

CURRICULUM VITAE

Haidong Zhu, MD PhD

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CONTACT INFORMATION

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EDUCATION

9/1981-7/1986 China Medical University, Shenyang, China, MD, Medicine
9/1986-7/1989 Jinzhou Medical College, Liaoning, China, MSc, Biochemistry
Thesis Title: Changes of hypothalamic neurotransmitters in hypothyroid rats
9/1994-7/1997 Peking Union Medical College, Chinese Academy of Medical Sciences, Beijing, China, PhD, Molecular Biology
Dissertation Title: Molecular cloning and characterization of a novel testis-specific nucleoporin-related gene
9/1997-8/1999 Post-Doctoral Research Fellow, Blood Pressure Unit, St. George's Hospital Medical School, University of London, UK

Additional Courses and Training

6/1987 New Measurement of Apolipoprotein family, Nanjing, China
6/1994 HLA Sub-genotyping, Beijing, China
9/1998 Presentation Skills, St. George's University of London, UK
4/2000 New strategies and applications for real-time quantitative PCR, Applied Biosystems, London, UK
10/2000 Sensitive mutational analysis and high-throughput sequencing, Applied Biosystems, London, UK
3/2005 Grant Writing, Medical College of Georgia, Georgia Health Sciences University
4/2007 Basic Biostatistics for Researcher, Georgia Health Sciences University, Georgia
6/2007 NIH Grant Writing Workshop, Georgia Health Sciences University, Georgia
4/2008 Spring Harbo
2009 NIH workshop on Genome-wide Association Study on Complex Diseases, Bethesda, MD
3/2010 The Future of Genomic Medicine III, Scripps Translational Science Institute, San Diego, CA
11/2010 Biostatistics short course "Frontiers in Quantitative Research in Cancer Research", Georgia Health Sciences University, Georgia

ACADEMIC APPOINTMENTS

8/1989-8/1990 Research Assistant, Department of Biochemistry, Jinzhou Medical College, China
9/1990-8/1994 Lecturer, Department of Biochemistry, Jinzhou Medical College, China
9/1999-8/2002 Hypertension Trust Research Fellow, Blood Pressure Unit, St. George's University of London, UK

10/2002-11/2006	Research Scientist, Georgia Prevention Institute, Department of Pediatrics, Medical College of Georgia, Augusta University
12/2006-6/2014	Assistant professor, Georgia Prevention Institute, Department of Pediatrics, Medical College of Georgia, Augusta University
7/2014-06/30/2019	Associate Professor, Georgia Prevention Institute, Department of Population Health Sciences, Medical College of Georgia, Augusta University
7/2019-06/30/2020	Associate Professor, Georgia Prevention Institute, Department of Medicine, Medical College of Georgia, Augusta University
07/01/2020- present	Professor, Georgia Prevention Institute, Department of Medicine, Medical College of Georgia, Augusta University
07/01/2023-present	Professor, Georgia Prevention Institute, Department of Community and Family Medicine, Medical College of Georgia, Augusta University

RESEARCH INTERESTS:

1. Impact of nutrition, behavioral and Social Determinant of Health factors on biological aging (cellular aging and epigenetic aging);
2. The underlying mechanisms of salt-sensitive hypertension and cardiometabolic health using omic-approaches;
3. Prediction and prevention of maternal-fetal health risk.

RESEARCH GRANTS AWARDED

Ongoing Research Support

1 R01 HL157665-01 NHLBI Dong/ Sesso (MPI) \$3,245,454 07/15/2021 – 05/31/2026
 Effect of randomized cocoa supplementation on inflammaging and epigenetic aging
 This application aims to leverage the ongoing randomized, double-blind, placebo-controlled, 2x2 factorial COcoa Supplement and Multivitamin Outcomes Study (COSMOS), in order to longitudinally elucidate the roles of cocoa or multivitamin supplementation on anti-aging (epigenetic aging and inflammaging) as well as measured CVD risk factors. We will also determine to what extent the effects of cocoa supplementation on inflammaging and CVD risk factors are mediated by epigenetic aging.
 Role: Co-I

AHA SFRN (Weintraub PI, Harris Project 2 PI) 07/2021 – 06/2026
 “Health disparities and vascular aging over time in new onset cancer”
 The major goal of project 2 of the SFRN is to understand the role of health disparities in vascular aging over time in new onset breast and prostate cancer.
 Role: Consultant for Project 2

AU-IGP **Zhu/Vernon (MPI)** \$50,000 04/01/2024 – 04/30/2026
 Preeclampsia and Pregnancy Hypertension: Mechanisms and Biomarkers for early detection.
 The goal of this study is to identify biomarkers of preeclampsia and pregnancy hypertension for early detection.

Completed Research Supports

1 R01HL131674-01 NIH/NHLBI Dong & **Zhu** (MPIs) \$2,435,800 08/19/16 - 08/30/22
 Effects of Vitamin D and Omega-3 supplementation on telomeres in VITAL
 The goal of this ancillary study is to examine the beneficial effects of vitamin D and omega-3 supplementation on aging in a large randomized, placebo controlled clinical trial of VITAL.

AU Translational Science Grant Program (TSGP00002) **Zhu/Aycock (MPI)** \$25,000 07/01/23 – 06/30/24
 Formative Evaluation of the BP Self-Management (BPSM) Text Messaging Program for African Americans
 The goal of this pilot project is to 1) develop a set of short message services (SMS) and processes that are relevant to African Americans with hypertension and 2) examine the feasibility and acceptability of the BPSM-Text program in African Americans with uncontrolled hypertension.

AU-IGP **Dong (PI)** \$25,000 1/2024 -1/2025
 Are health benefits of school-based moderate to vigorous physical activity interventions in childhood carried forward into young adulthood?
 The goal of this study is to conduct a 20-year follow up study for those who participated in exercise intervention trial when they were in elementary schools.

1RO1HL136630-01A1 NIH/NHLBI **Dong (PI)** \$2,320,842 02/01/18-01/31/22
 Early Life Stress, Damage Associated Molecular Patterns, and Cardiovascular Risk.
 The goal of this study is to test the hypothesis that early life stress increases dangerous molecules DAMPs, which contributes to the development of hypertension and target organ damage.
 Role: Co-Investigator, 20% FET

1R21HD097763-01 R21 (Friedmann/Krause-Parello, MPI, University of Maryland and University of Colorado) 02/01/19 -01/31/21
 Evaluating efficacy of service dog training by military veterans with PTSD
 Subcontract PI

AU-GSU Seed Award **Ledford & Wolf (MPI)** \$50,000 07/01/22-06/30/23
 Novel instruments for assessing community perceptions of researchers and the research process
 The overall goal of this mixed methods implementation science study is to develop and test two novel measurements for assessing the quality of participant and community centeredness in implementation science studies – scale of patient perception of equipoise and scale of researcher credibility.

AU-Career Development Award **Jones (PI)** 04/01/2024-03/31/2025
 [2058736-1] Psychosocial, sociocultural, and environmental influences on physiological and behavioral responses: Exploring predictors of cancer disparities among Black women (Phase 2)
 Role: Co-I

AU-IGP **Zhu (PI)** \$25,000 08/01/20-07/31/22
 High sodium intake, gut microbiome and blood pressure control
 The goal of this study is to investigate the effects of dietary sodium on gut microbiome balance and gut epithelial integrity.

AU-MRI initiative **Zhu (PI)** \$6,000 06/01/22-05/31/23
 High sodium intake, gut microbiome and brain aging
 The goal of this study is to investigate the effects of dietary sodium on gut microbiome balance and brain aging.

AHA Award Number: 857552 **Li Chen (PI)** 07/01/21 – 06/30/24 \$231,000
 AHA Career Development Award

The Roles of HMB and Sodium in Blood Pressure Regulation and Gut Microbiome

This goal of this study is to examine the Roles of HMB and Sodium in Blood Pressure Regulation and Gut Microbiome.

Role: Mentor

AU-IGPP00032 **Zhu (PI)** 04/01/20 – 03/30/23

Sodium intake, DNA methylation in Leucine/ α -KIC/HMB pathway and blood pressure regulation.

The goal of this study is to test the hypothesis that 1) dietary sodium intake would regulate leucine/ α -KIC/HMB pathway by changing the DNA methylation of BCAT1, BCAT2, HPD, and HPDL; 2) that baseline DNA methylation of BCAT1, BCAT2, HPD, and HPDL would be associated with the BP response to dietary sodium intake.

The Augusta University & Georgia State University Seed Award Program for Collaborative Clinical & Translational Research

Dong (contact PI)/Dajun Dai (MPI) \$50,000 10/01/21 - 09/30/22

Geographical Disparities in Healthcare Access and Living Conditions on Mental and Cardiovascular Health: Longitudinal analyses in the Central Savannah River Area

Role: Co-I

AU-IGPP00033 Dong (PI) 05/01/22-04/30/23

Effect of randomized cocoa supplementation on gut microbiome

Role: Co-I

AU-GSU Seed Award Dong/Dai (MPI) \$50,000

Examining Geographical Disparities in Living Conditions across the Lifespan of and Associations with mental and Cardiovascular Health in the Central Savannah Regional Area

16GRNT31250002

AHA Grant-in-Aid **Zhu (PI)** \$154,000 07/01/16 – 06/30/19

Effects of dietary sodium reduction on inflammation and oxidative stress

We aim to determine whether modest salt reduction reduces the level of inflammation and oxidative stress in individuals with untreated hypertension or prehypertension.

P01 HL69999 Program Project Grant Gregory Harshfield (PI) \$10,077,859 07/01/02-04/01/20

Stress Related Mechanisms of Hypertension Risk

The major objectives of this program are to 1) define mechanisms that promote hypertension induced by stress and impaired sodium regulation, 2) determine the regulation of these mechanisms in high-risk populations, 3) translate findings between animal and human studies, and 4) translate our research into patient populations.

Role: Co-I

Community Partnership Study Award Dong (PI) \$50,000 7/01/13-06/31/18

IPPH (Institute of Preventative and Public Health, Augusta University)

Cardiometabolic risks in Hispanic farm-workers: a health-fair model study in the Southeastern region.

We aim to characterize the longitudinal progression of cardiometabolic risks in young Hispanic migrant farm-workers by means of the annual Costa-Layman Health Fairs through community health partnership.

Role: Co-I

Augusta University PSRP Young (PI) \$25,000 8/1/17-7/31/18

Promote family centered DASH diet adherence in heart failure patients.

The goal of this pilot study is to assess the feasibility and acceptability of a 6-month family-centered diet coaching intervention aiming to improve community-residing heart failure patients' adherence to the DASH diet.

14GRNT20480211 AHA-Grant-in-Aid Dong (PI) \$164,634 7/1/14-6/30/17

Vitamin D methylation and CVD risk profile

To identify the differential methylation sites in African American people with severe vitamin D deficiency and examine whether these methylation changes mediate the cardiometabolic risk.

Role: Co-I

1R01HL105689-01 Wang (PI) \$3,200,500 04/01/11 – 3/31/16

NIH/NHLBI

Epigenetic Basis of Obesity Induced Cardiovascular Disease and Type 2 Diabetes

We aim to identify the differential methylation profiles between obese cases and lean controls and further evaluate whether these methylation changes are involved in the pathogenesis of obesity related co-morbidities.

Role: Co-I

1R01HL104125-01 Wang (PI) \$3,490,194 8/1/2011 – 7/31/2016

NIH/NHLBI

A genome wide methylation study on essential hypertension in Caucasians

In this project, we hypothesize that changes in DNA methylation of leukocytes are involved in the pathogenesis of EH and aim to identify these differentially methylation sites using a multi-step genome wide approach.

Role: Co-I

Augusta University ESA Award Dong & **Zhu**, (MPI) \$25,000 3/1/16-9/26/17

Effects of Vitamin D and Omega-3 supplementation on telomeres in VITAL.

The goal of this pilot study is to generate pilot data to support the resubmission of the scored RO1 application

CDC Global Health Summer Scholar Fellowship, Susan Kim (PI) 2014 Summer

Endothelial Progenitor Cells and Telomerase Activity in Childhood Obesity

Role: Mentor

DODI Clinical Research Award Dong and Houk (MPI) \$50,000 05/01/11-07/01/14

Diabetes & Obesity Discovery Institute, Georgia Health Sciences University

Identifications and trajectories of biomarkers predicting the risk of developing pre-diabetes and/or diabetes in a high-risk group of obese and overweight in youth and adults: systems biology approach.

Role: Co-I

Case Western Reserve University Zhu (PI) \$10,000 9/1/12 – 8/31/13

Telomere biology and HIV in the young

1K01NR011471-01A1 NIH/NINR Nesmith (PI) \$280,444 09/15/10-09/14/13

Accelerated biologic aging and risk for sepsis and organ failure following trauma

The goal of this project is to assess the impact of accelerated biologic aging on inflammatory response and development of sepsis and organ failure following trauma.

Role: Consultant

Extramural Success Award, GHSU Dong (PI) \$26,864 8/1/12-7/31/13

Vitamin D induces open chromatin changes- a pilot study

The goal of this pilot study is to determine whether vitamin D will induce DNA methylation and open chromatin changes in vitro, and whether those changes are associated with changes in gene expression.

Role: Co-I

3 RO1 HL087923-03S1 Catherine Davis (PI) \$1,158,510 04/01/10 – 06/30/14

NHLBI

Exercise & non-alcoholic fatty liver disease in overweight children.

The broad, long-term objectives of this application are to provide evidence about the potential health benefits of regular aerobic exercise in overweight children, who are therefore at increased risk for nonalcoholic fatty liver disease and atherosclerosis. The specific aims will examine the cross-sectional associations of liver injury (including liver fat, visceral fat, and markers of inflammation and fibrosis) with risk for atherosclerosis (arterial stiffness) and other cardiovascular risk factors, and will test the effect of an after-school exercise program on these measures.

Role: Co-I

P01 HL69999 Harshfield (PI) \$10,555,525 03/01/08 - 02/28/13

NIH/NHLBI

Stress-induced mechanisms of hypertension risk

This program project application consist of an integrated multidisciplinary program including 4 closely related projects examining the roles of stress, lifestyle behaviors and genetic polymorphisms in the development of preclinical measures of essential hypertension. Three vasoactive pathways will be examined which may link exaggerated cardiovascular reactivity (CV) and delayed CV recovery from stress to development of preclinical measures of essential hypertension.

Role: Co-I

1 R01 HL077230-01A2 Dong (PI) \$1,435,852 04/05/06-08/31/12

NIH/NHLBI

Genetics of stress induced hypertension in black youth

The major goal of this project is to determine the role of polymorphisms of genes involved in sodium-handling cascade on dynamic regulation of sodium homeostasis and blood pressure under stress in blacks.

Role: Co-I

CVDI Seed Award **Zhu** (PI) \$25,000 07/01/09-06/30/11

Cardiovascular Discovery Institute/MCG

“Novel genetic mechanisms of angiotensin II receptor blocker in African Americans”

The goal of this pilot study is to test if telomerase activity increases after angiotensin II receptor blocker treatment; if changes in telomerase activity are associated with changes in hTERT gene expression and its promoter DNA methylation.

CVDI Infrastructure Award **Zhu** (PI) \$10,000 07/01/09

Cardiovascular Discovery Institute/MCG

receptor subtype genes, alone or in combination, on cardiovascular reactivity (CVR) and other quantitative cardiovascular traits in a population of >1000 healthy youth.

Role: Co-I

1 R21 HL086530 Wang (PI) \$286,000 03/1/07-12/31/08

NIH/NHLBI

Identifying genes related to heart rate variability at rest and during stress

The main objective of this project is to identify genes contribution to human variation in heart rate variability.

Role: Co-I

1 R15 NR008871-01A2 Martha Tingen (PI) \$219,250 03/01/06-02/28/07

NIH/NINR

ETS exposure and genetics: youth at risk for CV disease

The overall goal of this project is to explore relationships among genetics, environmental tobacco smoke exposure, and preclinical markers of cardiovascular disease.

Role: Co-I

The Hypertension Trust Research Fellowship 1999 Award, UK Zhu (PI) \$150,000 09/01/99-08/30/01

Agency: the Hypertension Trust, UK

“Investigation of molecular variants in sodium/hydrogen exchangers in relation to hypertension in black people.”

The objective of this fellowship was to identify polymorphic variants within the gene coding for the sodium-hydrogen exchanger type 3 (NHE3) in patients with hypertension in blacks and whites. The relationship between the variants and biochemical indices of sodium balance were also examined.

ADMINISTRATIVE RESPONSIBILITIES AND COMMITTEE ASSIGNMENTS

9/2005- 2012	Member of International / Post-doctoral Advisory Committee
3/2006-present	Director of the Genetics Core Laboratory of the Georgia Prevention Institute
11/2006	Member of Augusta University Biosafety Working Group
2/2008- 2018	Member of Augusta University Intramural Grants Program (IGP) Review Committee
1/2017-12/31/2018	Member of event committee of Department of Population Health Sciences

HONORS AND AWARDS

1993	“Excellent Lecturer”, Jinzhou Medical College, China
1997	“Best PhD Student”, Peking Union Medical College, Chinese Academy of Medical Sciences, Beijing, China
1999-2001	Senior Research Fellowship awarded by the Hypertension Trust, UK
April, 2006	“Article of the week” by the International Pediatric Hypertension Association (IPHA)
November, 2007	“Emerging Scientist Award” by the Medical College of Georgia Research Institute (MCGRI)
September 2011	Mentee Jigar Bhagatwala, 1 st place certificate award for the associates’ research poster presentation, American College of Physicians (ACP), Georgia Chapter, Callaway Gardens, GA, September 2011

September 2012	Mentee Jigar Bhagatwala, 1 st runners up award for the best post-doctoral research poster presentation, Southern Translational Education and Research (STaR) Conference, Augusta, GA, September 2012.
October, 2013	3 rd place in Associate's poster competition awarded to mentee Dr. Jigar Bhagatwala, at 2013 Annual Meeting: American College of Physicians Georgia Chapter.
May, 2013	Jigar Bhagatwala, MD, internal medicine resident, Young investigator, in-training travel award. The American Society of Hypertension (ASH), 28th Annual Scientific Meeting, San Francisco, May 2013
April 2014	Samip Parikh, MD, internal medicine resident (now assistant professor), won the second prize at the Richmond county medical society presentation, Augusta GA
April 2014	Jigar Bhagatwala, MD, internal medicine resident, 1 st place certificate and James R. Lyle medical resident research presentation award, Richmond County Medical Society meeting, Augusta, GA, April 22, 2014.
October, 2014	Mentored summer scholar Susan Kim got accepted into CDC Global Health Fellowship 2014, titled "Endothelial Progenitor Cells and Telomerase Activity in Childhood Obesity".
August/2015	High sodium intake is associated with short leukocyte telomere length in overweight and obese adolescents. PMID: PMC6344938. AHA press release
March 2016	Jigar Bhagatwala, MD, internal medicine resident (now GI fellow) won 1 st place for the excellence in research at Graduate Research Day, Medical College of Georgia, Augusta University
September, 2016	Mentored M1 summer scholar Tricia Francisco's abstract has been accepted for poster presentation at the American College of Physicians Georgia Chapter Conference, October 2016 in Braselton, Georgia.
October 2017	Anas Raed, MD, internal medicine research resident won the First Place of the Resident Poster Competition" at the American College of Physicians (ACP) Georgia Chapter Annual Meeting, Savannah, GA
October 2017	Anas Raed, MD, internal medicine research resident was awarded "The Hot Topic for Media Outreach Poster", American College of Gastroenterology, Orange County Convention Center, Orlando, Florida
November 2018	Li Chen, PhD, postdoctoral fellow, Effects of Dietary Sodium Reduction on Metabolomic Profiles in Untreated Black Hypertensives. Oral presentation, The American Heart Association's Scientific Sessions, Chicago, Illinois
October 2020	Paper title "Modest Sodium Reduction Increases Circulating Short-Chain Fatty Acids in Untreated Hypertensives: a Randomized, Double-blind, Placebo-controlled Trial" was selected as a High Impact Paper for Fall 2020 in the category of clinical science.
October 2021	Li Chen AHA Career Development Award "The role of HMB and sodium in blood pressure regulation and gut microbiome".
October 2023	Charles Weeks (Class of 2026), 3rd Place Student Poster Presentation Clinical Vignette titled "An evaluation of blood pressure variation and inflammation in young adults" at 2023 Georgia Chapter Scientific Meeting, American College of Physicians (ACP) Georgia Chapter, Savannah, GA
November 2023	Michael Kim (Class of 2027), 2nd place student oral presentation titled "Measure Your

Blood Pressure at Home: A Community-Based Program” at the Southeastern Community Engagement Research Symposium (SECERS), the Southeast Regional Campus of MCG, Savannah, GA

- November 2023 Richard Wang (Class of 2026) Poster presentation titled “Higher Urban Health Index is Associated With Lower Ambulatory Blood Pressure in People Living in Southeast United States” at American Heart Association Scientific Sessions, November 11-13.at the AHA Scientific Session 2023 Philadelphia, Pennsylvania.
- November 2023 Richard Wang (Class of 2026) Received the Student Research Project (SRP) award to study home blood pressure monitoring from the Provost's office and the Student Research Program of the Department of Medicine's Translational Research Program.
- February 2024 Charles Weeks (Class of 2027) Received the Student Research Project (SRP) award to study blood pressure variability (BPV) from the Provost's office and the Student Research Program of the Department of Medicine's Translational Research Program.
- April 2024 Michaela Cushing (Class of 2025) Received Best Diversity, Equity, & Inclusion Poster, Medical College of Georgia Research Day, April 19, 2024
- May 2025 Vitamin D₃ and Marine Omega-3 Fatty Acids Supplementation and Leukocyte Telomere Length: 4-Year Findings from the VITAL Randomized Controlled Trial. *American Journal of Clinical Nutrition*. **Press release**
- September 2025 Mi-Tien Lee (Class of 2029) won the Best Clinical Research Award at the Medical College of Georgia Research Day, Sept 05, 2025

SCIENTIFIC AND PROFESSIONAL SOCIETIES

- 1998-2002 Member of British Society for Cardiovascular Research (UK)
- 1998-2002 Member of London Hypertension Society (UK)
- 1998-2002 Member of St. George’s Cardiovascular Research Group (UK)
- 2005-present Member of American Heart Association-Council on High Blood Pressure Research, Interdisciplinary Working Group on Functional Genomics and Translational Biology, #137445401
- 2008-present Member of American Society of Human Genetics, #96166
- 2008-present Member of Genetic Education and Outreach mentor network #4925
- 2009-present Member of International Telomere Phenomics Consortium
- 2012-present Member of American Society of Nutrition, #39351
- 2012-present Member of Medical Nutrition Council
- 2018- Member of US Development Origin in Health and Disease (DOHaD) Society #

REVIEWERS FOR NIH GRANT APPLICATIONS

- Feb1 2011 Special Emphasis Panel ZDK1 GRB-S (M4) PAR# 09-247 entitled “Ancillary Studies to major ongoing Clinical Studies to advance areas of scientific interest within the mission of NIDDK”.
- March 2012 NIH/NCI RFA CA-11-011 and 012 “Research Answers to Provocative Questions”
- Feb 11 2013 NIH Special Emphasis Panel/Scientific Review Group **2013/05 MESH** “Biobehavioral Mechanisms of Emotion, Stress and Health Study Section”.
- July 2014 Diabetes UK 14/0004990
- Sept 2016 UK Biotechnology and Biological Sciences Research Council (BBSRC) “Future Leader Fellowship” BB/P011438/1
- October 2016 The Health Research Council of New Zealand #17/588

November 2017 UK Medical Research Council “UK-Thailand Joint Health Research Call-Non-Communicable Diseases 2017”

June 2019 NIH Biobehavioral Mechanisms of Emotion, Stress and Health study section (MESH)

June 2019 NIH ZRG1 MESH-J 07 Stress, emotion, and health

June 2019 NIH ZRG1BBBP-S 56 Short-term mentored career enhancement

March 31-April 2 2020 NIH NIEHS Special Emphasis Panel **2020/05 ZES1 LWJ-K (R) 1**, RFA-ES-20-003 “Pregnancy as a Vulnerable Time Period for Women's Health” (core member).

March 2021 NIH F08 Fellowship: Genes, Genomics, Genetics study section panel, **ZRG1 F08-M (20)**.

October 13-14 2022 NIH the Nutrition and Metabolism in Health and Disease (NMHD) study section

November 20 2024 NIH Special Emphasis Panel/Scientific Review Group **2025/01 ZRG1 EPH-F (02)**
M meeting: Member conflict: Epidemiology and population Health.

REVIEWS FOR THE FOLLOWING JOURNALS

American Journal of Clinical Nutrition
 Annals of Medicine
 BMC Public Health
 BMC Medical Genomics
 BMC Medical Genetics
 BMC Pediatrics
 British Journal of Nutrition
 Current Nutrition & Food Science
 Epigenomics
 Frontiers in Bioscience
 Frontiers in Pharmacology
 Human Genetics
 Human Molecular Genetics
 Hypertension
 International Journal of Obesity
 Journal of Pediatrics
 Journal of Psychosomatic Research
 Metabolism
 Nutrients
 Nutrition Research
 Pediatrics
 Pediatrics Obesity
 PLOS ONE
 Scientific Reports
 System Biology in Productive Medicine

EDITORIAL BOARD MEMBER: Scientific Reports.

TEACHING EXPERIENCES

1. **Graduate course GNMD8051:** Translational genomics and proteomics Spring 2008, Spring 2010, Spring 2012, Spring 2013 and Spring 2014. This is an advanced genomic course for **second year graduate students**. The goal of this course is to give a concentrated yet informative picture on how to use the modern high throughput technologies to answer biological questions.

“Genomic approaches for dissecting disease mechanism (**lectures**)” 3 hours/year, preparation 12 hours.

Graduate course NURS9250: Investigation of a Problem Fall 2010, Spring 2012, Summer 2012, Fall 2012, Spring 2013. The focus of this course is to provide the student with an in-depth understanding of the physiologic effects of vitamin D deficiency and subsequent supplementation in both healthy and ill populations. Upon completion of the course, the doctoral student will be able to: identify the physiologic importance of adiposity and vitamin D and known risk factors for vitamin D deficiency in the obese population; describe standard methods of diagnosing vitamin D deficiency and accepted treatment regimens; describe and measure biologic variables that are affected by deficiencies in vitamin D; and apply knowledge acquired from this course to identify specific aims and methods of measurement for future research proposal. (**Research laboratory experience and regular consultation throughout semester**) 3-4 credit hours/semester

Medical School teaching

PED5085A (Pediatrics Elective): Introduction to Pediatric Health, 2013

Problem-Based Learning 2015- 2018: Serve as a facilitator in the Essentials of Clinical Medicine (ECM) Curriculum for the first and second year medical students.

2. Advising and Mentorship

Undergraduate students: Jennifer Prozonic, research assistant, 2004-2005
Eva Broeckelmann (Summer STAR Program, MCG 2005)
Hajra Hasan (Summer student 2005)
Anna Burnett (Research student sponsored by NIH/NINR, 2006)
Rachel Barnett (Research student sponsored by NIH/NINR, 2006)
Jennifer Fortenberry (Summer Intern, 2009)

Graduate students: PhD Advisory Committee member for Ke Li (Exchange PhD student, 2006-2009)
MD, PhD Advisory Committee member for Melinda Beavers, 2009-2012
Pace Johnston, 1st year medical student, 2009 summer;
Grace Mooker, 1st year medical student, 2009 summer;
Matthew Belcher, 1st year medical student, 2010 DODI summer scholar
Viniya Patidar, 1st year medical student, 2010 CHDI summer scholar;
Sagar Y. Patel, 1st year medical student, 2010 CHDI summer scholar;
Harry Powers, 1st medical Student, 2011 summer;
Zachary Farmer, 1st medical Student, 2011 summer;
Michael Pham, 1st medical Student, 2011 summer;

Susan Kim, 1st year medical student, 2012 CHDI summer scholar
(received a CDC Global Health Fellowship 2014)
Eric Afari, 1st year medical Student, 2012 summer
Michael Pham, 1st year medical Student, 2012 summer

Kunal Patel, 1st year medical student, 2013 CHDI summer scholar
Riya Basu, 1st year medical student, 2013 CHDI summer scholar
Nirja Acharya, 1st year medical student, 2013 CHDI summer scholar

Grace Patterson, Riya Basu, 1st medical student (summer scholar), 2014;
Tarun Ramayya, 1st medical student (summer scholar), 2014
Terrill Mccullum, Intern from Georgia Regents University

Robyn Havens, 2nd year PhD in Nursing student, 2011-present;
PhD Dissertation Committee for Robyn Havens, 2012-present

Sajiv Alias, 1st year medical student (summer scholar), 2015
Jordan Phillips, 2nd year 89medical student (summer scholar), 2015
Tricia Francisco, 1st year medical student (summer scholar), 2016
(poster accepted for 2016 American College of Physicians Georgia Chapter)
Jessica Bilz, 1st year medical student (summer scholar), 2016
(poster accepted for 2016 American College of Physicians Georgia Chapter)

Parth Patel, 1st year medical student (summer scholar), 2018
Kesar Dhillon 1st year medical student (summer scholar), 2020
Stephanie Jiang, 1st-4th Medical student (all year), 2021-
Kue Lee, 1st-4th Medical student (all year), 2021-
Michael Brackett, 2nd Medical student, 2021-
Joyce Kim. 1st Medical student, 2022- Medicine module (MEDI6300)
Michaela Cushing, 1st year Medical student, Class of 2025, 2022-
Richard Wang, 1st year Medical Student, Class of 2026, 2022-
Michael Kim, 1st year Medical student, Class of 2027
Charles Weeks, 1st year Medical Student, Class of 2026
Silas Howerton
Robert M. VanBrackle, 1st year Medical student, Class of 2027
Kareena Udeshi, 1st year Medical student, Class of 2027 (Maternal Health)
Binal Patel, 4th year Medical student, Class of 2025 (OB/GYN)
Charlie Weeks, Medical student, Class of 2026
Bobby VanBrackle, Medical student, Class of 2026
Silas Howerton, Medical student, Class of 2026
Brian Kye, Medical student, Class of 2026
Michaela Cushing, Medical student, Class of 2025
Richard Wang, Medical student, Class of 2026
Zhitao Ming, Medical student, Class of 2027
Anderson McNeil, Medical student, Class of 2026
Ben Kronz, Medical student, Class of 2026
Kareena Udeshi, Medical student, Class of 2027
Li-Mien Lee, Medical student, Class oof 2029

PhD students:

Served as an Advisory Committee Member
Robyn Havens (2011-2018, College of Nursing)
Nicole Moore (2016-, College of Allied Health)
Yue Pan (2014-2019, Medical College of Georgia, served as reader)
Lawanda Greene (2019-, College of Nursing)
Oliver Duah (2020-, College of Nursing) (Gut microbiome and heart failure)
Modupeola Adebayo (2022-, College of Nursing) (Home BP monitoring)
Albert Okrah, 2024-, School of Public Health (Exercise and Dementia)

rotation) Mentor for Olivia Mosley, 2024 the first year PhD student (3-week lab

Post-doctoral fellow: Yanhui Lu (Post-doctoral fellow June 2004- July 2005)
Weili Yan (Post-doctoral fellow March 2006 – March 2008)
Yuande Tan (Post-doctoral fellow November 2006-October 2007)
Karen Petty (Post-doctoral fellow, March 2008-July 2009)
Li Chen (Post-doctoral fellow, May 2017- 2021)
Michelle Altwater (May 2023- Dec2024)
Bayu Bekele (Oct 2024- present)

Co-mentor of research residents: Samip Parikh (2010-2013)
Jigar Bhagatwala (2011-2014)
Anas Raed (2014-2017)

Medical Research Fellow: Amalia Brawley (MFM, 2005-2007)
Anxhela Treska (MFM, 20026-2008)

Junior Faculty Li Chen, Instructor (2022)
Deborah Jehu, Assistant Professor, Physical Therapist, School of Public Health, Epigenetics and dementia

INVITED TALKS

- 5/1998 “Single-Stranded Conformational Polymorphisms (SSCP)” St. George’s University of London, UK
- 3/1999 “Aldosterone synthase gene polymorphisms and essential hypertension in people of European origin” at the meeting of St. George’s Cardiovascular Research Group, London, UK
- 10/2000 “Identification of two polymorphisms in 11 beta hydroxysteroid dehydrogenase type 2 gene in people of African origin.” St. George’s University of London, UK
- 7/2001 “Sodium/hydrogen exchangers and hypertension in black people.” St. George’s University of London, UK
- 5/2002 “Contrasting associations between aldosterone synthase gene polymorphisms and essential hypertension in blacks and in whites.” 13th Annual Symposium of the London Hypertension Society: New Horizons in Cardiovascular Disease, Royal College of Surgeons, Inn Field, London, UK
- 9/2003 “Human Na⁺ coupled citrate transporter: primary structure, genomic organization, and transport function.” Georgia Prevention Institute Seminar, Medical College of Georgia,
- 6/2004 “Interaction between genetic predisposition and environmental stress on renal sodium excretion for hypertension risk in young twins”, Georgia Prevention Institute Seminar, Medical College of Georgia
- 6/2004 “Sympathetic nervous system genes and Hypertension”, Pediatrics Ground Round, Medical College of Georgia
- 2/2005 “Aldosterone”, Georgia Prevention Institute Seminar, Medical College of Georgia
- 8/2006 “Inflammation factors, genes and stress induced pressure natriuresis in youth”, Georgia Prevention Institute Seminar, Medical College of Georgia
- 2/2007 “Whole Genome Amplification”, Georgia Prevention Institute Seminar, Medical College of Georgia

- 4/2012 “A genome-wide methylation study of vitamin D deficiency in African American Adolescents.” (116.7) *Experiemntal Biology* 2012, San Diego, CA.
- 3/2017 “Vitamin D and Molecular aging” on the scientific workshop “Vitamin D in the Prevention of Health Disparities during Pregnancy and Early Infancy” Medical University of South Carolina, Charleston, SC
- 2/2018 “Cardiometabolic risks in Hispanic farm-workers: a health-fair model study in the Southeastern region”, Americas Conference, Augusta University
- 5/2018 “Dietary sodium, aging and cardiovascular health”, University of Massachusetts Lowell
- 8/2018 Presentation titled “Dietary sodium, aging and cardiovascular health” to 2nd year College of Nursing PhD student
- 11/2018 “Effects of dietary sodium reduction on metabolomic profiles in untreated black hypertensives.” American Heart Association Scientific Session. November 10-12, 2018, Chicago, IL.
- 5/2019 “Dietary sodium reduction and metabolic health” American Heart Association Research Reception.
- 8/2019 Presentation titled “Dietary sodium, aging and cardiovascular health” to 2nd year College of Nursing PhD student
- 12/2020 “Dietary sodium, gut microbiome and cardiovascular health”. ILSI North America Sodium Committee.
- 8/2021 Presentation titled “Dietary sodium, aging and cardiovascular health” to 2nd year College of Nursing PhD student
- 8/2023 “Understanding the link between nutrition and biological aging”. August 24, 2023, GPI Seminar Series.

COMMUNITY OUTREACH SERVICE

- 2013-present Costa-Layman Farmer Worker International Health Outreach
- 2022-Present Horizon
- 2024-Present Healthy Grandparents Clinic

PUBLICATIONS (Peer-Reviewed)

1. **Zhu H**, Liu YZ, Gao SX and Xu GT. Changes of hypothalamic neurotransmitters in hypothyroid rats. *Chinese Journal of Endemiology* 1990; 9: 129-132.
2. **Zhu H**. Hormonal control of testis germ cell apoptosis (review). *Journal of Reproduction Medicine*. 1997; 3: 11-13.
3. Wang LF, **Zhu H**, Miao YS, Cao DF, Wu YW, Zong SD and Koide SS. Molecular cloning and characterization of a novel testis-specific nucleoporin-related gene. *Arch Androl* 1999; 42(2): 71-84. PMID: 10101573
4. Dong Y, **Zhu H**, Sagnella GA, Carter ND, Cook DG and Cappuccio FP Association between the C825T polymorphism of the G protein β 3-subunit gene and hypertension in blacks. *Hypertension* 1999; 34(6): 1193-1196. PMID: 10601117

5. Dong Y, **Zhu H**, Baker EH, Sagnella GA, MacGregor GA, Carter ND, Wicks PD, Cook DG and Cappuccio FP. T594M and G442V polymorphisms of the sodium channel beta subunit and hypertension in a black population. *Journal of Human Hypertension* 2001; 15(6): 425-430. PMID: 11439319
6. Snieder H, Dong Y, Barbeau P, Harshfield GA, Dalageogou C, **Zhu H**, Carter N and Treiber FA. β_2 -Adrenergic receptor gene and resting hemodynamics in European and African American youth. The Georgia twin study. *American Journal of Hypertension* 2002; 15(11):973-979. PMID: 12441217
7. **Zhu H**, Sagnella GA, Dong Y, Miller MA, Onipinla A, Markandu ND and MacGregor GA. Contrasting associations between aldosterone synthase gene polymorphisms and essential hypertension in blacks and in whites. *Journal of Hypertension* 2003; 21(1):87-95. PMID: 12544440
8. **Zhu H**, Sagnella GA, Dong Y, Miller MA, Onipinla A, Markandu ND and MacGregor GA. Molecular variants of the sodium/hydrogen exchanger type 3 gene and essential hypertension. *Journal of Hypertension* 2004; 22(7):1269-1275. PMID: 15201541
9. Dong Y, **Zhu H**, Wang X, Dalageogou C, Carter ND, Spector TD and Snieder H. Obesity reveals an association between blood pressure and the G-protein beta 3 subunit gene: A study of female dizygotic twins. *Pharmacogenetics* 2004;14(7):419-427. PMID: 15226674
10. Dong Y, Wang X, **Zhu H**, Treiber FA and Snieder H. Endothelin-1 gene and progression of blood pressure and left ventricular mass: longitudinal findings in youth. *Hypertension*. 2004; 44:884-890. PMID: 15505112
11. Imumorin IG, Dong Y, **Zhu H**, Poole JC, Harshfield GA, Treiber FA and Snieder H. A gene-environment interaction model of stress-induced hypertension (*invited review*). *Cardiovascular Toxicology*. 2005;5(2):109-32. PMID: 16046788
12. **Zhu H**, Poole JC, Lu Y, Harsgfield, GA, Treiber FA, Snieder H and Dong Y. Sympathetic nervous system, genes and human essential hypertension (*invited review*). *Current Neurovascular Research*. 2005, 2, 303-317. PMID: 16181122
13. **Zhu H**, Wang X, Dong Y, Treiber FA and Snieder H. Influence of the eNOS gene on development of blood pressure and left ventricular mass: longitudinal findings in multiethnic youth. *Pharmacogenet and Genomics*. 2005 Sep;15(9):669-675. PMID: 16041245
14. Dong Y and **Zhu H**. Single-stranded conformational polymorphism analysis: Basic Principles and Routine Practice. *Methods in Molecular Medicine*. 2005;108:149-57. PMID: 16028682
15. **Zhu H**, Lu Y, Wang X, Treiber FA, Harshfield GA, Snieder H and Dong Y. The G protein-coupled receptor kinase 4 gene affects blood pressure variation in young normotensive twins. *American Journal of Hypertension*. 2006;19(1):61-66. [*Note: Article of the week by the International Pediatric Hypertension Association (IPHA)*] PMID: 16461192

16. **Zhu H**, Wang X, Lu Y, Poole JC, Momin Z, Harshfield GA, Snieder H and Dong Y. Update on G-protein Polymorphisms in Hypertension (**invited review**). *Current Hypertension Reports*. 2006;8(1):23-29. PMID: 16600156
17. WangX, **Zhu H**, Dong Y, Treiber FA and Snieder H. Effects of angiotensinogen and angiotensin II type I receptor genes on blood pressure and left ventricular mass trajectories in Multiethnic Youth. *Twin Research and Human Genetics*. 2006; 9(3):393-402. PMID: 16790149.
18. Lu Y, **Zhu H**, Wang X, Snieder H, Huang Y, Harshfield GA, Treiber FA and Dong Y. Effects of dopamine receptor type 1 and Gs protein subunit gene polymorphisms on blood pressure at rest and in response to stress. *American Journal of Hypertension*, 2006, 19 (8): 832-836. PMID: 16876683.
19. **Zhu H**, Lu Y, Wang X, Snieder H, Treiber FA, Harshfield GA, and Dong Y. The G protein-coupled receptor kinase 4 gene modulates stress-induced sodium excretion in black normotensive adolescents. *Pediatric Research* 2006;60(4):440-442. PMID: 16940246.
20. Ge D*, **Zhu H***, Huang Y, Treiber FA, Harshfield GA, Snieder H and Dong Y. Multilocus analyses of Renin-Angiotensin-aldosterone system gene variants on blood pressure at rest and during behavioral stress in young normotensive subjects. *Hypertension*, 2007 Jan;49(1):107-112. (**The first two authors contribute equally to the work**) PMID: 17116759.
21. Podolsky RH, Barbeau P, Kang HS, **Zhu H**, Treiber FA, and Snieder H. Candidate genes and growth curves for adiposity in African-and European-American youth. *International Journal of Obesity*. 2007, 31(10): 1491-1499. PMID: 17621313.
22. **Zhu H**, Yan W, Ge D, Treiber FA, Harshfield GA, Kapuku G, Snieder H and Dong Y. Cardiovascular characteristics in American youth with prehypertension. *American Journal of Hypertension*. 2007, 20 (10): 1051-1057. PMID: 17903687.
23. **Zhu H**, Yan W, Ge D, Treiber FA, Harshfield GA, Kapuku G, Snieder H and Dong Y. Relationships of cardiovascular phenotypes with healthy weight, at risk of overweight, and overweight in US youths. *Pediatrics*. 2008,121:115-122. [**Note: Article of the week by the International Pediatric Hypertension Association (IPHA)**]. PMID: 18166564
24. Dodani S, Dong Y, **Zhu H**, George V. Can novel Apo-A1 polymorphisms be responsible for low HDL in South Asian immigrants? *Indian Journal Human Genetics*. 2008, 14(1): 9-15. PMCID: PMC2840779
25. **Zhu H**, Guo D, Li K, Yan W, Tan Y, Wang X, Treiber FA, Chao J, Snieder H and Dong Y. Prostin: a possible candidate gene for human hypertension. *American Journal of Hypertension*. 2008, 21(9):1028-1033. PMCID: PMC3812941
26. **Zhu H**, Tan Y, Yan W, Kapuku G, Treiber FA, Harshfield GA, Snieder H and Dong Y. Adhesion molecule polymorphisms and pulse wave velocity in American Youth. *Twin Research and Human Genetics*. 2008, 11(5): 517-523. PMCID: PMC3870581

27. Ge D, Su S, **Zhu H**, Dong Y, Wang X, Harshfiels GA, Treiber FA and Snider H. Stress-induced sodium excretion: a new intermediate phenotype to study the early genetic etiology of hypertension? *Hypertension* 2009, 53(2):262-269. Epub 2008 Dec 22. PMID: PMC2719844
28. **Zhu H**, Chao J, Guo D, Li K, Huang Y, Hawkins K, Wright N, Stallman I, Yan W, Harshfield GA and Dong Y. Urinary Proxalin: A Possible Biomarker for Renal Pressure Natriuresis in black adolescents. *Pediatric Research*. 2009, 65:1-2. PMID: PMC3826778
29. Harshfield GA, Dong Y, Kapuku, GK, **Zhu H**, Hanevold CD. Stress-induced sodium retention and hypertension: a review and hypothesis. *Current Hypertension Reports*, 2009, 11:29-34. PMID: 19146798
30. Tingen MS, Burnett A, Murchison R and **Zhu H**. The importance of nursing research. *Journal of Nursing Education*. 2009 Mar; 48(3):167-70. PMID: PMC3677814
31. Petty KH, Li K , Dong Y, Fortenberry J, Stallmann-Jorgensen I, Guo D, and **Zhu H**. Sex dimorphisms in inflammatory markers and adiposity in African-American youth. *International Journal of Pediatric Obesity* 2010 Aug;5(4):327-33. Jan 18. [Epub ahead of print]. PMID: PMC3826793
32. Dong Y, Pollock N, Stallmann-Jotgensen I, Gutin B, Lan L, Chen T, Keeton D, Petty KH, Holick M, and **Zhu H**. Low 25-Hydroxyvitamin D Levels in Adolescents: Race, Season, Adiposity, Physical Activity, and Fitness. *Pediatrics* 2010 Jun;125(6):1104-11. PMID: PMC3935324
33. Liu G*, **Zhu H***, Lagou V, Gutin B, Barbeau P, Treiber FA, Dong Y, Snieder H. Common variants near MC4R are associated with general and visceral adiposity in European- and African American youth. *Journal of Pediatrics*, 2010 Apr;156(4):598-605.e1. Epub 2010 Jan 12. (Co-first authors) PMID: PMC4018229
34. Liu G, **Zhu H**, Lagou V, Gutin B, Stallmann-Jotgensen I, Treiber FA, Dong Y, Snieder H. FTO variant rs9939609 is associated with adiposity but not with energy intake or expenditure in European- and African- American youth. *BMC Medical Genetics*, 2010, Apr 9;11(1):57. [Epub ahead of print] PMID: PMC2864242
35. Li K, Guo D, **Zhu H**, Hering-Smith KS, Chao J, Dong Y. Interleukin-6 stimulates epithelial sodium channels via proteolysis in the mouse cortical collecting duct cells. *American Journal of Physiology- Regulatory Integrative Comparative Physiology*. 2010 Aug;299(2):R590-5. Epub 2010 May 26. PMID: PMC2928617
36. Pollock NK, Bernard PJ, Wenger K, Misra S, Gower BA, Allison JD, **Zhu H**, Davis CL. Lower bone mass in prepubertal overweight children with prediabetes. *J Bone Miner Res*. 2010 Dec; 25(12):2760-2769. PMID: PMC3122138
37. Dong Y, Stallmann-Jorgensen I, Pollock N, Harris RA, Keeton DK, Huang Y, Li K, Bassali R, Guo D, Thomas J, Pierce GL, Pederson-White J, Holick M, **Zhu H**. A 16-week randomized clinical trial of 2000 international units daily vitamin D3 supplementation in black youth: 25-hydroxyvitamin D, adiposity, and arterial stiffness. *Journal of Clinical Endocrinology & Metabolism*. 2010 Oct;95(10):4584-91. PMID: 20660028

38. **Zhu H**, Wang X, Gutin B, Davis CL, Keeton D, Thomas J, Stallmann-Jorgensen I, Mookken G, Bundy V, Snieder H, Harst P van der, Dong Y. Leukocyte telomere length in healthy white and black adolescents: relations to race, sex, adiposity, adipokines and physical activity. *Journal of Pediatrics*, 2011 Feb;158(2):215-20. 2010 Sep 18. [Epub ahead of print] PMID: PMC3010324
39. Wang X, **Zhu H**, Snieder H, Su S, Munn D, Harshfield G, Maria BL, Dong Y, Treiber F, Gutin B, Shi H. Obesity related methylation changes in DNA of peripheral blood leukocytes. *BMC Medicine*, 2010 Dec 21;8:87. PMID: PMC3016263
40. **Zhu H**, Belcher M, van der Harst P. Healthy aging and disease: role for telomere biology? (invited review) *Clinical Science (London)*. 2011 Jan 28;120(10):427-440. PMID: 21271986 [PubMed - as supplied by publisher] PMID: PMC3035527
41. Lagou V, Liu G, **Zhu H**, Stallmann-Jorgensen I, Gutin B, Dong Y and Snieder H. Lifestyle and socioeconomic-status modify the association of *ADRB2* and *NOS3* with general and central adiposity in European-American and African-American Youth. *Obesity (Silver Spring)*. 2011 Mar;19(3):595-603. PMID: 20930716
42. Pollock NK, Bernard PJ, Gutin B, Davis CL, **Zhu H** and Dong Y. Adolescent obesity, bone mass, and cardiometabolic risk factors. *J Pediatr* (2011) 158:727-734. PMID: PMC3383822
43. Harris RA, Pedersen-White J, Guo D, Stallmann-Jorgensen, Keeton DK, Huang, Y, Shah Y, **Zhu H** and Dong Y. Vitamin D3 supplementation for 16 weeks improves flow-mediated dilation in overweight African-American adults. *American Journal of Hypertension* 2011, 24:557-562. PMID: PMC3812921
44. Bundy V, Johnson M, Gutin B, **Zhu H**, Stallmann-Jorgensen I, and **Dong Y**. Adiponectin moderates the relationship between adiposity and leptin in adolescents regardless of gender or race. *Journal of Pediatric Endocrinology & Metabolism*, 2011;24(3-4):119-24. PMID: PMC3909950
45. Liu G, **Zhu H**, Dong Y, Podolsky R, Treiber FA, , Snieder H. Influence of Common variants in *FTO* and near *INSIG2* and *MC4R* on growth curves for adiposity in African- and European-American youth. *Eur J Epidemiol*. 2011 Jun;26(6):463-73. doi: 10.1007/s10654-011-9583-4. Epub 2011 May 5. PMID: PMC3115048
46. Fox ER, Young JH, Li Y, Dreisbach AW, Keating BJ, Musani SK, Dong Y, Snieder H, Wang X, **Zhu H**, Javelin MR, Psaty BM, Abecasis GR, Elliott P, van Duijn CM, Newton-Cheh C. Association of genetic variation with systolic and diastolic blood pressure among African Americans: the Candidate Gene Association Resource study. *Hum Mol Genet*. 2011 Jun 1;20(11):2273-84. PMID: PMC3090190
47. Fox ER, Young JH, Li Y, Dreisbach AW, Keating BJ, Musani SK, Dong Y, Snieder H, Wang X, **Zhu H**, Javelin MR, Psaty BM, Abecasis GR, Elliott P, van Duijn CM, Newton-Cheh C. Genetic variants in novel pathways influence blood pressure and cardiovascular disease risk. *Nature*. 2011 Sep 11;478(7367):103-109. PMID: PMC3340926
48. **Zhu H**, Guo D, Li K, Pederson-White J, Stallmann-Jorgensen I, Huang Y, Parikh S, Liu K, Dong Y. Increased telomerase activity and vitamin D supplementation in overweight African Americans.

49. Gregoski M, Barnes V, Tingen M, Dong Y, **Zhu H**, and Treiber FA. Differential Impact of Stress Reduction Programs Upon Ambulatory Blood Pressure Among African American Adolescents: Influences of Endothelin-1 Gene and Chronic Stress Exposure. *International Journal of Hypertension* 2012; 2012:510291. PMID: PMC3227499
50. Gutin B, Harris RA, Howe CA, Johnson MH, **Zhu H**, and Dong Y. Cardiometabolic biomarkers in young black girls: relations to body fatness and aerobic fitness, and effects of a randomized physical activity trial. *International Journal of Pediatrics*. 2011; 2011:219268. PMID: PMC3191769
51. Pollock NK,* Bundy V,* Kanto W, Davis CL, Bernard PJ, **Zhu H**, Gutin B, Dong Y. (2011) Greater fructose consumption is associated with cardiometabolic risk markers and visceral adiposity in adolescents. *Journal of Nutrition*. 2012 142: 251-257. (*Co-First Authorship) PMID: PMC3260058
52. Parikh S, Guo D, Pollock NK, Petty K, Potter L, Bhagatwala J, Gutin B, Houk C, **Zhu H**, and Dong Y. Circulating 25-hydroxyvitamin D concentrations are correlated with cardiometabolic risk among American black and white adolescents living in a year-round sunny climate. *Diabetes Care*. 2012 35:1133-1138. PMID: PMC3329810
53. Parikh S, Pollock NK, Gutin B, **Zhu H**, and Dong Y. Adolescent fiber consumption is associated with visceral fat and inflammatory markers. *Journal of Clinical Endocrinology and Metabolism* 2012 Aug;97(8):E1451-7. PMID: PMC3410273
54. **Zhu H**, Wang X, Shi H, Su S, Harshfield GA, Gutin B, Snieder H, Dong Y. A genome-wide methylation study of severe vitamin D deficiency in African American Adolescents. *Journal of Pediatrics*. 2013;162(5):1004-1009.e1. Publ.ID: YMPD5774. PMID: PMC3935318
55. **Zhu H**, Chao J, Kotak I, Guo D, Parikh SJ, Bhagatwala J, Dong YT, Patel SY, Houk C, Chao L, Dong Y. Plasma Kallistatin is associated with adiposity and cardiometabolic risk in apparently healthy African American adolescents. *Metabolism*. 2013 May;62(5):642-6. doi: 10.1016/j.metabol.2012.10.012. Epub 2012 Nov 26. PMID: PMC3757514
56. Wang X, Falkner B, **Zhu H**, Shi H, Su S, Xu X, Sharma AK, Dong Y, Treiber FA, Gutin B, Harshfield GA, Snieder H. A genome-wide methylation study on essential hypertension in young African American males. *PLoS One*. 2013;8(1):e53938.. PMID: PMC3542324
57. Pierce GL, **Zhu H**, Darracott K, Edet I, Bhagatwala J, Huang Y, Dong Y. Arterial stiffness and pulse-pressure amplification in overweight/obese African-American adolescents: relation with higher systolic and pulse pressure. *Am J Hypertens*. 2013 Jan;26(1):20-6. PMID: PMC3626033
58. Gregoski M, Buxbaum SG, Kapuku G, Dong Y, **Zhu H**, Davis M, Gonto K, Treiber FA. Interactive influences of ethnicity, endothelin-1 gene, and everyday discrimination upon nocturnal ambulatory blood pressure. *Ann. Behav.Med*. 2013 Feb 23 [Epub ahead of print] DOI 10.1007/s12160-013-9472-z PMID: PMC3644019

59. Codd V, Nelson CP, Albrecht E, Mangino M, Deelen J, Buxton JL, iff M, Dong Y,**Zhu H**, Jarvelin MR, Slagboom PE, Thompson JR, Spector TD, van der Harst P, Samani NJ. Identification of seven loci affecting mean telomere length and their association with disease. *Nature Genetics* 2013 Mar 27;45(4):422-427. PMID: PMC4006270
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61. Guo DH, Parikh S, Chao J, Pollock N, Wang X, Snieder H, Navis G, Wilson J, Bhagatwala J, **Zhu H**, and Dong Y. Urinary prostatic excretion is associated with adiposity in nonhypertensive African American adolescents. *Pediatric Research*, 2013,74(2):206-210. PMID: PMC4332551
62. Xu X, Su S, Barnes VA, De Miguel C, Pollock J, Ownby D, Shi H, **Zhu H**, Snieder H, Wang X. A genome wide methylation study on obesity: differential variability and differential methylation. *Epigenetics*. 2013; 8(5):522-533. PMID: PMC3741222
63. Lucas R, Parikh SJ, Sridhar S, Guo D, Bhagatwala J, Dong YT, Caldwell R, Mellor A, Caldwell W, **Zhu H**, Dong Y. Cytokine profiling of young overweight and obese female African American adults with prediabetes. *Cytokine*, 2013, Oct;64(1):310-5. PMID: PMC4058336
64. Bhagatwala J, Harris RA, Parikh S, **Zhu H**, Huang Y, Kotak I, Seigler N, Pierce GL, Egan BM, and Dong Y. Epithelial sodium channel inhibition by amiloride on blood pressure and cardiovascular disease risk in young prehypertensives. *Journal of Clinical Hypertension*, 2014 Jan;16(1):47-53. doi: 10.1111/jch.12218. Epub 2013 Oct 31. PMID: 24410943, PMID: PMC8031874.
65. **Zhu H**, Pollock NK, Kotak I, Gutin B, Wang X, Bhagatwala J, Parikh SJ, Harshfield GA, Dong Y. Dietary sodium, adiposity, and inflammation in healthy adolescents. *Pediatrics*. 2014; 133:e635-642. ePub online: February 3, 2014 (doi: 10.1542/peds.2008-1536). (**Press release**) PMID: PMC3934330 (Impact Factor: 5.515) (78 citations). **Featured article by press release and attracted world-wide media attention generating over 340 headlines.**
66. Su S, **Zhu H**, Xu X, Wang X, Dong Y, Kapuku G, Treiber F, Gutin B, Harshfield G, Snieder H, Wang X. DNA methylation of the LY86 gene is associated with obesity, insulin resistance and inflammation. *Twin Res Hum Genet*. 2014 June; 17(3):183-191. PMID: PMC4090018
67. **Zhu H**, Bhagatwala J, Polloc NK, Gutin B, Thomas J, Parikh S, Harshfield GA, Dong Y. High sodium intake is associated with short leukocyte telomere length in overweight and obese adolescents. *International Journal of Obesity*. 2015 Aug;39(8):1249-53. doi: 10.1038/ijo.2015.51. Epub 2015 Apr 14. PMID:25869605. PMID: PMC6344938. (Impact Factor: 5.151) (11 citations) **AHA news release: <http://newsroom.heart.org/news/combo-of-overweight-high-sodium-intake-speeds-cell-aging-in-teens>. This News Release resulted in 55 stories and 86,823,838 media impressions (readership and viewership figures).**
68. **Zhu H**, He FJ and Dong Y. Dietary sodium, adiposity and inflammation in children and adolescents. (invited review) *Functional Food Reviews*. 2015; 7(1): 31-40.

69. Stewart DL, Harshfield GA, **Zhu H**, Hanevold CD. Stress and salt sensitivity in primary hypertension. (Invited review) *Current Hypertension Reports*. 2015 Feb;17(2):2. doi: 10.1007/s11906-014-0513-1. PMID: 25620631
70. Bhagatwala J, **Zhu H**, Parikh S, Guo D, Kotak I, Huang Y, Havens R, Pham M, Afari E, Kim S, Pollock NK, Dong Y. Dose and time responses of vitamin D biomarkers to monthly vitamin D3 supplementation in overweight/obese African Americans with suboptimal vitamin D status: a placebo controlled randomized clinical trial. *BMC Obesity*. 2015 Jul 4;2:27. PMID: 26217542. PMCID: PMC4511449.
71. **Zhu H**, Bhagatwala J, Huang Y, Pollock NK, Parikh S, Raed A, Gutin B, Harshfield GA, Dong Y. Race/ethnicity-specific association of vitamin D and global DNA methylation: cross-sectional and interventional findings. *PLOS ONE*. 2016, April 6, 11(4): e0152849. PMCID: PMC4822838
72. Cromer P, Raed A, Biber R, Layman D, Bhagatwala J, **Zhu H**, Maz A. Inter-Professional Community Training and Partnerships - A View from USA Academic Nursing Students. *Global Journal of Medical Research*. 2016.
73. Stewart DL, Dong Y, **Zhu H**, Harshfield GA. Angiotensin II-mediated increases in Damage Associated Molecular Patterns during acute mental stress: A letter to the editor regarding Cohen et al. *Psychosomatic Medicine (PSY16-80)*, 2017, January 79(1):112-114. PMCID: PMC5182116
74. Dong YT, Huang Y, Gutin B, Raed A, Dong Y, **Zhu H**. The associations between global DNA methylation and telomere length in healthy adolescents. *Scientific Reports*, 2017, 7:4210 DOI:10.1038/s41598-017-04493-z PMCID: PMC5482897
75. Raed A, Bhagatwala J, Cromer P, **Zhu H**, Pollock NK, Mazzoli A, Huang Y, Acharya N, Basu R, Patel K, Patterson G, Ramayya T, Alias S, Kotak I, Dong YT, Huang Y, Parikh SJ, Li W, Layman D, Houk C, Dong Y. Obesity and related cardiometabolic risk in young US Hispanic farm workers: A neglected public health problem. *Jacobs Journal of Community Medicine*, 2017, 3(1):030.
76. Raed A, Bhagatwala J, **Zhu H**, Pollock NK, Parikh SJ, Huang Y, Kotak I, Guo D, Havens R, Harris RA, Dong Y. Effect of vitamin D3 supplementation on arterial stiffness in overweight African Americans with vitamin D deficiency. *PLOS One*. 2017, 12: e0188424. PMID: 29216203 PMCID: [PMC5720756](#).
77. Wang X, Pan Y, **Zhu H**, Hao G, Wang X, Huang Y, Barnes V, Shi H, Snieder H, Pankow J, North K, Grove M, Guan W, Demerath E, Dong Y, Su S. An epigenome-wide study of obesity in African American youth and young adults: novel findings, replication in neutrophils and relationship with gene expression. *Clinical Epigenetics* 2018, 10:3.
78. Raed A, Pollock N, Bhagatwala J, Cromer P, Mazzoli A, **Zhu H**, Francisco T, Bilz J, Azevedo R, Clarke J, Lee S, Murugappan A, Pasham V, Stewart D, Dong YT, Huang Y, Parikh SJ, Layman D, and Dong Y. Alanine Aminotransferase levels are Associated with Cardiometabolic Risk Markers in Hispanic/Latino Farmworkers. *Journal of Environment and Health Science*, 2018, 4 (1), 20-25.
79. Chen L, Dong Y, Wang X, Hao G, Huang Y, Gutin B and **Zhu H**. Epigenome-wide association study of dietary fiber intake in African American youth. *Molecular Nutrition & Food Research*,

2018 12:e1800155. doi: 10.1002/mnfr.201800155. [Epub ahead of print] PMID: 2944791, PMCID:PMC6344930

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ABSTRACTS

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41. Dong Y, Li K, Guo D, Thomas J and **Zhu H**. RAAS and inflammation factors regulate telomerase expression the mouse cortical collecting duce cells. *Poster presentation #2286 at 58th annual meeting of the American Society of Human Genetics, NOV. 11-15, 2008, Philadelphia*
42. Stallmann-Jorgensen I, Johnson MH, **Zhu H**, Hall P, Hatfield-Laube JL, Humphries MC, Barbeau P, Gutin B, Dong Y. Higher calcium intake is associated with lower body fat percentage and cholesterol in healthy adolescents. *49th Cardiovascular Disease Epidemiology and prevention, and Nutrition, Physical activity and Metabolism March 10-14, 2009, Palm Harbor, FL (poster presentation)*
43. Stallmann-Jorgensen I, Johnson MH, **Zhu H**, Hall P, Hatfield-Laube JL, Humphries MC, Barbeau P, Gutin B, Dong Y. Dietary vitamin D intake is associated with body fat percentage and visceral fat in healthy adolescents. *49th Cardiovascular Disease Epidemiology and prevention, and Nutrition, Physical activity and Metabolism March 10-14, 2009, Palm Harbor, FL (oral presentation.*

44. Young-Hyman D, **Zhu H**, Dong Y and Vernon M. The 5-HTTLPR polymorphism is associated with post pregnancy BMI. *The Society of Behavioral Medicine's 30th Annual Meeting and Scientific Sessions, April 22-25, 2009, Quebec, Canada (poster presentation)*.
45. Pollock NK, **Zhu H**, Chen T, Petty K, Gutin B, Hamrick MW, Laing EM, Lewis RD, Holick MF, Dong Y. (2009) 25-Hydroxyvitamin D and its relationship with adipose-derived inflammatory factors in 559 black and white adolescents. *J Bone Miner Res*; 24:417
46. Liu G, **Zhu H**, Lagou V, Gutin B, Treiber FA, Dong Y, Snieder H. Common variants near MC4R are associated with general and visceral adiposity in European- and African American youth. *The European Human Genetics Conference, May 23-26, 2009 in Vienna, Austria (submitted)*.
47. Dong Y, Stallmann-Jorgensen I, Lan L, Chen T, Pollock N, Keeton D, Petty KH, **Zhu H**, Holick M, Gutin B and Harshfield GA. Low vitamin D, adiposity and diabetic risk in black and white adolescents residing in the Southeast. *The Obesity Society 2009 Annual Scientific Meeting, Washington, DC, at the Washington Marriott Wardman Park from October 24-October 28, 2009. (Platform oral presentation Session ID 166320)*.
48. Pollock N, **Zhu H**, Petty KH, Gutin B, and Dong Y. Does season play a role in adipocyte-driven inflammation factors. *The Obesity Society 2009 Annual Scientific Meeting, Washington, DC, at the Washington Marriott Wardman Park from October 24-October 28, 2009. (Poster presentation)*
49. Petty KH, Dong Y, Li K, Fortenberry J, Stallmann-Jorgensen I, Guo D, Harshfield GA, and **Zhu H**. Gender differences in inflammatory markers related to adiposity in normotensive African American adolescents. *The Obesity Society 2009 Annual Scientific Meeting, Washington, DC, at the Washington Marriott Wardman Park from October 24-October 28, 2009. (Poster presentation)*.
50. Dong Y, Petty HK, **Zhu H**, Guo D, Li K, Chao L and Chao J. Plasma kallistatin levels are associated with waist circumference and lipid profiles in African American youths. *The Obesity Society 2009 Annual Scientific Meeting, Washington, DC, at the Washington Marriott Wardman Park from October 24-October 28, 2009. (Poster presentation, Session ID 166281)*
51. **Zhu H**, Mookken G, Keeton D, Gutin B, Dong Y. Leukocyte telomere length is associated with physical activity in female adolescents. *Joint Conference - 50th Cardiovascular Disease Epidemiology and Prevention - and - Nutrition, Physical Activity and Metabolism – 2010, Hilton San Francisco Union Square - San Francisco, CA, March 2-5, 2010. P101*
52. Dong Y, Stallmann-Jorgensen I, Pollock N, Li K, Keeton D, **Zhu H**. The dynamic changes of 25(OH)D in response to A 16-week vitamin D supplementation in African American Adolescents. *Joint Conference - 50th Cardiovascular Disease Epidemiology and Prevention - and - Nutrition, Physical Activity and Metabolism – 2010, Hilton San Francisco Union Square - San Francisco, CA, March 2-5, 2010.P50*
53. Davis CL, Misra S, **Zhu H**, Allison J, Gower B. Exercise Reduces Inflammation in Overweight Children at Risk for Fatty Liver. *Joint Conference - 50th Cardiovascular Disease Epidemiology and Prevention - and - Nutrition, Physical Activity and Metabolism – 2010, Hilton San Francisco Union Square - San Francisco, CA, March 2-5, 2010. P01*

54. Wang X, Snider H, Shao S, and **Zhu H**. Methylation levels of 11 beta-hydroxysteroid dehydrogenase 2 gene promoter and essential hypertension. *Joint Conference - 50th Cardiovascular Disease Epidemiology and Prevention - and - Nutrition, Physical Activity and Metabolism – 2010, Hilton San Francisco Union Square - San Francisco, CA, March 2-5, 2010.P132*
55. **Zhu H**, Wang X, Gutin B, Keeton D, Thomas J, Stallmann-Jorgensen I, Bundy V, Snieder H, Harst van de P, Dong Y. Race, Gender, Adiposity and Leukocyte Telomere Length in Healthy White and Black Adolescents. *American Society of Human Genetics 2010 Annual Meeting in Washington, DC, November 2-6, 2010. (accepted, 1989/F, Friday, Nov. 5, 10:30am-11:30am)*
56. Dong Y, Pederson-White J, Stallmann-Jorgensen I, Harshfield G, Gutin B, **Zhu H**. Association between 25-hydroxyvitamin D concentration and blood pressure in normotensive black and white youth residing in the Southeastern United States. *AHA scientific session 2010 in Chicago, Illinois, November 13-17, 2010. (submitted)*
57. Dong Y, Stallmann-Jorgensen I, Pollock N, Harris RA, Keeton DK, Huang Y, Li K, Bassali R, Guo D, Thomas J, Pierce GL, Pederson-White J, Holick M, **Zhu H**. A 16-week randomized clinical trial of 2,000 IU daily vitamin D3 supplementation in black adolescents: 25-hydroxyvitamin D, body mass index, and arterial stiffness. *AHA scientific session 2010 in Chicago, Illinois, November 13-17, 2010. (submitted)*
58. Pierce GL, **Zhu H**, Huang Y, Stallmann-Jorgensen I, Guo D, Kapuku, G, Gong Y. Increased central artery pulse pressure and stiffness in overweight/obese African-American adolescents. *AHA scientific session 2010 in Chicago, Illinois, November 13-17, 2010. (submitted)*
59. Gregoski M, Barnes VA, Tinggen M, Dong Y, **Zhu H**, Treiber FA. Modulating Influences of ET-1 Lys198Asn Genotype and Chronic Stress Upon Stress Reduction Programs in Reducing Ambulatory Blood Pressure Among African American Adolescents. (APS Abstract # 1198) American Psychosomatic Society (APS) 2011 Annual Meeting in San Antonio, Texas. (Citation Award, and a Scholar Award) *Psychosomatic Medicine* 2011; 73(3): A-17.
60. Parikh S, **Zhu H**, Pollock N, Stallmann-Jorgensen I, Gutin B, and Dong Y. Adiposity, metabolic and dietary risk factors associated with prehypertension in African American and Caucasian adolescent males: Findings from a cross-sectional study. *American Society of Hypertension 2011 Annual meeting in New York, May 21-24. (accepted for the ASH 2011 Young Investigator-in-Training Abstract Competition and travel award)*
61. **Zhu H**, Guo D, Li K, Pedersen-White J, Stallmann-Jorgensen I, Huang Y, Parikh S, Liu K, Dong Y. Vitamin D Supplementation Upregulates Leukocyte Telomerase Activity in Overweight African Americans. *Oral Presentation at Experimental Biology 2011 Annual Meeting In Washington D.C. April 9-13, 2011.*
62. Wegienka G, Harvatsd S, Zoratti E, Dong Y, **Zhu H**, Ownby D, Johnson CC. Cord blood vitamin D levels are associated with atopic dermatitis. *International Epidemiology Meeting 2011*
63. **Zhu H**, Wang X, Shi H, Su S, Harshfield, G, Gutin B, Snieder H, Dong Y. A genome-wide methylation study of vitamin D inadequacy in African American Adolescents. *Experimental Biology 2012. (Oral presentation)*

64. Parikh S, Harris RA, **Zhu H**, Huang Y, Pierce G, Guo D, Pratt H, Dong Y. Possible vascular ENaC inhibition by amiloride in young overweight prehypertensives. 7th International Symposium on Aldosterone and the ENaC/Degenerin Family of Ion Channels. (Oral presentation)
65. Pollock NK, Misra S, Patel P, Allison JD, Kapuku G, **Zhu H**, Gower BA, Davis CL.* Liver stiffness measurement by transient elastography and its relationship to markers of cardiometabolic risk and aerobic exercise in overweight children. Late breaking poster at The Obesity Society, Oct. 2, 2011 in Orlando.
66. Su S, **Zhu H**, Snieder H, Dong Y, Treiber, F, Gutin, B, Harshfield G, Wang X. Genomic and epigenomic integration reveals important genes for obesity. Submitted to the conference “The Contribution of Epigenetics in Pediatric Environmental Health” 2012.
67. **Zhu H**, Mobley J, Chen D, Guo D, Parikh S, Bollag W, Dong Y. Vitamin D supplementation anglobal proteomic profiling: a randomized, double-blind, and placebo-controlled clinical trial in overweight/obese young African Americans. Endosociety annual meeting 2012.
 - a. 15th Workshop on Vitamin D, June 20-22, 2012, Houston, Texas.
68. Kotak I, Dong Y, Parikh S, Guo D, Bhagatwala J, **Zhu H**. Apolipoprotein B/A1 ratio is associated with cardiometabolic risk in white and black adolescents. Endosociety annual meeting 2012. (accepted)
69. Sarker M, Parikh S, Bhagatwala J, Kotak I, **Zhu H**, Dong Y. Pulse wave velocity is associated with hemoglobin A1C in diabetic patients with nephropathy. Endosociety annual meeting 2012
70. **Zhu H**, Guo D, Ishita Kotak, Li K, Jeffrey Thomas, Huang Y, Jigar Bhagatwala, Parikh S, Dong Y. The effect of vitamin D supplementation on telomere biology in overweight African Americans. Endosociety annual meeting 2012, 15th Workshop on Vitamin D, June 20-22, 2012, Houston, Texas.
71. Bhagatwala J, Pollock N, Parikh S, Kotak I, Gutin B, **Zhu H**, Dong Y. Non-HDL cholesterol is associated with blood pressure elevation and an array of cardiovascular risk in black and white adolescents. Young Investigator Travel Award by the American Society of Hypertension, May 2013, San Francisco, CA.
72. Bhagatwala J, Parikh S, Kotak I, **Zhu H**, and Dong YB. Pulse wave velocity and central hemodynamics in young overweight/obese African Americans with early peripheral blood pressure elevation. *American Society of Hypertension Annual Scientific Meeting, San Francisco, May 2013.*
73. Bhagatwala J, Pollock N, Parikh S, Kotak I, Gutin B, **Zhu H**, and Dong Y. Non-HDL cholesterol is associated with blood pressure elevation and an array of cardiovascular risk in black and white adolescents. *American Society of Hypertension Annual Scientific Meeting, San Francisco, May 2013.*
74. Guo D, Dong Y, Bhagatwala J, Huang Y, Parikh S, **Zhu H**. Effects of vitamin D supplementation on serum microRNA expression profile in young African American with poor vitamin D status. 16th *Vitamin D Workshop, June 11-14, 2013, San Francisco, California.*
75. Bhagatwala J, **Zhu H**, Guo D, Parikh S, Kotak I, Huang Y, Havens R, Nesmith E, Holick MF, Dong Y. A dose-response randomized clinical trial of 16-week vitamin D3 supplementation in

overweight/obese young African Americans with poor vitamin D status. *16th Vitamin D Workshop, June 11-14, 2013, San Francisco, California.*

76. Bhagatwala J, **Zhu H**, Pollock S, Parikh S, Huang Y, Kotak I, Guo D, Havens R, Harris RA, Dong Y. Dose-response effect of vitamin D3 supplementation on arterial stiffness in young overweight African Americans with poor vitamin D status. *16th Vitamin D Workshop, June 11-14, 2013, San Francisco, California.*
77. Pollock NK, Guo D, **Zhu H**, Davis CL, RANKL, OPG and exercise dose in overweight and obese children. 35th Annual Meeting of the American Society of Bone and Mineral Research, October 4-7, 2013, Baltimore, Maryland.
78. Bhagatwala J, **Zhu H**, Parikh S, Kotak I, Huang Y, Havens R, Dong Y. Prediabetes with Prehypertension: Increased Arterial Stiffness and Ambulatory Blood Pressure in Young Overweight/Obese Healthy African American Adults. Georgia Chapter, American College of Physician, October 4-6, 2013, Savannah, Georgia. (3rd Place in Associate's poster competition).
79. Parikh S, Dong Y, Bhagatwala J, Kotak I, Huang Y, Havens R, **Zhu H**. Spot urine specimen and estimation of 24-hour urinary sodium excretion by Tanaka and Kawasaki equations. Georgia Chapter, American College of Physician, October 4-6, 2013, Savannah, Georgia.
80. **Zhu H**, Bhagatwala J, Pollock NK, Gutin B, Thomas J, Parikh S, Harshfield GA, Dong Y. High sodium intake is associated with short telomere length in overweight and obese adolescents. MP64 moderated poster presentation AT Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism 2014 Scientific Sessions, March 18-21, San Francisco, California. **On AHA news release:** <http://newsroom.heart.org/news/combo-of-overweight-high-sodium-intake-speeds-cell-aging-in-teens>. The news release resulted in 55 stories and 86,823,838 media impressions (readership and viewership figures).
81. **Zhu H**, Huang Y, Bhagatwala J, Parikh S, Havens R, Kotak I, Dong Y. Vitamin D supplementation increases global DNA methylation in overweight and obese African Americans with vitamin D deficiency. MP20 moderated poster presentation AT Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism 2014 Scientific Sessions, March 18-21, San Francisco, California.
82. NeSmith, EG, Rakkar, J, Medeiros, RS, Ferdinand, CHB, Holsten, S, **Zhu, H**, & Dong, Y (2014, September). "Optimizing health by determining factors associated with differences in baseline inflammation and susceptibility to sepsis in complex poly-trauma patients to prevent poor outcomes". Accepted Abstract. *2014 State of the Science Congress on Nursing Research for the Council for the Advancement of Nursing Research*. Washington, DC.
83. Cromer P, Bhagatwala J, Mazzoli A, Dong Y, Layman D, **Zhu H**, Acharva N, Basu R, Patel K, Huang Y, Su S, Lucas R, Krishna R, Cortez-Cooper M. "Health Risks of Hispanic Horticulture Farmworkers in Southeast Georgia". American Association of Nurse Practitioners 2014 National Conference. Nashville, Tennessee. June 21, 2014.
84. NeSmith EG, Medeiros RS, Ferdinand CH, Holsten S, Dong Y, **Zhu H**, Rakkar J. (2014, September). Optimizing health by determining factors associated with differences in baseline inflammation and susceptibility to sepsis in complex poly-trauma patients to prevent poor outcomes.

85. **Zhu H**, Xu X, Parikh SJ, Su S, Barnes V, Harshfield GA, Snieder H, Wang X, Dong Y. A genome-wide methylation study of sodium intake in African American youth. Wellcome Trust Epigenomics of common disease, October 28-31, 2014. Cambridge, UK.
86. Parikh SJ, Dong Y, Bhagatwala J, Kotak I, Basu R, Patel K, Acharya N, Raed A, Huang Y, **Zhu H**. Association of 24-hour urinary sodium excretion with hemoglobin A1C in a young overweight/obese African Americans. Georgia ACP Chapter 2014
87. Raed A, Bhagatwala J, Cromer P, Mazzoli A, **Zhu H**, Acharya A, Basu R, Patel K, Huang Y, Nesmith E, Cortez-Cooper M, Parikh SJ, Layman D, Dong Y. Cardiometabolic risk profiling of young farm workers of Hispanic origin in the Southeastern United States: A research-community partnership study. Georgia ACP Chapter 2014
88. Patterson G, Krishna R, Cromer P, Hanes C, Bhagatwala J, Kotak I, Mazzoli A, Huang Y, Basu R, Patel K, Acharya N, Ramayya T, McCullum T, Parikh S, Young N, Raed A, Sultan Z, Zhu H, Cutler C, Layman D, and Dong Y. Elevated cardiometabolic risk in Hispanic farmworkers with periodontitis. Children's Summer Scholars Program, Augusta University, 2014
89. Ramayya T, Bhagatwala J, Cromer P, Mazzoli A, Kotak I, Huang Y, Patterson G, McCullum T, Basu R, Patel K, Acharya N, Parikh S, Raed A, Nesmith E, **Zhu H**, Layman D, and Dong Y. Vitamin D insufficiency and obesity in a Hispanic farm population. Children's Summer Scholars Program, Augusta University, 2014
90. Parikh SJ, Bhagatwala J, Raed A, Huang Y, Kotak I, Harshfield GA, Dong Y and **Zhu H**. High sodium intake is associated with increased hemoglobin A1C in young overweight/Obese African Americans. Council on Hypertension 2015 Scientific Sessions, the American Heart Association, September 16-19, 2015, Washington DC.
91. Alias S, Cromer P, Bhagatwala J, Huang Y, Parikh SJ, **Zhu H**, Layman D, and Dong Y. The relation of elevated BMI with cardiometabolic risk biomarkers in Hispanic farm works in southeastern United State. The 7th Annual Medical Scholars Research Day, Medical College of Georgia, Georgia Regents University. September 21, 2015.
92. **Zhu H***, Wagner C*, Pan Y, Wang X, Shary J, Hollis B, Dong Y. Maternal vitamin D supplementation and cord blood genome-wide DNA methylation analysis. Oral Presentation at 19th Vitamin D Workshop, Boston, March 29-31, 2016.
93. **Zhu H**, Chao J, Raed A, Huang Y, Bhagatwala J, Parikh S, Dong Y. Plasma Kallistatin is Associated with Leukocyte Telomere Length in Young African Americans. Poster 3502. Experimental Biology 2016. San Deigo, CA, April 2-6, 2016
94. Francisco T, Dong Y, Raed A, Pollock NK, Bhagatwala J, Stewart D, **Zhu H**. Effects of vitamin tsmD supplementation on circulating T cell profiles among vitamin D-deficient overweight African Americans: a randomized placebo-controlled trial. American College of Physicians Georgia Chapter Conference. October 21- 23, 2016, Braselton, GA.

95. Bilz J, Cortez-Cooper M, Stewart D, Raed A, **Zhu H**, Dong Y. Handgrip as a Sex-Specific Index for Cardiometabolic Risk in the Hispanic Farmworker in the Southeastern United States. American College of Physicians Georgia Chapter Conference. October 21- 23, 2016, Braselton, GA.
96. **Zhu H**, He FJ, Choi JH, Dong Y, Huang Y, Harshfield GA. Effect of changing sodium intake on miRNA profiling in hypertensives. AHA Scientific Session November 12-16, 2016 New Orland, LA. *Circulation*. 2016;134:A19446 .
97. NeSmith EG, Medeiros RS, Ferdinand C, Holsten S, Looney S, **Zhu H**, Dong, Y (2017, January). “Accelerated biologic aging, chronic stress, and risk for sepsis and organ failure following trauma.” *30th Eastern Association for the Surgery of Trauma (EAST) Annual Scientific Assembly*. Hollywood, FL.
98. Dong YT, Pollock NK, Raed A, Parikh S, Bhagatwala J, Gutin B, **Zhu H**. Greater dietary fiber consumption is associated with lower insulin resistance and blood pressure in adolescents. AHA EPI/LIFESTYLE 2017, March 6-11, Portland, OR (Poster #807), *Circulation*. 2017;135:AP280
99. Dong YT, Huang Y, Gutin B, Dong Y, **Zhu H**. Inflammation, global DNA methylation and telomeres in healthy adolescents. *Experimental Biology 2017*, April 22-26, Chicago (ASBMB 2017 Poster # 6666).
100. Chen L, He FJ, Dong Y, Harshfield GA, **Zhu H**. Sodium reduction, miRNA profiling and insights into CVD phenotypes in hypertensives. *Circulation*. 2017; 136:A16869. AHA Scientific Session November 11-15, 2017, Anaheim, CA. (Poster Abstarct#16869)
101. Mueller K, Venugopal N, Patel S, Jasti A, Dong YT, **Zhu H**, Raed A, Layman D, Cromer P, and Dong Y. Prediabetes and associated cardiometabolic risk in US farmworkers of Hispanic origin. Augusta University Graduate Research Day, 2017.
102. Venugopal N, Patel S, Mueller K, Jasti A, Dong YT, **Zhu H**, Raed A, Layman D, Cromer P, and Dong Y. Abdominal obesity and dyslipidemia in southeastern US farmworkers of different ethnicities. Augusta University Graduate Research Day, 2017.
103. Patel S, Venugopal N, Mueller K, Jasti A, Dong YT, **Zhu H**, Raed A, Layman D, Cromer P, and Dong Y. Neck circumference as a marker for adiposity and its association with cardiometabolic risk factors in the Hispanic farmworker population. Augusta University Graduate Research Day, 2017.
104. Chen L, Dong Y, Bhagatwala J, Raed A, Huang Y and **Zhu H**. Effect of vitamin D supplementation on epigenetic aging: a randomized placebo-controlled trial. AHA EPI/LIFESTYLE 2018, New Orleans, LA, March 20-24, 2018
105. Chen L, **Zhu H**, Harshfield GA, Huang Y, Dong Y. Low plasma 25-hydroxyvitamin D concentration is associated with depression, perceived stress, anxiety and hostility. The 21st workshop on vitamin D, Barcelona, Spain, May 16-19, 2018.

106. Chen L, **Zhu H**, Huang Y, Gutin B, Dong Y. High-Mobility Group Box-1 (HMGB1) level in adolescents is associated with mothers' education in a dose-response fashion but not fathers' education. State of the Public's Health Conference. October 18, 2018, Athens, GA.
107. Chen L, Dong Y, Gutin B, **Zhu H**. Dietary Patterns, Cardiovascular disease risk factors and socioeconomic determinants among adolescents in the southeastern region of the U.S. State of the Public's Health Conference. October 18, 2018, Athens, GA.
108. Chen L, Dong Y, Wang X, Hao G, Huang Y, Gutin B, **Zhu H**. An epigenome-wide association study of dietary sodium to potassium ratio in African American adolescents. *Circulation*. 2018;138(Suppl_1):A12628-A12628. DOI: doi:10.1161/circ.138.suppl_1.12628. AHA Scientific Session. November 10-12, 2018, Chicago, IL. (Abstract# 12628)
109. Chen L, He FJ, Dong Y, Harshfield GA, **Zhu H**. Effects of dietary sodium reduction on metabolomic profiles in untreated black hypertensives. *Circulation*. 2018;138 (Suppl_1):A12318-A12318. DOI: doi:10.1161/circ.138.suppl_1.12318. AHA Scientific Session. November 10-12, 2018, Chicago, IL. (Oral presentation, Abstract# 12318)
110. **Zhu H**, Chen L, Wagner CL, Wang X, Shary JR, Huang Y, Hollis BW and Dong Y. Effects of Maternal vitamin D supplementation on offspring epigenetic clock of Gestational age at birth: A randomized controlled trial. American Society of Nutrition 2019 annual conference, Baltimore, June 8-11, 2019. Abstract ID: 620364
111. Chen L, **Zhu H**, Gutin B, Sesso H, Dong Y. Higher chocolate intake is associated with longer telomere length among adolescents. American Society of Nutrition 2019 annual conference, Baltimore, June 8-11, 2019. Abstract ID: 621360. *Curr Dev Nutr*. 2019 Jun; 3(Suppl 1): nzz028.P01-018-19.
112. Chen L, **Zhu H**, Harshfield GA, Dong Y. Vitamin D may buffer the renal effects of angiotensin II receptor blocker in African Americans. The 35th Augusta University Graduate Research Day, April 1, 2019.
113. Chen L, Wagner C, Dong Y, Wang X, Shary J, Huang Y, Hollics B, **Zhu H**. Effects of Maternal Vitamin D3 Supplementation on Offspring Epigenetic Gestational Age Acceleration at Birth: A Randomized Controlled Trial (P11-036-19). *Curr Dev Nutr*. 2019 Jun 13;3(Suppl 1). pii: nzz048.P11-036-19. doi: 10.1093/cdn/nzz048.P11-036-19. eCollection 2019 Jun
114. Chen L, **Zhu H**, Huang Y, Harshfield G, Dong Y*. Vitamin D May Be Associated with the Renal Effects of Angiotensin II Receptor Blocker in African Americans. *AHA Scientific Sessions*. November 16-18, 2019, Philadelphia, PA. (Abstract# 16087)
115. Chen J, Chen L, Shi Y, Dong Y, **Zhu H***. An Epigenome-Wide Association Study of Vitamin D Supplementation in African Americans: A Randomized Double-blind, Placebo-controlled Trial. *2019 Food & Nutrition Conference & Expo*. Oct 26-29, 2019. Philadelphia, PA.
116. **Zhu H**, Chen L, He FJ, Huang Y, Wang C, Huang Y, Harshfield GA, Dong Y. Sex Difference, Circulating Short-chain Fatty Acids, Dietary Sodium Reduction in Untreated Hypertensives: A Randomized, Double-Blind, Placebo-Controlled Trial. *AHA Lifestyle Scientific Session 2020*, March

3-6th, Phenix, AZ. Chen L, **Zhu H**, Bhagatwala J, Raed A, Huang Y, Sesso H, Dong Y. Chocolate intake is associated with decreased epigenetic aging among African Americans. *AHA Lifestyle Scientific Session 2020*, March 3-6th, Phenix, AZ.

117. Duah O, Zhu H, Chen L, Dong Y, and Young LF. Cross-link Between Dietary Sodium, Gut Microbiome, and Heart Failure. The third annual Harvard Chan Microbiome in Public Health Center (HCMPH) symposium is on May 17, 2021. The 36th Southern Nursing Research Society (SNRS) 2022 Annual Conference, New Orleans, February 23-25, 2022.
118. Jones T, Cao C, Kim E, Pardue R, Chen Li, Dai DJ, **Zhu H**, and Dong Y, and Stauber C. Comparison of Socio-Economic Conditions in the Central Savannah River Area from 2000-2019. The 2022 Georgia Public Health Association (GPHA) Annual Meeting and Conference May 4-6 at the Jekyll Island Convention Center, GA.
119. Chen L, Chen X, Sun J, Yang Q, Huang Y, Dong Y, and **Zhu H**. The Role of Leucine/ α -KIC/HMB Metabolism Pathway in Vascular Aging. AHA Scientific Sessions. November 5-7, 2022, Chicago, IL.
120. Pardue R, Kim E, Jones T, Cao C, Chen L, Stauber C, **Zhu H**, Dong Y, Dai D, Spatial access to mental health care and pharmacies in the Central Savannah River Area submitted and presented at 2022 Georgia Public Health Association Conference.
121. Dong YT, Mazzoli A, Cromer P, Layman D, Chen L, **Zhu H**. Smoking status, small airways disease and obstructive lung disease in horticulture farmworkers. CHEST 2022 Annual Meeting. October 16-19, 2022 Nashville, TN.
122. Dong Y, Li Y, **Zhu H**, Chen L, Lee KH, Manson JE, and Sesso HD. The Effects Of Randomized Cocoa Extract And Multivitamins On The Gut Microbiome: A Pilot Study In Cosmos. 2023 AHA the EPI | Lifestyle 2023 Scientific Sessions, Abstract ID#: 798 Oral Presentation Number: 22. Boston, MD. Feb 28-March 3, 2023.
123. Xu X, **Zhu H**, Dong Y, Pennell K, Manz K. Exposure to per- and polyfluoroalkyl substances (PFAS) and cardiovascular disease in the Central Savannah River Area. Society of Environmental Toxicology and Chemistry (SETAC) Annual Conference 2023
124. Wang Z, Dai D, Xu H, Stauber CE, Dong Y, **Zhu H**. Higher Urban Health Index is Associated with Lower Ambulatory Blood Pressure in People Living in Southeast United States. *Circulation*. 148: A14531. https://doi.org/10.1161/circ.148.suppl_1.14531. Poster presentation at the AHA Scientific Session 2023, November 11–13, 2023, Pennsylvania Convention Center | Philadelphia, Pennsylvania.
125. Stauber CE, Wang Z, Xu H, Dai D, **Zhu H**, Dong Y. Neighborhoods and Mental Health: Urban Health Index as a Tool to Measure Disparities in Mental Health Metrics in the Central Savannah River Area. Submitted to 19th International Conference on Urban Health, ICUH2023, Atlanta, GA, November 6th-9th, 2023.
126. Pottayil F, Dong Y, **Zhu H**, Sams R, Young L, Jehu DA. LA (2023). Investigating the relationship between habitual activity and cognitive domains among people living with dementia. *Innovation in Aging*, 7, S1, 1174-1175. doi:10.1093/geroni/igad104.3765 IF: 7.0

127. Jehu DA, Langston R, Dong Y, **Zhu H**, Sams R, Young L. FA (2023). Dementia severity is related to dual-task cost during posture gait and functional mobility tasks among people living with dementia in residential care facilities. doi:[10.1093/geroni/igad104.3412](https://doi.org/10.1093/geroni/igad104.3412) IF: 7.0. Poster presented at the annual Gerontological Society of America, Tampa, FL, USA, November, 2023.
128. Sams R, Young L, Hamrick M, **Zhu H**, Dong Y, Jehu DA. Dual-tasks and dementia severity impact postural stability and gait among people living with dementia in residential care facilities: A cross-sectional pilot study. Poster presented by Langston at the American College of Physicians National Abstract Competition, Boston, MA, April, 2024.
129. **Zhu H**, Huang Y, Chen L, Dong Y. Effects of Dietary Sodium Reduction on Systemic Inflammation: Findings from DASH-Sodium Study (P397). Presented at AHA Hypertension Scientific Session September 5-8, 2024, Chicago, Illinois. Hypertension. 2024, 81: Suppl .P362. Originally published 14 October, 2024.
130. Dong Y, Altvater M, Howerton S, **Zhu H**, Weeks C, Cheng J, and Li W. The association of neighborhood social and built environment with ambulatory blood pressure in young adults of the Georgia Stress and Heart Cohort (P362). Poster Presentation at AHA Hypertension Scientific Session September 5-8, 2024, Chicago, Illinois. Hypertension. 2024, 81: Suppl.P362. Originally published 14 October, 2024.
131. **Zhu H**, Dong Y. Li J, Hamaya R, Lee KH, Manson JE, Sesso HD. Dietary sodium intake and the gut microbiome: a pilot study in COSMOS. Circulation. 2024;150:Suppl_1.4141296. Originally published 11 November 2024. Poster presentation at the American Heart Association Scientific Session. November 16-18, 2024. Chicago, Illinois.
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