

CURRICULUM VITAE

UPDATED SEPTEMBER 2026

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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

RESEARCH GRANTS AND CONTRACTS: Funded and Completed

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	<i>Implementation and Evaluation of an Evidence-Based, Multilevel Lifestyle Intervention for Underserved and Rural Populations in South Texas: Tu Salud ¡Si Cuenta!</i> (Project Director: Reininger; PP230018) Funder: Cancer Prevention and Research Institute of Texas Role: Co-Project Director Total costs: \$999,254
01/2023-05/2025	<i>Teaching Kitchen Collaborative Multisite Trial</i> (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
07/2023-06/2024	<i>Evaluation of Nutrición Con Corazón, a pediatric lifestyle program at El Centro de Corazón Federally Qualified Health Center</i> Funder: Center for Clinical and Translational Science Role: Principal Investigator Total Direct Costs: \$25,000
04/2022-06/2024	<i>Todos Juntos: All of Us Research Program</i> (PIs: Reininger/Heredia) Funder: National Alliance for Hispanic Health Role: Co-PI Total costs: \$54,415
01/2019-09/2023	<i>Improving the Health of Americans through Prevention and Management of Diabetes, Heart Disease and Stroke</i> (HHS000353700001- PI: Fernandez) Funder: Texas Department of State Health Services Role: Co-I Total costs: \$5,621,880
09/2020-08/2023	<i>Nourishing the Community through Culinary Medicine</i> (AGT003390) Funder: Health Care Services Corporation (Blue Cross Blue Shield of Texas) Role: Principal Investigator Total costs: \$297,282
01/2021-07/2023	<i>Culturally-tailored lifestyle intervention for Hispanic NAFLD patients</i> Funder: Prevent Cancer Foundation Role: Principal Investigator Total costs: \$100,235
08/2022-06/2023	<i>Examining implementation needs and readiness for mental, social, and emotional health programming at The Boys & Girls Clubs of Greater Houston</i> (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. Perkison WB, Fwelo P, **Heredia NI**, Garza ER, Yang JJ, Velasco-Huerta F, Rodriguez SA, Beg SS, Pulicken C, Matthews PD, Reininger BM, Chenier RS, Fernandez ME. Outcomes of the Sustainable Culturally Adapted Nutrition Program (SCAN) and food supplement program to improve engagement with the National Diabetes Prevention Program (NDPP). *Frontiers in Clinical Diabetes and Healthcare*. 2026. [https://doi.org/10.3389/fcdhc.2026.1838175; PMID: 42707290; PMC13547056].
2. Mitchell-Bennett LA, Lee M, Yang Z, **Heredia NI**, Lopez JZ, Zolezzi ME, Yeh PG, Perez L, Conroy JH, McCormick JB, Reininger BM. Identifying Salient Behavioral Health Access and Social Determinant of Health Factors among a Latino Population with Uncontrolled Diabetes Living on the U.S.-Mexico Border. *Frontiers in Public Health*. 2026. [https://doi.org/10.3389/fpubh.2026.1808640; PMID: 42620647; PMC13486290].
3. Hwang JP, Zhang N, Miso M, Gull S, Razouki ZA, Gregg JR, **Heredia NI**, Giordano SH. Metabolic Syndrome Is Associated with Increased Mortality in Patients with Breast or Prostate Cancer. *Scientific Reports*. 2026. [https://doi.org/10.1038/s41598-026-58830-2; PMID: 42443263; PMCID pending].
4. **Heredia NI**, Hwang JP, Fernandez ME, Lu J, Bauer C, McNeill LH. Feasibility study of a behavioral lifestyle intervention for Hispanic/Latino patients with metabolic dysfunction-associated steatotic liver disease. *BMC Public Health*. 2026. [https://doi.org/10.1186/s12889-026-27906-z; PMID: 42260444; PMC13465862].
5. Balakrishnan M, Martinez P, Deng B, Arguelles I, Arguelles C, Fletcher TL, **Heredia NI**, Ibarra M, Rome AC. Applying User-Centered Design to Develop a Culturally Sensitive, Low-Calorie Meal Plan for Enhancing Dietary Behavioral Control in MASLD. *BMC Nutrition*. 2026; 12(123). [https://doi.org/10.1186/s40795-026-01347-8; PMID: 42093054; PMC13312602].
6. **Heredia NI**, Thornton LR, Guevara DC, Williams N, Marcelo-Ramirez G, Chow J, McNeill LH, Basen-Engquist K, Rechis R, Hoelscher DM. Impact of a culinary medicine intervention on diet and health metrics in patients with type 2 diabetes and elevated body mass index. *PLOS ONE*. 2026 May 20; 21(5):e0347040. [https://doi.org/10.1371/journal.pone.0347040; PMID: 42160272; PMC13189329].
7. Savas LS, **Heredia NI**, Huyan Y, Coan S, Martin S, Mantey D, Adlparvar E, Yao KG, Alaniz A, Figueroa E and Fernandez ME. A Randomized Controlled Trial to Evaluate an Adapted Community Health Worker-delivered Breast and Cervical Cancer Screening Education and Navigation Intervention for Underserved Latina Adults. *Frontiers in Oncology*. 2026; 16:1687113. [https://doi.org/10.3389/fonc.2026.1687113; PMID: 41889398; PMC13013051].
8. **Heredia NI**, Roberson M, Pfledderer C, Walker TJ, Hunt E, Salvo D. Perceived neighborhood environment and objectively-assessed, habitual physical activity among U.S. adults: an All of Us research program study. *Journal of Physical Activity & Health*. 2026; 23(5):666–675. [https://doi.org/10.1123/jpah.2025-0236; PMID: 41569831; PMC12990123].
9. Haidar L*, **Heredia NI**, Springer A, Hoelscher DM. Examining the Association Between Parental Perceptions and Social Support and their Child's Physical Activity Levels. *Family and Community Health*. 2026; 49(1):1-13. [https://doi.org/10.1097/FCH.0000000000000444; PMID: 41299823; no PMCID].
10. Lee M, Lopez J, **Heredia NI**, Conroy J, Zolezzi M, Park S, Yeh PG, Mitchell-Bennett L, Reininger BM. Disentangling unobserved heterogeneity: Novel application of a statistical method to evaluate a multilevel healthcare intervention for Hispanic individuals living on the US-Mexico Border with comorbid diabetes and hypertension. *Preventive Medicine Reports*. 2025; 58: 103237. [https://doi.org/10.1016/j.pmedr.2025.103237; PMID: 41050859; PMC12491742].

11. Craig DW, Lanza K, Pfladderer CD, Pavlovic A, Onadeko K, **Heredia NI**, Injil J, DeFina LF, Walker TJ. Using the R=MC² Heuristic to Assess Whole-of-School Physical Activity Implementation in Elementary Schools. *International Journal of Behavioral Nutrition and Physical Activity*. 2025;22(1):114. [https://doi.org/10.1186/s12966-025-01815-7; PMID: 40849674; PMC12374391].
12. **Heredia NI**, Ayieko S, Rodriguez SA, Hwang JP, McNeill LH, Fernandez ME. Adaptation using IM ADAPT of an evidence-based lifestyle intervention to support the management of metabolic dysfunction-associated steatotic liver disease among Hispanic/Latino adults. *Frontiers in Public Health*. 2025; 13:1628845. [https://doi.org/10.3389/fpubh.2025.1628845; PMID: 40786161; PMC12331612].
13. Lee M, Conroy JH, Yang Z, Lee S, Yeh PG, Lopez JZ, **Heredia NI**, Mitchell-Bennett LA, Sifuentes M, Reininger BM. Improved depression symptoms among low-income Mexican Americans participating in a community-clinical diabetes intervention. *Journal of Primary Care and Community Health*. 2025. [https://doi.org/10.1177/21501319251358631; PMID: 40737105; PMC12317164].
14. Almohamad M*, Li R, **Heredia NI**, Dave JM, Calloway EE, Sharrief A, Sharma SV. When Access Isn't Enough: The Role of Utilization Barriers in Nutrition Security and Cardiometabolic Risk. *Nutrients*. 2025; 17(12): 2031. [https://doi.org/10.3390/nu17122031; PMID: 40573142; PMC12195690].
15. **Heredia NI**, Macias-Navarro L, Guevara D, Sharma S, Chow J, Bentley SS, Chukuigwe O, Pappa A, McWhorter JW. Testing of a Culinary Medicine Intervention for Racially/Ethnically Diverse Adults with Type 2 Diabetes. *Journal of Nutrition Education & Behavior*. 2025; 57(4): 263-273. [https://doi.org/10.1016/j.jneb.2024.11.006; PMID: 39818659, no PMCID].
16. Walker TJ, Are F, **Heredia NI**, Onadeko K, Saving EE, Kang E, Fernandez ME. Identifying mechanisms of action for implementation strategies using a retrospective implementation mapping logic model approach. *Prevention Science*. 2025. [https://doi.org/10.1007/s11121-025-01790-2; PMID: 39982674; PMC11891093].
17. Almohamad M*, Li R, **Heredia NI**, Dave JM, Calloway EE, Sharrief A, Sharma SV. SNAP Participation as a Moderator of Food and Nutrition Security and Combined Cardiometabolic Conditions: A Mixed Regression Approach. *Nutrients*. 2025; 17(3): 576. [https://doi.org/10.3390/nu17030576; PMID: 39940434; PMC11820311].
18. Siu K, Leal IM, **Heredia NI**, Foreman JT, Hwang JP. Lifestyle attitudes and habits in a case series of patients with cancer and metabolic syndrome. *American Journal of Lifestyle Medicine*. 2025. [https://doi.org/10.1177/15598276251319262, PMID: 39926169; PMC11806445].
19. **Heredia NI**, Fernandez ME, Garza ER, Pittman J, Velasco-Huerta F, Judd TL, Hunyadi J, Longanga Diese E, Rogith D, Perkison WB, Fenton SH. Federally Qualified Health Center Patients' Experiences with Remote Patient Monitoring as part of Telehealth Services for Self-measured Blood Pressure Monitoring. *BMC Health Services*. 2025. [https://doi.org/10.1186/s12913-025-12253-3, PMID: 39833791, PMC11744832].
20. Massa J, Sapp C, Janisch K, Adeyemo M, McClure A, **Heredia NI**, Hoelscher DM, Moin T, Malik S, Slusser W, Eisenberg DM. Improving Cooking Skills, Lifestyle Behaviors, and Clinical Outcomes for Adults at Risk for Cardiometabolic Disease: Protocol for a Randomized Teaching Kitchen Multisite Trial (TK-MT). *Nutrients*. 2025; 17, 314. [https://doi.org/10.3390/nu17020314; PMID: 39861444, PMC11768256].
21. Fwelo P*, **Heredia NI**, Li R, Bangolo A, Nagesh VK, Weissman S, Du XL. Impact of American Thyroid Association's Revised Cancer Management Guidelines on Thyroid Cancer Incidence Trends: A Retrospective Cohort Study, 2000-2020. *Journal of Clinical Medicine*. 2024; 14(1): 28. [https://doi.org/10.3390/jcm14010028; PMID: 39797111; PMC11720662].
22. Yaqoob SM*, Haidar L*, Allicock MA, **Heredia NI**. Does the Mediterranean Diet Play a Beneficial Role in Managing the Health of Overweight/Obese Breast Cancer Survivors? *Nutrients*. 2024. [https://doi.org/10.3390/nu16234214, PMID: 39683607; PMC11644434].

23. Fwelo P*, Li R, **Heredia NI**, Nyachoti D, Adekunle TE, Adekunle TB, Bangolo A, Du XL. Disparities in Thyroid Cancer Mortality Across Racial and Ethnic Groups: Assessing the Impact of Socioeconomic, Clinicopathologic, and Treatment Variations. *Annals of Surgical Oncology*. 2024. [https://doi.org/10.1245/s10434-024-16569-y; PMID: 39614001, no PMCID].
24. **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].
25. 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].
26. 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; PMC11585414].
27. 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].
28. **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].
29. 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].
30. 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].
31. **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].
32. **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].
33. 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].

34. **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].
35. 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].
36. 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].
37. 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].
38. 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/hc9.0000000000000224; PMID: 37534947; PMC10553168].
39. Walker TJ, Pfledder 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].
40. **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].
41. 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].
42. 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].
43. 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].
44. **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]

45. **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].
46. **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].
47. 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].
48. 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].
49. 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].
50. 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].
51. **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].
52. 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].
53. 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].
54. **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].
55. **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].
56. **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].
57. **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].

58. **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]
59. 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]
60. 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]
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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. Sanaullah S, **Heredia N**, Lee C, Hwang J, Caracostis A, Correa C, Abraham J, Le T, White T, Green K, Basen-Engquist K. Abstract A151: Fib-4 score correlations with lifestyle and health factors in a high-risk, diverse population: Baseline findings from a randomized tailored disease management intervention for hepatocellular carcinoma (HCC) prevention. *Cancer Epidemiology, Biomarkers & Prevention*. 2025 September; 34(9_Supplement):A151-A151. doi: 10.1158/1538-7755.DISP25-A151.
2. 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. In: 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].
3. Guevara D, Macias-Navarro M, McWhorter JW, Ai D, Chow J, Bentley S, Torres J, Sharma S, **Heredia NI**. Pilot testing a hands-on culinary medicine intervention for ethnically diverse adults with type 2 diabetes in Texas. In: ADCES 2023 Research Abstracts. *The Science of Diabetes Self-Management and Care*. 2023; 49(4):p 328-334, August 2023. [https://doi.org/10.1177/26350106231186159]
4. 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. In: 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]
5. **Heredia NI**, Averyt A, Hwang J, Fernandez M, Bauer C, McNeill L. Recruitment for a culturally-tailored lifestyle intervention for Hispanic patients with non-alcoholic fatty liver disease. In: 2023 ABM Annual Meeting Abstracts Supplement. *Annals of Behavioral Medicine*. 2023; 57 (Suppl 1):S1–S646. [https://doi.org/10.1093/abm/kaad011]
6. **Heredia NI**, Ayieko S*, McNeill LH, Hwang JP, Averyt A, Fernandez ME. Perspectives of Hispanic/Latino patients with non-alcoholic fatty liver disease [abstract]. In: 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]
7. 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].
8. **Heredia NI**, Machiorlatti M, Reininger B, Robledo C. Determinants of physical activity during the beginning of the COVID-19 pandemic. In: 2022 ABM Annual Meeting Abstracts Supplement. *Annals of Behavioral Medicine*. 2022; 56 (Suppl 1): S154-S154. [https://doi.org/10.1093/abm/kaac014].
9. **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]
10. **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]

11. **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>]
12. **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>]
13. **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 SBM Annual Meeting Abstracts Supplement. *Annals of Behavioral Medicine*. 2020; 54 (Suppl 2): S648-S648. [<https://doi.org/10.1093/abm/kaaa009>]
14. **Heredia NI**, Fernandez M, van den Berg A, Durand C, Kohl H, Reninger B, Hwang K, McNeill L. Co-action between physical activity and fruit and vegetable intake in a racially diverse group of obese adults. In: 2019 SBM Annual Meeting Abstracts Supplement. *Annals of Behavioral Medicine*. 2019. 53 (Suppl 1):S1–S842. [<https://doi.org/10.1093/abm/kaz007>].
15. 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>]
16. 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>]
17. 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. *Testing of a Culinary Medicine Intervention for Racially/Ethnically Diverse Adults with Type 2 Diabetes*. Award presentation for the 2026 Teaching Kitchen Collaborative Research Paper of the Year at the Teaching Kitchen Collaborative Annual Meeting. Boston, MA. September 25, 2026.
2. *Multisite Teaching Kitchen Research & Implementation Science*. Panel presentation at the 2026 Teaching Kitchen Research Conference. Boston, MA. September 23, 2026.

3. *Healthy Hearts Ambassador Program to improve blood pressure control at community health centers*. Presenter. Greater Houston Regional Hypertension Collaborative. September 9, 2025.
4. *Clinic Needs Assessment and Recommendations*. Presenter. Texas Cardiovascular Disease and Stroke Learning Collaborative. May 16, 2025.
5. *Implementation of Healthy Heart Ambassador To Improve Blood Pressure Control at Community Health Centers in Texas*. Presenter. Texas Cardiovascular Disease and Stroke Learning Collaborative. February 7, 2025.
6. *Tackling Metabolic-Related Disparities through Lifestyle Behavior Interventions*. Presenter. Memorial Hermann Health Equity Forum. September 19, 2024.
7. *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.
8. *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.
9. *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.
10. *The Postdoc to Assistant Professor Transition*. Panelist. Society for Behavioral Medicine Webinar, February 9, 2023.
11. *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.
12. *What Hispanics should know about fatty liver disease*. Presenter. The University of Texas MD Anderson Cancer Center, Hispanic Heritage Month. Webinar, October 1, 2020.
13. *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.
14. *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.
15. *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.
16. *Qualitative Analysis Training & Using Atlas.ti*. Presenter. The University of Texas MD Anderson Cancer Center, Department of Health Disparities Research, Houston, TX, February 2017.
17. *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. **Heredia MI**, Garza E, Pittman J, Velasco-Huerta F, Mathews P, Judd T, Fernandez M, Valerio-Shewmaker MA. Results and lessons learned from Implementing Target: BP in Federally Qualified Health Centers. APHA 2026 Annual Meeting and Expo. San Antonio, TX. November 3, 2026.
2. **Heredia NI**, Lee C, Massa J, Janisch K, Hoelscher D, McClure A, Moin T, Malik S, Slusser W, Eisenberg D. Physical activity outcomes of a teaching kitchen multisite trial. International Society for Physical Activity & Health Congress 2026. Merida, Mexico. October 8, 2026

3. Reininger BM, **Heredia NI**, Yang Z, Lee M, Lee S, Mitchell-Bennett L, Lopez J, Zolezzi M. Association of unmet social needs with longitudinal physical activity in a chronic care management population. International Society for Physical Activity & Health Congress 2026. Merida, Mexico. October 8, 2026.
4. Sanaullah SF, Abraham J, Correa C, Le T, Lee CY, **Heredia NI**, Caracostis A, Hwang J, Basen-Engquist K. Addressing liver fibrosis in a High-Risk, Diverse Population: Baseline and 6-month changes from a Randomized trial of a behavioral Intervention for Liver Cancer Prevention. Poster presentation at the CPRIT Innovations VII: The Cancer Prevention and Research Conference. Galveston, TX. October 5-7, 2026.
5. Macias-Navarro L, Shmaitelly Y, Ranjit N, **Heredia NI**, Myneni S, Sharma S. Understanding Engagement with an AI-Based Nutrition Education Chatbot in a Food is Medicine Program: A Sequential Mixed-Methods Evaluation. American Society for Nutrition Annual Meeting. Theater Flash Poster Presentation. National Harbor, Maryland. July 25, 2026.
6. Reininger B, Mitchell-Bennett L, Lee S, Lee M, **Heredia NI**, Zolezzi M, Lopez J, Conroy J, Sanchez P. Effect of a Multi-level Physical Activity, Nutrition, and Social Needs Referral Intervention on Stress Levels in a Low-income Community on the U.S-Mexico Border. International Society for Behavioral Nutrition and Physical Activity 2026 Annual Meeting. Cadiz, Spain. May 29, 2026.
7. Zolezzi M, Mitchell-Bennett L, Sanchez P, Lopez J, Saldana M, Perez L, Conroy J, Lee M, Lee S, **Heredia NI**, Reininger B. Implementation and evaluation of healthy living behavior change modules in rural South Texas Counties. APHA 2025 Annual Meeting and Expo. Washington D.C. November 5, 2025.
8. Macias-Navarro L, **Heredia NI**, Hoelscher D, Walker T. Development and Examination of the Validity and Reliability of a Self-Efficacy Scale to Overcome Barriers to Prepare and Consume Healthy Meals at Home in a Diverse Sample of Adults. APHA 2025 Annual Meeting and Expo. Washington D.C. November 4, 2025.
9. **Heredia NI**, Garza E, Macal J, Judd T, Fernandez ME. Needs Assessment for Implementation of PRAPARE Screening Tool at Texas FQHCs. APHA 2025 Annual Meeting and Expo. Washington D.C. November 3, 2025.
10. Lee M, Lee S, Mitchell-Bennett LA, **Heredia NI**, Lopez J, Perez L, Conroy J, Zolezzi M, Reininger B. Magnitude of non-medical health needs associated with health outcomes among adults. APHA 2025 Annual Meeting and Expo. Washington D.C. November 3, 2025.
11. **Heredia NI**. Improving Care Quality Through PRAPARE: Lessons from Texas FQHC Partnerships. Healthier Texas Summit. Austin, TX, October 2-3, 2025.
12. Fernandez ME, **Heredia NI**, Fenton S, Perkison B. Integrating Health Informatics and Health Promotion for Chronic Disease Management (Panel Discussion). Healthier Texas Summit. Austin, TX, October 2-3, 2025.
13. Garza ER, **Heredia NI**, Judd T, Fernandez ME, Valerio-Shewmaker M. Findings from a TargetBP Implementation Program in FQHCs. Healthier Texas Summit. Austin, TX, October 2-3, 2025.
14. Sanaullah SF, **Heredia NI**, Lee CY, Hwang J, Caracostis A, Correa C, Abraham J, Le T, White T, Green K, Basen-Engquist K. Fib-4 score correlations with lifestyle and health factors in a high-risk, diverse population: Baseline findings from a randomized tailored disease management intervention for hepatocellular carcinoma (HCC) prevention. 18th AACR Conference on The Science of Cancer Health Disparities. Baltimore, Maryland. September 18, 2025.
15. Reininger B, Lee M, Lee S, Mitchell-Bennett L, Zolezzi M, Conroy K, Saldana V, Lopez J, Field C, **Heredia NI**. How alcohol consumption and perceived stress levels modify the association of fruit and vegetable intake with physical activity in an underserved Hispanic community. International Society for Behavioral Nutrition and Physical Activity 2025 Annual Meeting. Auckland, New Zealand. June 14, 2025.
16. **Heredia NI**, Yang Z, Lee M, Mitchell-Bennett L, Yeh P, Zolezzi M, Perez L, Lopez J, Sifuentes M, Conroy J, Reininger B. The association of adverse social determinants of health with longitudinal fruit and vegetable intake

and physical activity among low-income Hispanic adults in chronic care management. International Society for Behavioral Nutrition and Physical Activity 2025 Annual Meeting. Auckland, New Zealand. June 13, 2025.

17. **Heredia NI**, Marcelo-Ramirez G, Guevara D, Williams N, Imran A, Chow J, McWhorter JW, Thornton L. Evaluation of a Virtual Culinary Medicine Intervention for Low-Income Adults with Type 2 diabetes and Elevated BMI in Texas. International Society for Behavioral Nutrition and Physical Activity 2025 Annual Meeting. Auckland, New Zealand. June 12, 2025.
18. **Heredia NI**, Lee M, Lee S, Field C, Zolezzi M, Mitchell-Bennet L, Reininger BM. How physical activity is associated with multiple health behaviors in an underserved Hispanic/Latine border community. 46th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. San Francisco, CA. March 26, 2025.
19. 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. 17th Annual Conference on the Science of Dissemination and Implementation in Health. Arlington, VA. December 9, 2024.
20. 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 30, 2024.
21. **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 29, 2024.
22. 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 29, 2024.
23. 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 29, 2024.
24. 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, 2024.
25. 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, 2024.
26. **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.
27. 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.
28. 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 18, 2024.

29. **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.
30. 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.
31. **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.
32. **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.
33. Robertson MC, **Heredia NI**, Pfledderer 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.
34. 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.
35. 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.
36. 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.
37. 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.
38. Hwang JP, **Heredia NI**, Asrani S, Foreman J, Warneke CL, 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 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.
39. 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.

40. 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.
41. 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.
42. 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.
43. **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.
44. **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.
45. **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.
46. **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.
47. 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.
48. **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.
49. 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.
50. 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.
51. 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.

52. 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.
53. **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
54. 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.
55. **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.
56. 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.
57. 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.
58. **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.
59. **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
60. **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.
61. **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.
62. **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.
63. **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.
64. 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.

65. **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.
66. **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.
67. **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.
68. **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.
69. **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*
70. 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.
71. **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.
72. **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.
73. **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.
74. 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*
75. **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.
76. **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.
77. 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.

78. **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.
79. **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.
80. **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.
81. 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.
82. 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.
83. **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.
84. 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.
85. 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.
86. 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.
87. **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 UTHHealth School of Public Health

PH 5401L Physical Activity & Public Health Practice (Instructor)
Spring 2024, Spring 2026

PHM 5015L Introduction to Qualitative Research in Public Health (Instructor)
Fall 2021-2026, Summer 2022-2026

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
Alveena Imran, Undergraduate Student at the University of Houston	Mentor for USDA's Research and Extension Experiences for Undergraduates Program	2024-2025
Michelle Mosquera, Undergraduate Student at the University of Houston	Mentor for USDA's Research and Extension Experiences for Undergraduates Program	2025-2026

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	2021-2025
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
Andrea Berdegue	Practicum Faculty Mentor	2024
Ahmed Fetooh	Academic Advisor	2024- 2026
Jazzmine Mason	Academic Advisor	2024- present
Sara Reyes	Academic Advisor	2024- present
Michelle Tran	Thesis Committee	2024-2025
Constance Owens	Independent Learning Experience Mentor	2025
Briana Velasquez	Academic Advisor	2025-present
Farzin Aly	Academic Advisor	2025-present
Abdulwaheed Olarinde	Academic Advisor	2025-present
Janeesa Cormier	Academic Advisor	2025-present

Samantha Casas	Academic Advisor	2026-present
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Doctoral Students at UTHHealth Houston School of Public Health

Student and Degree Program	Mentoring and/or Advising Role	Year(s)
Wafa Duhaime, 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
Lorena Macias-Navarro, DrPH student	Academic Advisor, Practicum Faculty Mentor	2022-present
Rebecca Gyawu, PhD student	Academic Advisor	2022-present
Tracy Evans, PhD student	Dissertation Committee Member	2024-2026
Taylor Crawford, DrPH student	Dissertation Committee Member	2024-2026
Kempson Onadeko, PhD student	Dissertation Committee Member	2024-2026
Alexandra Alvarenga, PhD student	Dissertation Committee Member	2025-2026
Melisa Danho, DrPH Student	Academic Advisor	2025-present
Jinyou Sheng, PhD Student	Academic Advisor	2026-present
Zihan Yang, MS	Dissertation Committee Member	2026-present

HONORS AND AWARDS

Teaching Kitchen Collaborative Research Paper of the Year, 2026

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 (competitively selected), 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 (competitively selected), 2021

Mixed Methods Research Training Program for the Health Sciences Scholar (competitively selected), 2021

John Milner Nutrition and Cancer Prevention Research Practicum Scholar (competitively selected), 2021

Transdisciplinary Research in Energetics and Cancer Research Training Scholar (competitively selected), 2020

American Society of Preventive Oncology New Investigators Workshop Scholar (competitively selected), 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 (competitively selected), 2019-2021

3rd Annual Odyssey Research Retreat Fellow (competitively selected), 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

Senior Associate Editor

Journal of Physical Activity & Health, 2026-present

Associate Editor

Frontiers in Public Health, 2025-present

Grant Review Panel

American Heart Association Innovative Project Awards Letters of Intent, 2026

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

Health Equity Innovation Hub at the University of Louisville, 2022-2023

Abstract Reviewer

American Public Health Association, 2017-present

Society of Behavioral Medicine, 2019-present

Manuscript Reviewer

PLOS One, 2025

Frontiers in Public Health, 2020-2025

Preventive Medicine, 2021, 2025

Journal of Nutrition Education & Behavior, 2025

Annals of Behavioral Medicine, 2018, 2021-2025

BMJ Open Gastroenterology, 2025

Journal of Physical Activity & Health, 2025

Health Education Research, 2025

BMC Public Health, 2021, 2022, 2025

Journal of Immigrant and Minority Health, 2024

Health Education & Behavior, 2017, 2018, 2019, 2021, 2023

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

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

Chair, 2025-present

Co-Chair, 2024-2025

Member, 2021-2024

Search Committee Member

Brownsville Regional Campus, Multiple Positions, Open Rank/Open Department, 2022-2024

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)

Topic Area Chair for Integrated Primary Care (2025-present)

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

Advisory Board Member of the Physical Activity Special Interest Group (2021-2024)

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

International Society for Physical Activity and Health (2022-present)

American Association for Cancer Research (2019-2026)