



**Xiang Gao, MD, PhD**, is Associate Professor and Director, Nutritional Epidemiology Lab, the Pennsylvania State University. Formerly, he was Assistant Professor at Harvard Medical School. His research interests include nutritional epidemiology, non-communicable diseases, and global health. He serves as the Principal Investigator of several NIH-funded R01/R21/R03 projects. He has published over 130 peer-reviewed articles. He has served on several national committee, including Institute of Medicine, American Academy of Sleep Medicine, and Parkinson Study Group. He has also served on several journals' editor board, including *Advance in Nutrition*. Dr. Gao won the Irwin H. Rosenberg Award from the Jean Mayer USDA HNRCA at Tufts(2006), the Mentored Clinical Research Award from the Parkinson Study Group (2007), the Wayne A. Hening Sleep Medicine Investigator Award from the American Academy of Neurology(2011), the Leadership/Expertise Alumni Award from the Tufts Nutrition School (2012), and the Samuel Fomon Young Physician Investigator Award from American Society for Nutrition(2015). He was selected into the Tufts Honorable Alumni Registry in 2015. His mentees won >10 awards since 2011. Dr. Gao received his M.S. in Epidemiology from Peking Union Medical College and his M.D. from Shanghai Second Medical University. He received his Ph.D. in nutritional epidemiology from Tufts University.

## Xiang Gao

**Date Prepared:** Apr 1<sup>st</sup>, 2016  
**Position title:** Associate Professor and Director  
**Office Address:** 109 Chandlee Lab, University Park, PA, 16802  
**Work Phone:** 814-867-5959; 814-863-6103 (Fax)  
**Work Email:** xxg14@psu.edu

### Education

1994	M.D.	Clinical Medicine	Shanghai Second Medical University, Shanghai, China
2001	M.S.	Epidemiology & Biostatistics	Chinese Academy of Medical Sciences & Peking Union Medical College, Beijing, China
2005	Ph.D.	Nutritional Epidemiology (Katherine L.	Tufts School of Nutrition and Food Policy, Boston, MA

### Postdoctoral Training

2005-/07	Research Fellow	Neuro-epidemiology	Department of Nutrition Harvard School of Public Health, Boston, MA
2007-08	Research Associate	Neuro-epidemiology	Department of Nutrition Harvard School of Public Health

### Academic Appointments

1997--98	Instructor	Public Health	Shihezi Medical School
2009-2014	Associate Epidemiologist	Medicine	Brigham and Women's Hospital

2009-10	Instructor	Medicine	Harvard Medical School
2010-2014	Assistant Professor	Medicine	Harvard Medical School
2014-	Associate Professor	Nutrition	The Pennsylvania State University
2014-	Director	Nutritional Epidemiology Laboratory	The Pennsylvania State University

- **Research and/or Scholarly Publications**

Clickable link to MY BIBLIOGRAPHY:

1. **Articles published in referred journals (^indicates students or trainees)**

- 2016 Wu Z, Jin C, Vaidya, Jin W, Huang Z, Wu S\*, and *Gao X\**. Longitudinal patterns of blood pressure, incident cardiovascular events and all-cause mortality in normotensive diabetic persons. Hypertension, in press. ^ Trainee  
\*co-corresponding author
- 2016 Zhong C^, Xu T, Xu T, Peng Y, Wang A, Wang J, Peng H, Li Q, Geng D, Zhang D, Zhang Y, Zhang Y\*, *Gao X\** and He J\*. CATIS Investigation Group, Plasma homocysteine and prognosis of acute ischemic stroke: a gender-specific analysis from CATIS randomized clinical trial. Mol Neurobiol, Jan 27. DOI 10.1007/s12035-016-9799-0. [Epub ahead of print] ^ Trainee  
\*co-corresponding author
- 2016 Benotti P, Wood GC, Argyropoulos G, Pack A, Keenan BT, *Gao X*, Gerhard G, Still C. The impact of obstructive sleep apnea on non-alcoholic fatty liver disease in severe obesity. Obesity, Doi:10.1002/oby.21409
- 2016 Wong JC^, Li J^, Pavlova M, Chen S, Wu A, Wu S\*, *Gao X\**. Risk factors for probable rapid eye movement sleep behavior disorder: a community-based study. Neurology, Jan 27. pii: 10.1212/WNL.0000000000002414. [Epub ahead of print] ^ Trainee  
\*co-corresponding author
- 2016 Song Y^, Li B, Wang C, Wang P, *Gao X\**, and Liu G\*. Association between MTHFR C677T gene polymorphism and risk of ischemic stroke: a meta-analysis. Journal of Stroke & Cerebrovascular Diseases. 2016 Jan 5. pii: S1052-3057(15)00666-7. doi: 10.1016/j.jstrokecerebrovasdis.2015.11.041. [Epub ahead of print] ^ Master student

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- 2016 Li Y ^, *Gao X*, Winkelman JW, Cespedes E, Jackson CL, Walters AS, Redline S, and Hu FB. Association between insomnia symptoms and type 2 diabetes in women. *Diabetologia*, 2016 Jan 28. [Epub ahead of print] ^ Trainee
- 2016 Niu J^, Han H, Wang Y, Wang L, *Gao X\**, and Liao S\*. Sleep quality and cognitive decline in community older adults of Daqing City, China. *Sleep Medicine*, doi:10.1016/j.sleep.2015.07.033 [Epub ahead of print] ^ PhD student  
\*co-corresponding author
- 2016 Sterling NW^, Lichtenstein M, Lee E, Lewis MM, Evans A, Eslinger PJ, Du G, *Gao X*, Chen H, Kong I, and Huang X. Higher plasma LDL-cholesterol is associated with preserved executive and fine motor functions in Parkinson's disease. *Aging and Disease*. DOI: 10.14336/AD.2015.1030 ^ PhD Student
- 2015 Li Z^, Meng L, Huang Z, Cui L, Li W, Gao J, Wang Z, Zhang R, Zhou J, Zhang G, Chen S, Zheng X, Cong H, *Gao X\**, Wu S\*. Ideal Cardiovascular Health Metrics and Incident Hyperuricemia. *Arthritis Care & Research*. 2015 Dec 29. doi: 10.1002/acr.22830. [Epub ahead of print] ^ PhD student  
\*co-corresponding author
- 2015 Li W, *Gao X*, Tworoger SS, Qureshi AA, and Han J. Natural hair color and questionnaire-reported pain among women in the United States. *Pigment Cell & Melanoma Research*. 2015 Nov 25. doi: 10.1111/pcmr.12445. [Epub ahead of print]
- 2015 Sotos-Prieto M, Bhupathiraju SN, Falcon LM, *Gao X*, Tucker KL, Mattei J. Association between a Healthy Lifestyle Score and Inflammatory Markers among Puerto Rican adults. *Nutrition, Metabolism and Cardiovascular Diseases*, Dec 29. doi:10.1016/j.numecd.2015.12.004 [Epub ahead of print]
- 2015 Cheng F^, *Gao X\**, and Jensen G. Weight Change and All-Cause Mortality in Older Adults: A Meta-Analysis. *Journal of Nutrition in Gerontology and Geriatrics*. 2015 Oct-Dec;34(4):343-68. ^ PhD candidate  
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- 2015 Lian F\*, Wang J, Huang X, Wu Y, Cao Y, Tan X, Xu X, Hong Y, Yang L, *Gao X\**. Effect of Vegetable Consumption on the Association between Peripheral Leukocyte Telomere Length and Hypertension: a Case-Control Study. *British Medical Journal*

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- 2015 Shen X, **Gao X\***, Tang W, Mao X, Huang J, Cai W\*. Food insecurity and malnutrition in Chinese elementary school students. *British Journal of Nutrition*. 2015 Sep 28;114(6):952-8. doi: 10.1017/S0007114515002676. Epub 2015 Aug 18.  
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- 2013 Li Y ^\*, Batoool-Anwar S, Rimm EB, Ascherio A, *Gao X*\*. Prospective study of restless legs syndrome and risk of erectile dysfunction. American Journal of Epidemiology, 2013 May 15; 177(10):1097-105 ^ Trainee  
\*co-corresponding author



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\*corresponding author
- 2012 **Gao X\***, Simon CK, Schwarzschild MA, Ascherio A. A prospective study of statin use and risk of Parkinson disease. *Archives Neurology* , 2012 Mar;69(3):380-4  
\*corresponding author
- 2012 Li Y ^\*, Walters AS, Chiuve SE, Rimm EB, Winkelman JW, **Gao X\***. Prospective study of restless legs syndrome and coronary heart disease among women. *Circulation*, 2012;126(14):1689-94 ^ Trainee  
\*co-corresponding author

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- 2012 Meng S ^, Song F, Chen H, *Gao X*, Amos CI, Lee JE, Wei Q, Qureshi AA, and Han J. No Association between Parkinson Disease Alleles and the Risk of Melanoma. *Cancer Epidemiology, Biomarkers and Prevention*. 2012;21(1):243-5 ^ PhD student
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\*co-corresponding author
- 2012 Palacios N, *Gao X*, O'Reilly E, Schwarzschild M, McCullough ML, Mayo T, Gapstur SM, Ascherio A. Alcohol and risk of Parkinson's disease in a large, prospective cohort of men and women. *Movement Disorder*. 2012;27(8):980-7
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- 2008 De Vera M, Rahman MM, Rankin J, Kopec J, *Gao X*, Choi HK. Gout and the risk of Parkinson's disease: a cohort study. *Arthritis Care & Research*. 2008; 59(11):1549-54.
- 2008 Logroscino G, *Gao X*, Chen H, Al Wing, and Ascherio A. Dietary iron intake and risk of Parkinson's disease. *American Journal of Epidemiology*. 2008;168(12):1381-8.
- 2008 Gao J, *Gao X*, Li W, Zhu Y. Thompson PJ. Observational studies on the effect of dietary antioxidants on asthma: a meta-analysis. *Respirology*. 2008; 13(4):528-36.
- 2007 *Gao X*, Nelson ME, Tucker KL. Television viewing is associated with metabolic syndrome in Hispanic elders. *Diabetes Care*. 2007;30(3):694-700.
- 2007 Carrera PM, *Gao X*, Tucker KL. A study of dietary patterns in the Mexican-American population and their association with obesity. *Journal of American Dietetics Association*. 2007;107(10):1735-42.
- 2007 *Gao X\**, Lu Q, Qiao N, Choi HK, Gurhan G, Tucker KL, Ascherio A. Intake of added sugar and sugar-sweetened beverage is associated with serum uric acid. *Hypertension*. 2007;50(2):306- 12.  
\*corresponding author
- 2007 *Gao X\**, Chen H, Schwarzschild MA, Glasser DB, Logroscino G, Rimm EB, Ascherio A. Erectile function and risk of Parkinson's disease. *American Journal of Epidemiology*. 2007;166:1446-50.  
\*corresponding author
- 2007 *Gao X*, Chen H, Fung TT, Logroscino G, Schwarzschild MA, Hu FB, Ascherio A. Prospective study of dietary pattern and risk of Parkinson's disease. *American Journal of Clinical Nutrition*. 2007; 86: 1486-94.  
\* corresponding author
- 2006 Gao J, Shan G, Sun B, Thompson PJ, *Gao X*. Association between polymorphism of tumor necrosis factor  $\alpha$ -308 and asthma: a meta-analysis. *Thorax*. 2006; 61(6):466-71.
- 2006 *Gao X*, Wilde PE, Lichtenstein AH, Bermudez OI, Tucker KL. The maximal amount of dietary  $\alpha$ -tocopherol intake in U.S. adults (NHANES 2001-2002). *Journal of Nutrition*. 2006;136(4):1021-6.
- 2006 *Gao X*, Wilde PE, Lichtenstein AH, Tucker KL. The 2005 USDA food guide pyramid is associated with more adequate nutrient intakes within energy constraints than the 1992 pyramid. *Journal of Nutrition*. 2006;136(5): 1341-6.

- 2006 *Gao X*, Wilde PE, Lichtenstein AH, Tucker KL. Meeting adequate intake (AI) for dietary calcium without dairy foods in adolescents, aged 9-18 y (NHANES 2001-2002). *Journal of American Dietetics Association*. 2006;106(11): 1759-65.
- 2006 *Gao X*, Martin A, Lin H, Bermudez OI, Tucker KL. Plasma  $\alpha$ -tocopherol status of Hispanic and non-Hispanic white elders is inadequate and is associated with intake patterns. *Journal of Nutrition*. 2006;136(10):2574-9.
- 2005 *Gao X*, LaValley MP, Tucker KL. Prospective studies of dairy product and calcium intakes and prostate cancer risk: a meta-analysis. *Journal of National Cancer Institute*. 2005;97(23): 1768-77.
- 2004 *Gao X*, Bermudez OI, Tucker KL. Plasma C-reactive protein and homocysteine concentrations are related to frequent fruit and vegetable intake in Hispanic and non-Hispanic white elders. *Journal of Nutrition*. 2004;134(4):913-8.
- 2004 *Gao X* Wilde PE, Maras JE, Bermudez OI, and Tucker KL. The maximal amount of  $\alpha$ - tocopherol intake from foods alone in U.S. adults (1994-96 CSFII): An analysis by linear programming. *Annals of New York Academy of Science*. 2004;1031:385-6.
- 2003 *Gao X*, Yao M, McCrory MA, Ma G, Li Y, Roberts SB, Tucker KL. Dietary pattern is associated with homocysteine and B vitamin status in an urban Chinese population. *Journal of Nutrition*. 2003;133(11):3636-42.
- 2002 Zhang L, *Gao X*, Dong Z, Tan Y, Wu Z. Premarital sexual activities among students in a university in Beijing, China. *Sexually Transmitted Diseases*. 2002;29(4):212-5.
- 2001 Qin J, Guo S, Tang J, Jin L, *Gao X*, Yang L. Factors associated with hospital costs in Xinjiang production and construction corps (Chinese). *Chinese Journal of Biostatistics*, 2001;18(4);249-53.
- 2000 *Gao X*, Dong Z, Tang Y, Wu Z. Pooling of urine specimens for PCR method to detect of Chlamydia trachomatis infection among university students (Chinese). *Chinese Preventive Medicine*, 2000;1(1): 32-36.
- 1999 Yang L, *Gao X*. Validation of body mass indices among four ethnic groups of adolescents (Chinese). *Chinese Journal of School Health*. 1999;20(1-B): 49-50.
- 1997 Wang L, Yang L, *Gao X*. Cigarette use and risk factors among medical students (Chinese). *Chinese Primary Health Care*, 1997;11 (suppl): 52s-55s.
- 1997 Wang L, *Gao X*. An intervention study to change KABP of smoking among medical students (Chinese). *Chinese Primary Health Care*, 1997;11 (suppl): 27s-29s.

- 1996 *Gao X*, Xu F. Body mass index, lean body weight and body fat percentage among Uygur and Kazak adolescents aged 15-16 y in Shihezi City (Chinese). *Journal of Practical Nutrition*, 1996;3 (3): 16.
- 1996 *Gao X*, Wang H, Zhang W. Comprehensive evaluation of sanitation quality of hotels in Shihezi city (Chinese). *Journal of Shihezi Medical College*, 1996;18 (1): 20-22.
- 1996 *Gao X*, Tang M. Evaluation of dietary intake among medical students (Chinese). *Journal of Shihezi Medical College*, 1996;18 (2): 94-96.
- 1996 Tang M, *Gao X*. Skinfold thickness among Uygur and Kazak high school students (Chinese). *Journal of Shihezi Medical College*, 1996;18 (2): 92-93.

## 2. Books

- 2011 Committee on Nutrition, Trauma, and the Brain. *Nutrition and Traumatic Brain Injury: Improving Acute and Subacute Health Outcomes in Military Personnel*. The National Academies Press.

## 3. Parts of books

- 2016 *Gao X*, Brian K. The Epidemiology of Cardiovascular Disease in the Restless Legs Syndrome and Periodic Limb Movements During Sleep. in Manconi M, Allen RP and Garcia-Borreguero D (Eds.) *Restless Legs Syndrome: Long-term consequences and management*. Springer Science. in press
- 2013 *Gao X*. Morbidity in the Sleep related movement disorder. In Kushida C (Eds.) *Encyclopedia of Sleep*. London, Academic Press.

## 4. Book reviews

None

## 5. Refereed conference proceedings

None

## 6. Articles published in nonrefereed journals

- 2012 *Gao X*, Simon KC, Schwarzschild MA, Ascherio A. Age, statin use, and the risk for incident Parkinson disease-reply. *Arch Neurol*. 2012 Oct 1; 69(10):1381
- 2011 Chen H, *Gao X*, Ascherio A. Prospective research on Parkinson nonmotor symptoms. *Arch Neurol*. 2011;68(1):137.
- 2009 *Gao X*, Simon KC, Han J, Schwarzschild MA, Ascherio A. Reply to Hernández. *Ann*



Neurol. 2009. 17;65(6):759.

2006 *Gao X*, La Valley M, Tucker KL. Response to Severi. J Natl Cancer Inst. 2006;9(11):795.

**7. Articles in in-house publications**

None

**8. Research reports to sponsor**

None

**9. Manuscripts accepted for publication (substantiated by letter of acceptance) –  
Indicate if peer reviewed and number of pages of manuscript**

**10. Manuscripts submitted for publication, with an indication of where submitted and  
when – Indicate if peer reviewed and number of pages of manuscript**

None

**11. Manuscripts in progress (second-, third-, fourth- and fifth-year reviews only)**

None

**11. Cooperative extension bulletins and circulars**

None

• **Creative Accomplishments**

**Exhibition, installation, production, or publication of original works of architecture, dance, design, electronic media, film, journalism, landscape architecture, literature, music, theatre, and visual art**

None

**Performance of original dance, literary, musical, visual arts, or theatrical works or works from traditional and contemporary repertoires of the performing arts**

None

- **Papers, presentations, seminars and workshops**

**Papers presented at technical and professional meetings (meeting and paper titles); indication about whether the candidate was the presenter. ^Indicates presentation by the candidate; \* indicates posters authored/presented by students and trainees.**

2015 EB

Recipient of the Samuel J Fomon Young Physican Award

Cheng F\*, Li Y, Winkelman J, Hu FB, Rimm EB, *Gao X*. Insomnia, Energy Intake, and Diet Quality. Oral presentation

2015 Parkinson Study Group Annual Meeting

Huang Z, Wu S, Li J, Ascherio A, Gao X<sup>^</sup>. Urate and rapid eye movement sleep behavior disorder. Oral presentation

2015 Sleep Annual Meeting (as called Associated Professional Sleep Societies Annual Meeting)

Wong JC, Li Y, Walter A, Rimm E, Gao X<sup>^</sup>. Restless legs syndrome is associated with subsequent development of stroke: a prospective study of the nurses' health study II cohort. Oral presentation

**Record of participation in, and description of seminars and workshops (short description of activity, with titles, dates, sponsor, etc.); indication of role in seminar or workshop, e.g., student, invited participant, etc.**

- **Description of outreach or other activities in which there was significant use of candidate's expertise (consulting, journal editor, reviewer for refereed journals or presses, peer reviewer of grants, speaking engagements, services to government agencies, professional and industrial associations, educational institutions, etc.)**

**a. Consulting**

None

**b. Journal Editor**

2015-18 Member of Editorial Board, Advance in Nutrition

2013-present Member of Editorial Board, Journal of Parkinsonism and Restless Legs Syndrome

2013-16 Member of Editorial Board, Journal of Human Genetics

2012-present      Member of Editorial Board, The Scientific World Journal  
2008-11            Member of Editorial Board, Nutrition and Metabolic Insights

**c. Reviewer for Refereed Journals or Presses**

The Journal of American Medical Association  
Advance in Nutrition  
Alzheimer & Dementia  
American Journal of Epidemiology  
American Journal of Clinical Nutrition  
American Journal of Preventive Medicine  
Annals of Internal Medicine (top 10% of reviewers in 2007)  
Annals of Neurology  
Archives of Internal Medicine  
Archives of Neurology (now JAMA Neurology)  
Arthritis Care & Research  
Asia Pacific Journal of Clinical Nutrition  
BMC Geriatrics  
BMC Public Health  
British Journal of Nutrition  
Cancer Epidemiology Biomarkers & Prevention  
Clinical Nutrition  
Current Medical Chemistry  
European Journal of Neurology  
European Journal of Nutrition  
Journal of Alzheimer's Disease  
Journal of Immigrant & Minority Health  
Journal of Neural Transmission  
Journal of the Neurological Sciences  
Journal of Neurology  
Journal of Neurology, Neurosurgery & Psychiatry  
Journal of Nutrition  
Journal of the American Dietetic Association  
Lancet Oncology  
Movement disorder  
Neuroepidemiology  
Neurology  
North American Journal of Medicine & Science  
Nutrition and Metabolic Insights  
Nutrition & Metabolism  
Nutrition Journal  
Nutrition, Metabolism & Cardiovascular Diseases  
Parkinson's Disease  
Parkinsonism & Related Disorder  
Plos One

Public Health Nutrition  
Sleep  
Sleep Medicine  
The American Journal of Geriatric Pharmacotherapy  
The International Journal of Environmental Research and Public Health

**d. Peer Reviewer of Grants**

Member, NIH Study Section of ZRG1 BDCN-W  
Agency: NIH  
Meeting Dates: June 19, 2012  
Meeting Identifier: ZRG1 BDCN-W (02)

Member, NIH Study Section of Mechanisms of Excitability  
Agency: NIH  
Meeting Dates: Sep 26-27, 2011  
Meeting Identifier: ZRG1 BDCN-N (02)

Ad hoc reviewer, Parkinson disease society, UK  
Agency: Parkinson disease society, UK  
Meeting Dates: 2011  
Meeting Identifier: None

Ad hoc reviewer, Israel Science Foundation  
Agency: Israel Science Foundation  
Meeting Dates: 2010  
Meeting Identifier: None

Ad hoc reviewer, Parkinson disease society, UK  
Agency: Parkinson disease society, UK  
Meeting Dates: 2010  
Meeting Identifier: None

Member, Mentored Clinical Research Award Review Committee  
Agency: Parkinson Study Group, US  
Meeting Dates: 2010  
Meeting Identifier: None

Ad hoc reviewer, Cooperative Studies Program  
Agency: US Department of Veterans Affairs  
Meeting Dates: 2009  
Meeting Identifier: None

Member, Mentored Clinical Research Award Review Committee  
Agency: Parkinson Study Group, US  
Meeting Dates: 2009  
Meeting Identifier: None

Member, Mentored Clinical Research Award Review Committee  
Agency: Parkinson Study Group, US  
Meeting Dates: 2008  
Meeting Identifier: None

#### e. Speaking Engagements

**2016** Dietary assessment in large cohorts  
The data science workshop, Fred Hutchinson Cancer Center, Seattle, Feb 2<sup>nd</sup>,  
2016 (Invited)

Epidemiologic study of Parkinson  
Department of Nutritional Sciences, Penn State University, Jan 11, 2016 (Invited)

**2015** Risk factors of pRBD in a Chinese community-based study  
Genetics & Environmental risk factors working group, 2015 Parkinson Study  
Group Annual Meeting, Fort Myers, Florida, Sep 11st, 2015 (Invited)

Urate and rapid eye movement sleep behavior disorder  
The 29th Annual PSG symposium, Fort Myers, Florida, Sep 11st, 2015 (Oral  
presentation)

International collaboration of sleep study  
International training and research collaboration workshop, SLEEP 2015, the 29th  
Annual Meeting of the Associated Professional Sleep Societies, Seattle, June 7<sup>th</sup>,  
2015 (Invited)

Restless legs syndrome is associated with subsequent development of stroke: a  
prospective study of the nurses' health study II cohort  
Club Hypnos, SLEEP 2015, the 29th Annual Meeting of the Associated  
Professional Sleep Societies, Seattle, June 8<sup>th</sup>, 2015 (Invited)

Restless legs syndrome is associated with subsequent development of stroke: a  
prospective study of the nurses' health study II cohort  
SLEEP 2015, the 29th Annual Meeting of the Associated Professional Sleep  
Societies, Seattle, June 9<sup>th</sup>, 2015 (Oral presentation)

Dietary assessment and chronic disease risk  
The 2015 Chinese Chronic Disease Summit, Tangshan, China, Aug 8<sup>th</sup>, 2015  
(Invited)

Sleep disorder and cardiovascular risk  
The 2015 International conference of Cardiovascular disease intervention and imaging, Beijing, China. July 6<sup>th</sup>, 2015 (Invited)

Diabetes, C-reactive protein and risk of hip fracture  
The third international biomedical forum of west China, Shihezi, China. June 1<sup>st</sup>, 2015 (Invited)

**2014** Prospective study of Sleep disorder  
Epidemiology Seminar Department of Public Health Sciences, Penn State University, Sep 2015 (Invited)

**2013** Risk factors of Parkinson's disease  
The 2013 Parkinson Study Group Genet-Environmental Section, Montreal, Sep 2014 (Invited)

Cohort study design in cardiovascular disease  
Tiantan International Conference of Stroke, Beijing, China, June 2013 (Invited)

**2012** Sleep disorder and cardiovascular disorder/Plenary talk  
Tiantan International Conference of Stroke, Beijing, China, June 2012 (Invited)

**2011** Study design, data collection, and data management of NHANES / Plenary talk  
Workshop of Nutrition Survey, Chinese Center for Disease Control and Prevention, Beijing, China. 2011 (Invited)

**2010** Risk factors and pre-motor symptoms of Parkinson's disease / Monday Nutrition Seminar Department of Nutrition, Harvard School of Public Health, 2010 (Invited)

Use of non-steroidal anti-inflammation drugs and risk of Parkinson's disease: a prospective study and meta-analysis  
The 63rd Annual Meeting of the American Academy of Neurology, Toronto, Canada, 2010 (Oral Presentation)

Epidemiology of melanoma and PD and implications for pathophysiology  
The 24th Annual Symposium on Etiology, Pathogenesis, and Treatment of Parkinson's Disease and Other Movement Disorders, Irving, Texas, 2010 (Invited)

Restless legs syndrome and Parkinson's disease

NIH/NINDS Parkinson Disease Biomarker Strategic Planning Workshop,  
Washington DC, 2011 (Invited)

Epidemiological study of Restless legs syndrome/ Plenary talk  
The 64th Annual Meeting of the American Academy of Neurology, Honolulu, 2010  
(Invited)

Habitual intake of flavonoids and risk of Parkinson's disease  
The 64th Annual Meeting of the American Academy of Neurology, Honolulu, 2010  
(Oral Presentation)

Ibuprofen and other potential risk/protective factors of Parkinson's disease  
The 11th Endangered Neuron Conference, University of Minnesota and the  
International Anti-aging Medical Institute, Minneapolis. 2010 (Invited)

Dietary pattern and disease  
Center of Public Health, Nanjing University School of Medicine, Jiangsu, China.  
2010 (Invited)

**2009** Application of dietary pattern methodologies on disease prevention and US  
nutrition policy evaluation  
Fudan University School of Public Health, Shanghai, China, 2009 (Invited)

Morbidity, co-morbidity and mortality in restless legs syndrome and periodic limb  
movements in sleep  
The 3rd International Congress of Sleep Medicine, Sao Paulo, Brazil, 2009  
(Invited)

**2008** Change of diet quality among Parkinson's disease patients  
The 2008 Parkinson Study Group annual meeting, San Diego, CA, 2008 (Invited)

**2007** Dietary pattern, disease, and US food policy  
Epidemiology Branch Annual Meeting, Chinese Academy of Medical Sciences,  
Beijing, China, 2007 (Invited)

Diet and health  
Peking Union Hospital, Beijing, China, 2007 (Invited)

**2006** The 2005 USDA Food Guide Pyramid is associated with more adequate nutrient  
intakes within energy constraints than the 1992 Pyramid  
Jean Mayer USDA Human Nutrition Research Center on Aging (HNRCA) at  
Tufts University, 2006 (Invited)

Dietary urate index and Parkinson's disease

Department of Nutrition, Harvard School of Public Health, 2007 (Invited)

Dietary pattern, food policy and health

Department of Nutrition, The University of North Carolina at Chapel Hill, NC, 2007 (Invited)

Dietary urate index and Parkinson's disease

The 59th Annual Meeting of the American Academy of Neurology, Boston. 2006 (Oral Presentation)

**2005** Meeting adequate intake for dietary calcium without dairy foods in adolescents, aged 9-18

Society for Epidemiologic Research annual meeting, Toronto, Canada. 2005 (Oral Presentation)

**2004** Dietary pattern and health

Institute of Basic Medical Science, Chinese Academy of Medical Sciences, Beijing, China, 2004 (Invited)

**e. Services to Government Agencies**

None

**f. Services to Government Agencies**

None

**g. Professional and Industrial Associations**

None

**h. Educational Institutions**

None

Projects, grants, commissions, and contracts (date, title, where submitted, amount):

**1. Awarded (Fully processed financial award)**

**Current**



**Name of Project:** Prospective study of dietary nicotine and Parkinson disease risk

**Principal Investigator:** Xiang Gao, MD, PhD.

**Source of Funding:** R03 NS093245 01A1 NINDS/NIH

**Start Date:** 04/2016

**End Date:** 03/2018

**Candidate's Role:** Principal Investigator

**Brief Description of Intellectual Contribution:** *The goal of the project is to study whether dietary nicotine is associated with lower risk of Parkinson disease risk in ~130,000 US men and women.*

**Name of Project:** Obesity Paradox: Body Mass Index and Mortality in US and Asian Older Adults

**Principal Investigator:** Xiang Gao, MD, PhD

**Source of Funding:** Global Health Engagement Network Pilot Funding

**Start Date:** 01/2015

**End Date:** 12 /2015

**Candidate's Role:** Principal Investigator

**Brief Description of Intellectual Contribution:** *The goal of this study is to examine the association between BMI and total mortality among over 40,000 men and women living in US and China.*

**Name of Project:** *Healthy Parks Healthy People Working Group*

**Principal Investigator:** Derrick Taff, PhD

**Source of Funding:** Global Health Engagement Network Pilot Funding

**Start Date:** 01/2015

**End Date:** 12 /2015

**Candidate's Role:** Co-Investigator

**Brief Description of Intellectual Contribution:** *The goal of this study is to create healthy parks healthy people working group.*

*He provided advice on nutrition data collection and interpretation.*

**Name of Project:** *Statins, statin-related genes, and Parkinson disease risk*

**Principal Investigator:** Xiang Gao, MD, PhD

**Source of Funding:** *NINDS 1R21NS087235-01A1*

Start Date: 09/2014

End Date: 08/2016

Candidate's Role: Principal Investigator

Brief Description of Intellectual Contribution: *The goal of this study is to examine different statins and risk of Parkinson disease and whether this association is modified by genes which affect statin efficiency*

**Name of Project:** *The identification of Pre-motor Parkinson disease*

**Principal Investigator:** Alberto Ascherio, MD, DrPH

**Source of Funding:** *US department of the army*

Start Date: 04/2014

End Date: 03/2018

Candidate's Role: Co-Investigator

Brief Description of Intellectual Contribution: *To estimate the prevalence and de-novo incidence of the premotor Parkinson disease and determine its sensitivity, specificity, and positive predictive value for a diagnosis of Parkinson disease.*

**Name of Project:** *Dietary patterns/ dietary quality and risk of RA in women*

**Principal Investigator:** Bing Lv, MD, PhD

**Source of Funding:** *NINDS 1R21NS087235-01A1*

Start Date: 09/2012

End Date: 08/2015

Candidate's Role: Co-Investigator

Percent Effort: 10%

Brief Description of Intellectual Contribution: *The goal of this study is to examine dietary pattern, diet and gene interaction and risk of RA in women.*

**Past**

**Name of Project:** *Day and Night Lifestyle and Cancer Survival Study*

**Principal Investigator:** *Yi Ning, MD, ScD*

**Source of Funding:** *Tobacco Indemnification and Community Revitalization Commission*

Start Date: 07/2010

End Date: 06/2012

Candidate's Role: Co- Principal Investigator

Brief Description of Intellectual Contribution: *The goal of this study is to identify day and night lifestyle factors associated with quality of life and cancer survival.*

**Name of Project:** *Urate as a predictor of Parkinson's disease risk and progression*

**Principal Investigator:** *Alberto Ascherio, MD, DrPH*

**Source of Funding:** NINDS R01 NS061858-01A1

Start Date: 04/2009

End Date: 03/201

Candidate's Role: Project Director

Brief Description of Intellectual Contribution: *To examine whether blood levels of urate (uric acid) and genetic mutations that affect the formation of urate or its excretion predict the risk of developing Parkinson's disease or the progression of symptoms among patients with Parkinson's disease.*

**Name of Project:** *Prospective study of restless legs syndrome*

**Principal Investigator:** Xiang Gao, MD, PhD

**Source of Funding:** *NINDS R01 NS062879-01A1*

Start Date: 09/2009

End Date: 08/201

Candidate's Role: Principal Investigator

Brief Description of Intellectual Contribution: *To prospectively investigate risk factors (obesity, blood donation, and susceptibility genes) and clinical consequences of restless legs syndrome among ~100,000 men and women.*

**Name of Project:** *Prospective study of diet quality, dietary urate index and survival of Parkinson's disease patients*

**Principal Investigator:** Xiang Gao, MD, PhD

**Source of Funding:** *Parkinson Study Group, Mentored Clinical Research Award*

Start Date: 08/2007

End Date: 07/2008

Candidate's Role: Principal Investigator

**Brief Description of Intellectual Contribution:** *The major goal of this project is to examine whether a healthier dietary pattern and a higher dietary urate index are positively associated with survival of Parkinson's disease patients*

**Name of Project:** *NSAIDs, inflammation and Parkinson's disease*

**Principal Investigator:** *Alberto Ascherio, MD, DrPH*

**Source of Funding:** *NINDS R01 NS48517*

Start Date: 04/2005

End Date: 03 /2010

Candidate's Role: Co- Investigator

**Brief Description of Intellectual Contribution:** *To evaluate prospectively whether use of non-steroidal anti-inflammatory drugs, and particular selective COX-s inhibitors, and statins reduces the risk of Parkinson's disease.*

**Name of Project:** *How to meet recommended adequate intake (AI) of calcium from food alone for children aged 9-18 years who avoid drinking milk: an analysis by linear programming*

**Principal Investigator:** Xiang Gao, MD, PhD

**Source of Funding:** *Tufts University Center for Children & University College of Citizenship and Public Service, Applied Research Award*

Start Date: 2004

End Date: 2005

Candidate's Role: Principal Investigator

Brief Description of Intellectual Contribution: *The major goal of this project is to develop a novel dietary pattern methodology, linear programming, to examine whether a dairy-free diet can provide adequate intake of calcium for children*

## 2. Pending (Submitted proposal that is awaiting funding status from sponsor)

*He conceived the idea and wrote the entire grant.*

**Name of Project:** *Diet, metabolism and bone health in the Kailuan Study*

Principal Investigator: Xiang Gao, MD, PhD & Katherine Tucker PhD

Source of Funding: National Institutes of Health R01

Start Date: 07/2016

End Date: 06/2021

Candidate's Role: Principal Investigator

Brief Description of Intellectual Contribution: *The goal of the project is to study whether diet and diabetes are associated with bone health ~100,000 Chinese men and women.*

**Name of Project:** *Genetic basis of melanoma-Parkinson's disease link and MC1R neuroprotection*

Principal Investigator: Xiqun Chen, PhD

Source of Funding: National Institutes of Health R01

Start Date: 07/2016

End Date: 06/2020

Candidate's Role: Co-Investigator

Brief Description of Intellectual Contribution: *The goal of the project is to study why two very different disease entities melanoma and PD are linked by exploring a protective role of a melanoma-associated key pigmentation gene in dopamine producing cells in the brain.*

- **Other evidence of research or creative accomplishments as appropriate (patents, new product development, new art forms, citation index analysis, etc.)**

None

- **Record of pursuit of advanced degrees and/or further academic studies**

None

- **Record of membership in professional and learned societies**

**a. National Organizations**

Member of American Academy of Sleep Medicine (2012 – present)

Member of the Movement disorder section executive committee, American Academy of Sleep Medicine (2012-15)

Member of Society of Sleep research, Trainee Education Advisory Committee (2012-15)

Co-chair of the environment and gene group, Parkinson Study Group (2012-2017)

Member of American Academy of Neurology (2011 – present)

Member of Society of Sleep research (2011 – present)

Member of Committee on Nutrition, Trauma, and the Brain Institute of Medicine, American Academy of Sciences (2010-11)

Member of Parkinson Study Group (2007 – present)

Member of Mentoring Committee Parkinson Study Group (2007-10)

Member of New York Academy of Science (2004-2005)

Member of Society for Epidemiologic Research (2004-2005)

Member of American Society for Nutrition (2002 – present)

**b. The Pennsylvania State University**

Faculty member in the Graduate Program of Nutrition

- **Description of new courses and/or programs developed, including service learning and outreach courses**

None

- **Description of new computer software programs developed**

None

- **Description of new methods of teaching established courses and/or programs**

None

- **List of honors or awards for scholarship or professional activity**

- 2015 Samuel J Fomon Young Physician Award, American Society for Nutrition
- 2012 Leadership and Expertise Alumni Award, Tufts University School of Nutrition and Food Policy
- 2011 Wayne. Hening Sleep Medicine Investigator Award, American Academy of Neurology
- 2008 Travel Award, 12th International Congress of Parkinson's Disease and Movement Disorders
- 2006 Irwin H. Rosenberg Award, Jean Mayor USDA Human Nutrition Research Center on Aging at Tufts University
- 2005 Graduate Student Award, 2005 Experimental Biology Annual Meeting, Nutritional Epidemiology Research Interest Section, American Society for Nutrition
- 2005 Travel Award, 18th International Congress of Nutrition, American Society for Nutrition
- 2004 Fellowship Award, Vitamin E and Health Conference, New York Academy of Science
- 1999 Outstanding Graduate Student, Chinese Academy of Medical Sciences & Peking Union Medical College, P.R.China
- 1997 Outstanding Faculty, Shihezi University, P.R.China
- 1997 Teaching Achievement Award (second prize), Shihezi University, P.R.China
- 1997 Excellent Paper Award (second prize), Hubei International Conference of Maternal & Child Health

- **List of grants and contracts for improvement of instruction, with an indication of the candidate's role in preparing and administering the grants and contracts**

None

- **Applications of research scholarship in the field including new applications developed and tested; new or enhanced systems and procedures demonstrated or evaluated for government agencies, professional and industrial associations, educational institutions, etc.**

None

- **Technology transferred or adapted in the field**

None

- **Technical assistance provided**

None

- **Other evidence of impact in society of research scholarship and creative accomplishments**

The candidate studies have been intensively cover by main stream media since 2005. There were > 2000 reports regarding his studies. Please see appendix for selected reports.

- **If there are unit-specific objective criteria used for assessing the scholarly substance and quality of the candidate's achievement in research and creative accomplishment, list the candidate's performance as measured by these criteria**

None