

Pao Ying Hsiao, Ph.D., M.S., RDN, LDN

EDUCATION

Doctor of Philosophy	The Pennsylvania State University, University Park, PA Nutritional Sciences
Master of Science	Indiana University of Pennsylvania, Indiana, PA Food and Nutrition
Bachelor of Science	The Florida State University, Tallahassee, FL Food and Nutrition Science with emphasis in Dietetics

PROFESSIONAL CREDENTIALS

Registered dietitian (RD/RDN)—Registration number upon request
Commission on Dietetic Registration

Dietitian-Nutritionist (LDN)—License number upon request
Commonwealth of PA Department of State, Bureau of Professional and Occupational Affairs

PUBLICATIONS

Journal Articles (Peer-Reviewed)

**Denotes graduate student that I mentored

1. Du C, Chong M, Cho MJ, Fenton J, **Hsiao PY**, Hsiao R, Keaver L, Lai C-C, Lee H, Ludy M-J, Shen W, Chee W, Thirvikraman J, Tseng K-W, Tseng W-C, Tucker RM. Increased resilience weakens the relationship between perceived stress and anxiety on sleep quality: A moderated mediation analysis of higher education students from 7 countries. *Clocks and Sleep*. 2020; 2(25):334-353. [70% acceptance rate]
2. **Hsiao PY**, Clark N, Boothby J. Developing an interprofessional simulation with nursing, nutrition, and speech-language pathology students. *Teaching and Learning in Nursing*. 2020; 15:128-33. [36.75% acceptance rate]
3. **Hsiao PY**, Fung JL, Mitchell DC, Hartman TJ, Goldman MB. Dietary quality, as measured by the Alternative Healthy Eating Index for Pregnancy (AHEI-P), in couples planning their first pregnancy. *Public Health Nutr*. 2019; 22(18):3385-3394. [29% acceptance rate]
4. **Hsiao PY**, Laquatra I, Johnson RM, **Smolic CE. Teaching the evidence analysis process to senior undergraduate students using infographics. *J Acad Nutr Diet*. 2019;119: 26-30. <https://doi.org/10.1016/j.jand.2017.10.022> [22% acceptance rate]
5. **Hsiao PY**, Moreira-Lucas TS, Christoph MJ, Lesser MNR. Thriving, not just surviving: Skills essential to leveraging your scientific career. *Adv Nutr*. 2018; 9:165-170. [45% acceptance rate]
6. Kordas K, Queirolo EI, Mañay, N, Peregalli F, **Hsiao PY**, Vahter M. Low-level arsenic exposure: Nutritional and dietary predictors in first-grade Uruguayan children. *Environ Res*. 2016;147: 16-23. [20% acceptance rate]
7. **Urbanek JK, **Metzgar, CJ, **Hsiao PY**, Pichowski KE, Nickols-Richardson SM. Increase in cognitive eating restraint predicts weight loss and change in other anthropometric measurements in overweight/obese premenopausal women. *Appetite*. 2015; 87:244-250. [40% acceptance rate]
8. **Hsiao PY**, Mitchell DC, Coffman DL, Wood GC, Still C, Jensen GL, Hartman TJ. The association of dietary patterns and weight change in rural older adults ≥ 75 years of age or older. *J Nutr Gerontol Geriatr*. 2014; 33(4):357-375.
9. **Hsiao PY**, Mitchell DC, Coffman DL, Wood GC, Hartman TJ, Jensen GL. Dietary patterns and relationship to obesity-related health outcomes and mortality in adults 75 years of age or older. *J Nutr Health Aging*. 2013; 17(6):566-572.

10. Ford DW, Hartman TJ, Still C, Wood GC, Mitchell DC, **Hsiao PY**, Bailey RL, Smickilas-Wright H, Coffman DL, Jensen GL. Diet-related practices and body mass index (BMI) are associated with diet quality in older adults. *Public Health Nutr.* 2013; 17(7):1565-1569.
11. **Hsiao PY**, Mitchell DC, Coffman DL, Allman RM, Locher J, Sawyer P, Jensen GL, Hartman TJ. Dietary patterns and diet quality among diverse older adults: The University of Alabama at Birmingham Study of Aging. *J Nutr Health Aging.* 2013; 17(1):19-25.
12. Jensen GL, **Hsiao PY**, Wheeler D. Adult nutrition assessment tutorial. *J Parenter Enteral Nutr.* 2012; 36(3):267-274.
13. **Hsiao PY**, Jensen GL, Hartman TJ, Mitchell DC, Nickols-Richardson SM, Coffman DL. Food intake patterns and body mass index in older adults: A review of the epidemiological evidence. *J Nutr Gerontol Geriatr.* 2011. 30:204-224.

Book Chapters

1. Jensen GL, **Hsiao PY**, Wheeler D. Nutrition screening and assessment. In: Mueller C, ed. *ASPEN Adult Nutrition Support Core Curriculum*. 2nd ed. Silver Spring, MD: American Society for Enteral and Parenteral Nutrition; 2012.

Other Publications

1. Jensen GL, **Hsiao PY**. Systematic review finds modest weight loss at 1 year but a lack of high-quality evidence to support the efficacy of programmes encouraging weight loss in older people. *Evid Based Med.* 2010; 15:41-42. [Invited commentary regarding “Interventions to achieve long-term weight loss in obese older people. A systematic review and meta-analysis.”]
2. Sword S, Taylor-Davis S, Barker MM, **Hsiao PY**, Burgess C and Barker WF. Guided goal setting (GGs): Building healthy families training module. 2008. Funded in part by a United States Department of Agriculture, Food and Nutrition Service, WIC Special Project Grant and a PA WIC Operational Adjustment Grant. [Training module distributed to all PA WIC Local Agencies and to State Agency WIC offices in all 50 states]

Professional Presentations (Oral)--International

1. **Hsiao PY**, **Rause S, Hsiao R. Wearable technology: Improving exercise habits and experiences in adults. Oral presentation at: The International Conference on Sport, Leisure and Hospitality Management; May 20, 2018; Taipei, Taiwan. [92% acceptance rate; won “Outstanding Paper” award]

Professional Presentations (Oral)--National

1. Ludy MJ, **Hsiao PY**, Tucker R. Move over Millennials: What Generation Z Expects from Dietetics Education. Oral presentation at: The Food and Nutrition Conference and Expo; October 27, 2019; Philadelphia, PA [25% acceptance rate]
2. Clark E, Shaaban R, Lombard L, **Hsiao PY**. Build a simulation lab and develop a scaffolded acute care practicum course. Oral presentation at: The Council of Academic Programs in Communication Sciences and Disorders; April 12, 2019; San Diego, CA [15% acceptance rate; blinded]
3. **Hsiao PY**, Mitchell DC, Wood GC, Coffman DL, Wheeler D, Hartman TJ, Still C, Jensen GL. Association between dietary patterns in older adults and obesity-related health outcomes. Oral presentation at: The Food and Nutrition Conference and Expo; Oct 7, 2012; Philadelphia, PA.
4. **Hsiao PY**, Mitchell DC, Hartman TJ, Jensen GL, Coffman DC, Still CD, Allman RM, Sawyer P. A comparison of nutrient intakes among older adults with regional and racial differences. Oral presentation at: Experimental Biology; Apr 24, 2010; Anaheim, CA.

Professional Presentations (Oral)—State/Regional

1. Ludy MJ and **Hsiao PY**. Connecting with Generation Z: Innovative Approaches in Nutrition Communication. Invited speaker for West Virginia Academy of Nutrition and Dietetics (WVAND) state

- conference; April 23, 2020; Lansing, WV [invited presentation]—POSTPONED until 2021 due to COVID-19
2. Barker MM, Taylor-Davis S, **Hsiao PY**, Burgess C. Guided goal setting (GGS) training. Workshop presentation for: Adagio Health Women, Infants, and Children staff; July 10, 2008; Natrona Heights, PA.
 3. Barker MM, Taylor-Davis S, **Hsiao PY**, Burgess C. Guided goal setting (GGS) training. Workshop presentation for: Home Nursing Agency Women, Infants, and Children staff; Feb 28, 2008; Altoona, PA.
 4. Taylor-Davis S, Barker MM, Barker WF, **Hsiao PY**. PA Women, Infants, and Children Special Project Grant update. Oral presentation at: PA Women, Infant, and Children Directors' Meeting, United States Department of Agriculture; June 6, 2007; Alexandria, VA.
 5. Taylor-Davis S, Barker MM, Barker WF, **Hsiao PY**. PA Women, Infants, and Children Special Project Grant update. Oral presentation at: PA Women, Infant, and Children Directors' Meeting, United States Department of Agriculture; Jan 25; Alexandria, VA.
 6. Taylor-Davis S, Barker MM, Barker WF, **Hsiao PY**. PA Women, Infants, and Children Special Project Grant update and preliminary qualitative results of interviews with WIC directors. Oral presentation at: PA Women, Infant, and Children Directors' Meeting; Sept 14, 2006; New Cumberland, PA.

Professional Presentations (Posters/Papers)—International

*Denotes undergraduate student that I mentored

**Denotes graduate student that I mentored

1. **Hsiao PY**, Kibe T, ** Hsiao R, Ho, CL, Su, M-K. Risk of eating disorders among female college athletes versus female non-athletes and the relationship to social media usage. Poster presented at: The 2020 International Conference of Sport, Leisure, and Hospitality Management; May 2020; Taipei, Taiwan
2. Hsiao R, Colbert B, **Hsiao PY**, Ho CL. Minding the sport rights, innovating the industry values. Poster presented at: The 13th Alliance Annual Meeting for National Sports Academic Organizations.; Jan 2020; Taipei, Taiwan [acceptance rate: 96%]
3. Ho CL, **Hsiao PY**, Raymond N, Shi WT. Examining motivation to participate in sport: A retrospective look at current and former athletes' Motivation to participate in athletics. Poster presented at: The 2019 Taiwan International Conference of Sport Management; May 2019; Taipei, Taiwan [acceptance rate: unavailable]
4. Machado C, **Hsiao PY**, Vaccaro C, Baker C. Entering the social media stratosphere: College professors varied use of social media across four disciplines. Paper presented at: Society for Information Technology and Teacher Education (SITE); Mar 2018; Las Vegas, NV [25-39% acceptance rate per SITE website]
5. **Hsiao PY**, Clark NA, Boothby J. Interprofessional collaboration in simulation: Dietetic and nursing students working and learning together. Poster presented at: The International Nursing Association for Clinical Simulation; June 16, 2016; Grapevine, TX. [acceptance rate not provided]
6. **Hsiao PY**, Mitchell DC, Hartman TJ, Smicklas-Wright H, Jensen GL, Still CD, Tucker KL. Validation/calibration of targeted food frequency questionnaire (FFQ) in the Geisinger Rural Aging Study population (GRAS). Poster presented at: the 7th International Conference on Diet and Activity Methods; June 2009; Washington, D.C.

Professional Presentations (Posters)—National

*Denotes undergraduate student that I mentored

**Denotes graduate student that I mentored

1. *Smith L, **Hsiao PY**, Clark NA, Boothby J. An interprofessional clinical simulation experience with nutrition, nursing, and speech-language pathology students increases confidence and satisfaction. Poster presented at: The Food and Nutrition Conference and Expo; Oct 22, 2018; Washington, D.C. [67% acceptance rate]
 - a. Also presented at the IUP Undergraduate Scholars' Forum on Apr 3, 2018

2. **Hsiao PY**, **Skarbowski E, Clark NA, Boothby J. Assessing the effectiveness of an interprofessional simulation experience on ADIME note scores of nutrition students. Poster presented at: The Food and Nutrition Conference and Expo; Oct 23, 2017; Chicago, IL.
3. **Fan W, Goldman MB, Fung JL, **Hsiao PY**, Mitchell DC, Hartman TJ. Energy density in nulliparous women planning pregnancy: Results from the ISIS study. Poster presented at: Experimental Biology; Apr 25, 2017; Chicago, IL
4. **Marquez K, **DiTucci J, **Fidler M, **Singh K, **Cromer K, Clark NA, **Hsiao PY**. Recognition of malnutrition in the acute care setting when facilities utilize evidenced-based nutrition screening tools. Poster presented at: Clinical Nutrition Week Conference; Feb 20, 2017; Orlando, FL.
5. **Hsiao PY**, Clark NA, Boothby J, **Pajak A. Incorporation of a simulation experience into an undergraduate MNT course improves MNT knowledge of dysphagia. Poster presented at: The Food and Nutrition Conference and Expo; Oct 17, 2016; Boston, MA. [60% acceptance rate]
6. **Pajak A, **Hsiao PY**, Clark NA, Boothby J. Is an interprofessional simulation experience more effective for student satisfaction and confidence than a single profession experience? Poster presented at: The Food and Nutrition Conference and Expo; Oct 17, 2016; Boston, MA. [60% acceptance rate]
7. Kordas K, Peregalli F, Vahter M, **Hsiao PY**, Mañay N, Queirolo E. Dietary predictors of exposure to multiple toxic metals in school age children. Poster presented at: Experimental Biology; Apr 4, 2016 San Diego, CA.
8. **Hsiao PY**, Fung JL, Mitchell DC, Hartman TJ, Goldman MB. Dietary quality in nulliparous women planning pregnancy: Results from the ISIS study. Poster presented at: Experimental Biology; Mar 29, 2015; Boston, MA.
9. **Hsiao PY**, Coffman DL, Wood GC, Mitchell DC, Still CD, Jensen GL, Hartman TJ. Dietary patterns and weight change in older adults ≥ 75 years old: What's the relationship? Poster presented at: Experimental Biology; Apr 2013; Boston, MA.
10. **Wheeler BE, **Hsiao PY**, Durward CM, Rolls BJ, Nickols-Richardson SM. Testing the internal validity of a questionnaire measuring dietary satisfaction through factor analysis. Poster presented at: Experimental Biology; Apr 22, 2013; Boston, MA.
11. **Lee Y, **Hsiao PY**, Queirolo E, Peregalli F, Kordas K. Using principal component analysis to characterize dietary patterns in children from Uruguay. Poster presented at: Experimental Biology; Apr 23, 2013; Boston, MA.
12. Wheeler D, Jensen G, Mitchell D, **Hsiao PY**, Bailey R, Smicklas-Wright H, Coffman D, Still C, Hartman T. Poor diet quality is associated with being underweight among older adults. Poster presented at: The Food and Nutrition Conference and Expo; Oct 6-9, 2012; Philadelphia, PA.
13. **Hsiao PY**, Mitchell DC, Hartman TJ, Jensen GL, Coffman DL, Still CD, Allman RA, Sawyer P. Characterizing dietary patterns in older adults using a novel approach. Poster presented at: Experimental Biology; Apr 11, 2011; Washington, D.C.
14. **Hsiao PY**, Wood CG, Hartman TJ, Still CD, Jensen GL. Using electronic data extraction to identify subjects with metabolic syndrome: A validation using manual chart review. Poster presented at: the 17th annual HMO Research Network Conference; Mar 2011; Boston, MA.

INVITED LECTURES/GUEST PRESENTATIONS

1. Hsiao PY. "Insta-teaching: Using Instagram to engage students"; Invited guest speaker for IUP ACE 103-Digital Instructional Technology; Feb 7, 2019
2. **Hsiao PY**. "What does a registered dietitian do and how can you become one?"; Invited guest speaker for: College of St. Mary freshmen-level class; Nov 28, 2018; via Skype
3. Baker C, Vaccaro C, Machado C, **Hsiao PY**. "The Social Media SWOT Team: Tweets, Likes, Selfies, and Pins"; Invited presentation for: The IUP Center for Teaching Excellence Large Group Reflective Practice meeting; Nov 15, 2017; Indiana, PA
4. Cleophat N, Denison C, **Hsiao PY**, Sternfeld R. "Survival Tips from Newer Faculty"; Invited panelist for: The IUP New Faculty Orientation; Aug 23, 2016; Indiana, PA

5. **Hsiao PY**. “Tips and Tricks: Thriving, not Surviving”; Invited presentation for: the IUP Student Association of Nutrition and Dietetics general meeting; Nov 4, 2015; Indiana, PA
6. Benjamin M, Conlin E, **Hsiao PY**, Mathna B. “Shake Things Up with Diverse In-Class Teaching Activities”; Invited presentation for: The IUP Center for Teaching Excellence Large Group Reflective Practice meeting; Nov 11, 2015; Indiana, PA
7. Conlin E, **Hsiao PY**, Nazaretian Z, Paz V, Pipkin-Hutchison N. “Survival Tips from Newer Faculty; Invited panelist for: The IUP New Faculty Orientation; Aug 18, 2015; Indiana, PA
8. **Hsiao PY**. “D2L GradeMark Demo”; Invited presentation for: The IUP Center for Teaching Excellence Large Group Reflective Practice meeting; Apr 1, 2015; Indiana, PA
9. **Hsiao PY**. “Clinical Dietitian to Nutrition Professor: How I Got To Where I Am”; Guest presentation for: the IUP Student Association of Nutrition and Dietetics general meeting; Oct 14, 2014; Indiana, PA
10. **Hsiao PY**. “Dentures, Ensure, and Pureed Diets: Older Adult Nutrition 101”; Invited presentation for: University of Pittsburgh senior-level nutrition majors; Apr 2013 and Apr 2014; Pittsburgh, PA
11. **Hsiao PY**. “Factor Analysis 101: A Brief Overview and Real-Life Examples”; Invited presentation for: The Pennsylvania State University Department of Nutritional Sciences graduate students; Sept 2012
12. **Hsiao PY**. “Dietary Pattern Analyses in Nutritional Epidemiology”; Invited presentation for: The Pennsylvania State University graduate students enrolled in NUTRN 583-Nutritional Epidemiology, Jan 2011

COURSES TAUGHT AT INDIANA UNIVERSITY OF PENNSYLVANIA

Denotes new course that I developed

Undergraduate

FDNT 143	Current Issues in Nutrition and Wellness
FDNT 212	Nutrition
FDNT 355	Medical Nutrition Therapy I
#FDNT 410	Food, Nutrition, and Aging
#FDNT 422	Public Health Nutrition and Epidemiology (cross listed with FDNT 522; see below)
FDNT 484	Senior Seminar

Graduate

#FDNT 522	Public Health Nutrition and Epidemiology
FDNT 645	Proteins, Carbohydrates, and Fats

AWARDS/HONORS

- 2018 “Outstanding Paper” award for presentation of “Wearable technology: Improving exercise habits and experiences in adults at: The International Conference on Sport, Leisure and Hospitality Management; May 20, 2018; Taipei, Taiwan
- 2017 IUP Center for Teaching Excellence “Collaborative Practice” teaching award
- 2016 IUP Research Institute Sponsored Programs Award for Outstanding Achievement in Curriculum and Instruction
- 2015-16 IUP College of Health and Human Services Outstanding Junior Teacher Award
- 2015 American Society for Nutrition Emerging Leaders in Nutrition Science Poster Competition finalist [20% acceptance rate]
- 2013 Early Career Dannon Nutrition Leadership Institute attendee

MEDIA RECOGNITION

- Featured on Nutritionjobs.com, a job site for dietitians; February 1, 2020
 - <https://www.nutritionjobs.com/pages/25288-dietetic-career-spotlight-on-ying-hsiao-associate-professor-indiana-university-of-pennsylvania>

- Featured on [Whatrdsdo.com](https://www.whatrdsdo.com), a site that highlights unique careers of registered dietitians; November 26, 2019
 - <https://www.whatrdsdo.com/interviews/2019/11/26/pao-ying-hsiao-phd-ms-rdn-ldn>
- Featured on the IUP Center for Teaching Excellence podcast for “Social Media in the Classroom”; January 30, 2018
 - <http://iblog.iup.edu/ctepodcastseries/2018/01/30/social-media-in-the-classroom-episode-3-1-30-18/>
- Featured in the monthly newsletter of the Pennsylvania State Academy of Nutrition and Dietetics, in their Researcher Spotlight”; Apr 2017
- Featured in *Nutrition Notes*, the monthly newsletter of the American Society for Nutrition, in their Member Spotlight; Apr 2016
- Featured in the *Tribune-Review*, the news publication of Pittsburgh, PA, in their Newsmaker feature; Apr 15, 2015
 - <https://triblive.com/news/indiana/8055762-74/nutrition-university-indiana>