

Curriculum Vitae

Meizi He, MD, MSc, PhD

University of Texas at San Antonio
Department of Health and Kinesiology
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WORKING EXPERIENCE

- 2013 - **Professor (Tenured)**
Department of Health and Kinesiology, University of Texas at San Antonio
- 2008 -2013 **Associate Professor (tenured)**
Department of Health and Kinesiology, University of Texas at San Antonio
- 2007- 2008 **Associate Professor (tenured)**
Department of Food and Nutritional Sciences, Brescia University College, The University of Western Ontario, London, ON, Canada
&
- 2001-2008 **Public Health Research / Educator**
The Public Health Research, Education and Development Program (PHRED), Middlesex-London Health Unit, London, ON, Canada
- 2001-2007 **Assistant Professor**
Department of Human Ecology, Brescia University College, London, ON, Canada
- 2000-2001 **Postdoctoral Fellow**
Department of Nutritional Sciences, University of Toronto, Toronto, ON, Canada
- 1986-1995 **Faculty Member**
Department of Nutritional Sciences, Sun Yet-sen University of Medical Sciences, China

TEACHING EXPERIENCE

- 2013 - **Professor (tenured)**
Department of Health and Kinesiology, University of Texas at San Antonio
- **Graduate supervision:**
MSc students: Christian Umana.
PhD student: Summer Wilmoth
- 2008 - 2013 **Associate Professor (tenured)**
Department of Health and Kinesiology, University of Texas at San Antonio
- **Courses taught:**
Undergraduate level:
Nutrition and Health
Survey of Human Nutrition
Personal Health
 - Graduate level:
Health Behaviors
Nutrition and Health
Program Planning, Implementation &

Evaluation
Epidemiology
Obesity Research

• **Graduate supervision:**

MSc students: Roger Fegueroa, Summer Wilmoth, Jennifer Castillo, Christian Umana.

PhD student: Summer Wilmoth

- 2007-2008 **Associate Professor (tenured)**
Department of Food and Nutritional Sciences, Brescia University College
- Community Nutrition I & II (Undergraduate Course)
 - Nutritional Epidemiology (Graduate Course)
 - On Dean's Honor Teaching Roll, 2007
 - Graduate supervision: MSc students: Gregory Killough and Michelle Hudson
- 2001- 2007 **Assistant Professor,**
Department of Human Ecology, Brescia University College
- Community Nutrition I & II (Undergraduate Course)
- 1997-1999 **Course Instructor,**
Postgraduate Diploma Dietetic Program, University of Hong Kong
- Applied Nutrition
- 1986-1995 **Faculty Member,**
Department of Nutritional Sciences, Sun Yat-sen University of Medical Sciences, China
- Human Nutrition
 - Food Hygiene

EDUCATIONAL BACKGROUND

- 1996-2000 **PhD in Nutrition and Health**
University of Hong Kong, Hong Kong
Department of Medicine and Department of Zoology
- 1983-1986 **MSc in Human Nutrition and Health**
Sun Yet-sen University of Medical Sciences, China
Faculty of Preventive Medicine
- 1978-1983 **Medical Doctor**
Sun Yet-sen University of Medical Sciences, China
Faculty of Preventive Medicine

RESEARCH AND PUBLICATIONS

RESEARCH GRANTS

Grants currently held

1. "Building a Healthy Temple". **Principal Investigator**, Baptist Health Foundation (BHF) San Antonio. (\$250,000) (2012-2014)
2. "Path to Health" – A Pilot Diabetes Prevention Program in Shangxi Province, China. **Co-Investigator**. International Diabetes Federation. (\$65,000) (2012-2014)
3. "Soy as an innovative dietary strategy in preventing abdominal obesity among menopausal women" **Principal Investigator**. Faculty Research Award, College of Education and Human Development (\$8000) (2011 -2012)
4. "Soy as an innovative dietary strategy in preventing abdominal obesity among menopausal women" **Co-Principal Investigator**, UTSA Collaborative Research Seed Grant Program (\$30,000) (2011-2012)
5. "Soy as an innovative dietary strategy in preventing abdominal obesity among menopausal women" **Principal Investigator**, United Soybean Association Soy Health Research Incentive Award (\$10,000) (2010-2012)
6. "Dietitian Today & Tomorrow" **Co-Director**, US Department of Agriculture (\$290,000) (2010-2013)
7. "MI CASA Mujeres Interesadas en Cambios por la Salud. English Translation, Women Interested in Changes for a Healthy Lifestyle)" **Co-Investigator**, National Institutes of Health, (\$222,233.99) (2010-2012)
8. "Prenatal and early childhood exposure to malnutrition and the development of metabolic syndrome in later life – a Cohort Study in West China". **Co-Investigator**; Sponsored by Shanxi Evergreen Service, China. Principal Investigator: Mark Strand & Judy Perry (2008-2012)

Funding held in the past 10 years

1. "Building a Healthy Temple – A faith-based obesity prevention program for Latino children and parents". **Co-Principal Investigator**, San Antonio Life Science Institute. (\$126, 500) (2010-2011)
2. "Get Healthy Together", **Co-Investigator**, San Antonio Life Science Institute. (\$250,000) (2010-2011)
3. "Building a Healthy Temple – A faith-based community participatory research project for preventing childhood obesity among Latino families". **Principal Investigator** RWJF, Salud America! Competition. (\$75,000) (2009-2011)
4. "Juntos y Salduables II/Get Healthy Together II". **Co-Investigator**. International Life Science Institute (\$17,000). (2009-2011)
5. "Dissemination of Families in Action, a community-based childhood obesity intervention program". **Co-Principal Investigator** with Betty Harvey. Lawson Foundation (\$150,000) (2008-2010)
6. "A community-based lifestyle intervention for obese children at risk for type II diabetes and their families". **Co-Investigator**. Principal Investigator: Shauna Burke. Lawson Foundation (\$150,000) (2008-2010)
7. "Latino Families in Action: Implementing and evaluating a community-based obesity prevention program for a high-risk ethnocultural paediatric population". **Nominated Principal Investigator**, Canadian Diabetes Association's Grant-in-Aid Program (\$100,000) (2006-2009). Co-PI: Betty Harvey

8. "Development of a 'healthy eating and active living awareness' and a 'self-report waistline' module for the Rapid Risk Factor Surveillance System (RRFSS)". **Principal Investigator**, funded by the Ontario Ministry of Health Promotion (\$77,040) (2007-2008)
9. "Validity and reliability of self-reported waistline among adult Ontarians". **Principal Investigator**, funded by the Ontario Ministry of Health Promotion (\$50,075) (2007-2008)
10. "Evaluation of Northern Ontario fruit and vegetable pilot program- A randomized controlled trial". **Project Co-Lead**, funded by the Ontario Ministry of Health Promotion (\$115,000) (2006 -2007). Co-Lead: Charlene Beynon
11. "Families in Action: Development of a resource kit for community-based obesity prevention programs targeting high-risk ethnocultural paediatric populations". **Co-Principal Investigator**, Public Health Agency of Canada. (\$75,000) (2007-2008). Co-PI: Betty Harvey
12. "Childhood overweight & obesity management: Physicians' views and practices". **Nominated Principal Investigator**, funded by Canadian Institute of Health Research (CIHR operating grant, \$173,130) (2005-2007). Co-PIs: Dr. S. B. Harris & Dr. Len Piche
13. "Assessing the influence of environmental factors on obesity-related behaviours among youth". **Co-Investigator**, funded by Canadian Institute of Health Research (CIHR operating grant, \$169,141) (2005-2008). PI: Dr. J Gilliland
14. "Toward a better understanding of beverage consumption pattern of school-aged children- a comprehensive approach". **Principal Investigator**, Danone Institute of Canada (\$70,000) (2005-2007). Co-PI: Dr. Len Piche
15. "Ontario Healthy Active Living Strategy" Evaluation Project. **Project Co-Lead**, funded by the Ontario Ministry of Health Promotion (\$150,000) (2006). Co-Lead: Charlene Beynon
16. "Development and validation of a simple tool to measure beverage consumption among school-aged children". **Principal Investigator**, Brescia Research Grant (\$2000) (2005-2006)
17. "Neighbourhood opportunities for physical activity among children in London". **Co-Investigator**, funded by London Community Foundation (\$9,500) (2005-2006). PI: Dr. J Gilliland
18. "Body mass index, body fat content, body fat distribution pattern, and health risks: A comparison between Asians and Caucasians". **Co-Investigator** with Dr. E. Li of The University of Hong Kong, funded by the Research Grants Council (RGC) (Hong Kong) (\$69,900)
19. "Sandy Lake School-Based Primary Prevention Program". **Collaborator**, funded by Canadian Institute of Health Research (\$22,500) (2004-2006). PI: Dr. Stewart Harris, The University of Western Ontario.
20. "Nutrition Risk in Canadian preschoolers: prevalence and models". **Collaborator**, funded by Canadian Institute of Health Research (\$200,500) (2004-2006). PI: Dr. Janis Simpson, University of Guelph.
21. "Physicians' views, practices and needs toward childhood obesity- a pilot study". **Principal Investigator**, funded by the Middlesex-London Health Unit (\$8,000) (2004-2005)

22. "Towards understanding factors contributing to screen-related sedentary behaviours in school-aged children". **Nominated Principal Investigator**, funded by Canadian Institute of Health Research (CIHR Pilot Project Grant, \$49,644) (2004-2005) Co-PI: Dr. S.B. Harris
23. "Obesity prevention and healthy body weights promotion in preschoolers-aged children: parent's perceptions". **Co-Principal Investigator** with Dr. J Irwin. Funded by Canadian Institute of Health Research (\$38,190) (2003-2005)
24. "Development and validation of an instrument in measuring sedentary behaviours in children". **Principal Investigator**, funded by Brescia University College Research Grants (\$900) (2003)
25. "Child growth patterns and the effectiveness of growth monitoring practices in primary health care settings". **Principal Investigator**, funded by the Middlesex-London Health Unit Research Trust Fund (\$15,640) (2001-2002)
26. "Breastfeeding promotion to the Vietnamese community in Middlesex-London". **Co-Principal Investigator with Dr. J. Sutton**, funded by Middlesex-London Breastfeeding Committee (\$2000) (2002-2003)
27. "Feasibility study: Measuring childhood obesity and related factors among Simcoe County children in grade-one". **Principal Investigator**, funded by Simcoe County District Health Unit Research Trust Fund (\$9,500) (2002)
28. "Development of a nutrition screening tool for every preschooler". **Co-investigator**, funded by Ontario Early Years Challenge Funds (\$95,365) (2002-2003)

PUBLICATIONS

Journal articles

1. **He, M**, Wilmoth, S, Jones, T, Butos, D, Leeds, J, Yin, Z. Latino Church Leaders' Perspective on Childhood Obesity Prevention. *American Journal of Preventive Medicine*. 2013;44(3S3):S232-S239
2. Gilliland J, Irwin J, Tucker P, Hess P, **He M**. Linking Childhood Obesity to the Built Environment: A Multi-Level Analysis of Home and School Neighbourhood Factors associated with Body Mass Index. *Canadian Journal of Public Health*. 2012;103(Suppl. 3):S15-S21
3. Chen R, Wilson K, Chen Y, Zhang D, Qin X, **He M**, Hu Z, Ma Y, Copeland JR. Association between environmental tobacco smoke exposure and dementia syndromes. *Occup Environ Med*. 2012 Oct 26. (Epub ahead of print doi:10.1136/oemed-2012-100785).
4. **He M**, Tucker P, Gilliland J, Irwin J, Larsen K, Hess P. Obesogenic Neighbourhoods: The Impact of Neighborhood Restaurants and Convenience Stores on Adolescents' Food Consumption Behaviors. *Public Health Nutrition*. 2012. (in press) (available online doi:10.1017/S1368980012000584)
5. Yin Z, Parra-Medina, D, Cardova, A, **He M**, Trummer, V, Sosa, E, Gallion, KJ, Sintes-Yallen, A, Huang Y, Wu X, Acosta D, Ramirez A. Míranos! Look at Us, We Are Healthy! An Environmental Approach to Early Childhood Obesity Prevention. *Childhood Obesity*. 2012 Oct;8(5):429-39

6. **He M**, Beynon C, Grike J, Henderson M, Kurtz J, Sangster-Bouck M, St. Onge R, van Zandvoort MM, Chevier-Lamoureux RD, Warren CY. Children's Perceptions of the Northern Fruit and Vegetable Program in Ontario, Canada. *Journal of Nutrition Education and Behavior*. 2012. Vol 44 (6), 592-596.
7. **He M**, Tucker P, Gilliland J, Irwin J, Larsen K. and Hess P. The influence of local food environments on adolescents' food purchasing behaviors. *International Journal of Environmental and Public Health Research*. 2012, 9(4):1458-1471
8. Battram D, Beynon C, **He M**. The reliability and validity of using clothing size as a proxy for waist circumference at the population level. *Applied Physiology, Nutrition and Metabolism*. 2011, 36:(2) 183-190, 10.1139/h11-001
9. Sangster Bouck M; St Onge R, **He M**, Beynon C, Lemieux S, Khoshaba L, Stewart S. Process Evaluation of a School-based Fruit and Vegetable Program. *Canadian Journal of Dietetic Practices and Research*. 2011. Vol. 72 (1): 14-22
10. Callaghan C, Mandich G, **He M (corresponding author)**. Healthy Vending Machine Pilot Project in Four Ontario Secondary Schools. *Canadian Dietetic Practice and Research*. 2010, Vol. 71(4):186-91.
11. Killough G, Battram, D. Kurtz, J, Mandich G. **He M (corresponding author)**. Pause-2-Play – a pilot school-based obesity prevention program in Canada. *Brazilian Journal of Mother and Child Health*. 2010 Vol. 10 (3):303-311
12. **He M**, Piche L, Kurtz J, Beynon C, Harris S B. Screen-related Sedentary Behaviours of School-aged Children: Principals' and Teachers' Perspectives. *Health Education Journal* 2011, Vol. 70 (1): 32-38
13. **He M**, Li E, Harris S B, Huff M, Yau C, Anderson H. The Canadian Global Village Reality: A look at anthropometric surrogate cut-offs and metabolic abnormalities among East-Asian, South-Asian and European descendants. *Canadian Family Physicians*. 2010 Vol.56 (5): e174 - e182
14. **He M**, Piche L, Clarson C, Harris S B. Childhood Overweight & Obesity Management: A National Perspective of Primary Health Care Providers' Views, Practices, Perceived Barriers and Needs. *Paediatrics and Child Health*, 2010 Vol 15 (7): 419-426
15. **He M**, Piche, L, Beynon C, Harris S.B. Screen-related sedentary behaviors: Children's and parents' attitudes, social influence and intention. *Journal of Nutrition Education and Behavior*. 2010 Vol 42 (1):17-25.
16. **He M**, Beynon C, Bouck M S, St Onge R, Stewart S, Khoshaba L, Horbul A B, Chircoski B. Impact of the Northern Fruit and Vegetable Pilot Program – A Cluster-Randomized Controlled-trial. *Journal of Public Health Nutrition* 2009. 12(11):2199-208
17. **He M**, Callaghan C, Evans A, Mandich G. Healthy Eating Champions Award for Elementary Schools: Findings from a process evaluation. *Canadian Journal of Dietetic Practice and Research*. 2009. Vol. 70(2):101-4
18. **He M**, Harris SB, Piche L, Beynon C. Understanding screen-related sedentary behavior and its contributing factors among school-aged children: A Social-Ecological Exploration. *American Journal of Health Promotion*. 2009. Vol. 23 (5) 299-308.

19. Tucker P, Irwin JD, Gilliland J, **He M**. Adolescents' Perspectives of Home, School and Neighborhood Environmental Influences on Physical Activity and Dietary Behaviors. *Children, Youth and Environments*. 2009; 18(2), 12-35.
20. Larsen, K, Gilliland, J, Hess P, Tucker P, Irwin J, **He M**. The Influence of the Physical Environment and Sociodemographic Characteristics on Children's Mode of Travel to and From School. *Am J Public Health* 2009; 99(3): 520-526.
21. Tucker P, Irwin J D, Gilliland J, **He M**. Environmental Influences on Physical Activity Levels in Youth. *Health and Place*. 2009; 15(1):357-63.
22. Rush TJ, Ng VK, **He M**, Irwin JD. Activity and Obesity of Columbian Immigrants in Canada who Use a Good Bank. *Perceptual and Motor Skills*. 2007; 105: 681-687.
23. Irwin JD, Ng V, Rush T, Nguyen C, **He M**. Can food banks sustain nutrient requirements? A case study in Southwestern Ontario. *Canadian Journal of Pubic Health*. 2007; 98(1): 17-20.
24. Sutton J, **He M (corresponding author)**, Despard C, Evans A. Barriers to Breastfeeding in a Vietnamese Community: A Qualitative Exploration. *Canadian Journal of Dietetic Research and Practice*. 2007; 68(4): 195-200.
25. **He M**, Evans A. Are parents aware that their children are overweight or obese? *Canadian Family Physician*. 2007; 53: 1493-1499.
26. Rush TJ, Ng V, Irwin JD, Stitt L, **He M** (corresponding author). Food insecurity and dietary intake of Columbian food bank users in London, Ontario. *The Canadian Journal of Dietetic Practice and Research*. 2007; 68(2): 73-78.
27. **He M**, Beynon C. Prevalence of Overweight and Obesity in School-aged Children. *The Canadian Journal of Dietetic Practice and Research*. 2006; 67(3): 125-129.
28. Tucker P, Irwin JD, **He M**, Sangster Bouck LM, Pollett G. Preschoolers' Dietary Behaviours: Parents' Perspectives. *The Canadian Journal of Dietetic Practice and Research*. 2006; 67(2):67-71.
29. Tucker P, Irwin JD, Sangster Bouck LM, **He M**, Pollett G. Preventing paediatric obesity; recommendations from a community-based qualitative investigation. *Obes Rev*. 2006; 7(3): 251-260.
30. **He M**, Irwin JD, Sangster Bouck LM, Tucker P, Pollett GL. Screen-Viewing Behaviors Among Preschoolers: Parents' Perceptions. *American Journal of Preventive Medicine*. 2005; 29(2): 120-125.
31. Irwin JD, **He M**, Sangster Bouck LM, Tucker P, Pollett GL. Preschoolers' physical activity behaviours; Parents' perspectives. *Canadian Journal of Public Health*. 2005; 96(4): 299-303.
32. **He M**, Sutton J. Using Routine Growth Monitoring Data in Tracking Overweight Prevalence in Young Children. *Canadian Journal of Public Health*. 2004; 95(6): 419-423.
33. **He M**. Eating habits, physical inactivity patterns and overweight of children in four London elementary schools. *Public Health & Epidemiology Report Ontario (PHERO)*. 2003; 14(1): 10-17.
34. **He M**. Measuring childhood obesity: a public health perspective. *Public Health & Epidemiology Report Ontario (PHERO)*. 2003; 14(10): 151-156.
35. **He M**, Tan KCB, Li ETS, Kung AWC. Body fat determination by dual energy X-ray absorptiometry and its relation to body mass index and waist circumference in Hong Kong

- Chinese. *International Journal of Obesity and Related Metabolic Disorders*. 2001; 25: 748-752.
36. **He M**, Ma J, Chen Q, Mei J, Dai J, Luo Y et al. Growth and Feeding Practices of 4 and 8 months infants in Southern China. *Nutrition Research*. 2001; 21: 103-120.
 37. **He M**, Mei J, Jiang Z, Chen Q, Dai J, Lui SSH et al. Growth of infants during the first 18 months of life in urban and rural areas of Southern China. *Journal of Paediatrics and Child Health*. 2001; 37: 456-464.
 38. Sit C, Yeung DL, **He M**, Anderson GH. The Growth and feeding patterns of 9 to 12 month old Chinese Canadian infants. *Nutrition Research*. 2001; 21: 505-516.
 39. **He M**, Li ETS, Kung AWC. Dual-energy X-ray absorptiometry for body composition estimation in Chinese women. *Eur J Clin Nutr*. 1999; 53: 933-937.
 40. **He M**, Pan M, Li M, Yang Y, Liang C, Su B et al. Effect of mother's nutritional knowledge of feeding on the growth of young children in Guangdong Province. *Journal of China Public Health*. 1998; 14(8): 500-504.
 41. Jiang Z, He Z, Chen Q, Ma J, Mei J, **He M**. Multiple regression analysis of the determinants of 4 months old infants' growth in Guangdong Province. *Acta Nutrimenta Sinica*. 1998; 20(2): 202-208.
 42. **He M**, Su B, Li M., Yang Y, Pan M, Liang C et al. A survey on mother's nutritional knowledge- Attitude on the feeding of young children in Guangdong Province. *Journal of Hygiene Research*. 1997; 26 (1): 60-63.
 43. **He M**, Mei J, Ma J et al. Growth and feeding pattern of Gaungdong infants. *Acta Nutrimenta Sinica*. 1996; 18(3): 332-336.
 44. **He M**, Yang Y, Li M, Pan M, Liang C, Su B et al. Effects of different modes for health education on mother's knowledge of baby feeding. *Chinese J. Prevention Medicine*. 1996; 30(2): 11-13.
 45. **He M**. Heart rate monitoring as a mean in the measurement of energy expenditure in children. *Journal of Applied Nutrition*. 1995; 2(2): 20-24.
 46. Ma J, **He M**, Mei J. Inadequate vitamin A fortified milk powder induced abnormal fetal development in rats. *Food Sciences*. 1995; 16(3): 41-42.
 47. Ho Z, **He M**, Mei J et al. Energy requirement of preschool children in Subtropics Area IV: The field survey and evaluation. *Acta Nutrimenta Sinica*. 1989, **11** (3); 282-287.
 48. Ho Z, **He M**. Energy expenditure of preschool children in subtropical area. *World Review of Nutrition and Dietetics*. 1988; 57: 75-94.
 49. Ho Z, **He M**. Energy requirement of preschool children in Subtropics Area III: The energy expenditure of preschool children. *Acta Nutrimenta Sinica*. 1987; 9(3): 349-357.

Book Chapter

1. **He M & Summer W**. Chapter 5: Sedentary behavior and childhood obesity prevention and management. In: Maryanne G. Bergin, Editor. *Sedentary Behavior: Physiology, Health Risks and Interventions*. New York: Nova Science Publishers. 2011: 81-94

2. **He M.** Measuring Paediatric Obesity. In: Flamenbaum RK, editor. Childhood Obesity and Health Research. New York : Nova Science Publishers. 2006: 71-85.

Technical reports

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

Conference and working papers

1. **He, M**, Parra-Media, D, Yin, Z, Wilmoth, S, Leeds, J, Jones, T, Bustos, D, Figueroa, R. Building a Healthy Temple – A pilot faith-based obesity prevention program. 2012 Annual Conference of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), May 23-26, 2012, Austin, TX, USA.
2. **He, M.** Healthy Eating Promotion in Head Start Centers. The 29th Annual Scientific Meeting of the Obesity Society, October 1-5, 2011, Orlando, FL, USA
3. **He, M**, Building a Healthy Temple. Salud America! 3rd Scientific Summit, September 13-16, 2011, San Antonio, TX, USA
4. **He, M**, Building a Healthy Temple. The 2nd Annual SALS Research Forum. May 10, 2011 San Antonio, TX, USA
5. **He, M**, Ma Y, Yin Z. Promoting Fruit and Vegetables in Daycare Setting. The 7th Asia Pacific Conference on Clinical Nutrition. June 5-8, 2011, Bangkok, Thailand.
6. **He M**, Beynon C, van Zandvoort M, Sangster Bouck M, Lueske B. Promoting Healthy Eating and Active Living what should public health campaigns focus on? 2nd National Obesity Summit. 2011, April 27-May 1, Montreal, QC. Canada.
7. Jones TK, Perez A, Wilmoth S, Dillon B, Biediger- Friedman L, **He M.** College Students' Percieved Barriers and Failitators to Maintaining a Healthy Bodyweight. Texas Obesity Research Center 2010 Conference Nov 18-19, 2010. Huston, TX
8. **He M**, Yin Z, Leeds J, Wilmoth S, Perez A, Jones TK. Building a Healthy Temple. Texas Obesity Research Center 2010 Conference Nov 18-19, 2010. Huston, TX

9. **He M**, Yin Z, Leeds J. Building a Healthy Temple – Latino faith-based communities' perspective on childhood obesity prevention. The Obesity Society 2010 Annual Scientific Meeting Oct 8-13, 2010, San Diego, CA.
10. **He M**, Building a Healthy Temple—A Faith-Based Community Participatory Research Project for Preventing Childhood Obesity Among Latino Families. 2nd Annual Salud America! Scientific Summit. September 22-24, 2010, San Antonio, Texas.
11. **He M**, Yin Z, Leeds J. Building a Healthy Temple – Developing a faith-based community obesity prevention program. Inaugural Salud America! Scientific Summit. Sept 9-11, 2010. San Antonio, TX, USA.
12. **He M**, Yin Z, Leeds J. Building a Healthy Temple – Developing a faith-based community obesity prevention program. Healthy Kids, Healthy Nation: Reversing the Childhood Obesity Epidemic by 2009, Nov. 17-19, 2009, Atlanta, GA.
13. **He M**, Harvey E, Battram, D S, Mandich, G E.; Clarson, C L.; Harris, S B. A Culturally Sensitive community-based obesity prevention program targeting Latino-Canadian children: a pilot study. The 20th World Diabetes Congress October 18 -22, 2009. Montreal, Qc, Canada. Abstract in Canadian Journal of Diabetes 33 (3) (Suppl): P-1287, 280-281, 2009.
14. **He M**, Harvey E, Battram, D S, Mandich, G E.; Clarson, C L.; Harris, S B. Latino Families in Action (LFIA): Implementing and Evaluating a Community-based Obesity Prevention Program for A High-risk Paediatric Population. Strengthening Connections: Canadian Public Health Association 2009 Annual Conference. Winnipeg, Manitoba. Canada June 7-10, 2009.
15. **He M**, Yin Z, Leeds, J. Building a Healthy Temple – Developing a faith-based community obesity prevention program. Inaugural Salud America! Scientific Summit. Sept 9-11, 2009. San Antonio, TX, USA.
16. **He M**, Piché L, Battram, D, Giroux, I, Beynon C, Swans J, Kurtz J. Sweetened beverage consumption and its contributing factors among school-aged children – a multilevel analysis. Inaugural Texas Obesity Research Center Conference. April 9-10, 2009 Houston. TX, USA.
17. Killough G, **He M (presenter)**, Battram, D, Kurtz, J, Mandich G. Pause-2-Play. The 1st National Obesity Summit. May 7 -10, 2009 Kananaskis, AB, Canada.
18. **He M**, Piché L, Battram D, Giroux I, Beynon C, Kurtz J. Sweetened beverage consumption – children's perspective. The Obesity Society 2008 Annual Scientific Meeting, October 3-7 2008. Phoenix, AZ. USA.
19. Beynon, **He M**, Sangster-Bouck M, St Onge R, Stewart S, Khoshaba L, Horbul B A, Chircoski B. Evaluation results of the Northern Fruit & Vegetable pilot program – A partnership of local and provincial stakeholder. Making Healthy Communities Count – A Public Health Submit. October 26-29, 2008. Niagara Falls, ON, Canada.
20. Haase I J.; H B.; **He, M**; Naqshbandi, M; Webster-Bogaert, S. Getting School Kids Moving! Results from the Sandy lake School-Based Diabetes Intervention Study. Poster presented at 12th Annual CDA/CSEM Professional Conference and Annual Meetings, October 16, 2008. Montreal, Quebec, Canada.
21. **He M**, Beynon C, Bouck M S, St Onge R, Stewart S, Khoshaba L, Lemieux S , Horbul BA, Chircoski B. Evaluation of the Northern Fruit and Vegetable Pilot Program – A Randomized Controlled Trial. Canadian Public Health Association 2008 Annual Conference. Public

Health in Canada: Reducing Health Inequalities through Evidence and Action. June 1-4, 2008 Halifax, Nova Scotia, Canada

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

34. **He M**, Harris SB, Piche L, Beynon C, Radcliffe D, Evans A, Swan J. Working together to find answers: Children's sedentary behaviours. The Canadian Public Health Association's 96th Annual Conference. September 18-21, 2005. Ottawa, ON. Canada.
35. **He M**, Evans A. Parents' awareness of overweight and obesity in their school-aged children. CFBS 48th Annual Meeting, "Second Northern Lights Summer Conference". June 21-24, 2005. University of Guelph, Guelph, ON. Canada.
36. Piche L, **He M**, Callaghan C, Ho M. Childhood overweight and obesity management: Physicians' view, practices, perceived barriers and needs. CFBS 48th Annual Meeting, "Second Northern Lights Summer Conference". June 21-24, 2005. University of Guelph, Guelph, ON. Canada.
37. Li ETS, **He M**, Yau CY, Anderson GH. Ethnic specific body mass index cut-off points. CFBS 48th Annual Meeting, "Second Northern Lights Summer Conference". June 21-24, 2005. University of Guelph, Guelph, ON. Canada.
38. **He M**, Ng V, Malik A. Measuring sedentary behaviors in school-aged children. 2005 California Childhood Obesity Conference. January 9-12 2005. San Diego, CA, USA.
39. **He M**, Ng V, Malik A. Reliability and validity of the Child Sedentary Activity Questionnaire (CSAQ). 54th Annual Conference, Ontario Public Health Association. November 23-24, 2004. Toronto, ON. Canada.
40. **He M**, Sangster Bouck M, Irwin JD, Pollett G, Tucker P. Screen viewing behaviour and healthy body weight promotion in preschool-aged children- Parents' perception. The Canadian Federation of Biological Societies 47th Annual Meeting. June 16-20, 2004. Vancouver, BC. Canada.
41. **He M**. Obesity prevalence and its contributing factors: findings from a cross-sectional study in seven elementary schools in London, Ontario. Canadian Public Health Association 95th Annual Conference. June 13-16, 2004. St. John's, Newfoundland, Canada.
42. **He M**, Sutton J. Tracking obesity prevalence in young children. Ontario Public Health Association 54th Annual Conference. November 5-8, 2003. Windsor, ON. Canada.
43. **He M**, Sutton J, Despard C, Wong E. Breastfeeding promotion to the Vietnamese community in Middlesex-London areas. Canadian Public Health Association 94th Annual Conference. May 10-13, 2003. Calgary, AB. Canada.
44. **He M**, Sutton J. Feasibility of using routine growth data in the tracking of obesity prevalence in young children. Canadian Federation of Biological Societies (CFBS) 46th Annual Meeting. June 11-15, 2003. Ottawa, ON. Canada.
45. **He M**, Beynon C, Buckland Foster I. Eating patterns, physical activity habits and overweight in London elementary school children. Ontario Public Health Association 53rd Annual Conference. November 18-20, 2002. Toronto, ON. Canada.
46. **He M**, Sutton J, Sanderson R. Nutrition in early years: Growth patterns of young children in Middlesex-London. Ontario Public Health Association 53rd Annual Conference. November 18-20, 2002. Toronto, ON. Canada.
47. **He M**, Beynon C, Buckland Foster I. Underweight and obesity in elementary school children: What is the public health implication of this paradox? Canadian Public Health Association 93rd Annual Conference. July 7-10, 2002. Yellowknife, NT. Canada.

48. **He M**, Mei J, Jiang Z, Chen Q, Ma J, Dai J, Lui SSJ, He Z, Yeung DL, Anderson GH. Growth of urban and rural infants during the first 18 months of life in Southern China. Canadian Federation of Biological Society 43rd Annual Meeting. June 22-25, 2000. Ottawa, ON, Canada.
49. **He M**, Li ETS, Kung AWC. Obesity and weight reduction: Relationships of leptin, body composition, body fat distribution, energy metabolism and weight reduction in Chinese females. ENDO'99, the 81st Annual Meeting of The Endocrine Society. June 14, 1999. San Diego, LA, USA.
50. **He M**, Li ETS, Kung AWC. The Validation of BMI as an obesity criterion in Chinese adults. The 80th Annual Meeting of the Endocrine Society. June 24-27, 1998. New Orleans, LA, USA.
51. **He M**, Kung AWC, Li ETS. Resting metabolic rate and body fat distribution in obese Chinese women. *Experimental Biology* '98. April 18-22, 1998. San Francisco, CA, USA.
52. **He M**, Kung AWC, Li ETS. Body mass index and body fatness in Chinese women. International Meeting on Gastricenterology, Endocrinology and Reproduction. December, 16-20, 1996. Hong Kong.
53. **He M**. A survey on mothers' nutritional knowledge-attitude-practice in infant feeding. The 7th Nutritional Conference of Asia. September 15-20, 1995. Beijing, China.

Plenary lectures and keynote speeches in international/regional conferences

1. **He, M**. Building a Healthy Temple – A faith-based obesity prevention program. U.S.- México Border Obesity Prevention Summit (BOPS) on July 16-18, 2013, in McAllen, Texas
2. **He, M**. A Social Ecological Approach to Obesity Prevention – A North America Perspective. 3rd Cross-strait Nutrition Conference, Sept 30, 2012. Hong Kong
3. **He M**. Latino Families In Action: A community-based childhood obesity prevention program. Physical Activity Forum. January 15, 2008. London, ON.
4. **He M**. Are Canadian doctors ready for the paediatric obesity epidemic? Weighing in on overweight and childhood obesity workshop. Celebrating Innovations in Health Care Expo 2007. May 24, 2007. Toronto, ON.
5. **He M**, Beynon C. Preliminary findings from the Northern Ontario Fruit and Vegetable Pilot Project. Deputy Minister Advisory Committee, Ministry of Health Promotion. June 28, 2007. Toronto, ON.
6. Beynon C, **He M**. Evaluation of the Healthy Eating Active Living Action Plan. Deputy Minister Advisory Committee, Ministry of Health Promotion. May 29, 2007. Toronto, ON.
7. **He M**. Screen-related sedentary behaviours among school-aged children. Thames Valley Family Practice Research Unit's (TVFPRU) Meeting. December 9, 2005.
8. **He M**. Screen-related sedentary behaviours among school-aged children. 4th Annual CIHR New Principal Investigators Meeting. November 4-6, 2005. The Briars Conference Centre, Jackson's Point, ON.
9. **He M**. Measuring childhood obesity: a public health perspective. General Meeting, Association of Public Health Epidemiology of Ontario. Feb 13, 2004. Toronto, ON.

10. **He M.** "Eating patterns, physical activity habits and overweight in London Elementary School Children". The Whole Information of Trustee, Thames Valley District School Board. May 2003.
11. **He M.** "Eating patterns, physical activity habits and overweight in London Elementary School Children". Middlesex-London Board of Health. March, 2003. London, ON.
12. **He M.** Childhood overweight: a growing public health concern. Simcoe District Health Unit. 2002. Barrie, ON.
13. **He M, Tecimer S, Singh L, Anderson GH.** Neonatal nutrition and behavioural development. 13th International Symposium on Maternal and Infant Nutrition Symposium Proceedings. Heinz Institute of Nutritional Sciences. 2001. Guangzhou, China. pp. E70-E91 2001.

Evaluated / reviewed article for journals

1. Invited external reviewer for both Canadian Institute of Health Research (CIHR) and Social Sciences and Humanities Research Council (SSHRC) since 2006
2. Invited external reviewer for Childhood Obesity since 2012
3. Invited external reviewer for Journal of Nutrition since 2009
4. Invited external reviewer for Journal of Pediatrics since 2009
5. Invited external reviewer for Journal of School Health since 2009
6. Invited external reviewer for Journal of Nutrition Education and Behavior since 2007
7. Invited external reviewer for International Journal of Paediatric Obesity since 2007
8. Invited external reviewer for Canadian Family Physicians since 2007
9. Invited external reviewer for International Journal of Obesity since 2006
10. Invited external reviewer for Social Science & Medicine since 2006
11. Invited external reviewer for Applied Physiology, Nutrition and Metabolism since 2006
12. Invited abstract reviewer for the 2006 Canadian Public Health Association (CPHA) Annual Conference
13. Invited external reviewer for the American Journal of Preventive Medicine since 2005
14. Invited external reviewer for the Canadian Medical Association Journal (CMAJ) since 2005
15. Invited external reviewer for Canadian Journal of Public Health since 2005
16. Reviewing epidemiology online course modules for the "Skills Enhancement for Health Surveillance" Program, Health Canada

SERVICES AND ADMINISTRATION

PROFESSIONAL ACTIVITIES AND MEMBERSHIPS

- 2012- **Representative**, Graduate Council, UTSA
- 2011- **Member**, Departmental Strategic Committee
- 2009- 2011 **Member**, College Council, College of Education and Human Development, UTSA.
- 2010- **Advisor**, UTSA Health Disparities Advisory Committee
- 2008- **Chair**, Department Faculty Review Advisory (DFRA) Committee, UTSA
- 2008- **Advisor**, the UTSA Health Ambassadors
- 2010- **Advisor**, Metro Health "Healthy Kids Healthy Community"
- 2008- **Member**, Academic Research Committee, Department of Health and Kinesiology, UTSA

- 2008- **Member**, Graduate Studies, Department of Health and Kinesiology, UTSA
- 2008 **Co-chair**, Healthy-Eating-Healthy Physical Activity Priority Planning Committee, London Children and Youth Network, City of London
- 2007-2008 **Committee member**
Healthy Bodyweight Workgroup, Heart and Stroke Foundation, South Western Ontario
- 2004-2008 **Committee member**
Research Advisory Committee, Brescia University College, London, ON
- 2001-2008 **Committee member**
Research Advisory Committee, Middlesex-London Health Unit, London, ON
- 2001-2008 **Member**, The Ontario Public Health Association
- 2000-2008 **Member**, The Canadian Society for Nutritional Sciences

CONSULTATION / CONTRACT

- Ph.D. dissertation external examiner, Faculty of Health Sciences, The University of Western Ontario, Canada
- Ph.D. dissertation external examiner, Faculty of Sciences, The University of Hong Kong
- M.Sc. thesis external examiner, Faculty of Health Sciences, University of Western Ontario, Canada.
- M.Sc. thesis external examiner, Faculty of Applied Health Sciences and Gerontology, University of Waterloo, ON, Canada
- Consultant, Strengthening Neighbourhood Initiative: Kipps Lane Strategy, City of London (2007-2008)
- Consultant, Healthy Body Weight Initiative Workgroup, Middlesex-London Health Unit, London, ON. (2003- 2008)
- Consultant, Folate Acid Awareness Campaign Workgroup, Middlesex-London Health Unit, London, ON. (2003- 2008)
- Middlesex-London Healthy Active Living Partnership Coordination Team (2006-2008).

MEDIA INTERVIEWS

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

- July, 2003, Journal of Registered Nurse. “Tipping the Scales”
- June 4, 2003. The London Free Press. “Stop Junk Foods Selling in Schools”
- November 26, 2002. The London Free Press. “Pop: Policy a bid to replace junk food”