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Associate Professor (with tenure)

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Email: qian.xiao@uth.tmc.eduGoogle Scholar: <https://scholar.google.com/citations?user=nxmqYmwAAAAJ&hl=en>**EDUCATION**

M.P.H. in Epidemiology, University of Michigan, Ann Arbor, MI, USA	09/2009-05/2011
Ph.D. in Biological Sciences, University of California, San Diego, La Jolla, CA, USA	09/2003-08/2009
B.S. in Life Sciences, University of Science and Technology of China, Hefei, Anhui, China	09/1998-07/2003

ACADEMIC APPOINTMENTS

Associate Professor , Department of Epidemiology, The University of Texas Health Science Center at Houston School of Public Health	09/2022-present
Assistant Professor , Department of Epidemiology, Human Genetics, and Environmental Sciences, The University of Texas Health Science Center at Houston School of Public Health	01/2020-08/2022
Assistant Professor , Department of Health and Human Physiology and Department of Epidemiology, University of Iowa	08/2016-12/2019
Research Fellow , National Cancer Institute	07/2015-07/2016
Cancer Prevention Fellow , National Cancer Institute	06/2011-06/2015

RESEARCH INTERESTS

- Determine the role of health behaviors, particularly sleep and rest-activity rhythms, in chronic diseases.
- Investigate the role of neighborhood socioeconomic environment in shaping health behaviors and health disparities.
- Study artificial light at night and other environmental exposures (e.g., heat and air pollution) as a public health hazard and environmental justice issue.
- Examine biological mechanisms that mediate the health effects of behavioral and social factors, particularly focusing on the human metabolome.

GRANTS**ACTIVE**

Co-Investigator	ReCARDO: Using Real-World Data to Derive Common Data Elements for Alzheimer's Disease and AD-Related Dementias Research Through Ontological Innovation Award: U24, National Institute of Aging Period: 12/01/2025 - 11/30/2030 Direct Cost: \$ 21,653,476 (effort: 10%)
Co-Investigator	Texas Spatial-Temporal Data Science, Informatics and Modeling Core Award: Core Facility Support Award, Cancer Prevention & Research Institute of Texas (CPRIT) Period: 06/01/2025 - 05/31/2030 Direct Cost: \$2,828,267 (effort: 10%)
Co-Investigator	Breathing Unease: A One Health Exploratory Study on the Impact of Air Pollution on Influenza

	Award: FINESST, National Aeronautics & Space Administration (NASA) Period: 11/01/2025 - 10/31/2028 Direct Cost: \$ 95,496.00 (effort: 0%, mentorship role)
Principal Investigator	The Texas Community Health Worker Sleep Ambassador Program Award: Community Sleep Health and Public Awareness Grant, American Academy of Sleep Medicine Period: 12/01/2024-11/30/2026 Direct Cost: \$50,000 (effort: 5%)
Principal Investigator	A validation study of satellite-based measure of artificial light at night for its application in epidemiological research. Award: U01, National Institute of Environmental Health Sciences Period: 09/01/2024-08/30/2026 Direct Cost: \$281,726 (effort: 10%)
Sub-PI/Co-I	Role of disparities and aging biomarkers in accelerated cardiac aging among adolescent and young adult cancer survivors. (PI: Hildebrandt) Award: R01, National Cancer Institute Period: 07/01/2024-06/30/2028 Effort: 262,755.00 (effort: 10%)
Principal Investigator	Apply NASA's Earth Observation Products to Improve Artificial Light at Night (ALAN) Mapping and Public Health Surveillance. Award: Health and Air Quality Applied Science Team Program, NASA Period: 01/01/2021-01/01/2025 Direct Cost: \$365,423 (effort: 15%)
MPI (contact PI)	Studying 24-hour Rhythms of Light Exposure, Alignment with Rest-Activity Cycle, and Cardiometabolic Health in a Nationally Representative Sample (MPI: Xiao and Figueiro) Award: R21, National Heart, Lung, and Blood Institute Period: 07/01/2022-06/30/2024 Direct Cost: \$149,188 (effort: 10%)
Principal Investigator	Circadian Rest-Activity Rhythms, Metabolomic Profiles, and Incidence of Alzheimer's Disease and Related Dementia in Older Men and Women. Award: R01, National Institute of Aging Period: 04/15/2020-03/30/2025 Direct Cost: \$2,074,715 (effort: 25%)
<i>UNDER REVIEW</i>	
MPI (contact PI)	CHIMR: A Circadian Hidden-Markov Approach to Investigate Multiple Rhythmicities. Award: R01, National Heart, Lung, and Blood Institute Period: 07/01/2026-06/30/2030 Proposed effort: 15%
Co-PI	Reliable Synthetic Data and Uncertainty Quantification for Public Health Decision-Making: A Generative-Conformal Framework. Award: National Science Foundation Period: 06/01/2026 - 05/31/2030 Proposed effort: 10%
Principal Investigator	Twenty-four hour patterns of light and activity and Alzheimer's Disease and Related Dementia: interplay with multi-omics biomarkers and AD pathogenesis pathways. Award: National Institute of Aging Period: 04/01/2026 - 03/31/2031 Proposed effort: 25%
Collaborator	Bayesian Innovations in Compositional Data Analysis for Public Health Insights Award: National Institute of Health

	Period: 04/01/2026 - 03/31/2031 Proposed effort: 0% (mentor)
Principal Investigator	CIELO: Chicago's Initiative for Environmental Justice and Light Pollution Outreach. Award: Robert Wood Johnson Foundation Period: 01/01/2026-12/31/2027 Proposed effort: 5%
Co-Investigator	Air Pollution Components and Biological Aging Pathways to Chronic Disease Award: National Institute of Health Period: 10/01/2026 - 09/31/2031 Proposed effort: 5%
Co-Investigator	Wastewater Analytics for Tracking Epidemiological Risks for Cancer Awareness, Response and Detection (WATER-CARD). Award: National Institute of Health Period: 04/01/2026 - 03/31/2031 Proposed effort:: 5%
Co-Investigator	Risk prediction of progressing to AD/ADRD from Mild Cognitive Impairment Post Viral Infection using EHR. Award: National Institute of Health Period: 12/01/2025 - 11/30/2030 Proposed effort: 10%
Co-Investigator	The Role of Accelerometry-Derived 24-Hour Sleep and Activity Behaviors in Cardiovascular Disease Award: National Institute of Health Period: 12/01/2025 - 11/30/2030 Proposed effort: 10%
<i>COMPLETED</i>	
Principal Investigator	CIELO: Chicago's Initiative for Environmental Justice and Light Pollution Outreach. Award: Earth Action: Community Action for Equity and Environmental Justice, NASA Period: 10/01/2024-09/30/2027 (early termination due to shifted priorities of the federal government in 2025) Direct Cost: \$575,697 (effort: 15%)
Principal Investigator	Satellite data for environmental justice (SD4EJ), phase 2. Award: Tiger Team Award, Health and Air Quality Applied Science Team, NASA Period: 07/01/2023-02/01/2024 Direct Cost: \$230,000 (effort: 10%)
MPI	Satellite data for environmental justice (SD4EJ). (MPI: Anenberg and Xiao) Award: Tiger Team Award, Health and Air Quality Applied Science Team, NASA Period: 09/01/2021-03/01/2023 Direct Cost: \$119,348 (effort: 4%)
Principal Investigator	Rest-Activity Rhythms and Cardiovascular Health in the Elderly: The Role of Metabolomic and Inflammatory Pathways. Award: American Academy of Sleep Medicine Strategic Research Award Period: 09/01/2020-08/31/2022 Direct Cost: \$92,591 (effort: 3%)
Principal Investigator	Neighborhood characteristics and sleep behavior in the NHANES. Award: Central Plains Research Data Center Seed Fund, Iowa Social Science Research Center Period: 06/01/2018-06/01/2019 Direct cost: \$3,000 (effort: salary support not allowed)

- Principal Investigator **Carbamate use and diabetes: The role of melatonin pathway and circadian genes.**
Award: Environmental Health Sciences Research Center Pilot Grant, University of Iowa
Period: 04/01/2018-03/31/2019
Direct Cost: \$29,612 (effort: salary support not allowed)
- Principal Investigator **Preliminary study of neighborhood socioeconomic deprivation, DNA methylation and colorectal cancer risk.**
Award: Holden Comprehensive Cancer Center Seed Award, University of Iowa
Period: 03/01/2017-03/01/2019.
Direct cost: \$29,612 (effort: salary support not allowed)
- Principal Investigator **Changes in Neighborhood Socioeconomic Deprivation and Mortality in a Large Cohort of American Men and Women.**
Award: Old Gold Summer Fellowship, University of Iowa
Period: 06/01/2017-09/01/2017
Direct Cost: \$6,000 (effort: 10%)
- Principal Investigator **Inequalities in Colorectal Cancer: The Influence of Built Environment and Change in Neighborhood.**
Award: NCI Director's Innovation Award, National Cancer Institute
Period: 01/01/2014-01/01/2015
Direct cost: \$30,000 (effort: salary support not allowed)
- Co-Investigator **A pilot for the sleep heart aging study.** (PI: Moon)
Award: Center on Aging Collaborative Pilot Fund, University of Iowa
Period: 03/01/2018-03/01/2019
Direct Cost: \$30,000 (effort: salary support not allowed)

DECLINED

- Principal Investigator **Determinants and Health Consequences of Sleep Deficiency in Agricultural Workers: A Pilot Study.**
Award: Great Plains Center for Agricultural Health Pilot Grant, University of Iowa
Period: 10/01/2019-04/01/2021
Direct cost: \$30,000 (effort: salary support not allowed)
Declined due to moving to UTHHealth.

PUBLICATIONS**Peer-Reviewed Articles** (* trainee from Dr. Xiao's group; ** other trainee mentored by Dr. Xiao)**PUBLISHED AND IN-PRESS**

1. Zhang L **, Lee KAV, Stone K, LaCroix A, Shadyab AH, Yaffe K, Redline S, Kado D, Yeung CHC, Wang S, Huang Y, **Xiao Q**. Metabolomic Biomarkers of Rest Activity Rhythms in Older Men: Unraveling the Molecular Mechanisms and Implications for Aging and Health. *Sleep*. [in press]
2. Zhang L **, Lee KAV, Stone K, LaCroix A, Yaffe K, Shadyab AH, Hayden K, Casanova R, Rapp S, Chen JC, Baker L, Manson JE, Yeung CHC, Huang Y, **Xiao Q**. Metabolomic Biomarkers of Rest Activity Rhythms in Older Women: results from the Women's Health Initiative (WHI) Study. *Sleep*. [in press]
3. **Xiao Q**, Li H, Meng L. Long-term association between exposure to summer heat and mortality in Black and White adults in the southeastern U.S.: a prospective analysis in the Southern Community Cohort Study. *Environ Res*. 2025 Sep 15:122878. PMID: 40962003. [Online ahead of print].
4. Shi H, Lipworth L, **Xiao Q**, Han X, Mumma M, Keohane LM, Yu D, Hohman TJ, Full KM. Sleep duration trajectories and incident Alzheimer's Disease and Related Dementias among low-income older adults. *Alzheimers Dement*. 2025 Sep;21(9):e70678. PMID: 40959862.
5. Sheriff FR **, Benjamin RH, Patel J, Shumate C, **Xiao Q**, Agopian AJ. Epidemiologic features of preterm birth among infants with trisomy 21 in Texas, 1999-2018. *Am J Med Genet Part A*. 2025 Aug 21:e64229. PMID: 40838641.

6. Yeung CHC *, Wright AK, Windred DP, Burns AC, Phillips AJK, Cain SW, Rutter MK, **Xiao Q**. Impaired rest-activity rhythm characteristics predict higher incident diabetes: a UK Biobank study. *Diabetes Care*. 2025 Aug 1;48(8):1425-1433. PMID: 40569828.
7. Feng Q, Albalak G, Van Dijk KW, van der Velde JHPM, Xiao Q, Noordam R, van Heemst Diana. Accelerometer-measured chronoactivity and type 2 diabetes risk: A prospective study in UK Biobank participants. *Prev Med*. 2025 Aug;197:108312. PMID: 40409465.
8. Wadden E, Yogeswaran V, Ray R, Vasbinder A, Shadyab AH, **Xiao Q**, Richey P, Saquib N, Sun Y, Jung SY, Pichardo MS, Manson J, Anderson G, Redding K, Barac A, Cheng R. Social Determinants of Cardiovascular Disease in US Women with and without Breast Cancer. *Breast Cancer Res Treat*. 2025 Jul;212(2):371-386. PMID: 40397323.
9. Yiallourou S, Baril A, Wiedner C, Misialek JR, Kline CE, Harrison S, Cannon E, Yang Q, Bernal R, Bisson A, Himali D, Cavuoto M, Weihs A, Beiser A, Gottesman RF, Leng Y, Lopez O, Lutsey PL, Purcell SM, Redline S, Seshadri S, Stone KL, Yaffe K, Ancoli-Israel S, **Xiao Q**, Vaou EO, Himali JJ, Pase MP. Sleep architecture and dementia risk in adults: An analysis of 5 cohorts from the Sleep and Dementia Consortium. *SLEEP*. 2025 May 16:zsaf129. PMID: 40377976.
10. **Xiao Q**, Feng Q, Rutter MK, Albalak G, Wang H, Noordam R. Associations between the timing of 24-hour physical activity and diabetes mellitus: results from a nationally representative sample of the US. *Diabetologia*. 2025 May;68(5):1005-1015. PMID: 39982484.
11. Full KM, Shi H, Lipworth L, **Xiao Q**. Sleep Trajectories and All-Cause Mortality Among Low-Income Adults. *JAMA Netw Open*. 2025 Feb 3;8(2):e2462117. PMID: 40014341.
12. Baydoun HA, Beydoun M, Kinney R, Liu S, Yu R, Allison M, Wallace R, **Xiao Q**, Liu L, Gradidge P, Jung SY, Tindle H, Follis S, Brunner R, Tsai J. Pathways from socioeconomic factors to major cardiovascular events among postmenopausal veteran and non-veteran women: Findings from the Women's Health Initiative. *J Am Heart Assoc*. 2024 Dec 17;13(24):e037253. PMID: 39673348.
13. Neally SJ, Rogers BJP, Deng Y, Moniruzzaman M, **Xiao Q**, Tamura K. Understanding the Association Between Neighborhoods and Adolescent Sleep: Evidence from Add Health. *Sleep Epid*. Dec 2024:100098. PMID: 39877129.
14. Hunyadi JV, Zhang K **, **Xiao Q**, Strong L, Bauer C. Spatial and Temporal Patterns of Chronic Disease Burden and Social Vulnerability in US Counties: 2018-2021. *Am J Prev Med*. 2024 Sep 3:S0749-3797(24)00300-3. PMID: 39237065.
15. **Xiao Q**, Lipworth-Elliot L, Full K, Rutter MK. Long-term trajectories of sleep duration are associated with incident diabetes in middle-to-older-aged Black and White Americans. *Diabetologia*. 2024 Sep;67(9):1853-1864. PMID: 38935155.
16. Rodriguez E, Tonn T, Jafry M, Ahmed S, Cuglievan B, Livingston JA, Flowers CR, Aune G, Albritton KH, Roth ME, **Xiao Q**, Hildebrandt MAT. Social determinants of health burden among adolescent and young adult cancer patients and impact on overall survival. *JNCI Cancer Spectr*. 2024 Jul 1;8(4). PMID: 39051679
17. Chlebowski RT, Aragaki AK, Pan K, Rohan TE, Luo J, Manson JE, Simon MM, Lavasani S, Wactawski-Wender J, **Xiao Q**, Jung SY, Johnson KC. Estrogen plus progestin and colorectal cancer: long-term findings from the Women's Health Initiative randomized clinical trial. *J Clin Oncol*. 2024 Oct 20;42(30):3530-3536. PMID: 39028918.
18. Leahy S, **Xiao Q**, Yeung CHC, Figueiro M. Associations between circadian alignment and cognitive functioning in a nationally representative sample of older adults. *Sci Rep*. 2024 Jun 12;14(1):13509. PMID: 38866912.
19. Windred DP, Burns AC, Rutter MK, Yeung CHC, Lane JM, **Xiao Q**, Saxena R, Cain SW, Philips AJK. Personal light exposure patterns and incidence of type 2 diabetes: analysis of 13 million hours of light sensor data and 670,000 person-years of prospective observation. *Lancet Reg. Health Eur* 2024 Jun 5:42:100943. PMID: 39070751
20. Nyarko S *, **Xiao Q**. Neighborhood light at night, noise, and long-term sleep trajectories in the Southern Community Cohort Study. *Clocks Sleep*. 2024 Apr 5;6(2):234-245. PMID: 38651391.

21. Alkhulaifi F **, Al-Hooti S, Al-Zenki Sameer, Alomirah H, **Xiao Q**, Chan W, Wu F, Darkoh C. Association of overnight fasting, meal frequency, and meals skipping with metabolic syndrome among Kuwaiti adults. *Nutrients*. 2024 Feb 16(7):984. PMID: 38613017.
22. Bey GS, Pike JR, Zannas AS, Love SM, **Xiao Q**, Yu B, Shah AM, Palta P. The relationship of neighborhood disadvantage, biological aging, and psychosocial risk and resilience factors in heart failure incidence among Black persons: A moderated mediation analysis. *J Gerontol B Psychol Sci Soc Sci*. 2024 Jan 1;79(1):gbad121.. PMID: 37591789.
23. **Xiao Q**, Durbin J, Nagare R, Bauer C, Figueiro M. Alignment between 24-hour light and activity rhythms is associated with diabetes and glycemic control in a nationally representative sample of American adults. *Diabetes Care*. 2023 Dec 1;46(12):2171-2179. PMID: 37734073.
24. Xu J, L Luo, Gamaldo A, Verdery A, Hardy M, Buxton OM, **Xiao Q**. Trends in sleep duration in the U.S. from 2004 to 2018: a decomposition analysis. *SSM - Popul Health*. 2023 Nov 23;25:101562. [eCollection 2024 Mar.] PMID: 38077245
25. Yeung CHC *, Bauer C, **Xiao Q**. Associations between rest-activity rhythms and liver function tests: the US National Health and Nutrition Examination Survey, 2011–2014. *Clocks Sleep*. 2023 Nov 2;5(4):667-685. PMID: 37987396.
26. **Xiao Q**, Zhou M, Lyu Y **, Lu J **, Figueiro M, Wang J, Bauer C. County-level artificial light at night (ALAN) in the contiguous US (2012–2019): spatial variations, temporal trends, and environmental justice analyses. *Environ. Sci. Pollut. Res*. 2023 Nov;30(54):115870-115881. PMID: 37897576.
27. Yeung CHC *, Lu J **, Soltero EG, Bauer C, **Xiao Q**. Rest-activity patterns among U.S. adolescence: a functional principal component analysis in NHANES 2011-2014. *Int J Behav Nutr Phys Act*. 2023 Oct 13;20(1):125. PMID: 37833691.
28. Yeung CHC *, Bauer C, **Xiao Q**. Associations between actigraphy-derived rest-activity rhythm characteristics and hypertension in United States adults. *J Sleep Res*. 2023 Oct;32(5):e13854. PMID: 36807441.
29. **Xiao Q**, Lyu Y **, Zhou M, Lu J **, Wang J, Bauer C. Artificial light at night and social vulnerability: An environmental justice analysis in the US 2012–2019. *Environ Int*. 2023 Aug; 178:108096. PMID: 37480833.
30. Qian J, **Xiao Q**, Walkup M, Coday M, Erickson M, Unick J, Jakicic JM, Hu K, Scheer FAJL, Middelbeek RJW. Association of timing of moderate-to-vigorous physical activity with changes in glycemic control over 4 years in The Look AHEAD Trial. *Diabetes Care*. 2023 Jul 1;46(7):1417-1424. PMID: 37226675.
31. Nyarko S *, Luo L, Schlundt D, **Xiao Q**. Cross-sectional association between neighborhood socioeconomic status and sleep duration among Black and white men and women: The Southern Community Cohort Study. *Sleep Health*. 2023 Jun;9(3):277-282. PMID: 37045662.
32. Peterson L, Lee H, Huybrechts I, Biessy C, Neuhouwer ML, Haaland B, Gunter M, Schulze MB, Jannasch F, Coletta A, Bauer C, **Xiao Q**, Playdon MC. Reliability estimates for assessing meal timing derived from longitudinal repeated 24-hour dietary recalls. *Am J Clin Nutr*. 2023 May;117(5):964-975. PMID: 36921904.
33. Sun Y, Rong S, Liu B, Du Y, Wu Y, Chen L, **Xiao Q**, Snetselaar L, Wallace R, Bao W. Meal skipping and shorter meal intervals are associated with increased risk of all-cause and cardiovascular mortality among US adults. *J Acad Nutr Diet*. 2023 Mar;123(3):417-426.e3. PMID: 35964910.
34. Medgyesi D, Trabert B, Fisher J, **Xiao Q**, James P, White A, Madrigal J, Jones R. Outdoor light at night and risk of endometrial cancer in the NIH-AARP diet and health study. *Cancer Causes Control*. 2023 Feb;34(2):181-187. PMID: 36222982.
35. Heckler B **, Lee M, Stone K, Bauer C, **Xiao Q**. Rest-activity rhythmicity and adiposity in older men: a Hidden Markov Model analysis. *J Biol Rhythms*. 2023 Feb;38(1):87-97. PMID: 36416436.
36. Nyarko S *, Luo L, Schlundt D, **Xiao Q**. Individual and neighborhood socioeconomic status and long-term individual trajectories of sleep duration among Black and White adults: The Southern Community Cohort Study. *Sleep*. 2023 Jan 11;46(1). PMID: 36124765
37. Bey GS, Pike JR, Palta P, Zannas AS, **Xiao Q**, Love S, Heiss G. Biological Age Mediates the Effects of Perceived Neighborhood Problems on Heart Failure Risk Among Black Persons. *J Racial Ethn Health Disparities*. 2022 Dec. [epub ahead of print]. PMID: 36469285.

38. Benzo RM **, Farag A, Whitaker KM, **Xiao Q**, Carr LJ. Examining the impact of 12-hour day and night shifts on nurses' fatigue. *Int J Nurs Stud Adv*. 2022 Dec;4(100076). DOI: 10.1016/j.ijnsa.2022.100076
39. **Xiao Q**, Shadyab AH, Rapp S, Stone KL, Yaffe K, Sampson JN, Chen JC, Hayden KM, Henderson VW, LaCroix AZ. Rest-activity rhythms and cognitive impairment and dementia in older women: Results from the Women's Health Initiative. *J Am Geriatr Soc*. 2022 Oct;70(10):2925-2937. PMID: 35708069
40. Park Y, Ramirez Y, **Xiao Q**, Jones G, Liao L, McGlynn K Outdoor light at night and risk of liver cancer in the NIH-AARP Diet and Health Study. *Cancer Causes Control*. 2022 Sep;33(9):1215-1218. PMID: 35840828
41. **Xiao Q**, Myott E, Schlundt DG, Stancil W. Association of neighborhood economic trajectories with changes in weight status among Black and White adults in the Southeastern US. *JAMA Netw Open*. 2022 Sep 1;5(9):e2230697. PMID: 36074463
42. Bauer C, Zhang K, **Xiao Q**, Lu J **, Hong YR, Suk R. County-level social vulnerability and breast, cervical, and colorectal cancer screening rates in the US, 2018: An ecological study of contextual effects. *JAMA Netw Open*. 2022 Sep;5(9):e2233429. PMID: 36166230
43. Bukhbinder AS, Ling Y, Hasan O, Jiang X, Kim Y, Phelps KN, Schmandt RE, Amran A, Coburn R, Ramesh S, Xiao Q, Schulz PE. Risk of Alzheimer Disease Following Influenza Vaccination: A claims-based cohort study using propensity score matching. *J Alzheimers Dis*. 2022 Aug. 88(3):1061-1074. PMID 35723106
44. **Xiao Q**, Heiss G, Kucharska-Newton A, Bey G, Love S, Whitsel EA. Life-course neighborhood socioeconomic status and cardiovascular events in Black and White adults in the Atherosclerosis Risk in Communities Study. *Am J Epidemiol*. 2022 Jul;191(8):1470-1484. PMID: 35419583
45. Schneider AC *, Moon M, Whitaker K, Zhang D, Carr LJ, Bao W, **Xiao Q**. Cross-sectional and prospective associations between self-reported sleep characteristics and cognitive function in men and women: The Midlife in the United States study. *J Sleep Res*. 2022 Jun;31(3):e13515. PMID: 34766410
46. Schneider AC *, Moon M, Whitaker K, Zhang D *, Carr LJ, Bao W, **Xiao Q**. Association of sleep with risk of Alzheimer's disease mortality: NIH-AARP diet and health study. *J Appl Gerontol*. 2022 Apr;41(4):1057-1065. PMID: 34109847
47. **Xiao Q**, Lu J **, Zeitzer JM, Matthews CE, Saint-Maurice P, Bauer C. Rest-activity profiles among U.S. adults in a nationally representative sample: a functional principal component analysis. *Int J Behav Nutr Phys Act*. 2022 Mar 24;19(1):32. PMID: 35331274
48. **Xiao Q**, Matthews CE, Playdon M, Bauer C. The association between rest-activity rhythms and glycemic markers: the US National Health and Nutrition Examination Survey, 2011-2014. *Sleep*. 2022 Feb. 14;45(2):zsab291. PMID: 34897522
49. **Xiao Q**, Sampson J, LaCroix A, Shadyab, AH, Zeitzer JM, Ancoli-Israel S, Yaffe K, Stone K. Nonparametric parameters of 24-hour rest-activity rhythms predict long-term cognitive decline and incident cognitive impairment in older men. *J Gerontol A Biol Sci Med Sci*. 2022 Feb 3;77(2):250-258. PMID: 34558603
50. **Xiao Q**, Qian J, Evans DS, Redline S, Lane NE, Ancoli-Israel S, Scheer FAJL, Stone K. Cross-sectional and prospective associations of rest-activity rhythms with circulating inflammatory markers in older men. *J Gerontol A Biol Sci Med Sci*. 2022 Jan 7;77(1):55-65. PMID: 33822930
51. **Xiao Q**, Gierach GL, Bauer C, Blot WJ, James P, Jones RR. The association between outdoor light at night and breast cancer risk in black and white women in the Southern Community Cohort Study. *Environ Health Perspect*. 2021 Aug;129(8):87701. PMID: 34379524
52. Zhang D *, Jones RR, James P, Kitahara CM, **Xiao Q**. Associations between artificial light at night and risk for thyroid cancer: a large US cohort study. *Cancer*. 2021 May;127(9):1448-1458. PMID: 33554351
53. Benzo RM **, Farag A, Whitaker KM, **Xiao Q**, Carr LJ. A Comparison of occupational physical activity and sedentary behavior patterns of nurses working 12-Hour day and night shifts. *Int J Nurs Stud Adv*. 2021 Nov;3:100028. DOI: 10.1016/j.ijnsa.2021.100028
54. Farag A, Moon C, **Xiao Q**. Work and personal characteristics associated with sleep behavior among acute care nurses. *J Nurs Regul*. 2021 Apr;12(1):40-51. DOI: 10.1016/S2155-8256(21)00019-3
55. **Xiao Q**, Jones RR, James P, Stolzenberg-Solomon R. Light at Night and Risk of Pancreatic Cancer in the NIH-AARP Diet and Health Study. *Cancer Res*. 2021 Mar 15;81(6):1616-1622. PMID: 33514513

56. **Xiao Q**, Bauer C, Layne T, Playdon M. The Association between Overnight Fasting and Body Mass Index in Older Adults: The Interaction between Duration and Timing. *Int J Obesity*. 2021 Mar;45(3):555-564. PMID: 33214704.
57. Xin J, Zhao L, Wu T, Zhang L, Li Y, Xue H, **Xiao Q**, Wang R, Xu P, Visscher T, Ma X, Jia P. Association between access to convenience stores and childhood obesity: a systematic review. *Obes Rev*. 2021 Feb;22 Suppl 1(Suppl 1):e12908. PMID: 31274248.
58. Zhou Q, Zhao L, Zhang L, **Xiao Q**, Wu T, Visscher T, Zhao J, Xin J, Yu X, Xue H, Li H, Pan J, Jia P. Neighborhood supermarket access and childhood obesity: A systematic review. *Obes Rev*. 2021 Feb;22 Suppl 1(Suppl 1):e12937. PMID: 31482658.
59. Jia P, Luo M, Li Y, Zheng J, **Xiao Q**, Luo J. Fast-food restaurant, unhealthy eating, and childhood obesity: a systematic review and meta-analysis. *Obes Rev*. 2021 Feb;22 Suppl 1(Suppl 1):e12944. PMID: 31507064.
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61. Li Y, Luo M, Wu X, **Xiao Q**, Luo J, Jia P. Grocery store access and childhood obesity: a systematic review and meta-analysis. *Obes Rev*. 2021 Feb;22 Suppl 1(Suppl 1):e12945. PMID: 31650697.
62. Wang Z, Zhao L, Huang Q, Hong A, Yu C, **Xiao Q**, Zou B, Ji S, Zhang L, Zou K, Ning Y, Zhang J, Jia P. Traffic-related environmental factors and childhood obesity: a systematic review and meta-analysis. *Obes Rev*. 2021 Feb;22 Suppl 1(Suppl 1):e12995. PMID: 32003149.
63. Mei K, Huang H, Xia F, Hong A, Chen X, zhang C, Qiu G, Chen G, Wang Z, Wang C, Yang B, **Xiao Q**, Jia P. State-of-the-art of measures of the obesogenic environment for children. *Obes Rev*. 2021 Feb;22 Suppl 1(Suppl 1):e13093. PMID: 32725754.
64. Jia P, Yang H, Cao X, Yuan C, **Xiao Q**, Yang S, Wang Y. Association between access to full-service restaurants and childhood obesity. *Obes Rev*. 2021 Feb;22 Suppl 1(Suppl 1):e13076.. PMID: 32618058.
65. Luo L, Buxton OM, Almeida DM, Gamaldo AA, **Xiao Q**. Opposite educational gradients in sleep duration between Black and White adults, 2004-2018. *Sleep Health*. 2021 Feb;7(1):3-9. PMID: 33358437.
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UNDER REVIEW

1. Moniruzzaman M, Deng Y, Khan S, El-Shahawy O, **Xiao Q**, Nguyen Q, Jagannathan R, Hu L, Tamura K. Psychosocial stressors linking neighborhood physical disorder to stroke risk among U.S. adults: findings from the Health and Retirement Study. (Submitted to *JAMA Intern Med*.)
2. Feng Q, Albalak G, Ao L, **Xiao Q**, Wang H, van der Velde JHPM, Kieft-de Jong JC, Rutter MK, Freeman JR, van Dijk KW, van Heemst D, Noordam R. Timing of Moderate-to-Vigorous Physical Activity and the Risk of Developing Type 2 Diabetes Mellitus: Evidence from UK Biobank and NHANES. (Submitted to *Diabetes Care*).
3. Abadi MA, Brumfield KD, Usmani M, Jiang G, Chakraborty TC, Wang Y, Zhou Z, He C, Qiu M, Stowell JD, Fritz D, Kumar S, Guo Q, Xiong Y, Destouni G, **Xiao Q**, Hu X, Fong K, Hang Y, Nielsen-Gammon JW, Habre R, Bratburd J, Tessum C, Jutla A, Colwell RR, Filippelli G, Nguyen TH. Developing Scenario-Based Strategies for Health, Climate, and Environmental Preparedness: The One Health, One Earth Approach. (Submitted to *GeoHealth*)

4. Geist B, L Meng, Katz DSW, Li H, Hölker F, **Xiao Q**. Artificial light at night extends pollen season and elevates allergenic exposure. (Submitted to *PNAS Nexus*)
5. Sheriff FR **, Benjamin RH, **Xiao Q**, Patel J, Shumate C, Fernandez A, Agopian AJ. Neighborhood social vulnerability and preterm birth risk among infants with trisomy 21: a statewide analysis. (Submitted to *Am J Epidemiol.*)
6. Figueroa-Solis E *, **Xiao Q**. The Association of neighborhood change with mortality: analysis of Socioeconomic Trajectories in the NIH-AARP Diet and Health Study. (Submitted to *Arch Public Health.*)
7. Kurcharska-Newton A, Prizment A, Palta P, Bey GS, **Xiao Q**, Van't Hof J, Lawrence W. Social determinants of health across the lifecourse and chronic disease risk. (Submitted to *Am J Epidemiol.*)
8. Bey GS, Pleasants H, Pike JR, Palta P, Bertoni A, **Xiao Q**, Hirsch J, Hughes T. Moderating Role of Psychosocial Risk and Resilience in the Relationship Between Neighborhood Disadvantage and Incidence Cardiovascular Disease Across Ethnoracial Groups: MESA Cohort 2000-2019. (Submitted to *Circ Res.*)
9. Yang JA, Tribby CP, Dmowska A, **Xiao Q**, Jankowska MM. Exploring racial and ethnic diversity trajectories and diabetes prevalence in the U.S. (Submitted to *Soc Sci Med.*)
10. Fox MM, Bramen J, Kwon D, Espeland MA, Sun Y, Zhang L, Shadyab AH, Casanova R, Manson J, Chang M, Raj S, Porter V, Wactawski-Wende J, Farland LV, **Xiao Q**, Wild RA, Hayden K, Siddarth P, Crandall CJ. Pregnancy and breastfeeding are associated with less later-life cognitive decline in a longitudinal, prospective cohort. (Submitted to *Alzheimers Dement*)
11. Lu J **, **Xiao Q**, Bauer C. A Comparative Analysis of Statistical Methods for Rest-Activity Rhythm Characterization: An Application to NHANES 24-Hour Actigraphy Data. (Submitted to *J R Soc Interface.*)
12. Julán-Serrano S, González-Feliciano A, Shams-White M, Etemadi A, Hong HG, **Xiao Q**, Tucker KL, Reedy J, Stolzenberg-Solomon R. Neighborhood deprivation modifies the association of diet quality with mortality. (Submitted to *JAMA Netw Open.*)
13. Tamura K, **Xiao Q**, Moniruzzaman M, Deng Y, Forde AT, Liao L, Jones R, Powell-Wiley T. Mediation of the association between neighborhood deprivation and sleep health by physical activity and TV viewing: Findings from a large U.S. cohort. (Submitted to *Sleep Epid.*)
14. Alkhulaifi F **, Al-Hooti S, Al-Zenki Sameer, Alomirah H, **Xiao Q**, Chan W, Wu F, Darkoh C. Association of meal frequency, nightly fast, skipping meals, and late-night meals with obesity in Kuwaiti adults. (Submitted to *nutrients*)
15. Ren R, Yang H, Xue L, **xiao Q**, Huang Y. Mediation analysis for sparse and irregularly spaced longitudinal outcomes with application to the MrOS Sleep Study. (Submitted to *J Am Stat Assoc.*)
16. Lu J **, **Xiao Q**, Bauer C. A Bayesian Circadian Hidden Markov Model to infer rest-activity rhythms using 24-hour actigraphy data. (Submitted to *Stat Med.*)

IN PREPARATION

1. Fan J, Sun H, Leng Y, Li X, Stone K, **Xiao Q**, G Zhang, L Cui. Sleep EEG-based brain age prediction via an explainable deep learning approach.
2. Yiallourou S, Wiedner C, Yang Q, Baril AA, Misialek JR, Kline CE, Harrison S, Cannon E, Bernal R, Bisson A, Himali D, Chiu T, Cavuoto M, Ancoli-Israel S, **Xiao Q**, Vaou EO, Weihs A, Leng Y, Gottesman RF, Beiser A, Lopez O, Lutsey PL, Purcell SM, Redline S, Seshadri S, Stone KL, Yaffe K, Pase MP, Himali J. A data driven approach to assess relationships between sleep, cognition and dementia: Findings from the Sleep and Dementia Consortium.
3. Li D, Mou Y, **Xiao Q**, Zhang B, Wang S, Huang Y. Uncovering the mediating role of metabolomics in the sleep-cognition pathway: a case study using deep learning to address complex confounding.
4. Castleman C, Shi H, Sanderson M, Lipworth L, **Xiao Q**, Full KM. Adverse childhood experiences and sleep durations in adulthood: findings from the Southern Community Cohort Study.
5. Parks CG, **Xiao Q**, Wilkerson J, Hofmann JN, Freeman LEB, Sandler DP. Pesticides associated with incident diabetes among licensed private pesticide applicators in the Agricultural Health Study cohort (1993-2021).
6. Yiallourou S, Wiedner C, Yang Q, Baril A, Misialek JR, Kline CE, Harrison S, Cannon E, Bernal R, Bisson A, Himali D, Chiu T, Cavuoto M, Ancoli-Israel S, **Xiao Q**, Vaou EO, Weihs A, Leng Y, Gottesman RF, Beiser A,

- Lopez O, Lutsey PL, Purcell SM, Redline S, Seshadri S, Stone KL, Yaffe K, Pase MP, Himali J. Macro and micro sleep architecture associated with cognition and dementia: findings from the sleep and dementia consortium.
7. Sheriff FR **, Benjamin RH, **Xiao Q**, Patel J, Shumate C, Fernandez A, Agopian AJ. Maternal hypertension, diabetes, and preterm birth risk among infants with trisomy 21 in Texas, 1999-2018.
 8. Govindswamy UM **, Bauer C. **Xiao Q**, Hang Y. Understanding The Relationship Between Drug Overdose Mortality Events and Heat Stress as a Function of Climate Change in West Virginia, 1999-2015.
 9. Figueroa-Solis E *, Jones R. **Xiao Q**. The association of PM2.5 with weight gain in the Southern Community Cohort Study.
 10. Wang J **, Bala BA, **Xiao Q**, Murphy CC. Racial and ethnic disparities in financial toxicity among adults with early-onset cancer in the United States.
 11. Wang J **, Bala BA, **Xiao Q**, Murphy CC. The Impact of Neighborhood Racial and Ethnic Composition and Neighborhood Poverty on Early-Onset Cancer Survival in Texas.
 12. Wang J **, Bala BA, **Xiao Q**, Murphy CC. Medicaid Disenrollment by Race and Ethnicity among Adults Newly Diagnosed with Early-Onset Cancer.
 13. Ha J, Lui LY, Ensrud K, **Xiao Q**, Hoffman AR, Wu JY. Association of insulin resistance and fracture risk in the Osteoporotic Fractures in Men (MrOS) cohort.
 14. **Xiao Q**, Jones R. Artificial light at night (ALAN) and total, cardiovascular and cancer mortality in Black and White adults in the United States.

Book Chapter and other non-peer-reviewed publications

1. **Xiao Q**, Stone K. 2025 "Epidemiology of sleep and circadian health" Chapter 20 in *Oxford Handbook of Sleep and Sleep Disorders* Ed. Charles M. Morin.
2. Hale L, James S, **Xiao Q**, Billings M, Jonson D. 2019 "Neighborhood factors associated with sleep health" Chapter 7 in *Sleep and Health* Ed. Michael Grandner.
3. Stone K, **Xiao Q** Impact of poor sleep on physical and mental health in older women. *Sleep Med Clin*. 2018 Sep; 13 (3) 457-465. PMID: 30098759.

PRESENTATIONS

INVITED TALKS

1. **Xiao Q** What data do we need for studying light pollution as an EJ issue and public health hazard? *NASA Health and Air Quality Applied Sciences Team meeting*. (Boston, Massachusetts) 2024
2. **Xiao Q** Light at night: alignment with rest-activity, association with diabetes and implications in environmental justice. *Texas Society for Circadian Biology and Medicine Meeting*. (College Station, Texas) 2024.
3. **Xiao Q** Artificial light at night (ALAN): spatiotemporal patterns, health consequences and environmental justice. Center for the Investigation of Environmental Hazards, NYU (online) 2024
4. **Xiao Q** Satellite data for environmental justice: the SD4EJ Team. *NASA Health and Air Quality Applied Sciences Team meeting*. (Salt Lake City, Utah) 2023
5. **Xiao Q** Studying circadian disruption and health outcomes: a multi-layered approach. *UCSD T32 seminar* (online) 2023
6. **Xiao Q** Spatiotemporal patterns of artificial light at night: demographic and socioeconomic correlates. *NASA Health and Air Quality Applied Sciences Team meeting*. (St Louis, Missouri) 2023
7. **Xiao Q** Kerr G. Earth observation for environmental justice. *American Geophysical Union Annual Meeting*. (Chicago, Illinois) 2022
8. **Xiao Q** Artificial light at night: an emerging environmental hazard and public health priority. *NASA Health and Air Quality Applied Sciences Team meeting*. (Madison, Wisconsin) 2022
9. **Xiao Q** Light at night as an environmental justice issue. *Air and Waste Management Association Annual Conference and Exhibition*. (San Francisco, California) 2022

10. **Xiao Q** Light at night: a public health and environmental justice issue. *NASA Health and Air Quality Applied Sciences Team meeting*. (Houston, Texas) 2022
11. Circadian disruption and metabolic health. *Seminars in Metabolism*. University of Utah 2021.
12. Neighborhood Socioeconomic and Physical Environment and Health Disparities. *NCI Geographic Analysis Working Group Meeting*. NCI (Bethesda, MD) 2020
13. Contextual socioeconomic status and CVD: current challenges and future directions. *NHLBI Workshop on Social Determinants of Cardiometabolic Health, Disease, and Health Disparities: Setting an Agenda for Research*. NIH (Bethesda, MD) 2019
14. Studying neighborhood socioeconomic deprivation and health behaviors and outcomes in large health cohorts. *The 1st International Symposium on Lifecourse Epidemiology and Spatial Science* (Leiden, Netherland) 2018
15. Studying neighborhood socioeconomic deprivation and health in the NIH-AARP Diet and Health Study. *American Association of Geographers* (Boston, MA) 2017
16. Studying sleep, circadian rhythm and cardiometabolic health: a multi-layered approach. *Frontiers in Obesity, Diabetes and Metabolism Seminar*. University of Iowa (Iowa City, IA) 2017
17. Sleep, circadian rhythms and cardiometabolic health: a multi-layered approach. *Oregon Health and Science University* (Portland, OR) 2016
18. Sleep duration, timing of sleep and the human metabolome. *Trans-NIH Sleep Research Coordination* (Bethesda, MD) 2015
19. Sleep, obesity and cancer. *National Heart Long and Blood Institute* (Bethesda, MD) 2015
20. Studying obesity and obesity-related diseases: A multi-layered approach. *University of Michigan* (Ann Arbor, MI) 2014

CONFERENCE PRESENTATION (ORAL)

1. **Xiao Q**. Artificial light at night and social vulnerability: an environmental justice analysis. *American Geophysical Union Annual Meeting*. (San Francisco, CA) 2023
2. **Xiao Q** 24-hour rest-activity patterns and health. *2022 International Conference on Ambulatory Monitoring of Physical Activity and Movement*. (Keystone, Colorado)
3. **Xiao Q** Social factors and patterns of diurnal behaviors in human populations. *2022 Society for Research on Biological Rhythms Biennial Conference*. (Amelia Island, Florida)
4. **Xiao Q** Evans DS, Redline S, Lane N, Ancoli-Israel S, Stone KL Cross-sectional and longitudinal relationships between rest-activity rhythms and circulating inflammatory markers in older men: The Osteoporotic Fractures in Men Sleep Study. *2019 World Sleep Congress*. (Vancouver, Canada)
5. **Xiao Q** Evans DS, Redline S, Lane N, Ancoli-Israel S, Stone KL Cross-sectional and longitudinal relationships between rest-activity rhythms and metabolic markers in older men: The Osteoporotic Fractures in Men Sleep Study. *2019 Annual meeting of the Associated Professional Sleep Societies*. (San Antonio, TX)
6. **Xiao Q** Habitual Sleep and the Human Metabolome. *2017 International Sleep and Circadian Biomarkers Workshop* (Boston, MA)
7. Zhang D *, **Xiao Q** Neighborhood Socioeconomic Status Trajectory and Colorectal Cancer. *2018 Society for Epidemiologic Research Annual Meeting*. (Baltimore, MD)
8. **Xiao Q**, H Arem, Matthews CE Pre-diagnosis sleep duration, napping and mortality among colorectal cancer survivors in a large US cohort. *2016 Annual meeting of the Associated Professional Sleep Societies*. (Denver, CO)
9. **Xiao Q**, Murphy R, Houston D, Harris T, Chow WH, Park Y Dietary and supplemental calcium intake and cardiovascular mortality. *2012 Society for Epidemiologic Research Annual Meeting*. (Minneapolis, MN)

CONFERENCE PRESENTATION (POSTER)

1. **Xiao Q**, Zhou M, Lyu Y **, Lu J **, Figueiro M, Wang J, Bauer C. Spatial variations and temporal trends of artificial light at Night (ALAN) in the contiguous U.S. (2012-2019). *ALAN 2023* (Calgary, Canada)
2. Qian J, **Xiao Q**, Walkup M, Coday M, Erickson M, Unick J, Jakicic JM, Hu K, Scheer FAJL, Middelbeek RJW. Timing of Moderate-to-Vigorous Physical Activity is Associated with Improvements in Glycemic Control in

- Type 2 Diabetes in the Look AHEAD Study. 2022 *American Diabetes Association Scientific Sessions*. (New Orleans, LA)
3. **Xiao Q**, Bauer C. Creating personalized rhythmic profiles of activity and diet for precision nutrition. 2021 *NIDDK Precision Nutrition workshop*. (Online)
 4. Moon C, Cole RAC, **Xiao Q**, Voss MW. Associations between Rest-Activity Patterns and Resting-State Networks in Older Adults. 2019 *Annual meeting of the Associated Professional Sleep Societies*. (San Antonio, TX)
 5. Zhang D *, **Xiao Q** Neighborhood socioeconomic status trajectory and excessive weight change 2019 *Society for Epidemiologic Research Annual Meeting*. (Minneapolis, MN)
 6. Schneider A *, Zhang D *, **Xiao Q** Adolescent sleep variable and BMI outcomes from the Family Life, Activity, Sun, Health, and Eating Study (FLASHE) 2019 *Advances in Sleep & Circadian Science* (Clearwater Beach, FL)
 7. Gordon-Dseagu VL, Derkach A, **Xiao Q**, Williams I, Sampson J and Stolzenberg-Solomon R The association of sleep with metabolic pathways and metabolites: evidence from the Dietary Approaches to Stop Hypertension (DASH)-Sodium Feeding Study 2018 *AACR Annual Meeting* (Chicago, IL)
 8. **Xiao Q**, Garaulet M, Scheer FA. Timing of energy and macronutrient intake, sleep timing and body mass index 2017 *European Biological Rhythms Society Conference* (Amsterdam, Netherland)
 9. **Xiao Q**, Berrigan D, Powell-Wiley T, Matthews CE. Changes in neighborhood socioeconomic deprivation and mortality in US adults 2017 *Society for Epidemiologic Research Annual Meeting*. (Seattle, WA)
 10. **Xiao Q** A large cross-sectional study of the associations between neighborhood and individual socioeconomic status and sleep and napping 2017 *Annual meeting of the Associated Professional Sleep Societies*. (Boston, MA)
 11. **Xiao Q**, Berrigan D, Matthews CE A prospective investigation of neighborhood socioeconomic deprivation and weight change in a large US cohort 2016 *Society for Epidemiologic Research Annual Meeting*. (Miami, FL)
 12. **Xiao Q**. Sleep deficiency, circadian disruption, and cardiometabolic health: a multilayered approach 2015 *Sleep Research Network Annual Meeting*. (Bethesda, MD)
 13. **Xiao Q**, Matthews CE. Sleep duration, timing of sleep and the human metabolome 2015 *Annual meeting of the Associated Professional Sleep Societies*. (Seattle, WA)
 14. **Xiao Q**, Graubard BI, Berrigan D, Matthews CE. A prospective investigation of socioeconomic deprivation and self-rated health in a large US cohort 2014 *Society for Epidemiologic Research Annual Meeting*. (Seattle, WA)
 15. **Xiao Q**, Matthews CE. Relationship between Sleep Characteristics and Adiposity in a Nationally-Representative Sample. 2013 *Obesity Week*. (Atlanta, GA)
 16. **Xiao Q**, Liao L, Matthews CE, Hofmann JN, Colt J. Physical activity and renal cell carcinoma among black and white Americans. 2013 *American Institute for Cancer Research Annual Meeting*. (Bethesda, MD)
 17. Lin SW, Park Y, Freedman ND, **Xiao Q**, Hollenbeck A, Abnet CC. Multivitamin use is associated with increased total and cause-specific mortality in the NIH-AARP Diet and Health Study. 2013 *American Institute for Cancer Research Annual Meeting*. (Bethesda, MD)
 18. **Xiao Q**, Park Y, Kitahara CM. Intakes of dietary flavonoids and thyroid cancer risk in a large prospective study. 2013 *Society for Epidemiologic Research Annual Meeting*. (Boston, MA)
 19. **Xiao Q**, Matthews CE. A large prospective investigation of sleep duration, weight change and obesity in the NIH-AARP Diet and Health Study Cohort. 2013 *Sleep Annual Meeting*. (Baltimore, MD)
 20. **Xiao Q**, Ren JS, Abnet CC, Park Y. Intakes of folate, methionine, and vitamin B6 and B12 and risk of esophageal and gastric cancer in a large cohort study. 2012 *AACR Frontiers in Cancer Prevention Research* (Anaheim, CA).
 21. **Xiao Q**, Spitzer NC Mechanisms underlying target regulation of transmitter expression in spinal neurons in culture. 2008 *Society for Neuroscience Annual Meeting*. (Washington D. C.)

22. **Xiao Q**, Spitzer NC Target regulation of transmitter expression in spinal neurons in culture. 2007 *Society for Neuroscience Annual Meeting*. (San Diego, CA.)

TEACHING/MENTORING

TEACHING

The University of Texas Health Science Center at Houston

Instructor **Experimental Methods in Epidemiology (PH2712)**

Semester/year: Spring 2021-present

Co/Lead-Instructor **Cancer Epidemiology (PH2745)**

Semester/year: Summer 2021-present

University of Iowa

Instructor **Research Methods and Ethics (HHP:6020)**

Semester/year: Fall 2017-Fall 2019

Instructor **Policy, Environmental, and Social Determinants of Health (HHP:4030)**

Semester/year: Spring 2017-Spring 2019

Co-Instructor **Seminar in Health Promotion (HHP:6500)**

Semester/year: Spring 2017-Spring 2019

Guest Lecturer **Obesity: Causes, Consequences, Prevention and Treatment (HHP:3050)**

Semester/year: Fall 2016

Guest Lecturer **Behavioral and Clinical Health Assessment (HHP:4010)**

Semester/year: Fall 2016

Guest Lecturer **Introduction to Molecular Epidemiology (EPID:5560)**

Semester/year: Spring 2019

MENTORING

The University of Texas Health Science Center at Houston

➤ Post-doctoral Fellow

Samuel Nyarko, 09/2020 – 06/2022

Ho Ching (Chris) Yeung, 01/2022- 02/2024

Erika Figueroa-Solis, 07/2023-present

Meina Zhang, 08/2025-present

➤ Graduate Student

DISSERTATION ADVISOR

Timothy Clark, PhD student 05/2025-present

DISSERTATION COMMITTEE

Jiachen Lu, PhD student, 08/2022-05/2024

Fatema Alkhulaifi, PhD student, 10/2022-03/2024

Brian Heckler, MS student, 07/2020 – 07/2021

Haley Barnes, MS student, 07/2021 – 08/2022

Fatima Sherif, PhD student, 05/2022-07/2025

Benisco Voltaire, PhD student, 10/2022-present

Jennifer Wang, PhD student, 03/2024-present

Aparajita Chandrasekhar, PhD student, 07/2024-present

Holly McMillan, PhD student 09/2024-present

Kira Mori, PhD student 10/2024-present

Zenab Yusuf, PhD student 01/2025-present

Shefali Gupta, PhD student 01/2025-present

Kehe Zhang, PhD student 03/2025-present

ACADEMIC ADVISOR

Rachel Farias, PhD student, 08/2020 – 03/2022
 Taylor Anderson, MPH student, 08/2020 – 06/2022
 Abiya Anna Joshy, MPH student, 11/2020 – 07/2022
 Kimberly Morrison, MPH student, 08/2021-05/2023
 Ahmed Elaileh, MPH student, 08/2021-05/2023
 Krithika Ganesh, MPH student, 03/2022-05/2024
 Neeharika Prathapa, MPH student, 19/2022-08/2024
 Ronald Samuel, MPH student, 04/2023-present
 Gerardo Vazquez Mosqueda, MPH student, 08/2023-07/2024
 Samarthkumar Ladumor, MPH student, 07/2024-present
 Sanskriti Fnu, MPH student, 04/2024-present
 Manali Patel, MPH student, 12/2023-present
 Mariana Hernandez, MPH student, 09/2024-present

University of Iowa

➤ Post-doctoral Fellow
 Dong Zhang, 09/2017- 12/2019

➤ Graduate Student

DISSERTATION ADVISOR

Aaron Schneider (dissertation advisor), PhD student, 01/2018 – 03/2020

DISSERTATION COMMITTEE

Piroska Boros (dissertation committee), PhD student, 04/2018 – 07/2020
 Minsuk Oh (dissertation committee), PhD student, 12/2018 – 11/2019
 Katie Hosteng (dissertation committee), PhD student, 07/2017 – 12/2019
 Roberto Benzo (dissertation committee), PhD student, 05/2017 – 10/2019
 Kristen Metcalf (dissertation committee), PhD student, 01/2017 – 08/2018
 Madeline Dohleman (dissertation committee), MS student, 12/2018 – 12/2019

SERVICE**INSTITUTIONAL SERVICE**

Doctoral Student Experience Committee, member, UTHealth SPH	12/2024-present
Admissions Committee, member, UTHealth SPH	10/2020-present
Curriculum Committee, member, UTHealth SPH	09/2023-present
Preliminary Exam Committee, member, UTHealth SPH	03/2022-06/2024
Departmental Undergraduate Curriculum Committee, member, University of Iowa	02/2018-12/2019
Departmental Tenure-track faculty Search Committee, member, University of Iowa	01/2018-06/2019
Departmental Lecturer Search Committee, member, University of Iowa	06/2017-06/2019
Technical Evaluation of Protocols Committee, member, NCI	06/2015-06/2016
Fellows Editorial Board, member, NCI	09/2011-12/2013
Cancer Prevention Fellowship Fall Symposium Planning Committee, member, NCI	09/2012
Cancer Prevention Fellowship Program Fellows Advisory Board, member, NCI	07/2011-12/2013

PROFESSIONAL SERVICE**Consultation**

Scientific advisor, NASA DEVELOP Program 01/2025-present

Grant review

Sleep Disorders and Restrictions, Medical Research Program, DOD	
Fellowships: Epidemiology and Population Sciences, NIH	07/2023-present
Clinical Neurodegeneration Translational Neuroscience, NIH	03/2025
Clinical and Experimental Therapeutics, Prostate Cancer Research Program, DOD	09/2023

Fire Prevention and Safety Grant Program, the Department of Homeland Security	05/2023
Equity and Environmental Justice Panel Review, NASA	05/2022
Israel Science Foundation, Israel	03/2022
French National Cancer Institute, France	03/2022
Risks, Prevention and Health Behavior, Fellowships study section, NIH	10/2021
The Mechanisms of Emotion, Stress and Health study section (MESH), NIH	06/2021
Medical Research Council, United Kingdom	10/2019

Journal Editor

Sleep Health (associate editor)	10/2025-present
SLEEP (associate editor)	12/2024-present
GeoHealth and Environmental Justice (Joint special issue editor)	03/2022-present
Frontiers in Oncology (review editor)	10/2020-present

Society committee

Awards Committee, member, Society for Epidemiological Research	09/2018-09/2019
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Conference abstract review

Annual meeting of the Society for Epidemiological Research	12/2017-12/2020
Annual meeting of the Associated Professional Sleep Societies	12/2017-12/2020

Journal review

American Journal of Epidemiology
Andrology
Annals of the American Thoracic Society
Annals of Epidemiology
Appetite
BBA – Molecular Basis of Disease
BMC Cancer
BMC Gastroenterology
BMC Public Health
British Journal of Cancer
Cancer
Chronobiology International
Clock & Sleep
Diabetes Care
Diabetes Research and Clinical Practice
Ecotoxicology and Environmental Safety
Environmental Pollution
Epidemiology
Frontiers in Oncology
Frontiers in Psychology
Health and Place
International Journal of Cancer
International Journal of Environmental Research and Public Health
International Journal of Health Geographics
International Journal of Behavioral Nutrition and Physical Activity
International Journal of Obesity
JAMA Internal Medicine
JAMA Network Open
Journal of the Academy of Nutrition and Dietetics
Journal of Biological Rhythms

Journal of Clinical Sleep Medicine
Journal of Epidemiology & Community Health
Journal of Gerontology: Biological Sciences
Journal of Gerontology: Medical Sciences
Journal of Occupational and Environmental Hygiene
Journal of Psychosomatic Research
Journal of Women's Health
Lancet Healthy Longevity
Medicine & Science in Sports & Exercise
Molecular Basis of Disease
Nature Communications
Nutrients
Pediatric Obesity
Preventive Medicine
Scientific Report
Sleep
Sleep Health
Sleep Medicine
Social Science & Medicine – Population Health