patient-Centered Clinical Research Network- Phase 3* (PI: Waitman)
 Funder: Patient-Centered Outcomes Research Institute
 Role: Patient Engagement Officer
 Total costs: \$580,991
- 02/2023-10/2024 *NFL Play 60 Evaluation* (PI: Walker)
 Funder: The Cooper Institute
 Role: Co-I
 Total costs: \$75,000
- 08/2019-08/2024 *Patient-centered liver cancer prevention in the Houston community* (RP190513- PI: Hwang, MD Anderson Cancer Center)
 Funder: Cancer Prevention & Research Institute of Texas
 Role: Consultant
 Total costs: \$2,456,676
- 07/2023-06/2024 *Evaluation of Nutrición Con Corazón, a pediatric lifestyle program at El Centro de Corazón Federally Qualified Health Center*
 Funder: Center for Clinical and Translational Science
 Role: Principal Investigator
 Total Direct Costs: \$25,000
- 04/2022-06/2024 *Todos Juntos: All of Us Research Program* (PIs: Reininger/Heredia)
 Funder: National Alliance for Hispanic Health
 Role: Co-PI
 Total costs: \$54,415
- 01/2019-09/2023 *Improving the Health of Americans through Prevention and Management of Diabetes, Heart Disease and Stroke* (HHS000353700001- PI: Fernandez)
 Funder: Texas Department of State Health Services
 Role: Co-I
 Total costs: \$5,621,880
- 09/2020-08/2023 *Nourishing the Community through Culinary Medicine* (AGT003390)
 Funder: Health Care Services Corporation (Blue Cross Blue Shield of Texas)
 Role: Principal Investigator
 Total costs: \$297,282

- 01/2021-07/2023 *Culturally-tailored lifestyle intervention for Hispanic NAFLD patients*
 Funder: Prevent Cancer Foundation
 Role: Principal Investigator
 Total costs: \$100,235
- 08/2022-06/2023 *Examining implementation needs and readiness for mental, social, and emotional health programming at The Boys & Girls Clubs of Greater Houston*
 (PI: Walker).
 Funder: Center for Clinical and Translational Science
 Role: Co-I
 Total Direct Costs: \$25,000
- 12/2018-11/2020 Cancer Prevention Research Training Program (RP170259- PI: Chang)
 Funder: Cancer Prevention and Research Institute of Texas
 Role: Postdoctoral Fellow
 Direct costs: \$116,000 (approx.)
- 09/2014-06/2018 Cancer Education & Career Development Program (R25CA57712-PI: Mullen)
 Funder: NIH/National Cancer Institute
 Role: Predoctoral Fellow
 Direct costs: \$210,000 (approx.)

PUBLICATIONS

Peer-Reviewed Original Research Articles, Published and In Press (*denotes mentored student/trainee lead)

1. **Heredia NI**, Garza ER, Velasco-Huerta F, Swoboda TL, Fwelo P, Fernandez ME. Implementation of Healthy Heart Ambassador to improve blood pressure control at community health centers in Texas. *BMC Health Services*. 2024. [<https://doi.org/10.1186/s12913-024-11485-z>; PMID: 39175501; PMC11340494].
2. Leal IM, Pillai AB, Foreman JT, Siu KW, **Heredia NI**, Escalante CP, Manzullo EF, Christie A, Lacourt TE, Razouki ZA, Hwang JP. A Qualitative Study of Knowledge of Metabolic Syndrome, Attitudes about Lifestyle Modifications, and Preferences for Lifestyle Interventions among Patients with Cancer and Metabolic Syndrome. *Cancers*. 2024. [<https://doi.org/10.3390/cancers16183147>; PMID: 37720029; PMC10503845].
3. Craig DW, Pfladderer CD, **Heredia NI**, Lanza K, Onadeko K, Pavlovic A, Injil J, DeFina LF & Walker TJ. Whole-of-School physical activity promotion: Findings from elementary schools in the United States. *American Journal of Preventive Medicine*. 2024. [<https://doi.org/10.1016/j.amepre.2024.08.003>; PMID: 39128591].
4. Macias-Navarro L*, McWhorter JW, Guevara DC, Bentley SS, Sharma S, Torres JH, Ai D, **Heredia NI**. A Virtual Culinary Medicine Intervention for Ethnically Diverse Patients with Type 2 Diabetes: Development of Nourishing the Community Through Culinary Medicine program and pilot study protocol. *Frontiers in Nutrition*. 2024; 11. [<https://doi.org/10.3389/fnut.2024.1383621>; PMID: 39221161, PMC11362094].
5. **Heredia NI**, Park SK, Lee M, Mitchell-Bennett L, Yeh P, Gowen R, Rodriguez A, Lee M, Reininger BM. Changes in the Perceptions of the Neighborhood Environment and Physical Activity Patterns among Mexican Americans on the Texas-Mexico Border. *Journal of Physical Activity & Health*. 2024. [<https://doi.org/10.1123/jpah.2023-0575>; PMID: 39069288; PMC11373864].
6. Hunt E, Brazendale K, Ferreira De Moraes AC, Malkani R, **Heredia NI**, Pfladderer C, Brown D, Hoelscher D, Beets M, Weaver RG. Physical Activity Levels of U.S. Adolescents Before and During COVID-19: Findings from a Nationally Representative Sample. *American Journal of Preventive Medicine Focus*. 2024. [<https://doi.org/10.1016/j.focus.2024.100253>; PMID: 39175501; PMC11340494].

7. Lopez JZ, Lee M, Park SK, Zolezzi ME, Mitchell-Bennett LA, Yeh PG, Perez L, **Heredia NI**, McPherson DD, McCormick JB, Reininger BM. An expanded chronic care management approach to managing multiple chronic conditions in Hispanics using community health workers as community extenders in the Rio Grande Valley of Texas. *Preventive Medicine*. 2024. [<https://doi.org/10.1016/j.ypmed.2024.107975>; PMID: 38685533; PMC11149641].
8. **Heredia NI**, Hunt E, Lanza K. Influence of Parental Nativity and Perceived Neighborhood Environment on Physical Activity and Screen Time of U.S. Youth. *Preventive Medicine*. 2024;183. [<https://doi.org/10.1016/j.ypmed.2024.107973>; PMID: 38670434; PMC11129629].
9. **Heredia NI**, John JC, Singh S, Hwang JP, Strong LL, Balakrishnan M, McNeill LH. Understanding primary care physician perspectives on the diagnosis and management of non-alcoholic fatty liver disease: A qualitative study. *INQUIRY*. 2024; 61:469580241241272. [<https://doi.org/10.1177/00469580241241>; PMID: 38529894; PMC10967000].
10. Perkison WB, Fwelo P, Velasco-Huerta F, **Heredia NI**, Yang JJ, Beg SS, Reininger BM, Rodriguez SA, Almohamad M, Pulicken C, Garza E, White GE, Fernandez ME. Pilot study to assess the effectiveness of the Sustainable Culturally Adaptive Nutrition Program (SCAN) to Improve Adherence to the National Diabetes Prevention Program. *American Journal of Health Promotion*. 2024 Mar 21;8901171241237522. [<https://doi.org/10.1177/08901171241237522>; PMID: 38514206; PMC11348624].
11. **Heredia NI**, Mendoza Duque E, Ayieko S, Averyt A, McNeill LH, Hwang JP, Fernandez ME. Exploration of Latina/Hispanic women's experiences living with non-alcoholic fatty liver disease: a qualitative study with patients in Houston. *BMJ Open*. 2024; 14(3):e084411. [<https://doi.org/10.1136/bmjopen-2024-084411>; PMID: 38490662; PMC10946347].
12. Ai D*, **Heredia NI**, Cruz C, Guevara DC, Woods D, Sharma SV, Danho M, McWhorter, JW. Development of a culinary medicine toolkit to improve implementation of virtual cooking classes for low-income adults with uncontrolled type 2 diabetes. *Healthcare*. 2024; 12(3): 343. [<https://doi.org/10.3390/healthcare12030343>; PMID: 38338231; PMC10855157].
13. Craig DW*, Walker TJ, Cuccaro P, Sharma S, **Heredia NI**, Robertson MC, Fernandez FE. Using the R=MC² Heuristic to Understand Barriers and Facilitators to Implementing School-based Physical Activity Opportunities: A Qualitative Study. *BMC Public Health*. 2024; 24(1):207. [<https://doi.org/10.1186/s12889-024-17744-2>; PMID: 38233842; PMC10792959].
14. Craig DW*, Walker TJ, Sharma S, Cuccaro P, **Heredia NI**, Pavlovic A, DeFina L, Kohl III HW, Fernandez FE. Examining associations between school-level determinants and the implementation of physical activity opportunities. *Translational Behavioral Medicine*. 2024 Feb 7;14(2):89-97. [<https://doi.org/10.1093/tbm/ibad055>; PMID: 37713255; PMC10849171].
15. Balakrishnan M, Liu K, Schmitt S, **Heredia NI**, Sisson A, Hernaez R, Kanwal F Foreyt J. Behavioral Weight Loss Interventions for Patients with NAFLD: A Systematic Scoping Review. *Hepatology Communications*. 2023, 7(8):e0224. [<https://doi.org/10.1097/hc9.000000000000224>; PMID: 37534947; PMC10553168].
16. Walker TJ, Pfladderer CD, Craig DW, Robertson MC, **Heredia NI**, Bartholomew J. Elementary School staff perspectives on the implementation of physical activity approaches in practice: an exploratory sequential mixed methods study. *Frontiers in Public Health*. 2023, 11. [<https://doi.org/10.3389/fpubh.2023.1193442>; PMID: 37693726; PMC10483115].
17. **Heredia NI**, Thrift AP, Ramsey DJ, Loomba R, El-Serag HB. Association of diet quality with metabolic (dysfunction) associated fatty liver disease in Veterans in primary care. *Nutrients*. 2023, 15(11): 2598. [<https://doi.org/10.3390/nu15112598>; PMID: 37299561; PMC10255737].

18. Lopez-Olivo MA, Duhon G, Ruiz, JI, Altan M, Tawbi H, Diab A, Bingham CO, Calabrese C, **Heredia NI**, Volk RJ, Suarez-Almazor ME. Physician views on the provision of information on immune checkpoint inhibitor therapy to patients with cancer and pre-existing autoimmune disease: a qualitative study. *Cancer*. 2023; 15(10): 2690. [<https://doi.org/10.3390/cancers15102690>; PMID: 37345026; PMC10216836].
19. Perkison W, Rodriguez SA, Velasco-Huerta F, Mathews P, Pulicken C, Beg SS, **Heredia NI**, Fwelo P, White GE, Reininger BM, McWhorter JW, Chenier RS, Fernandez ME. Application of Implementation Mapping to Develop Strategies for Integrating the National Diabetes Prevention Program into Primary Care Clinics. *Frontiers in Public Health*. 2023; 11: 933253. [<https://doi.org/10.3389/fpubh.2023.933253>; PMID: 37181720; PMC10169622].
20. Stevens CJ, Liao Y, Chen M, **Heredia NI**, Arem H, Sukumar J, Joffe L, Schmitz KH, Mama SK. Linking social and built environmental factors to leisure-time physical activity in rural cancer survivors. *Journal of the National Cancer Institute*. 2023; 2023(61): 125–132. [<https://doi.org/10.1093/jncimonographs/lgad004>; PMID: 37139981; PMC10157784].
21. **Heredia NI**, Zhang X, Balakrishnan M, Hwang JP, Thrift AP. Association of lifestyle behaviors with non-alcoholic fatty liver disease and advanced fibrosis detected by transient elastography among Hispanic/Latinos adults in the U.S. *Ethnicity & Health*. 2023; 28(2):299-312. [<https://doi.org/10.1080/13557858.2022.2027883>; PMID: 35067116; PMC9307692]
22. **Heredia NI**, Hoelscher D, Vega V, Reininger BM. Criterion Validity of a Short Food Frequency Questionnaire for Mexican American Adults. *Nutrients*. 2022; 14(23), 5075. [<https://doi.org/10.3390/nu14235075>; PMID: 36501105; PMC9740338].
23. **Heredia NI**, Machiorlatti M, Reininger BM, Robledo C. Factors associated with Meeting Physical Activity Guidelines during the COVID-19 Pandemic. *BMC Public Health*. 2022; 22(1):2178. [<https://doi.org/10.1186/s12889-022-14613-8>; PMID: 36434630; PMC9700968].
24. Valerio-Shewmaker MA, **Heredia NI**, Pulicken C, Mathews P, Chenier RS, Swoboda TL, Garza E, Velasco-Huerta F, Fernandez ME. Using Implementation Mapping for the Adoption and Implementation of Target:BP in Community Health Centers. *Frontiers in Public Health*. 2022; 10: 928148. [<https://doi.org/10.3389/fpubh.2022.928148>; PMID: 36504969; PMC9731133].
25. Tektiridis JH, **Heredia NI**, Morgan RO, Mikhail OI, Risendal BC, Kegler MC, Fernandez ME. Practice Change in Community Health Centers: A Qualitative Study of Leadership Attributes. *Frontiers in Health Services*. 2022; 2: 934688. [<https://doi.org/10.3389/frhs.2022.934688>; PMID: 36925826; PMC10012757].
26. Razouki Z, Zhang X, Hwang J, **Heredia NI**. Clinical Factors Associated with Non-obese Nonalcoholic Fatty Liver Disease detected Among US Adults in the NHANES 2017-2018. *Journal of Clinical Medicine*. 2022; 11(15): 4260. [<https://doi.org/10.3390/jcm11154260>; PMID: 35893351; PMC9331553].
27. Mama SK, **Heredia NI**, Johnston H, Conroy DE. Associations between physical activity and alcohol consumption in rural cancer survivors. *Frontiers in Oncology*. 2022; 12: 871192. [<https://doi.org/10.3389/fonc.2022.871192>; PMID: 35747787; PMC9209737].
28. **Heredia NI**, Gaba R, Liu Y, Jain S, Rungta M, Gunta M, El-Serag HB, Kanwal F, Thrift AP, Balakrishnan M. Perceptions of weight status and energy-balance behaviors in patients with non-alcoholic fatty liver disease. *Scientific Reports*. 2022; 12(1):5695. [<https://doi.org/10.1038/s41598-022-09583-1>; PMID: 35383229; PMC8983643].
29. Webb JB, Padro MP, Thomas EV, Davies AE, Etzel L, Rogers CB, **Heredia NI**. Yoga at Every Size: A Preliminary Evaluation of a Brief Online Size-Inclusive Yoga and Body Gratitude Journaling Intervention to Enhance Positive Embodiment in Higher Weight College Women. *Frontiers in Global Women's Health*. 2022; 3: 852854. [<https://doi.org/10.3389/fgwh.2022.852854>; PMID: 35720811; PMC9199427].

30. John JC, **Heredia NI**, McNeill LH, Hoelscher DM, Schembre S, Lee MJ, Opusunju J, Goetz M, Aguirre M, Reininger BM, Strong LL. Qualitative exploration of family influences on physical activity in Hispanic families. *Journal of Physical Activity and Health*. 2022; 19(2):89-98. [<https://doi.org/10.1123/jpah.2021-030>; PMID: 35061997; PMC8900669].
31. **Heredia NI**, Thrift AP, Balakrishnan M. Perceived Barriers to Weight Loss among Hispanic Patients with Non-alcoholic Fatty Liver Disease. *Hispanic Health Care International*. 2022; 20(3):171-178. [<https://doi.org/10.1177/15404153211043885>; PMID: 34658280; PMC9012807]
32. **Heredia NI**, Zhang X, Balakrishnan M, Daniel-McDougal C, Hwang JP, McNeill LH, Thrift AP. Physical activity and diet quality in relation to non-alcoholic fatty liver disease: A cross-sectional study in a representative sample of U.S. adults using NHANES 2017–2018. *Preventive Medicine*. 2022; 154: 106903. [<https://doi.org/10.1016/j.ypmed.2021.106903>; PMID: 34861339; PMC8724407].
33. **Heredia NI**, Dong Q, Chang S, McNeill LH. Association of alcohol use and physical activity with Body Mass Index in Mexican-origin adults. *Journal of Racial and Ethnic Health Disparities*. 2022; 9(3): 812–819. [<https://doi.org/10.1007/s40615-021-01019-2>; PMID: 33721292; PMC8440662]
34. **Heredia NI**, Nguyen N, Martinez B, Obasi E, McNeill LH. The positive association between physical activity and alcohol use in African American adults. *Preventive Medicine Reports*. 2021; 23:101487. [<https://doi.org/10.1016/j.pmedr.2021.101487>; PMID: 34381666, PMC8333140]
35. **Heredia NI**, Xu T, Lee M, McNeill LH, Reininger BM. The neighborhood environment and Hispanic/Latino health. *American Journal of Health Promotion*. 2021; 36(1): 38-45. [<https://doi.org/10.1177/08901171211022677>; PMID: 34128383; PMC8671146]
36. Zhang X, **Heredia NI**, Balakrishnan M, Thrift AP. Prevalence and factors associated with NAFLD detected by Transient Elastography among US adults: Results from NHANES 2017-2018. *PLoS ONE*. 2021; 16(6): e0252164. [<https://doi.org/10.1371/journal.pone.0252164>; PMID: 34081733; PMC8174685]
37. Wu IHC, **Heredia NI**, Dong Q, McNeill LH, Balachandra D, Lu Q, Chang S. Sleep Duration and Type 2 Diabetes Risk: A Prospective Study in a Population-based Mexican American Cohort. *Sleep Health*. 2021; 7(2): 168-176. [<https://doi.org/10.1016/j.sleh.2020.12.003>; PMID: 33582048; PMC8370575]
38. **Heredia NI**, Nguyen N, McNeill LH. The importance of the social environment in achieving high levels of physical activity and fruit and vegetable intake in African American church members. *American Journal of Health Promotion*. 2020; 34(8): 886-893. [<https://doi.org/10.1177/0890117120925361>; PMID: 32410458; PMC7927639]
39. **Heredia NI**, Lee M, Reininger BM. Hispanic adults' physical activity and sedentary behavior profiles: examining existing data to drive prospective research. *Journal of Public Health*. 2020; 42(2): e120–e125. [<https://doi.org/10.1093/pubmed/fdz065>; PMID: 31197352; PMC7251418]
40. **Heredia NI**, Fernandez ME, Durand CP, Kohl III HW, Ranjit N, van den Berg AE. Factors Associated with Use of Recreational Facilities and Physical Activity Among Low-Income, Latino Adults. *Journal of Immigrant and Minority Health*. 2020; 22(3): 555-562. [<https://doi.org/10.1007/s10903-019-00920-7>; PMID: 31363889; PMC6989364]
41. **Heredia NI**, Fernandez ME, van den Berg AE, Durand CP, Kohl III HW, Reininger BM, Hwang KO, McNeill LH. Co-action between physical activity and fruit and vegetable intake in racially diverse, obese adults. *American Journal of Health Promotion*. 2020; 34(3): 238-246. [<https://doi.org/10.1177/0890117119884479>; PMID: 31722544; PMC7033009]

42. Walker TJ, **Heredia NI**, Reininger BM. Examining the Validity, Reliability, and Measurement Invariance of the Social Support for Exercise Scale among Spanish- and English-language Hispanics. *Hispanic Journal of Behavioral Sciences*. 2019; 41(3): 427-443. [<https://doi.org/10.1177/0739986319854144>; PMID: 32536744; PMC7291866]
43. **Heredia NI**, Lee M, Hwang KO, Reininger BM, Fernandez ME, McNeill LH. Health Coaching to Encourage Obese Adults to Enroll in Commercially-Available Weight Management Programs: The Path to Health Study. *Contemporary Clinical Trials*. 2019; 83:1-9. [<https://doi.org/10.1016/j.cct.2019.06.006>; PMID: 31229621; PMC6642849]
44. **Heredia NI**, Walker TJ, Lee M, Reininger BM. The longitudinal relation between social support and physical activity in Hispanics. *American Journal of Health Promotion*. 2019; 33(6): 921-924. [<https://doi.org/10.1177/0890117119828919>; PMID: 30732453; PMC6625903]
45. Walker TJ, **Heredia NI**, Lee M, Laing ST, Fisher-Hoch SP, McCormick JB, Reininger BM. The Combined Effect of Physical Activity and Sedentary Behavior on Subclinical Atherosclerosis: A Cross-Sectional Study among Mexican Americans. *BMC Public Health*. 2019; 19: 161. [<https://doi.org/10.1186/s12889-019-6439-4>; PMID: 30727990; PMC6366018]
46. **Heredia NI**, Wilkinson AV, Forman MR, Christie IC, Wang J, Daniel CR, Zhao H, Bondy ML, Strong LL. Longitudinal associations of family functioning with body mass index in Mexican-origin adolescents. *Preventive Medicine*. 2019; 118: 309-316 [<https://doi.org/10.1016/j.ypmed.2018.11.009>; PMID: 30419254; PMC6467205]
47. Rangel ML, **Heredia NI**, Reininger BM, McNeill LH, Fernandez ME. Educating Hispanics about Clinical Trials and Biobanking. *Journal of Cancer Education*. 2019; 34(6):1112-1119 [<https://doi.org/10.1007/s13187-018-1417-6>; PMID: 30112612; PMC6377344].
48. Escoffery C, Liang S, Rodgers K, Haardoerfer R, Hennesay G, Gilbertson K, **Heredia NI**, Gatus LA, Fernandez ME. Process evaluation of health fairs promoting cancer screenings. *BMC Cancer*. 2017; 17:865. [<https://doi.org/10.1186/s12885-017-3867-3>; PMID: 29254486; PMC5735813].
49. **Heredia NI**, Lee M, Reininger BM. Exposure to a community-wide campaign is associated with physical activity and sedentary behavior among Hispanics on the Texas-Mexico border. *BMC Public Health*. 2017; 17(1):883. [<https://doi.org/10.1186/s12889-017-4893-4>. PMID: 29145821; PMC5689162].
50. **Heredia NI**, Lee M, Mitchell-Bennett L, Reininger BM. Tu Salud ¡Sí Cuenta! Your Health Matters! A Community-wide Campaign in a Hispanic Border Community in Texas. *Journal of Nutrition Education and Behavior*. 2017; 49(10): 801-809.e1. [<https://doi.org/10.1016/j.jneb.2017.06.008>; PMID: 28818489; PMC5682211].
51. **Heredia NI**, Krasny S, Strong LL, Von Hatten L, Nguyen L, Reininger B, McNeill LH, Fernández ME. Community perceptions of biobanking participation: A qualitative study among Mexican-Americans in three Texas cities. *Public Health Genomics*. 2017; 20(1): 46-57. [<https://doi.org/10.1159/000452093>; PMID: 27926908; PMC5453816].
52. **Heredia NI**, Ranjit N, Warren J, Evans A. Association of parental social support with energy balance behaviors in low-income and ethnically diverse children. *BMC Public Health*. 2016; 16(1):1182. [<https://doi.org/10.1186/s12889-016-3829-8>; PMID: 27876023; PMC5120505].
53. Arevalo M, **Heredia NI**, Krasny SE, Rangel ML, Gatus LA, McNeill LH, Fernandez ME. Mexican-American perspectives on participation in clinical trials: A qualitative study. *Contemporary Clinical Trials Communications*. 2016; 4: 52-57. [<https://doi.org/10.1016/j.conctc.2016.06.009>; PMID: 27570845; PMC4999069].

54. Evans A, Ranjit N, McIntosh A, Hoelscher D, Ory M, McKyer L, Kirk A, Lopez M, Jovanovic C, Smith C, **Heredia NI**, Warren J. Impact of school-based vegetable garden and physical activity coordinated health interventions on weight status and weight-related behaviors of ethnically diverse, low-income students: Study design and baseline data of the Texas, Grow! Eat! Go! (TGEG) cluster-randomized controlled trial. *BMC Public Health*. 2016; 16(1):973. [<https://doi.org/10.1186/s12889-016-3453-7>; PMID: 27624139; PMC5022204].
55. Strong LL, Stewart DW, **Heredia NI**, Krasny SE, Spears CA, Correa-Fernandez V, Wetter DW, Fernandez ME. Perspectives of Mexican-origin smokers on healthy eating and physical activity. *Health Education Research*. 2016; 31(4):465-77. [<https://doi.org/10.1093/her/cyw026>; PMID: 27240536; PMC4945857]
56. Castro Y, Fernández ME, Strong LL, Stewart DW, Krasny SE, Hernandez Robles E, **Heredia N**, Spears CA, Correa-Fernández V, Eakin E, Resnicow K, Basen-Engquist K, & Wetter DW. Adaptation of a counseling intervention to address multiple cancer risk factors among overweight/obese Latino Smokers. *Health Education and Behavior*. 2015; 42(1):65-72. [<https://doi.org/10.1177/1090198114560019>; PMID: 25527143; PMC4467573]

Other Publications (non-peer reviewed)

1. Knell G, Burford K, Calise T, Dooley EE, Ferreira de Moraes A, Ganzar LA, Han H, **Heredia N**, Jáuregui A, Johnson A, Lanza K, Nehme E, Nicksic H, Oluyomi AO, Porter A, Ramirez Varela A, Robertson M, Salvo D, Walker T, Zhang Y. The Legacy of Dr. Harold W. (Bill) Kohl III From the Perspective of His Mentees. *Journal of Physical Activity and Health*. 2024. [<https://doi.org/10.1123/jpah.2024-0074>].

Published Abstracts

1. Hwang J, **Heredia NI**, Asrani S, Foreman J, Warneke C, Abraham J, Ankoma-Sey C, Ankoma-Sey V, Basen-Engquist K, Booker A, Gambrell C, Green K, Harris C, Le A, Ma J, LMcNeill L, Nguyen L, Torres H, Caracostis A. Prevalence of risk factors for liver fibrosis and associations of serum biomarkers with liver fibrosis in a Houston community clinic. 2023 ASCO Annual Meeting Proceedings. *Journal of Clinical Oncology*. 2023; 41(16 suppl): e22518-e22518. [https://doi.org/10.1200/JCO.2023.41.16_suppl.e22518].
2. Ai D*, Guevara D, Woods D, Bentley S, Torres J, Macias-Narravo L, McWhorter JW Sharma S, Danho M, **Heredia NI**. Development of a Culinary Medicine Toolkit to Improve Implementation of Virtual Cooking Classes for Low-Income Adults with Diabetes. Abstracts Teaching Kitchen Research Conference Los Angeles, California October 18–19, 2022. *Journal of Integrative and Complementary Medicine*. 2023; 29 (2). [<https://doi.org/10.1089/jicm.2022.29113.abstracts>]
3. **Heredia NI**, Ayieko S*, McNeill LH, Hwang JP, Averyt A, Fernandez ME. Perspectives of Hispanic/Latino patients with non-alcoholic fatty liver disease [abstract]. Proceedings of the AACR Virtual Conference: 14th AACR Conference on the Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Underserved. *Cancer Epidemiology, Biomarkers & Prevention*. 2022;31(1 Suppl):Abstract nr PO-245. [<https://doi.org/10.1158/1538-7755.DISP21-PO-245>]
4. Lopez-Olivo MA, Ruiz J, Duhon G, Altan M, Tawbi H, Diab A, Bingham III CO, Calabrese C, **Heredia NI**, Volk RJ, Suarez-Almazor M. Priority Educational Topics to Deliver Information About Immune Checkpoint Inhibitors for Patients with Cancer and a Pre-Existing Autoimmune Disease [abstract]. *Arthritis & Rheumatology*. 2022; 74(Suppl 9): 2645-2646. [<https://doi.org/10.1002/art.42355>].
5. **Heredia NI**, Machiorlatti M, Reininger B, Robledo C. Determinants of physical activity during the beginning of the COVID-19 pandemic. 2022 ABM Annual Meeting Abstracts Supplement. *Annals of Behavioral Medicine*. 2022; 56 (Suppl 1): S154-S154. [<https://doi.org/10.1093/abm/kaac014>].
6. **Heredia NI**, Hwang JP, John J, Strong LL, Balakrishnan M, McNeill LH. Primary care physicians' perspectives on non-alcoholic fatty liver disease [abstract]. In: Proceedings of the AACR Virtual Conference: Thirteenth AACR Conference on the Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Underserved. *Cancer Epidemiology, Biomarkers & Prevention*. 2020; 29(12 Suppl):Abstract nr PO-061. [<https://doi.org/10.1158/1538-7755.DISP20-PO-061>]

7. **Heredia NI**, Liu, Y, Thrift A, Balakrishnan M. Physical activity and nutrition behaviors in Hispanic patients with non- alcoholic fatty liver disease [abstract]. In: Proceedings of the AACR Virtual Conference: Thirteenth AACR Conference on the Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Underserved. *Cancer Epidemiology, Biomarkers & Prevention*. 2020; 29(12 Suppl):Abstract nr PO-185. [<https://doi.org/10.1158/1538-7755.DISP20-PO-185>]
8. **Heredia NI**, Nguyen N, McNeill LH. The importance of the social environment in achieving high levels of physical activity and fruit and vegetable intake in an African American cohort [abstract]. In: Proceedings of the Twelfth AACR Conference on the Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Underserved. *Cancer Epidemiology, Biomarkers & Prevention*. 2020;29(6 Suppl_2):Abstract nr C088. [<https://doi.org/10.1158/1538-7755.DISP19-C088>]
9. **Heredia NI**, Dong Q, Chang 2, McNeill LH. The Relationship Between Alcohol, Physical Activity, and Obesity in Mexican-Origin Adults [abstract]. In: Proceedings of the Twelfth AACR Conference on the Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Underserved. *Cancer Epidemiology, Biomarkers & Prevention*. 2020; 29 (6 Suppl_2): Abstract nr C087. [<https://doi.org/10.1158/1538-7755.DISP19-C087>]
10. **Heredia NI**, Xu T, Lee M, McNeill L, Reininger B. The mediating role of anxiety and depression in the relation between neighborhood incivilities and Health outcomes in Latinos. In: 2020 ABM Annual Meeting Abstracts Supplement. *Annals of Behavioral Medicine*. 2020; 54 (Suppl 2): S648-S648. [<https://doi.org/10.1093/abm/kaaa009>]
11. Savas LS, **Heredia NI**, Coan SP, Fernandez ME. Effectiveness of a Community Health Worker-Delivered Intervention to Increase Breast and Cervical Cancer Screening Among Medically Underserved Hispanics. *Journal of Global Oncology*. 2018; 4(Supplement 2). [<https://doi.org/10.1200/jgo.18.70400>]
12. San Miguel SL, Ayala-Marín A, Briant KJ, Desai N, Gatus L, Gómez-Aristizabal D, González E, González M, **Heredia NI**, Lazo N, Ortiz R, Rivera Y, Sanchez J, Serrano M, & Treviño-Whitaker R. National Outreach Network Community Health Educators: An effective framework to reduce cancer health disparities among Latinos. In: Proceedings of the Eighth AACR Conference on The Science of Health Disparities in Racial/Ethnic Minorities and the Medically Underserved. *Cancer Epidemiology, Biomarkers & Prevention*. 2016;25(3 Suppl):Abstract nr A31. [<https://doi.org/10.1158/1538-7755.DISP15-A31>]
13. Fernandez ME, Woolf NH, Liang S, **Heredia NI**, Kegler M, Risendal B, Dwyer A, Young V, Campbell D, Carvalho M, Kellar-Guenther Y. A4: Implementing practice change in Federally Qualified Health Centers: Learning from leaders' experiences. In Proceedings of the 3rd Biennial Conference of the Society for Implementation Research Collaboration (SIRC) 2015: advancing efficient methodologies through community partnerships and team science. *Implementation Science*. 2016; 11 (85). [doi:10.1186/s13012-016-0428-0]

Book Chapters

Fernandez ME, **Heredia NI**, McNeill LM, Fernandez-Esquer ME, Le YC, McGauhey KG. Special Issues in Conducting Community-based Participatory Research Studies with Ethnic and Racial Minorities. In: Coughlin SS, Smith SA, Fernandez ME (eds), *Handbook of Community-based Participatory Research*. New York, NY: Oxford University Press, 2017.

CONFERENCES AND SYMPOSIA

Invited Talks

1. *Tackling Metabolic-Related Disparities through Lifestyle Behavior Interventions*. Presenter. Memorial Hermann Health Equity Forum. September 19, 2024.
2. *Tackling Metabolic-related Cancer and Chronic Disease Disparities in the Hispanic/Latine Community*. Presenter. Rice University Poverty and Global Health Coalition 2nd Annual Symposium, April 18, 2024.

3. *Integrating Cooking Skills into Nutrition Education to Prevent and Manage Type 2 Diabetes*. Presenter. Michael & Susan Dell Center for Healthy Living. Webinar, November 29, 2023.
4. *The Effectiveness of Implementing Evidence-Based Interventions to Improve Patients Outcomes in Federally-Qualified Health Centers: A Multidisciplinary Approach*. Panelist. Texas Department of State Health Services Grand Rounds. April 26, 2023.
5. *The Postdoc to Assistant Professor Transition*. Panelist. Society for Behavioral Medicine Webinar, February 9, 2023.
6. *Non-alcoholic fatty liver disease in Asian American/Pacific Islanders*. Presenter. Region VI Asian American Pacific Islander (AAPI) Health Summit. Virtual Conference, October 30, 2020.
7. *What Hispanics should know about fatty liver disease*. Presenter. The University of Texas MD Anderson Cancer Center, Hispanic Heritage Month. Webinar, October 1, 2020.
8. *Preventing liver cancer in Hispanics through non-alcoholic fatty liver disease management*. Presenter. The University of Texas MD Anderson Cancer Center, Center for Energy Balance. Webinar, September 17, 2020.
9. *Manuscript Writing and Authorship*. Presenter. The University of Texas MD Anderson Cancer Center, Susan G. Komen Graduate Training in Disparities Research. Webinar, April 17, 2020.
10. *Tu Salud! Si Cuenta! Your Health Matters! A Community-Wide Campaign in a Hispanic Border Community in Texas*. Presenter. Society for Nutrition Education and Behavior Journal Club. Webinar, February 26, 2018.
11. *Qualitative Analysis Training & Using Atlas.ti*. Presenter. The University of Texas MD Anderson Cancer Center, Department of Health Disparities Research, Houston, TX, February 2017.
12. *Program Planning and Careers in Public Health*. Panelist. Program Planning for the Health Professions course, University of Houston, Houston, TX, November, 2016.

Presentations at Local, National, or International Conferences

1. Craig DW, Onadeko K, Lanza K, Pfladderer CD, **Heredia NI**, Pavlovic A, Injil J, DeFina LF & Walker TJ. Examining associations between implementation constructs and the use of a Whole-of-School approach to physical activity. Accepted for oral presentation at the 17th Annual Conference on the Science of Dissemination and Implementation in Health. Arlington, VA. December 9, 2024.
2. **Heredia NI**, Park SK, Lee M, Mitchell-Bennett L, Yeh P, Gowen R, Rodriguez A, Lee M, Reininger BM. Longitudinal relation between perceived neighborhood environment and meeting physical activity guidelines on the U.S./Mexico border. 10th International Society for Physical Activity and Health Congress. Paris, France. October 28-31, 2024.
3. Craig DW, Pfladderer CD, **Heredia NI**, Lanza K, Onadeko K, Pavlovic A, Injil J, DeFina LF & Walker TJ. Examining relations between Whole-of-School physical activity approaches and cardiorespiratory fitness in US children. 10th International Society for Physical Activity and Health Congress. Paris, France. October 28-31, 2024.
4. Yeh PG, Conroy J, Yang Z, Lee M, Lopez J, Perez L, Sifuentes M, Mitchell-Bennett L, **Heredia NI**, Reininger BM. Effects of a community-clinic diabetes intervention on depression symptoms in low-income -Mexican Americans along the US-Mexico border. APHA 2024 Annual Meeting and Expo. Minneapolis, MN. October 27-30, 2024.

5. Yang Z, Lee M, Mitchell-Bennett L, Yeh PG, Perez L, Sifuentes M, Conroy J, **Heredia NI**, Reininger BM. Bridging the nutrition divide: The influence of social determinants of health on fruit and vegetable intake among Mexican American adults in chronic care management. APHA 2024 Annual Meeting and Expo. Minneapolis, MN. October 27-30, 2024.
6. Mitchell-Bennett L, Lee M, Yang Z, **Heredia NI**, Yeh PG, Lopez JZ, Reininger BM. Social Determinants of Health (SDOH) factor associations in a Texas-Mexico border population with uncontrolled diabetes. APHA 2024 Annual Meeting and Expo. Minneapolis, MN. October 27-30, 2024.
7. Almohamad M, **Heredia NI**, Li R, Calloway E, Sharma S. Exploring the Complex Relationship between Food Security, Nutrition Security, and Cardiometabolic Outcomes: Mixed Regression Analyses with Moderation by Snap Participation and Utilization Barriers. APHA 2024 Annual Meeting and Expo. Minneapolis, MN. October 27-30, 2024.
8. **Heredia NI**, Garza ER, Velasco-Huerta F, Fwelo P, Swoboda T, Fernandez ME. Implementation of Healthy Heart Ambassador to improve blood pressure control at community health centers in Texas. 2024 Healthier Texas Summit, Austin, TX. October 11, 2024.
9. Perkison WB, Fwelo P, Velasco-Huerta F, **Heredia NI**, Yang JI, Reininger B, Rodriguez SA, Mohamad M, Pulicken C, Garza ER, White G, Fernandez ME. Pilot Study to Assess the Effectiveness of the Sustainable Culturally Adaptive Nutrition Program (SCAN) to Improve Adherence to the National Diabetes Prevention Program. 2024 Healthier Texas Summit, Austin, TX. October 10, 2024.
10. Craig DW, Pfladderer CD, **Heredia NI**, Lanza K, Onadeko K, Pavlovic A, Injil J, DeFina LF & Walker TJ. Examining disparities in Whole-of-School physical activity promotion among elementary schools participating in the NFL PLAY60 FitnessGram Project. Oral presentation at the Active Schools National Summit. Greeley, Colorado. July 17-19, 2024.
11. **Heredia NI**, Park SK, Lee M, Mitchell-Bennett L, Yeh P, Gowen R, Rodriguez A, Lee M, Reininger B. Perceptions of the Neighborhood Environment and Physical Activity among Mexican Americans on the Texas-Mexico Border. International Society for Behavioral Nutrition and Physical Activity 2024 Annual Meeting, Omaha, Nebraska. May 23, 2024.
12. Momin S, Macias-Navarro L, Guevara DC, Hoelscher DM, McWhorter JW, Gandhi PB, Ai D, **Heredia NI**. Recruitment Strategies for the Teaching Kitchen Multisite Trial. The UT Public Health Coalition 2024 Spring Research Symposium, Austin, TX. April 1, 2024.
13. **Heredia NI**, Hunt E, Lanza K. Neighborhood Quality, Parental Country of Origin, and their Relation with Physical Activity and Sedentary Behavior in U.S. Children and Adolescents. Active Living Conference 2024, Chattanooga, TN. March 27, 2024.
14. **Heredia NI**, Lee M, Yang Z, Bennett LA, Perez L, Zolezzi M, Lopez J, Reininger BM. Association of Social Determinants of Health with HbA1c in Hispanic/Latino adults enrolled in a chronic care management program. The 45th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA. March 16, 2024.
15. Robertson MC, **Heredia NI**, Pfladderer CD, Hunt ET, Walker TJ, Salvo D. Examining associations between community-level factors and objectively measured daily steps in the All of Us research program. The 45th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA. March 13-16, 2024.
16. Craig DW, Walker TJ, Cuccaro P, Sharma S, **Heredia NI**, Robertson MC, Fernandez ME. Using the R=MC2 heuristic to explore factors contributing to the implementation of physical activity opportunities in elementary schools: A qualitative study. The 45th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA. March 14, 2024.

17. Brown HS, Li Y, Zolezzi M, Lopez J, Mitchell-Bennett L, Yeh P, **Heredia NI**, McCormick J, Reininger BM. A cost-utility analysis of the Salud y Vida program: An expanded chronic care model to diabetes management and control. American Public Health Association 2023 Annual Meeting & Expo, Atlanta, GA, November 15, 2023.
18. Lopez J, Lee M, Park SK, Zolezzi M, Mitchell-Bennett L, Yeh,P, Perez L, **Heredia NI**, McCormick J, Reininger B. An expanded chronic care management approach to controlling multiple chronic conditions in Hispanics using community health workers as community extenders. American Public Health Association 2023 Annual Meeting & Expo, Atlanta, GA, November 15, 2023.
19. Park SK, Lopez J, **Heredia NI**, Conroy J, Zolezzi M, Paul P, Mitchell-Bennett L, McCormick J, Reininger B, Lee M. Community-based multilevel intervention for blood pressure reductions in Latino adults with diabetes: Group-based trajectory modeling. American Public Health Association 2023 Annual Meeting & Expo, Atlanta, GA, November 13, 2023.
20. Hwang JP, **Heredia NI**, Asrani S, Foreman J, Warneke CL, Abraham J, Ankoma-Sey C, Ankoma-Sey V, Basen-Engquist K, Booker A, Gambrill C, Green K, Harris C, Le A, Ma J, LMcNeill L, Nguyen L, Torres H, Caracostis A. Prevalence and predictors of liver fibrosis in a Houston community clinic. American Association for the Study of Liver Diseases Annual Liver Meeting, Boston, MA, November 12, 2023.
21. Leal IM, Pillai AB, Foreman JT, Siu KW, **Heredia NI**, Escalante C, Manzullo EF, Christie AJ, Lacourt TE, Razouki Z, Hwang JP. Patients with Metabolic Syndrome and Cancer: What They Know, Think, and Want. Lifestyle Medicine 2023 Conference, Denver, CO, October 31, 2023.
22. Hwang JP, Heredia N, Asrani S, Foreman J, Warneke CL, Abraham J, Ankoma-Sey C, Ankoma-Sey V, Basen-Engquist K, Booker A, Gambrill C, Green K, Harris C, Le A, Ma J, McNeill L, Nguyen L, Torres H, Caracostis A. Prevalence of risk factors for liver fibrosis and associations of serum biomarkers with liver fibrosis in a Houston community clinic. The Innovations in Cancer Prevention and Research Conference. Galveston, Texas, October 2-3, 2023.
23. Khan M, Le T, Heredia NI, Caracostis A, Green K, Hwang J, Basen-Engquist. Understanding Barriers and Needs in Liver Cancer Prevention: A Qualitative Study of a Houston Community Clinic. The Innovations in Cancer Prevention and Research Conference. Galveston, Texas, October 2-3, 2023.
24. Reininger BM, Mitchell-Bennett L, Lee M, **Heredia NI**, Park SK, Xu T, Lozoya RN, Yeh P, Dave A, Martinez M, Ochoa-Del Toro AG. Outcomes and implementation factors facilitating and hindering a community-wide campaign on the U.S./Mexico Border. International Society for Behavioral Nutrition and Physical Activity 2023 Annual Meeting, Uppsala, Sweden, June 16, 2023.
25. **Heredia NI**, Macias-Navarro L, Bentley SS, Torres J, Guevara D, Ai D, McWhorter JW. Pilot Testing of the Nourishing the Community Through Culinary Medicine program for Patients with Uncontrolled Diabetes. International Society for Behavioral Nutrition and Physical Activity 2023 Annual Meeting, Uppsala, Sweden, June 16, 2023.
26. **Heredia NI**, Averyt A, Hwang HP, Fernandez ME, Bauer C, McNeill LH. Healthy Liver/Hígado Sano: Pilot test of a lifestyle intervention for Hispanic patients with non-alcoholic fatty liver disease. International Society for Behavioral Nutrition and Physical Activity 2023 Annual Meeting, Uppsala, Sweden, June 16, 2023.
27. **Heredia NI**, Averyt A, Hwang HP, Fernandez ME, Bauer C, McNeill LH. Recruitment for and pilot test of a culturally-tailored behavioral lifestyle intervention for Hispanic patients with non-alcoholic fatty liver disease. 44th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Phoenix, AZ, April 27, 2023.
28. **Heredia NI**, Batzl Y, Garza MD, Mendoza E, Averyt A. A lifestyle intervention for Hispanic/Latino patients with non-alcoholic fatty liver disease. Texas Academy Annual Conference & Exhibition, Austin, TX, April 14, 2023.

29. Macias-Navarro L*, Guevara D, Bentley SS, Torres J, Ai D, McWhorter JW, **Heredia NI**. Nourish the Community Through Culinary Medicine: The Development of a Virtual Culinary Medicine Intervention for Patients with Uncontrolled Diabetes. Texas Academy Annual Conference & Exhibition, Austin, TX, April 14, 2023.
30. **Heredia NI**, Macias-Navarro L, Bentley S, Torres J, Guevara D, Ai D, McWhorter JW. Evaluation of a Bilingual, Culturally-Targeted Virtual Culinary Medicine Intervention for Low-Income Adults with Uncontrolled Diabetes in Texas. Society for Public Health Education 2023 Annual Conference, Atlanta, GA, March 22, 2023.
31. Craig DW*, Walker TJ, Sharma S, Cuccaro P, **Heredia NI**, Pavlovic A, DeFina L, Kohl III HW, Fernandez ME. Examining associations between school-level factors and implementation of physical activity programs and activities: A cross-sectional study. 15th Annual Conference on the Science of Dissemination and Implementation. Washington, D.C., December 13, 2022.
32. Perkison WB, Fwelo P, Velasco-Huerta F, Mathews P, Pulicken C, Beg SS, **Heredia NI**, Rodriguez SA, Reininger BM, McWhorter JW, Chenier R, Fernandez ME. Development of an Implementation Intervention to Improve Adherence to the Diabetes Prevention Program. 15th Annual Conference on the Science of Dissemination and Implementation. Washington, D.C., December 12, 2022.
33. Lopez-Olivo MA, Ruiz JI, Duhon G, Altan M, Tawbi H, Diab A, Bingham CO, Calabrese C, **Heredia NI**, Volk RJ, Suarez-Almazor ME. Priority Educational Topics to Deliver Information About Immune Checkpoint Inhibitors for Patients with Cancer and a Pre-Existing Autoimmune Disease. Poster Presentation (Virtual). American College of Rheumatology Convergence. Philadelphia, Pennsylvania, November 13, 2022.
34. Ai D*, Guevara D, Woods D, Bentley S, Torres J, Macias-Narravo L, McWhorter JW Sharma S, Danho M, **Heredia NI**. Development of a Culinary Medicine Toolkit to Improve Implementation of Virtual Cooking Classes for Low-Income Adults with Diabetes. Poster Presentation. Teaching Kitchen Research Conference. Los Angeles, California, October 18–19, 2022.
35. **Heredia NI**, Zhang X, Balakrishnan M, Hwang J, Thrift A. Association of lifestyle behaviors with non-alcoholic fatty liver disease and advanced fibrosis detected by transient elastography in U.S adults. Oral Presentation. International Society for Behavioral Nutrition and Physical Activity 2022 Annual Meeting. Phoenix, Arizona, May 20, 2022
36. Perkison WB, Fwelo P, Pulicken C, Mathews P, McWhorter JW, Chenier R, **Heredia NI**, Fernandez ME. Utilizing Intervention Mapping to Develop the Sustainable Culturally Adapted Nutrition Program (SCAN) to improve participant attendance in Diabetes Prevention Programs (DPP). Poster Presentation (Virtual). 24th IUHPE World Conference on Health Promotion, Montréal, Québec, Canada, May 15-19, 2022.
37. **Heredia NI**, Machiorlatti M, Reininger BM, Robledo C. Determinants of Physical Activity During the Beginning of the COVID-19 Pandemic. Poster Presentation. 43rd Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Baltimore, MD, April 7, 2022.
38. Razouki ZA, Zhang X, Hwang JP, **Heredia NI**. Factors Associated with Non-alcoholic Fatty Liver Disease in Lean Individuals Detected by Vibration Controlled Transient Elastography Among US Adults in the NHANES 2017-2018. Poster Presentation. Social of General Internal Medicine Annual Meeting, Orlando, FL, April 6, 2022.
39. Mama SK, **Heredia NI**, Conroy DE. Physical activity, sitting time, and alcohol use in rural cancer survivors. Poster presentation. 2021 American Institute for Cancer Research Conference, Virtual, November 1, 2021.
40. **Heredia NI**, Reininger BM, Xu T, Lee M, Lee M, Fisher-Hoch S, McCormick J. Associations between neighborhood environment and physical activity in a population-based cohort of Mexican American adults. Oral presentation. American Public Health Association 2021 Annual Meeting & Expo, Denver, CO, October 27, 2021.

41. **Heredia NI**, Ayieko S, McNeill LH, Hwang JP, Averyt A, Fernandez ME. Perspectives of Hispanic/Latino patients with non-alcoholic fatty liver disease. Recorded oral poster presentation. 14th American Association for Cancer Research Conference on the Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Underserved, Virtual, October 6-8, 2021
42. **Heredia NI**, John J, Hwang J, Strong LL, Balakrishnan M, McNeill LH. Primary care physicians' perspectives on the diagnosis and management of non-alcohol fatty liver disease. Recorded oral poster presentation. 13th American Association for Cancer Research Conference on the Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Underserved, Virtual, October 2-5, 2020.
43. **Heredia NI**, Liu Y, Thrift AP, Balakrishnan M. Physical activity and nutrition behaviors in Hispanic patients with non-alcoholic fatty liver disease. Recorded oral poster presentation. 13th American Association for Cancer Research Conference on the Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Underserved, Virtual, October 2-5, 2020.
44. **Heredia NI**, Nguyen N, McNeill LH. The relationship between physical activity, alcohol use and obesity in African American church members. Oral presentation. International Society for Behavioral Nutrition and Physical Activity XChange, Virtual, July 1, 2020.
45. **Heredia NI**, Xu T, Lee M, McNeill LH, Reininger BM. The mediating role of anxiety and depression in the relation between neighborhood incivilities and health outcomes in Latinos. Poster presentation. 41st Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Virtual, April 1- April 4, 2020.
46. John JC, **Heredia NI**, McNeill LH, Hoelscher D, Schembre S, Lee MJ, Reininger B, Strong LL. Qualitative exploration of family influences on physical activity in Latino households. Poster presentation. Advancing the Science of Cancer in Latinos Conference. San Antonio, Texas, February 27, 2020.
47. **Heredia NI**, Dong Q, Chang S, McNeill LH. Alcohol use, physical activity and Body Mass Index in the Mexican American Mano a Mano Cohort. Poster presentation. Advancing the Science of Cancer in Latinos Conference. San Antonio, Texas, February 27, 2020.
48. **Heredia NI**, Nguyen N, McNeill LH. The importance of the social environment in achieving high levels of physical activity and fruit and vegetable intake in an African American cohort. Poster presentation. 12th American Association for Cancer Research Conference on the Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Underserved, San Francisco, CA, September 22, 2019.
49. **Heredia NI**, Dong Q, Chang S, McNeill LH. The relationship between alcohol, physical activity, and obesity in Mexican-origin adults. Poster presentation. 12th American Association for Cancer Research Conference on the Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Underserved, San Francisco, CA, September 22, 2019.
50. **Heredia NI**, Fernandez ME, van den Berg AE, Durand CP, Kohl III HW, Reininger BM, Hwang KO, McNeill LH. Co-action between physical activity and fruit and vegetable intake in a racially diverse group of obese adults. Poster presentation. 40th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, DC, March 9, 2019.
51. **Heredia NI**, Walker T, Lee M, Reininger BM⁺. The longitudinal relation between social support and physical activity in Hispanics. Oral presentation. The International Society for Behavioral Nutrition and Physical Activity 2018 Annual Meeting, Hong Kong, June 4, 2018. ⁺*indicates presenter*
52. Savas LS, **Heredia NI**, Coan SP, and Fernandez ME. Outcome Evaluation of a Community Health Worker-Delivered Breast and Cervical Cancer Screening Intervention Targeting Low Income Hispanics. Poster presentation. Advancing the Science of Cancer in Latinos in San Antonio, Texas, February 22, 2018.

53. **Heredia NI**, Durand CP, Fernandez ME, Kohl III HW, van den Berg AE. Predictors of using public open spaces and walking in a low-income, Hispanic community. Poster presentation. Active Living Research Conference 2018, Banff, Canada, February 11, 2018.
54. **Heredia NI**, Evans AE. Predictors of utilizing physical activity resources in a low-income, minority community. Poster presentation. The International Society for Behavioral Nutrition and Physical Activity 2017 Annual Meeting, Victoria, Canada, June 10, 2017.
55. **Heredia NI**, Lee M, Reininger BM. Combined physical activity and sedentary behavior outcomes of a community-wide campaign. Poster presentation. The International Society for Behavioral Nutrition and Physical Activity 2017 Annual Meeting, Victoria, Canada, June 9, 2017.
56. Savas LS, **Heredia NI**⁺, Coan SP, Bartholomew LK, Fernandez ME. A randomized controlled study of a community-based intervention to increase breast and cervical cancer screening in low-income Hispanics. Oral presentation. 41st Annual American Society for Preventive Oncology Conference, Seattle, Washington, March 11, 2017. ⁺*indicates presenter*
57. **Heredia NI**, Ranjit N, Evans AE. Parental social support and children's physical activity in a low-income population in Texas. Poster presentation. The 6th International Congress on Physical Activity and Public Health: Active People, Active Place, Active Policy, Bangkok, Thailand, November 18, 2016.
58. **Heredia NI**, Lee M, Reininger BM. Tu Salud ¡Si Cuenta! Your Health Matters!: physical activity outcomes from a community-wide campaign in a Hispanic community on the US-Mexico Border. Oral presentation. The 6th International Congress on Physical Activity and Public Health: Active People, Active Place, Active Policy, Bangkok, Thailand, November 17, 2016.
59. Rangel ML, **Heredia NI**, Fernandez ME. Education for Hispanics about biobanking and clinical trials: A pilot study. Poster presentation. American Public Health Association 2016 Annual Meeting & Expo, Denver, CO, November 1, 2016.
60. **Heredia NI**, Strong LL, Forman M, Christie I, MacDougall CD, Zhao H, Bondy ML, Spitz MR, Wilkinson AV. Longitudinal associations of family context with body mass index in Mexican-origin adolescents. Oral presentation. American Public Health Association 2016 Annual Meeting & Expo, Denver, CO, November 1, 2016.
61. **Heredia NI**, Lee M, Reininger BM. Tu Salud ¡Si Cuenta! Your Health Matters!: nutrition outcomes from a community-wide campaign in a Hispanic community on the US-Mexico Border. Poster presentation. American Public Health Association 2016 Annual Meeting & Expo, Denver, CO, October 30, 2016.
62. **Heredia NI**, Roberson C, Fernandez ME, Reininger B, Hwang K, McNeill L. Development of a weight management study for implementation in a health care setting: the Path to Health study. Poster presentation. MD Anderson Cancer Center's Energy Balance and Cancer Research Retreat, Houston, TX, January 26, 2016.
63. San Miguel SL, Ayala-Marín A, Briant KJ, Desai N, Gatus L, Gómez-Aristizabal D, González E, González M, **Heredia NI**, Lazo N, Ortiz R, Rivera Y, Sanchez J, Serrano M, Treviño-Whitaker R. National Outreach Network Community Health Educators: An effective framework to reduce cancer health disparities. Poster presentation. Eighth AACR Conference on the Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Underserved. Atlanta, GA, November 13-17, 2015.
64. Rangel, ML., Gatus, L., **Heredia, NI**, Fernandez, ME. Health Fair Effectiveness to Improve Breast and Cervical Cancer Screening. Poster presentation. Innovations in Cancer Prevention and Research Conference, Austin, TX, November 9-10, 2015.

65. **Heredia NI**, Krasny S, Strong LL, Dirkse L, Nguyen L, Reininger B, McNeill LH, Fernández ME. Community perspectives on biobanking: A qualitative study among Mexican-origin community members living in three Texas cities. Roundtable presentation. American Public Health Association 2015 Annual Meeting & Expo, Chicago, IL, November 3, 2015.
66. Fernandez ME, Woolf NH, Liang S, **Heredia NI**, Kegler M, Carvalho M, Risendal B, Dwyer A, Young V, Campbell D, Balasubramanian B, Gatus L, Tu SP. Implementing practice change in Federally Qualified Health Centers: Learning from leaders’ experiences. Oral presentation. 3rd Biennial Society for Implementation Research Collaboration: Advancing Efficient Methodologies through Community Partnerships and Team Science, Seattle, WA, September 25, 2015.
67. Strong LL, Stewart DW, **Heredia NI**, Krasny S, Adams C, Correa-Fernandez V, Wetter DW, Fernandez ME. Barriers and facilitators to healthy eating and physical activity in overweight Mexican-origin smokers. Poster presentation. American Public Health Association 2014 Annual Meeting & Expo, New Orleans, LA, November 19, 2014.
68. Strong LL, Stewart DS, **Heredia NI**, Krasny S, Adams C, Correa-Fernandez V, Wetter DW, Fernandez ME. Barriers and Facilitators to Healthy Eating and Physical Activity in Overweight Mexican-Origin Smokers. The Energy Balance and Cancer Research Retreat, UT MD Anderson Cancer Center, Houston, TX, February 2014.
69. **Heredia NI**, Ramos M, Horowitz CR, Fox A, Zezima C. Healthy plate for a healthy weight: Engaging East Harlem restaurants in the campaign against obesity and diabetes. Oral presentation. American Public Health Association 2013 Annual Meeting & Expo, Boston, MA, November 6, 2013.

TEACHING AND MENTORING

Teaching at UTHealth School of Public Health

PH 5401L Physical Activity & Public Health Practice (Instructor)
Spring 2024

PHM 5015L Introduction to Qualitative Research in Public Health (Instructor)
Fall 2021, Summer 2022, Fall 2022, Summer 2023, Fall 2023, Summer 2024, Fall 2024

PH 1112L Community Assessment Methods in Public Health (Instructor)
Spring 2022, Spring 2023

PHM 1232L Public Health Nutrition Practice (Graduate Teaching Assistant)
Spring 2016, Spring 2017

PH 1499 Food Policy (Guest Lecturer)
Fall 2016

PHM 1111L Health Promotion Theory and Methods (Guest Lecturer)
Fall 2014

Student Mentoring and Advising

Undergraduate Students

| Student and School/Department | Mentoring and/or Advising Role | Year(s) |
|---|--|----------------|
| Brian Martinez, Summer Student at The University of Texas MD Anderson Cancer Center | Co-mentor for the Cancer Prevention Research Training Program Summer Research Experience | 2019 |
| Yolanda Batz, Undergraduate Student at the University of Houston | Mentor for USDA’s Research and Extension Experiences for Undergraduates Program | 2022-2023 |
| David Ai, Undergraduate Student at Rice University | Mentor for USDA’s Research and Extension Experiences for Undergraduates Program | 2022-2023 |
| Samiha Momin, Undergraduate Student at Rice University | Mentor for USDA’s Research and Extension Experiences for Undergraduates Program | 2023-2024 |

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|---|---|-----------|
| Alveena Imran, Undergraduate Student at the University of Houston | Mentor for USDA's Research and Extension Experiences for Undergraduates Program | 2024-2025 |
|---|---|-----------|

Master of Public Health Students at UTHHealth Houston School of Public Health

| Student | Mentoring and/or Advising Role | Year(s) |
|--------------------------|--|----------------|
| Sofia Roede | Academic Advisor, Practicum Faculty Mentor | 2021-2023 |
| Syeda Yaqoob | Academic Advisor, Practicum Faculty Mentor | 2021-2023 |
| Stephanie Reyes | Academic Advisor | 2021-present |
| Myrna Garza | Academic Advisor, Practicum Faculty Mentor | 2022-2023 |
| Sonia Singh | Practicum Faculty Mentor | 2022 |
| Rachel Leah Gleaves | Academic Advisor, Practicum Faculty Mentor | 2022-2023 |
| Melissa Rodriguez | Academic Advisor | 2022-2023 |
| Shahzad Shallwani | Practicum Faculty Mentor | 2022 |
| Kelly Kilgore | Practicum Faculty Mentor | 2023 |
| Tatiana Melendez Turcios | Practicum Faculty Mentor | 2023 |
| Aubrey Hoekema | Practicum Faculty Mentor | 2024 |
| Shanequa Allen | Independent Learning Experience Mentor | 2024 |
| Michael Truong | Independent Learning Experience Mentor | 2024 |
| Jabria Pittman | Independent Learning Experience Mentor | 2024 |
| Ahmed Fetooh | Academic Advisor | 2024- present |
| Jazzmine Mason | Academic Advisor | 2024- present |
| Sara Reyes | Academic Advisor | 2024- present |
| Andrea Berdegue | Practicum Faculty Mentor | 2024 |

Doctoral Students at UTHHealth Houston School of Public Health

| Student and Degree Program | Mentoring and/or Advising Role | Year(s) |
|-----------------------------------|---|----------------|
| Wafa Duham, DrPH Student | External Reviewer for Dissertation | 2021 |
| Derek Craig, PhD Student | External Reviewer for Dissertation | 2022 |
| Layla Haidar, DrPH Student | Academic Advisor, Committee Chair, Practicum Faculty Mentor | 2021-2024 |
| Pierre Fwelo, PhD student | Dissertation Committee Member | 2022-2024 |

| | | |
|-------------------------------------|--|--------------|
| Maha Almohamad, PhD student | Dissertation Committee Member | 2023-2024 |
| Erica Cantu, DrPH Student | Dissertation Committee Member | 2021-present |
| Ye Rang (Lily) Ju, PhD student | Academic Advisor | 2022-present |
| Lorena Macias-Navarro, DrPH student | Academic Advisor, Practicum Faculty Mentor | 2022-present |
| Rebecca Gyawu, DrPH student | Academic Advisor | 2022-present |
| Tracy Evans, PhD student | Dissertation Committee Member | 2024-present |
| Taylor Crawford, DrPH student | Dissertation Committee Member | 2024-present |
| Kempson Onadeko, PhD student | Dissertation Committee Member | 2024-present |

HONORS AND AWARDS

Dorothy Nyswander Paper of the Year Award, American Journal of Health Promotion, 2022

Outstanding Leadership in Physical Activity, American Public Health Association Physical Activity Section, 2022

Physical Activity & Public Health Course on Research Directions and Strategies, 2022

American Public Health Association Physical Activity Section Steven P. Hooker Research Award Winner, 2021

National Institute on Minority Health and Health Disparities, Health Disparities Research Institute Scholar, 2021

Mixed Methods Research Training Program for the Health Sciences Scholar, 2021

John Milner Nutrition and Cancer Prevention Research Practicum Scholar, 2021

Transdisciplinary Research in Energetics and Cancer Research Training Scholar, 2020

American Society of Preventive Oncology New Investigators Workshop Scholar, 2020

American Psychological Association (APA) Career Development Funds, 2020

Early Career Cancer Health Disparities Research Travel Scholarship, 2016, 2020

APA Leadership and Education Advancement Program for Diverse Scholars Fellow, 2019-2021

3rd Annual Odyssey Research Retreat Fellow, UT MD Anderson Cancer Center, 2019

1st place for Student Poster Competition, UTHealth School of Public Health, 2017

1st place at Student Research Day, UTHealth School of Public Health, 2016

Outstanding New Student Award, UTHealth School of Public Health, 2014

Community Scholars Program Scholarship, Columbia University, 2011-2013

Donne di Domani Scholarship, Rice University, 2007

President's Honor Roll, Rice University, 2006, 2008

Vandiver Brown Scholarship, Rice University, 2005-2009

EDITORIAL AND REVIEW ACTIVITIES

Grant Review Panel

Health Equity Innovation Hub at the University of Louisville, 2022-present

American Heart Association Health Equity Research Network on Community-Driven Research Approaches – Partner Hub, 2024

Abstract Reviewer

American Public Health Association, 2017-present

Society of Behavioral Medicine, 2019-present

Editorial Board Member

Nutrition & Diabetes, 2023-present

Review Editor

Frontiers in Public Health, 2020-present

Manuscript Reviewer

Annals of Behavioral Medicine, 2018-present

Health Education & Behavior, 2017-present

Journal of Community Psychology, 2024

Stress and Health, 2023

Food Science & Nutrition, 2023

Preventing Chronic Disease, 2023

Annals of Medicine, 2022

American Journal of Preventive Medicine, 2021-2022

Preventive Medicine, 2021- 2022

BMC Public Health, 2021-2022

Hispanic Healthcare International, 2021

Research Quarterly for Exercise and Sport, 2021

The Permanente Journal, 2021

mHealth, 2019

Clinical Obesity, 2019

Journal of Public Health, 2018-2019

Games for Health Journal, 2017

PROFESSIONAL SERVICE

UTHealth School of Public Health

Admissions Committee, Health Promotion and Behavioral Sciences

Co-Chair, 2024-present

Member, 2021-2024

Search Committee Member

Brownsville Regional Campus, Multiple Positions, Open Rank/Open Department, 2022-present

Dietetic Internship Director for Health Promotion and Behavioral Sciences, 2022-2023

Physical Activity and Public Health Certificate Faculty Coordinator, 2022-present

Scholarship Committee Member, Health Promotion and Behavioral Sciences, 2021- present

Doctoral Preliminary Exam Grader, Health Promotion and Behavioral Sciences, 2021-present

Scholarship Review Committee, Laura S. Moore and Don Sanders Scholarship, 2023

The University of Texas MD Anderson Cancer Center

Health Disparities Research Department Awards Program Committee Member, 2020

Division of Cancer Prevention & Population Sciences Diversity and Inclusion Initiative Committee Member, 2020

Division of Cancer Prevention & Population Sciences Leading Mentor Awards Review Committee Member, 2020

PROFESSIONAL MEMBERSHIPS/ACTIVITIES

American Public Health Association (2015-present)

Physical Activity Section Councilor (2021-2024)

Society of Behavioral Medicine (2019-present)

Physical Activity Special Interest Group Advisory Board Member (2021-present)

Incoming President for the Physical Activity Special Interest Group (2024-present)

American Association for Cancer Research (2019-present)

International Society for Behavioral Nutrition & Physical Activity (2020-present)