

## **Nadeeja N. Wijayatunga, MD(MBBS), MPhil, PhD, RDN**

Assistant Professor

Department of Nutrition and Hospitality Management

University of Mississippi, MS, USA

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### **EDUCATION**

2021 - 2022 Individualized Supervised Practice Program (with Dietetic Internship),  
Department of Food Science and Human Nutrition, Iowa State University, IA, USA

2013 - 2017 Doctor of Philosophy (PhD) in Nutritional Sciences,  
Department of Nutritional Sciences, Texas Tech University, TX , USA

2011 - 2014 Master of Philosophy (MPhil) in Clinical Biochemistry  
Faculty of Graduate Studies, University of Sri Jayewardenepura, Sri Lanka

1999 - 2005 Bachelor of Medicine and Bachelor of Surgery (MBBS)  
Faculty of Medicine, University of Peradeniya, Sri Lanka  
(Distinctions in Biochemistry, Parasitology, and Pathology)

### **POSTGRADUATE TRAINING**

2017 - 2019 Postdoctoral Research Associate -  
Department of Kinesiology and Sport Management, Texas Tech University, TX

2007 MD Anesthesiology - Part I  
Post Graduate Institute of Medicine, University of Colombo, Sri Lanka

### **LICENSURE**

2022 - Present Registered Dietitian Nutritionist (RDN), USA

2007 - Present Registered Medical Practitioner in Sri Lankan Medical Council

### **ACADEMIC AND PROFESSIONAL EMPLOYMENT**

Aug 2019 – Present Assistant Professor, Department of Nutrition and Hospitality Management,  
University of Mississippi

May 2017 - Aug 2019 Postdoctoral Research Associate  
Department of Kinesiology and Sport Management, Texas Tech University, TX

Aug 2013 – Apr 2017 Teaching Assistant/ Research Assistant, Department of Nutritional Sciences,  
Texas Tech University, TX

Aug 2009 - Jul 2016 Lecturer  
Department of Biochemistry, Faculty of Medicine, University of Sri Jayewardenepura,  
Sri Lanka

Aug 2011 - Jan 2013 Locum Medical Doctor - Internal Medicine and Surgery  
Durdans Private Hospital, Colombo, Sri Lanka

Mar 2007 - Jul 2009 Medical Doctor - Intensive Care and Anesthesia  
Teaching Hospital - Peradeniya, Kandy, Sri Lanka

Feb 2007 - Mar 2007 Relief Medical Doctor in Medicine  
Colombo South Teaching Hospital, Colombo, Sri Lanka

Feb 2006 - Feb 2007 Intern Medical Officer in Medicine and Surgery,  
Colombo South Teaching Hospital, Sri Lanka

May 2005 - Feb 2006 Temporary Lecturer  
Department of Anatomy, Faculty of Medicine, University of Peradeniya, Sri Lanka

### **RESEARCH INTERESTS**

Biobehavioral factors and interventions for obesity and normal weight obesity  
Weight bias reducing interventions  
Time restricted feeding interventions

## PAST RESEARCH EXPERIENCE

May 2017 - Aug 2019 **Postdoctoral Research Associate**

Department of Kinesiology and Sport Management, Texas Tech University, TX  
Advisor: Emily Dhurandhar (Ph.D.) - Assistant Professor

Areas of research:

- Dietary and exercise interventions in obesity (Time-restricted feeding, Whey protein supplementation, antigravity treadmill-based walking intervention)
- Educational interventions to reduce weight bias among healthcare professionals (In kinesiology students and dietitians)
- Psychosocial associations of obesity and normal weight obesity

Aug 2013 - April 2017 **Dissertation Research**

Department of Nutritional Sciences, Texas Tech University, TX

Advisor: Naima Moustaid-Moussa (Ph.D., FTOS, FAHA) - Professor

Dissertation Title: “Adipose depot-specific differences in gene and microRNA expression of high fat-fed mice and changes in inflammatory and metabolic markers following bariatric surgery in humans”.

Nov 2011 - Apr 2014 **Master of Philosophy Research**

Department of Biochemistry, Faculty of Graduate Studies,  
University of Sri Jayewardenepura, Sri Lanka

Advisors: Hemantha Peiris BVSc, M.Phil., Ph.D., Senior Professor, Department of Biochemistry; Rasika Perera MBBS, Ph.D., Senior Lecturer Grade 1, Department of Biochemistry; Kamani Wanigasuriya MBBS, MD, M.Phil., FCCP, FRCP (Lon), FRACP (Hon), Professor, Dept of Medicine

Thesis Title: “Serum cystatin C as a marker in the assessment of renal function in Sri Lankan patients with mild to moderated diabetic nephropathy”.

2005 Research Experience - Volunteer Work

Department of Physiology, Faculty of Medicine, University of Peradeniya, Sri Lanka

Advisor: Prof. Malini Udupihille MBBS, MPhil, Ph.D.

Research: “Lung airflow in young adult male quarry workers in Peradeniya”

2005 Research Experience - Volunteer Work

Department of Radiology, Faculty of Medicine, University of Peradeniya, Sri Lanka

Advisor: Prof. B. Hewavithana MBBS, MD

Research: “Assessment of splenic size using ultrasonography in a selected sample of normal individuals in Kandy district”

## PUBLICATIONS

### Published journal articles

**Wijayatunga N.N.,** Kim H., Hays H. M., Kang M. (2022). Objectively measured physical activity is lower in individuals with normal weight obesity in the US– NHANES 2003-2006. in the United States.

*International Journal of Environmental Research and Public Health.*;19(18):11747.

**Wijayatunga, N.N.,** Dhurandhar, E. (2021). Normal weight obesity and unaddressed cardiometabolic health risk—a narrative review. *Int J Obes* . <https://doi.org/10.1038/s41366-021-00858-7>

**Wijayatunga, N.N.,** Bailey, D., Klobodu, S.S. Knight, K, Dhurandhar, E. A short, attribution theory-based video intervention does not reduce weight bias in a nationally representative sample of registered dietitians: a randomized trial. *Int J Obes* (2021). <https://doi.org/10.1038/s41366-021-00740-6>

Ramalho, T., Pahlavani, M., Kalupahana, N., **Wijayatunga, N.,** Ramalingam, L., Jancar, S., & Moustaid-Moussa, N. (2020). Eicosapentaenoic acid regulates inflammatory pathways through modulation of transcripts and mirna in adipose tissue of obese mice. *Biomolecules*, 10(9), E1292. <https://doi.org/10.3390/biom10091292>

- Gibson, M. J., Dawson, J. A., **Wijayatunga, N. N.**, Ironuma, B., Chatindiara, I., Ovalle, F., . . . Dhurandhar, E. J. (2019). A randomized cross-over trial to determine the effect of a protein vs. carbohydrate preload on energy balance in ad libitum settings. *Nutrition Journal*, 18(1), 69. doi:10.1186/s12937-019-0497-4
- Wijayatunga, N. N.**, Ironuma, B., Dawson, J. A., Rusinovich, B., Myers, C. A., Cardel, M., . . . Dhurandhar, E. J. (2019). Subjective social status is associated with compensation for large meals - A prospective pilot study. *Appetite*, 132, 249-256. doi:10.1016/j.appet.2018.07.031
- Wijayatunga N.N.**, Kim Y., Butsch W.S., Dhurandhar E.J. The effects of a teaching intervention on weight bias among kinesiology undergraduate **Wijayatunga, N. N.**, Kim, Y., Butsch, W. S., & Dhurandhar, E. J. (2019). The effects of a teaching intervention on weight bias among kinesiology undergraduate students. *Int J Obes (Lond)*, 43(11), 2273-2281. doi:10.1038/s41366-019-0325-0
- Pahlavani M., **Wijayatunga N.N.**, Kalupahana N.S., Ramalingam L., Gunaratne P.H., Kottapalli P., Coarfa C., Rajapakshe K., Moustaid-Moussa, N (2018). Transcriptomic and microrna analyses of gene networks regulated by eicosapentaenoic acid in brown and subcutaneous adipose tissue of diet-induced obese mice. *Biochimica et Biophysica Acta Molecular and Cell Biology of Lipids*.1863(12):1523-31. doi.org/10.1016/j.bbali.2018.09.004
- Wijayatunga, N. N.**, Pahlavani, M., Kalupahana, N. S., Kottapalli, K. R., Gunaratne, P. H., Coarfa, C., . . . Moustaid-Moussa, N. (2018). An integrative transcriptomic approach to identify depot differences in genes and microRNAs in adipose tissues from high fat fed mice. *Oncotarget*, 9(10), 9246-9261. doi:10.18632/oncotarget.24226
- Wijayatunga, N. N.**, Sams, V. G., Dawson, J. A., Mancini, M. L., Mancini, G. J., & Moustaid-Moussa, N. (2018). Roux-en-Y gastric bypass surgery alters serum metabolites and fatty acids in patients with morbid obesity. *Diabetes Metab Res Rev*, 34(8), e3045. doi:10.1002/dmrr.3045
- Sams, V. G., Blackledge, C., **Wijayatunga, N.**, Barlow, P., Mancini, M., Mancini, G., & Moustaid-Moussa, N. (2016). Effect of bariatric surgery on systemic and adipose tissue inflammation. *Surg Endosc*, 30(8), 3499-3504. doi:10.1007/s00464-015-4638-3
- Silva, N., Tennakoon, V., & **Wijayatunga, N. N.** (2013). What makes medical students to say “yes” to e-learning?. *Sri Lanka Journal of Bio-medical Informatics*, 4(1), 7–13. DOI: <http://doi.org/10.4038/sljbm.v4i1.5523>

### Under review

- Gupta, K., Lambert, L., Mann, G., Wijayatunga, N., Cafer, A. “Silver lining”: Challenges and best practices for child nutrition directors during the COVID-19 pandemic. *Journal of the Academy of Nutrition and Dietetics*.
- Turnipseed H., **Wijayatunga N.N.**, Dhurandhar E.J. The Influence of an Anti-Gravity Treadmill on Physical Activity Enjoyment and Energy Expenditure- A Pilot Study

### Book Chapters

- Wijayatunga N.N.**, Fernandez-del-Valle, M. Not so normal unhealthy lean, Active Female 3<sup>rd</sup> Edition, Springer, Chapter 30

### Published Conference Abstracts

- Armstrong A. I., Hays H. M., Kim Y., Carithers T., Wellmann J., **Wijayatunga N.N.** (2022) Reducing Ageism in an Undergraduate Nutrition Class Using an Online Educational Intervention. *Nutrition 2022* - American Society for Nutrition's Annual Meeting (virtual conference - poster)
- Wijayatunga, N.**, Ding, L., & Piyathilake, C. (2021). Ancestry-Specific Interactions Between Circulatory Folate and One-Carbon Metabolism Genes' Haplotypes for Higher-Grade Cervical Intraepithelial Neoplasia. *Current Developments in Nutrition*, 5(Suppl 2), 285. [https://doi.org/10.1093/cdn/nzab036\\_027](https://doi.org/10.1093/cdn/nzab036_027)
- Bailey, D., **Wijayatunga, N.**, Klobodu, S., Knight, K., & Dhurandhar, E. (2020). The Association of Weight Bias with Health At Every Size® Alignment and Weight Bias Training in a Nationally Representative Sample of Registered Dietitians. *Journal of the Academy of Nutrition and Dietetics*, 120(9), A31. doi.org/10.1016/j.jand.2020.06.247

- Wijayatunga, N.**, Preechavanichwong, B., Georghstone, K., & Dhurandhar, E. (2020). An Effectiveness Study of Early or Late Time-Restricted Feeding on Body Composition – Pilot Study. *Current Developments in Nutrition*, 4(Suppl 2), 1701. [https://doi.org/10.1093/cdn/nzaa063\\_099](https://doi.org/10.1093/cdn/nzaa063_099)
- Wijayatunga, N.**, Kim, Y., & Dhurandhar, E. (2019). Examining correlates of explicit and implicit weight bias among pre-healthcare undergraduate students (P12-045-19). *Current Developments in Nutrition*, 3(Supplement\_1), nzz035-P12. [doi.org/10.1093/cdn/nzz035.P12-045-19](https://doi.org/10.1093/cdn/nzz035.P12-045-19)
- Turnipseed, H.W., **Wijayatunga N.N.**, Dhurandhar, E. "Effects of a 12 week walking intervention on exercise barriers in obesity using an anti-gravity treadmill". Texas Chapter of the American College of Sports Medicine – Annual meeting 2019. International Journal of Exercise Science Conference Proceedings, Vol 2, 11. <https://digitalcommons.wku.edu/cgi/viewcontent.cgi?article=3822&context=ijesab>
- Wijayatunga, N. N.**, Pahlavani, M., Kottapalli, R., Dawson, J. A., Ramalingam, L., Gunaratne, P. H., ... & Moustaid-Moussa, N. (2016). Adipose Depot-Specific Differences in Transcriptome and MicroRNA Expression in High Fat Diet Induced Obese Mice. *The FASEB Journal*, 30, 626-2. [https://doi.org/10.1096/fasebj.30.1\\_supplement.626.2](https://doi.org/10.1096/fasebj.30.1_supplement.626.2)
- Pahlavani, M., **Wijayatunga, N. N.**, Kottapalli, R., Ramalingam, L., Gunaratne, P. H., Coarfa, C., ... & Moustaid-Moussa, N. (2016). Transcriptomic and MicroRNA Analyses Identify Gene Networks Regulated by Eicosapentaenoic Acid in Brown Adipose Tissue from Diet-Induced Obese Mice. *The FASEB Journal*, 30, 626-5. [doi.org/10.1096/fasebj.30.1\\_supplement.626.5](https://doi.org/10.1096/fasebj.30.1_supplement.626.5)
- Yen, E., Wijayatunga, N., Pahlavani, M., Ramalingam, L., Kottapalli, K. R., Kalupahana, N. S., ... & Moustaid-Moussa, N. (2016). MicroRNAs as a Novel Mechanism by which Eicosapentaenoic Acid Mediates Inflammation in Diet-Induced Obesity. *The FASEB Journal*, 30, 911-7. [doi.org/10.1096/fasebj.30.1\\_supplement.911.7](https://doi.org/10.1096/fasebj.30.1_supplement.911.7)
- Wijayatunga, N.**, Sams, V., Blackledge, C., Siriwardhana, N., Mancini, M., Mancini, G., & Moustaid-Moussa, N. (2015). Inflammatory and Metabolic changes following Bariatric Surgery. *The FASEB Journal*, 29, 884-58. [doi.org/10.1096/fasebj.29.1\\_supplement.884.58](https://doi.org/10.1096/fasebj.29.1_supplement.884.58)
- Wijayatunga, N.**, Perera, P., Wanigasuriya, K., Wijesiri, A., Moustaid-Moussa, N., & Peiris, H. (2014). Serum cystatin C in early prediction of risk of chronic kidney disease progression in type 2 diabetes (LB727). *The FASEB Journal*, 28, LB727. [doi.org/10.1096/fasebj.28.1\\_supplement.lb727](https://doi.org/10.1096/fasebj.28.1_supplement.lb727)
- Wijayatunga, N.**, Sam, V., Blackledge, C., Siriwardhana, N., Mancini, M., Mancini, G., ... & Moustaid-Moussa, N. (2014). Differential regulation of adipokine levels after Bariatric surgery (LB345). *The FASEB Journal*, 28, LB345. [doi.org/10.1096/fasebj.28.1\\_supplement.lb345](https://doi.org/10.1096/fasebj.28.1_supplement.lb345)

#### Accepted/ submitted conference abstract

- Pierce M.M., Kostelnik S.B., **Wijayatunga N.N.**, Valliant M.W. The Comparison of Intuitive Eating Behaviors Between Student-Athletes and College Students. *Journal of the Academy of Nutrition and Dietetics*, Volume 122, Issue 9, A27
- Wijayatunga N.N.**, Chang Y., Brown A., Webster A., Sollid K., Bailey D. Signals of Environmental Sustainability and Influence on Food Purchasing Decisions by U.S. Consumers. *Journal of the Academy of Nutrition and Dietetics*, Volume 122, Issue 10, A108

#### Other conference abstracts

- Wijayatunga N.N.**, Kim, H., Hays, H.M., Kang, M. Moderate to Vigorous Physical Activity is Less in Normal Weight Obesity in the United States – Cross-Sectional Study. Obesity Week conference (virtual) 2021 (Poster)
- Wijayatunga N.N.**, Kim H, Jung M., Kang M. Handgrip Strength is Lower in Metabolically Unhealthy Normal Weight Individuals in the United States – Obesity Week conference (virtual) 2020 (Poster)
- Wijayatunga N.N.**, Sandoval A, Aguilera J, Whigham L.D., Dhurandhar E. J. A systematic review: Association of socioeconomic status with objectively measured physical activity, Obesity Week conference, Las Vegas, 2019 (Poster)
- Wijayatunga N.N.**, Bailey D., Klobodu S., Knight K., Dhurandhar E. J. Correlates of weight bias among dietitians in the United States, Obesity Week conference, Las Vegas, 2019 (Poster)

- Wijayatunga N.N.**, Turnipseed H.W., Dhurandhar E.J. Characteristics of sarcopenic obesity in a group of young and middle-aged adults - A descriptive cross-sectional study. Obesity Week conference, Nashville, TN, 2018 (Poster)
- Wijayatunga N.N.**, Short M, Mumbower K, Dhurandhar E.J. Perceived health and motivation for physical activity in normal weight obesity – a pilot study. Obesity Week conference, Nashville, TN, 2018 (Poster)
- Wijayatunga N.N.**, Kim Y., Dhurandhar E. The way we teach about obesity affects the weight bias status among Kinesiology students. Obesity Week conference, Nashville, TN, 2018 (Oral)
- Turnipseed, H.W., **Wijayatunga N.N.**, Oliver, M.; Freedle, C., Kneeder, F., Dhurandhar, E.; A pilot study of the alter-g anti-gravity treadmill to overcome exercise barriers in obesity. Obesity Week conference, Nashville, TN, 2018 (Poster)
- Wijayatunga N.N.**, Kim Y., Dhurandhar E. A multi-faceted education method reduces weight bias among Kinesiology students. Annual Obesity Research Cluster Meeting, Texas Tech University, Lubbock, TX, 2018 (Oral)
- Wijayatunga N.N.**, Mumbower K, Short M, Youngdeok K, Dhurandhar E.J. Clinical indicators of sarcopenia in normal weight obesity. Nutrition 2018 - American Society for Nutrition's Annual Meeting, Boston, MA (Poster)
- Wijayatunga N.N.**, Dawson J., Dhurandhar E. Caloric compensation for repeated high-calorie meals in free-living females. Obesity Week conference, Washington DC, 2017. (Oral)  
<https://obesityweek.com/abstract/caloric-compensation-for-repeated-high-calorie-meals-in-free-living-females/>
- Surowiec K, **Wijayatunga N.N.**, Ramalingam L, Sams V, Mancini G, Mancini M, Mechref Y, Moustaid-Moussa N. Applications of improved GCMS method for fatty acid analysis in samples from bariatric patients and mice fed omega-3 fatty acids. ASMS Conference on Mass Spectrometry and Allied Topics, 2016 (Poster)
- Wijayatunga N.N.**, Sams V.G., Blackledge C.D., Siriwardhana N., Mancini M.L., Mancini G.J., Dawson J.A., Moustaid-Moussa N. Inflammatory and metabolic changes following bariatric surgery. The Obesity Week, Los Angeles, CA, 2015. Obesity 2015 Abstract Book, T-P- 3260, 4 (Poster)
- Silva N., **Wijayatunga N.N.**, Tennekoon V. Early usage of a computer is associated with first- year medical students' perception of e-learning. Post Graduate Institute of Medicine, Sri Lanka, Academic Sessions: 2013 (Poster)
- Wijayatunga N.N.**, Perera P.P.R., Peiris H., Wanigasuriya K. Estimated Glomerular Filtration Rate calculated using IDMS-traceable MDRD equation may predict the duration of diabetes in Sri Lankan Type 2 diabetic patients. International Conference on Public Health Innovations, Sri Lanka: 2013 (Oral)
- Wijayatunga N.N.**, Perera P.P.R., Wanigasuriya K., Peiris H. Serum cystatin C as a marker in the assessment of renal function in diabetic nephropathy in Sri Lankan type 2 diabetics- Preliminary study - Sri Lanka Medical Association Scientific Medical Congress, Sri Lanka: 2013. Abstract number-181.  
[https://issuu.com/slmanews/docs/20130701\\_programme\\_book\\_2013\\_final/81](https://issuu.com/slmanews/docs/20130701_programme_book_2013_final/81)(Oral)
- Wijayatunga N.N.**, Perera P.P.R., Peiris H., Wanigasuriya K. Reference intervals for serum cystatin C in healthy Sri Lankan adults- a preliminary study. 4th Post Graduate Institute of Medicine, Sri Lanka, Academic Sessions: 2013. Abstract no.26 (Poster)
- Wijayatunga N.N.**, Perera P.P.R., Peiris H., Wanigasuriya K. Association of estimated glomerular filtration rate and albumin to creatinine ratio with diabetic retinopathy in Sri Lankan type 2 diabetic patients – Preliminary study - Sri Lanka Medical Association Scientific Medical Congress, Sri Lanka: 2013.  
[https://issuu.com/slmanews/docs/20130701\\_programme\\_book\\_2013\\_final/126](https://issuu.com/slmanews/docs/20130701_programme_book_2013_final/126) (Poster)
- Wijayatunga N.N.**, Perera P.P.R., Wanigasuriya K., Peiris H. Differences in estimation of Glomerular Filtration Rate using three standard formulae in selected type 2 diabetic patients - Sri Lanka Medical Association Scientific Medical Congress, Sri Lanka:2013. Abstract no.180. (Poster)  
[https://issuu.com/slmanews/docs/20130701\\_programme\\_book\\_2013\\_final/126](https://issuu.com/slmanews/docs/20130701_programme_book_2013_final/126)
- Wijayatunga N.N.**, Peiris H, Perera P.P.R., Wanigasuriya K. Association of blood pressure and microalbuminuria in a group of Sri Lankan type 2 diabetes patients- A Preliminary study. International Conference on Public Health Innovations, Sri Lanka: 2013. Abstract no.195
- Wijayatunga N.N.**, Perera P.P.R., Peiris H., Wanigasuriya K. Waist circumference and waist to hip ratio is higher in Type 2 diabetics with moderate renal impairment – Findings from a preliminary study. Annual sessions of Nutrition Society of Sri Lanka: 2013

- Wanigasuriya K, Chandrika U.G., Goonaratne J., Herath C., Perera P.P.R., **Wijayatunga N.N.** Abnormal serum retinol and  $\alpha$ -tocopherol levels in a sample of Sri Lankan patients on regular hemodialysis. Annual sessions of Nutrition Society of Sri Lanka: 2013
- Wijayatunga N.N.**, Perera P.P.R., Wanigasuriya K., Peiris H. Association between duration of type 2 diabetes and body mass index in a group of female Sri Lankan type 2 diabetics with routine clinic follow up - A preliminary study. Annual Academic Sessions of Faculty of Medical Sciences, University of Sri Jayewardenepura, Sri Lanka: 2012
- Hewavithana P.B., **Wijayatunga N.N.**, Attanayake A.M.N.S., Halpage I.P. Assessment of Splenic size using ultrasonography in a selected sample of normal individuals in Kandy district. Presented at 5th Annual sessions of Sri Lanka College of Radiologists, Sri Lanka: 2006 (Oral)
- Attanayake N.S., Tennakoon R.G.B., **Wijayatunga N.**, Halpage I.P. Lung airflow in young adult male quarry workers in Peradeniya. The annual session of the Physiological Society of Sri Lanka: 2005(Oral)

## GRANTS

### External grants - Funded

American Heart Association Postdoctoral Fellowship – Jan 2019

By the American Heart Association

Award number:19POST34450205

Amount: \$106,532 for 2 years – (Completed 8 months)

Study title - “Adiposity Awareness Study: A randomized controlled trial to increase physical activity in normal weight obesity”

Role - Principal Investigator

National Science Foundation (NSF) Competitive Research Grant, Sri Lanka

Award number: RG/2011/HS/21

Amount: Rs.597, 500 (~\$4000)

Study title: “Establishment of serum Cystatin C reference range for healthy Sri Lankan adults - a preliminary study”

Role – Collaborator

### Internal grants - Funded

Achieving Equity Investment Grants 2020 - Feb 2020

By the Office of Research and Sponsored projects, University of Mississippi

Amount \$ 18,716.00

Study title –“This space isn’t for you: The impact of weight stigmatizing healthcare environments and public health campaigns”

Role – Co-Principal Investigator

Grant-In-Aid

By Graduate School, Texas Tech University – Oct 2015

Amount: \$500

### External grants applied - Not funded

AHA Institutional Research Enhancement Award (AIREA)– Jan 2022

By the American Heart Association

Amount: \$ 154,000

Study title: Role of an 8-week time-restricted feeding with exercise snacks in reducing cardiovascular risk in normal weight obesity

Role - Principal Investigator

American Heart Association – Pre-Doctoral Fellowship – Sept 2021

By the American Heart Association

Amount: \$32,036

Role: Co-Sponsor (for student PI – Kritika Gupta)

Title: “Effectiveness of a theory-based, virtual nutrition education intervention in Normal Weight Obese Young adults

American Heart Association Early Career Development Award - October 2019

Amount: \$230,324

Study title: "Role of a 6-week high-intensity interval training in improving cardiovascular risk markers in normal weight obesity"

Role - Principal Investigator

The Obesity Society Early Career Research Grant Challenge (LOI) - 2018

Study title: "Effects of repeated high-calorie meals in free-living individuals on body composition and energy balance – A randomized controlled pilot study"

Role - Principal Investigator

The Obesity Society Early Career Research Grant Challenge (LOI) - 2017

Study title: "A randomized controlled trial of protein supplementation on body composition and metabolism in normal weight obese subjects"

Role - Principal Investigator

### **University internal grants – Not Funded**

Research and Community Engagement Investment (RCEi) grant – March 2022

By the School of Applied Sciences

Amount: \$11,995

Study title: The role of a 6-week time-restricted feeding with "exercise snacks" intervention on cardiometabolic risks factors and diet in free-living adults with excess body weight

Role - Principal Investigator

GlyCORE Pilot Project Program - Dec 2020

By The University of Mississippi

Study title: Determination of potential biomarkers of unhealthy diet using Ig-G glycomic and glycoproteomics in premenopausal women at risk for COVID-19 infection – A pilot study

Role - Principal Investigator; Amount \$ 100,000

2021 Ralph E. Powe Junior Faculty Achievement - Nov 2020

Applied for Internal Nomination

Title: Determination of race-specific association of adiposity with circulating concentrations of micronutrients and dietary inflammatory score in childbearing age women at risk for exposure to COVID-19

Role - Principal Investigator; Amount \$10,000

Research and Community Engagement Investment Program - Mar 2020

By the School of Applied Sciences, University of Mississippi

Study title: "Step Up study: A Health belief model-based intervention to increase physical activity in normal weight obesity"

Role - Principal Investigator; Amount \$9996.00

### **HONORS, AWARDS AND SCHOLARSHIPS**

2022 Commission on Dietetic Registration Faculty Fellowship Award

2022 Faculty Development Awards, University of Mississippi

2018 2<sup>nd</sup> place in the Oral presentation Competition - Annual Obesity Research Cluster Meeting  
Texas Tech University, TX

2017 One of the five finalists in the Ignite competition of the Biobehavioral section  
Obesity Week Conference, Washington DC

Fall 2016 Doctoral Dissertation Completion Fellowship

2016 Graduate School Poster Competition - First place - Category "Inside the Microverse"  
Texas Tech University, TX

2016 Graduate Travel award - Experimental Biology Conference

American Society of Biochemistry and Molecular Biology Conference, San Diego, CA

2015 - 2016 Margaret Chan Carter Scholarship Endowment

2013 - 2016 Texas Tech University Presidential Doctoral EX TA

2015 Finalist in the Poster Competition of Basic Sciences Section

2015 Obesity Week Conference, Los Angeles, CA  
 2015 Finalist in the Poster Competition- Obesity Research Cluster Annual Meeting  
 Texas Tech University, TX  
 2015 Graduate Travel award - Experimental Biology  
 American Society of Biochemistry and Molecular Biology Conference, Boston, MA  
 2013 - 2015 Texas Tech University, College of Human Sciences Designated Scholarship  
 2014 - 2015 Margaret Carter Human Sciences Scholarship  
 2013 / 2014 President's Summer Scholarship  
 2013 / 2014 Texas Tech Incentive for Graduates Scholarship  
 2014 Graduate School Poster Competition- First place in Science category-2  
 Texas Tech University, TX  
 2013 S. Ramachandran Prize for the Best Paper in Nephrology  
 Sri Lankan Medical Association Scientific Medical Congress Annual Session, Sri Lanka  
 2003 Prof. Sivalingam Memorial Award in Parasitology Faculty of Medicine  
 University of Peradeniya, Sri Lanka  
 1999 - 2004 Mahapola Higher Education Scholarship (Merit) – During Medical School

## TEACHING EXPERIENCE

### Courses taught - Department of Nutrition and Hospitality Management, University of Mississippi, MS

Fall 2022 NHM 511 - Advanced Nutrition (Undergraduate/Graduate level– 3 credits, 16 students)  
 Fall 2022 NHM 711 – Nutritional Biochemistry (Graduate level- 3 credits, 2 students)  
 Spring 2022 NHM 612 - Nutrition and Exercise in Health and Disease (Graduate- 3 credits, 25 students)  
 Fall 2021 NHM 611 – Advanced Nutrition (Graduate level– 3 credits, 24 students)  
 May Intersession 2021 NHM 311 – Nutrition (Undergraduate level – 3 credits, 15 students, Online)  
 Spring 2021 NHM 612 - Nutrition and Exercise in Health and Disease (Graduate- 3 credits, 14 students, remote)  
 Fall 2020 NHM 311 – Nutrition (Undergraduate level – 3 credits, 54 students, Online)  
 Fall 2020 NHM 711 – Nutritional Biochemistry (Graduate level- 3 credits, 8 students, remote)  
 Spring 2020 NHM 612 – Nutrition and Exercise in Health and Disease (Graduate- 3 credits, 11 students)  
 Fall 2019 NHM 711 – Nutritional Biochemistry (Graduate level- 3 credits, 4 students)

### Teaching grants

Summer 2020 Critical Thinking Redesign Grant (Teaching grant) by the Office of the Provost, University of Mississippi (\$1000) to redesign the Nutrition in older adults lesson in the NHM 311 course

### Invited Guest Lectures at University of Mississippi

Oct 5, 2022 “Obesity and weight management” – NHM 311 – Honors section  
 Sep 22 2022 “Alcohol metabolism”, NHM 311- Honors section  
 Feb 20, 2021 “Ageism”, GER 499  
 Sept 30, 2021 “Obesity”, NHM 525  
 Oct 17, 2019 “Exploration of obesities–Interdisciplinary approaches”, NHM 525

### Invited Guest Lectures - International

Dec 2020 Webinar speaker at the Peradeniya Medical School Alumni Association (PEMSAA)  
 Title of the presentation: “Biases in healthcare: Weight bias and ageism” -  
 Sept 2020 Guest speaker for the “How to become a scientist” Astro Talks series by the Nalanda College Astronomical Society, Colombo - Sri Lanka.



### **Invited Guest Lectures – Texas Tech University**

- Sep 13, 2021 “Obesities” in the lean, NS 6118 Graduate Seminar class,  
Department of Nutritional Sciences, Texas Tech University –
- Fall 2018 “Carbohydrates” lecture; For KIN 3347- Physiological application of nutrition to  
exercise and physical activity  
Department of Kinesiology and Sport Management, Texas Tech University, TX
- Fall 2017 “Prevention of muscle loss with weight loss” lecture;  
For KIN 3347- Physiological application of nutrition to exercise and physical activity  
Department of Kinesiology and Sport Management, Texas Tech University, TX
- Fall 2017 “Protein quality and intake; Proteins and diseases” lecture: For NS 5370 Carbohydrates,  
proteins, and lipids in nutrition, Graduate Level Class, Department of Nutritional  
Sciences, Texas Tech University, TX

### **Teaching Assistant, Texas Tech University**

- Summer II 2016 Teaching Assistant  
NS 4350 - Emerging issues in nutrition - Online course  
NS 3340 - Nutrition during life cycle course  
Graded assignments, proctored examinations
- Spring I 2016 Lead Teaching Assistant  
NS 1410 - Nutritional Sciences Laboratory  
Trained new teaching assistants, managed supplies to the laboratory, taught laboratory  
classes, graded assignments, and proctored examinations
- Fall 2015 Teaching Assistant  
NS 1410 - Nutritional Sciences Laboratory - Honor’s student class  
Taught laboratory classes, graded assignments, and proctored examinations
- Fall 2013-Fall 2015 Teaching Assistant  
NS 1410 - Nutritional Sciences Laboratory  
Taught laboratory classes, graded assignments, and proctored examinations

### **Lecturer - Department of Biochemistry, Faculty of Medicine, University of Sri Jayewardenepura, Sri Lanka**

- Aug 2009 - Jul 2013 1<sup>st</sup> year Medical students: Lectures for the following lessons - The endocrine system;  
Disorders of carbohydrate and lipid metabolism; Catabolism and excretion of  
nitrogenous compounds; Protein and energy; Vitamins and minerals; Cell transport; Red  
cells and hemoglobin  
Conducted laboratory sessions, tutorials  
3<sup>rd</sup> year Medical students: Skills laboratory classes - Airway management and  
cardiopulmonary resuscitation  
3<sup>rd</sup> year Medical students: Co-supervised the Personal and Professional Development  
(PPD) assignment for a group of 3 medical students (who followed up a patient with a  
chronic illness over a period of 7 months and submit a report) – in 2012  
BS Human Biology students: Biochemistry of selected diseases; Cancer  
BS Nursing students: Lipids; Heme metabolism; Abnormalities in amino acid,  
carbohydrate, lipid, and uric acid metabolism  
BS in Medical Laboratory Sciences students: Body fluids; Acid-base and electrolyte  
balance

### **Temporary Lecturer, Department of Anatomy, Faculty of Medicine, University of Peradeniya, Sri Lanka**

- May 2005 - Feb 2006 1<sup>st</sup> year Medical students: Conducted Anatomy lab session, taught Gross Anatomy using  
cadavers and prosected specimens and conducted small group discussions in Anatomy  
Prepared prosected specimen and conducted practical demonstrations

### **Teaching Training/ Certifications**

- Spring 2021 Online Teaching Endorsement training  
By the Academic Outreach at the University of Mississippi.

Summer 2016 Groundwork program workshop, Texas Tech University  
Summer 2013 International Teaching Assistant Workshop (ITA), Texas Tech University

## **AFFILIATIONS AND CONTRIBUTIONS**

### **Academy of Nutrition and Dietetics**

2022- present Member of the Dissemination Subcommittee of the Council of Research

### **American Society of Nutrition (ASN) leadership positions**

2022 - 2023 Early Career Nutrition Interest Group – Past Chair  
2022 – 2023 Early Career Nutrition Interest Group representative - American Society for Nutrition Board of Directors  
2021 - 2022 Early Career Nutrition Interest Group – Chair  
2020 - 2021 Early Career Nutrition Interest Group -Vice Chair  
2019 - 2020 Early Career Nutrition Interest Group - Events Chair  
2018 - 2019 Early Career Nutrition Interest Group - At-large Delegate  
2014 - Present Member

### **American Society for Nutrition - volunteer activities**

2019 - 2022 Work group member in the Early Career Mentoring Program  
2019 - 2022 Organizing/Chairing the Speed Mentoring event for annual conference  
2021 Organizing webinar - How to Promote Yourself and Advance Your Career as an Early Career  
2019 - Present Organizing the Mentoring program for ECN  
2021 Judges for the ASN Student Interest Group (SIG) Three Minute (3MT) Thesis Competition at the annual conference  
2021 A moderator at the “Meet the Fellows Event” at the annual conference  
2021 Reviewer ASN Science policy fellowship applications  
2021 Organizing/ moderating the Grant funding webinar for ECN

### **The Obesity Society (TOS)**

2014 - Present Member

### **The Obesity Society - volunteer activities**

2016 One of the Founding Member of “Keeping it Basic” e-News reviews  
Reviewed latest articles and wrote a summary for a wide-ranging audience

### **Other professional organizations as a member**

2022 – Present Phi Kappa Phi Honor Society  
2020 – Present Academy of Nutrition and Dietetics  
2015, 2017- 2022 American Heart Association  
2014 - 2019 Obesity Research Cluster, Texas Tech University  
2014 - 2016 American Society of Biochemistry and Molecular Biology  
2012 - Present Sri Lanka Medical Association  
2012 - Present Nutrition Society of Sri Lanka  
2005 - Present Physiological Society of Sri Lanka  
2005 - Present Kandy Society of Medicine, Sri Lanka

### **EDITORIAL BOARD MEMBER**

2020 - Present Nutrition and Dietary Supplements – Publisher – Dove Express  
2020 - Present Journal of Obesity and Chronic Disease – Publisher - USG-United Scientific Group  
2020 - Present Journal of Health Sciences and Innovative Research of the Faculty of Allied Health Sciences, University of Sri Jayewardenepura. (External Editorial Board Member)

## **REVIEWER**

### **Ad-hoc manuscript reviewer for**

Dietetics – MDPI

International Journal of Obesity

Journal of Obesity and Chronic Disease

International Journal of Environmental Research and Public Health – MDPI

Nutrition and Cancer

Scientific Reports

Nutrients – MDPI

European Journal of Nutrition

### **Conference abstract reviewer**

2018 - 2021 Annual American Society of Nutrition Conference abstracts (Obesity RIS)

2019 - 2022 Annual American Society of Nutrition Conference – Postdoctoral research award abstracts

2017 Annual sessions of The Obesity Society (Obesity Week), Bio-Behavioral Section Poster Competition- Abstract Reviewer

## **GRADUATE RESEARCH MENTORING**

### **Dissertation committee Co-Chair**

2021 - Present Michael Hays II MS

Department of Nutrition and Hospitality Management

Title – Forthcoming

2022 – Present Pouria Azar BS

Department of Nutrition and Hospitality Management

Title – Forthcoming

### **Dissertation Committee member**

2022 – Present Jun Seob Song BS

Department of Health, Exercise Science, and Recreation Management

Title – Forthcoming

2020 - 2022

Kritika Gupta MS

Department of Nutrition and Hospitality Management

Title: Resilience capacity of the school meal programs in southeastern U.S. school districts during the covid-19 pandemic: findings from Mississippi, Louisiana, and West Virginia

2020 - 2021

Morgan Delventhal MS, RD – Committee member

Department of Nutrition and Hospitality Management

Title: A latent class analysis predictive modeling approach to profile division I collegiate athletes for nutrition and relative energy deficiency in sport (RED-S) concern

### **Masters thesis committee member *Chair***

2022 – Present Justin Whitten BS

Department of Nutrition and Hospitality Management

Title – Forthcoming

2020 - 2021

Ann Irvin Armstrong BS

Department of Nutrition and Hospitality Management

Title – “Effectiveness of an educational intervention to reduce ageism in undergraduate students in an entry-level nutrition class”

She won first place in the three-minute (3 MT) competition under the Masters category at the University of Mississippi.

### **Masters Committee chair (Directed research)**

2022 – Present Kevin Tomasko BS

Title – Forthcoming

2022 – Present Ja'Donnia Ballard, BS

Title – Forthcoming

### **Masters thesis committee member**

- 2022 - Present Erin Wesolowski BS, RD  
Title – Forthcoming
- 2021 - Present Maimouna Issoufou Kapran BS  
Title – Forthcoming

### **Undergraduate Honors Thesis Committee**

#### **Reader**

- 2021 - 2022 Mary McKennon Pierce  
Title: Comparing intuitive eating behaviors between student-athletes and students enrolled at the University of Mississippi
- 2020 - 2021 Katie Darnell  
Title: Relationship between anxiety and dietary quality in college students
- 2020 – 2021 Lucy Williams  
Title: Predisposition of disordered eating among women at the University of Mississippi

### **Other research mentoring**

#### **- Department of Nutrition and Hospitality Management, University of Mississippi**

- Fall 2020 - Present Madison Ferris: A nutrition major undergraduate student volunteered as a research assistant and helped with data checking and analysis of ultrasound scans of a study on normal weight obesity.
- Summer 2020 Michaela Slatniske MS: A Ph.D. student who worked as a research assistant and did a literature review on nutrient-gene interaction in the folate pathway in obesity
- Spring of 2020 Jeongyeon Ahn, MS: A Ph.D. student who worked as a research assistant working on a study with consumer data.

### **Research mentoring during the postdoctoral period**

#### **- Department of Kinesiology and Sport Management, Texas Tech University**

- 2019 Katie Knight: An undergraduate student majoring in Nutrition who was an undergraduate research assistant in the lab.
- 2019 Kelly Georgestone: An undergraduate student majoring in Kinesiology who was volunteering as an undergraduate research assistant in the lab.
- 2018 – 2019 Sydney Hans: An undergraduate research assistant in the lab who was a pre-nursing student majoring in Nutrition.
- 2017 – 2019 Bundit Preechavanichwong, BS: A Masters student in Exercise Physiology. Mentored him on a research study investigating the effects of time-restricted feeding on body composition, physical activity, and satiety
- 2018 - 2019 Ashley Sandoval, MS: A Masters student in Kinesiology. Mentored her on performing a systematic review when she was volunteering after graduation in 2017
- 2017 - 2018 Hunter Turnipseed, MS: A Masters student in Kinesiology. His thesis was studying the role of pain as a barrier to physical activity in severe obesity and the anti-gravity treadmill as a potential therapeutic tool.
- 2018 Gage Paulk: An undergraduate student majoring in Human Sciences with a concentration in addictive disorders and recovery science; community, family and addictive disorders; and biology who worked as a research assistant in the lab.
- 2017 – 2018 Audrey Okpara, BS: An undergraduate student in Human Development and Family Studies volunteered as a research assistant in the lab.
- 2017 Kelcey Mumbower, BS: An undergraduate student in Kinesiology who volunteered as a research assistant who volunteered in the lab.
- 2016-2017 Bridget Ironuma, BS: An undergraduate student in Kinesiology and she worked as an undergraduate research assistant.

### **Research mentoring as a PhD student in the Department of Nutritional Sciences, Texas Tech University**

Summer 2014 Devin Wehle: As a Neuroscience major freshman at the University of Texas, Austin Devin completed a summer research internship by the National Wind Resource Center (NWRC) in 2014 under Dr. Naima Moustaid-Moussa. He studied the anti-inflammatory effects of eicosapentaenoic acid (EPA) in brains from mice fed high-fat diets.

### **Other Mentoring**

#### **Masters Non-Research Committees, Department of Nutrition and Hospitality Management, University of Mississippi**

2021 - Present Deanna Driss  
2021 - Present Katie Marzzarella – Committee member  
2021 - Present Margaret Lowery – Committee member  
2021 - Present Molly Russells – Committee member  
2021 - Present Sarah Strickland – Committee member  
2021 - Present Walid Kherat – Committee member  
2020 - Present Blake Grove – Committee member  
2020 - Present Lee Floyd – Committee member

#### **Sustainable Education Foundation’s ScholarX program, Sri Lanka**

A 6-month program for Sri-Lankan undergraduates by professionals from Industry and Academia.

May-Nov 2021 Jinesha Liyanage, BSc Food Sciences student, University of Peradeniya, Sri Lanka  
June- Present Pawani Gamage, BSc Nursing student, University of Colombo, Sri Lanka

#### **Lauro Cavazos & Ophelia Powell-Malone Mentoring Program (Mentor Tech), Texas Tech University**

Mentored undergraduate students

2016 - 2019 Celeste Hernandez: Major- Kinesiology  
2018 - 2019 Sarah Wilson: Major- Microbiology  
2015 - 2018 Audrey Okpara: Major - Human Development and Family Studies

#### **Moral Tutor Scheme, Faculty of Medical Sciences, University of Sri Jayewardenepura, Sri Lanka**

- Mentoring program

2011 - 2013 Mentored several Medical students and BS Nursing students (3-8 students per year)

### **UNIVERSITY VOLUNTEER SERVICES**

#### **University of Mississippi**

2022 – Present Senator, Faculty Senate, University of Mississippi  
2022 – Present Phi-Kappa-Phi University of Mississippi Board Member

#### **Department of Nutrition and Hospitality Management, University of Mississippi**

2022 Coordinate program student selection committee  
2022 Member, Portfolio development committee  
2020- Present Member of the Graduate Faculty Committee.  
2020 - Present Member of the Dietetics Faculty Committee  
2020 - Present Member, Departmental Curriculum Committee,  
2020 - Present Member, Applied Gerontology Faculty Council  
2020 - Present Member, Departmental Strategic Planning Committee

#### **Texas Tech University**

2017 - 2018 Mentor Cluster Leader, Lauro Cavazos & Ophelia Powell-Malone Mentoring Program (Mentor Tech): Mentored 8 other mentors; guided and helped them in their roles as mentors  
2018 Annual Graduate Research Poster Competition- Poster Presentations Reviewer  
2017, 2018 Undergraduate Research Conference - Oral Presentations Reviewer

**Graduate Student Advisory Council (GSAC), Texas Tech University, TX**

- 2016 Council Member  
 2015 - 2016 Community Outreach Commission and Student Advocacy & Welfare Commission Member  
 Volunteered in community, student, and social activities

**Graduate Nutrition Organization (GNO), Department of Nutritional Sciences, Texas Tech University, TX**

- 2014 – 2016 Member - Volunteered in activities organized by GNO

**Faculty of Medical Sciences, University of Sri Jayewardenepura, Sri Lanka**

- 2013 Convener of Clinical Biochemistry module - Phase I in the Medical Curriculum  
 Planned and coordinated the Clinical Biochemistry module for the pre-clinical departments  
 2011 - 2012 Convener of Endocrine Module - Phase I in the Medical Curriculum  
 Planned and coordinated the Endocrine module for the pre-clinical departments  
 2010 - 2013 Member of the Student Welfare Committee  
 Oversaw scholarships for students in 2012  
 2010 - 2013 Member of the Building and Procurement Committee  
 2010 - 2013 Instructor in the English Language Class: Taught medical and general English to first and second-year Medical Students

**COMMUNITY ENGAGEMENT**

- Feb 2018 “Healthy habits” guest lecture for 2<sup>nd</sup> graders at Roscoe Wilson Elementary School, Lubbock, TX.  
 Dec 2017 - Mar 2018 Community Health Screening Service, Lubbock, TX. Bi-monthly volunteer work with Dr. Emily Dhurandhar at the free health screening clinics in churches in North-East Lubbock-Measured height, weight and body fat%  
 Mar 2018 Annual Spring Health fair volunteer work - Measured height, weight and body fat%  
 2014, 2015 Science fair judge - South Plains Regional Science & Engineering Fair  
 Apr 2013 Volunteered as a medical doctor at a two-day Medical Clinic for the students at the Department of Business Economics, Faculty of Management Studies

**PROFESSIONAL DEVELOPMENT ACTIVITIES****Toastmasters International**

- 2014 - 2016 Member, Articulate Toastmasters Club, Lubbock, TX  
 2012 - 2013 Member, Lyceum Toastmasters Club, Nugegoda, Sri Lanka

***Achievements and Awards:***

- 2016 2<sup>nd</sup> place in the Toastmasters International Speech Contest at Area 61, Lubbock, TX  
 2015 1<sup>st</sup> place in the Toastmasters International Speech Contest at Area 61, Lubbock, TX  
 2015 2<sup>nd</sup> place in the Toastmasters International Evaluation Contest at Area 61, Lubbock, TX  
 2015 Competent Communicator Certification

***Leadership:***

- Jan - Jun 2016 Vice President of Public Relations - Articulate Toastmasters Club, Lubbock  
 Jan - Jun 2016 Editor of the Monthly Newsletter at Articulate Toastmasters Club, Lubbock