

Curriculum Vitae

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Name: Kenny A. Mendoza Herrera, PhD, MS
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Department of Epidemiology
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Education

Year	Degree	Field of Study <i>Thesis advisors</i>	Institution
2008 – 2013	Bachelor of Sciences	Nutrition <i>Celia Aradillas García, PhD, MS</i>	Universidad del Centro de México (UCEM), San Luis Potosí, San Luis Potosí, México
2014 – 2016	Master of Science	Population Nutrition <i>Simón Barquera, MD, PhD, MS</i> <i>Andrea Tobias, PhD, MS</i> <i>Amado David Quezada Sanchez, MS</i>	Mexican National Institute of Public Health (INSP), Cuernavaca, Morelos, México
2022 – 2024	Master of Science	Biostatistics <i>Molin Wang, PhD</i>	Harvard T.H. Chan School of Public Health, Boston, MA, USA
2020 – 2024	Doctor of Philosophy	Nutritional Epidemiology <i>Frank Hu, MD, PhD, MPH</i> <i>Josiemer Mattei, PhD, MPH</i>	Harvard T.H. Chan School of Public Health, Boston, MA, USA

Postdoctoral Training

Year(s)	Titles	Specialty/Discipline <i>Lab PI for postdoc fellows</i>	Institution
2024 – 2026	Post-doctoral Fellow	Nutritional Epidemiology <i>Frank Hu, MD, PhD, MPH</i> <i>Josiemer Mattei, PhD, MPH</i>	Department of Nutrition, Harvard T.H. Chan School of Public Health, Boston, MA, USA

Faculty Academic Appointments

Year(s)	Academic Title	Department	Academic Institution
2026 –	Assistant Professor	Department of Epidemiology	Peter O'Donnell Jr. School of Public Health (OSPH), UT Southwestern Medical Center

Research Positions

Year(s)	Position Title	Institution
2013 – 2014	Research assistant	National Laboratory for Science and Technology (CIACyT), San Luis Potosí, México

2016 – 2020	Research collaborator	Center for Nutrition and Health Research (CINyS-INSP), Mexican National Institute of Public Health Cuernavaca, Morelos, México
2024	Research assistant	Harvard T.H. Chan School of Public Health, Boston, MA, USA.
2024 – 2025	Scientific consultant	Global Health Advocacy Incubator (GHAI), Washington, D.C., USA
2026 –	Research collaborator	Department of Nutrition, Harvard T.H. Chan School of Public Health, Boston, MA, USA

Appointments at Hospitals/Affiliated Institutions

Year(s)	Position Title	Department/Division	Institution
2013 – 2014	Clinical Dietitian	Clinical Nutrition Department	Hospital "General de Soledad", Soledad, San Luis Potosí, México

Honors and Awards

Year	Name of Honor/Award	Awarding Organization
2016	Distinguished Alumni Award	Universidad del Centro de México (UCEM)
2017	First Author Award	Center for Nutrition and Health Research (CINyS-INSP)
2017	Winner (First Place) of the 2017 Student Research Paper Contest (graduate category)	Preventing Chronic Disease Journal, Centers for Disease Control and Prevention (CDC)
2018	First Author Award	Center for Nutrition and Health Research (CINyS-INSP)
2018	Fulbright Language Scholarship for academic stay at the University of Arkansas	Fulbright U.S. Student Program
2019	First Author Award	Center for Nutrition and Health Research (CINyS-INSP)
2020	Scholarship for PhD studies	Fundación México en Harvard, The National Council on Science and Technology of Mexico (CONCAYT), and Harvard T.H. Chan School of Public Health
2022	Winner (First Place) of the Young Minority Investigator Oral (YMIO) Competition, the Nutrition 2022 Live Online Conference	American Society for Nutrition (ASN)
2023	Finalist, Emerging Leaders in Nutrition Science Poster Competition	American Society for Nutrition (ASN)
2023	Recipient of the American Society for Nutrition (ASN) Predoctoral Fellowship	American Society for Nutrition (ASN)
2023	Recipient of the Irene M. & Fredrick J. Stare Nutrition Education Fund	Department of Nutrition, Harvard T.H. Chan School of Public Health
2025	Recipient of a placement in the Harvard Catalyst 2025 Clinical and Translational	Harvard Catalyst

	(C/T) Research Academy First Grant Boot Camp program	
2025	Recipient of the Harvard–Kocaeli University Medical School International Travel Award for a short academic and research stay in Türkiye	Harvard T.H. Chan School of Public Health and Kocaeli University Medical School
2026	Finalist, Nutrition 2026 Early Career Research Award Competition	American Society for Nutrition (ASN)

Bibliography

Peer-Reviewed Publications

Original Research Articles

**Authors share the first authorship*

1.	Mendoza-Herrera K , Quezada AD, Pedroza-Tobías A, Hernández-Alcaraz C, Fromow-Guerra J, Barquera S. A Diabetic Retinopathy Screening Tool for Low-Income Adults in Mexico. Preventing Chronic Disease. 2017 Oct 12;14:E95. DOI: 10.5888/pcd14.170157.
2.	Mendoza-Herrera K , Aradillas-García C, Mejía-Díaz MA, Alegría-Torres JA, Garay-Sevilla ME, Luevano-Contreras C. Association of dietary advanced glycation end products with metabolic syndrome in young Mexican adults. Medicines. 2018 Dec 1;5(4):128.
3.	Hernández-Alcaraz C, Aguilar-Salinas CA, Mendoza-Herrera K , Pedroza-Tobías A, Villalpando S, Shamah-Levy T, Rivera-Dommarco J, Hernández-Ávila M, Barquera S. Dyslipidemia prevalence, awareness, treatment and control in Mexico: results of the Ensanut 2012. Salud Pública de México. 2020 Apr 15;62(2):137-46. DOI: 10.21149/10520.
4.	Barquera S, Hernández-Alcaraz C, Jáuregui A, Medina C, Mendoza-Herrera K , Pedroza-Tobías A, Tolentino Mayo L, Guillen Pineda LE, López-Ridaura R, Aguilar Salinas CA. Diabetes awareness, treatment, and control among Mexico City residents. Diabetology. 2021 Feb 18;2(1):16-30. DOI: 10.3390/diabetology2010002.
5.	Green-Gomez M, Moran R, Stringham J, Hernández-Alcaraz C, Mendoza-Herrera K , Fromow-Guerra JJ, Prado-Cabrero A, Nolan J. Environmental and nutritional determinants of macular pigment in a Mexican population. Investigative Ophthalmology & Visual Science. 2021 Jul 1;62(9):18-. DOI: 10.1167/iovs.62.9.18.
6.	Mendoza-Herrera K , Monge-Rojas R, O'Neill J, Smith-Castro V, Mattei J. Association between parental feeding styles and excess weight, and its mediation by diet, in Costa Rican adolescents. Nutrients. 2022 May 31;14(11):2314. DOI: 10.3390/nu14112314.
7.	Mendoza K* , Villalobos-Daniel VE*, Jáuregui A, Valero-Morales I, Hernández-Alcaraz C, Zacarías-Alejandro N, Alarcon-Guevara RO, Barquera S. Development of a crowdsourcing-and gamification-based mobile application to collect epidemiological information and promote healthy lifestyles in Mexico. Scientific Reports. 2024 Mar 14;14(1):6174. DOI: 10.1038/s41598-024-56761-4.
8.	Campos Nonato I, Mendoza K , Vargas Meza J, Flores Aldana M, Barquera S. Sodium and potassium excretion and its association with cardiovascular disorders in Mexican adults. Frontiers in Nutrition. 2024 Jun 24;11:1395016. DOI: 10.3389/fnut.2024.1395016.
9.	Campos-Nonato I, Ramírez-Villalobos M, Monterrubio-Flores E, Mendoza-Herrera K , Aguilar-Salinas C, Pedroza-Tobías A, Simón B. Prevalence of Metabolic Syndrome and Combinations of Its Components: Findings from the Mexican National Health and Nutrition Survey, 2021. Metabolic Syndrome and Related Disorders. 2025 Mar 12. DOI: 10.1089/met.2024.0179.

10.	Mendoza K , Smith-Warner SA, Rossato SL, Khandpur N, Manson JE, Qi L, Rimm EB, Mukamal KJ, Willett WC, Wang M, Hu FB. Ultra-processed foods and cardiovascular disease: analysis of three large US prospective cohorts and a systematic review and meta-analysis of prospective cohort studies. <i>The Lancet Regional Health–Americas</i> . 2024 Sep 1;37. DOI: 10.1016/j.lana.2024.100859.
11.	Mendoza K , Monge-Rojas R, Vargas-Quesada R, Mattei J. Ultra-processed food intake is associated with a displacement of the traditional diet of Costa Rican adolescents. <i>Nutrition Research</i> . 2025 Apr 1;136:1-4. DOI: 10.1016/j.nutres.2025.02.002.
12.	Mendoza K , Marrero A, Tamez M, Espinosa A, Sotres-Alvarez D, McClain AC, Cordero C, Elfassy T, Perreira KM, Mossavar-Rahmani Y, Qi Q, Daviglus M, Van Horn L, Hu FB, Willett W, Kaplan RC, and Mattei J. Ultra-processed foods and incident type 2 diabetes: Analysis of the Hispanic Community Health Study/Study of Latinos (HCHS/SOL). <i>American Journal of Epidemiology</i> . 2026 Jun 17. DOI: 10.1093/aje/kwag139.
13.	Ushula TW, Baker P, Machado P, Khandpur N, Rezende LFM, Lane MM, Marx W, Srouf B, Livingstone K, Louzada ML, Touvier M, Fardet A, Bonaccio M, Anastasiou K, Bes-Rastrollo M, Grosso G, Harding K, Fang Z, Monteiro CA, Islam S, Mendoza K , Brauer M, Haile D, Lawrence M. Health effects associated with consumption of ultra-processed food: a Burden of Proof study. <i>Under review (Nature Food)</i> .
14.	Jigeer G, Hu Y, Wang X, Wang S, Lee KH, Eliassen AH, Chan AT, Huttenhower C, Wang DD, Guasch-Ferré M, Martínez González MÁ, Ruiz-Canela M, Toledo E, Salas-Salvadó J, Burk RD, Kaplan RC, Daviglus M, Romaker E, Mattei J, Mendoza K , Zhang Y, Hu FB, Rimm EB, Song M, Gao X, Zhang C, Qi Q, Sun Q. Nut intake, human gut microbiome, plasma metabolome, and cardiometabolic disease risk in free-living individuals. <i>Under review (Gut BMJ)</i> .
15.	Mendoza K , Mattei J, Sanchez E, Ortiz N, Whitmarsh-Brown J, Carignan S, Barquera S, and González-Arias M. A proof of concept of Trustworthy Social Media Health Influencers: collaboration with the American Heart Association to promote cardiovascular health among Hispanics and Latinos. <i>To be submitted (Scientific Reports)</i> .

Reviews and Editorials

1.	Mendoza-Herrera K , Pedroza-Tobías A, Hernández-Alcaraz C, Ávila-Burgos L, Aguilar-Salinas CA, Barquera S. Attributable burden and expenditure of cardiovascular diseases and associated risk factors in Mexico and other selected mega-countries. <i>International journal of environmental research and public health</i> . 2019 Oct;16(20):4041. DOI: 10.3390/ijerph16204041.
2.	Mendoza-Herrera K , Valero-Morales I, Ocampo-Granados ME, Reyes-Morales H, Arce-Amaré F, Barquera S. Peer reviewed: an overview of social media use in the field of public health nutrition: benefits, scope, limitations, and a Latin American experience. <i>Preventing chronic disease</i> . 2020;17. DOI: 10.5888/pcd17.200047.
3.	Mendoza-Herrera K , Florio AA, Moore M, Marrero A, Tamez M, Bhupathiraju SN, Mattei J. The leptin system and diet: a mini review of the current evidence. <i>Frontiers in endocrinology</i> . 2021 Nov 24;12:749050. DOI: 10.3389/fendo.2021.749050.
4.	Ferrero EM, Yunker AG, Cuffe S, Gautam S, Mendoza K , Bhupathiraju SN, Mattei J. Nutrition and health in the Lesbian, gay, bisexual, transgender, queer/questioning community: a narrative review. <i>Advances in Nutrition</i> . 2023 Aug 2. DOI: 10.1016/j.advnut.2023.07.009.
5.	Mendoza K , Tobias DK. Quantity and quality of evidence are sufficient: prevalent features of ultraprocessed diets are deleterious for health. <i>Advances in Nutrition</i> . 2024 Jan 1;15(1). DOI: 10.1016/j.advnut.2023.100157.

6.	Lorenzo E, O'Neal AL, Garcia LC, Mendoza K , Lee RE. Electronic Health Interventions for Type 2 Diabetes and Obesity in Hispanic or Latino Adults: A Systematic Review of English and Spanish Studies. <i>Diabetes Spectrum</i> . 2024 Feb 1;37(1):65-85. DOI: 10.2337/ds22-0083.
7.	Espinosa A, Mendoza K , Laviada-Molina H, Rangel-Méndez JA, Molina-Segui F, Sun Q, Tobias DK, Willett WC, Mattei J. Effects of Nonnutritive Sweeteners on the BMI of Children and Adolescents: A Systematic Review and Meta-Analysis of Randomized Controlled Trials and Prospective Cohort Studies. <i>Advances in Nutrition</i> . 2024 Sep 13;100292. DOI: 10.1016/j.advnut.2024.100292.
8.	Marrero A, Nicoson C, Kelahan H, Mendoza K , Salvia M, Golden C, Mattei J. Equity as a priority in EAT–Lancet-aligned food system transformations. <i>Nature Food</i> . 2024 Oct 1:1-7. DOI: 10.1038/s43016-024-01047-1.
9.	Mendoza K , Barquera S, Tobias DK. Targeting ultra-processed foods for prevention of type 2 diabetes: state of the evidence and future directions. <i>Diabetologia</i> . 2025 Jan 18:1-2. DOI: 10.1007/s00125-025-06358-x.
10.	Mendoza K , Hu FB. Are all ultra-processed foods created equal? Relevance of food processing and nutritional quality. <i>Eur J Epidemiol</i> 40, 1289–1292 (2025). https://doi.org/10.1007/s10654-025-01327-5 .

Meeting Summaries or Proceedings (abstracts)

**Authors share the first authorship*

1.	Espinosa A, Mendoza K , Laviada-Molina H, Rangel-Méndez JA, Molina-Segui F, Sun Q, Tobias DK, Willett WC, Mattei J. Effects of non-nutritive sweeteners on the BMI of children and adolescents: a systematic review and meta-analysis of randomised controlled trials and prospective cohort studies. <i>The Lancet Global Health</i> . 2023 Mar 1;11:S8. DOI: 10.1016/S2214-109X(23)00093-1.
2.	Mendoza K , Smith-Warner SA, Rossato SL, Khandpur N, Manson JE, Qi L, Rimm EB, Mukamal KJ, Willett WC, Wang M, Hu FB. Ultra-processed food consumption is associated with higher coronary heart disease risk in United States women from two large prospective cohorts. <i>Circulation</i> . 2023 Feb 28;147(Suppl 1):A21-. DOI: 10.1161/circ.147.suppl 1.21.
3.	Mendoza K , Marrero A, Tamez M, Espinosa A, Sotres-Alvarez D, McClain AC, Cordero C, Elfassy T, Perreira KM, Mossavar-Rahmani Y, Qi Q, Daviglius M, Van Horn L, Hu FB, Willett W, Kaplan RC, and Mattei J. Ultra-Processed Food Consumption Is Associated With Higher Type 2 Diabetes Risk in the Hispanic Community Health Study/Study of Latinos. <i>Current developments in nutrition</i> . 2023;7. DOI: 10.1016/j.cdnut.2023.100713.
4.	Mendoza K , Sevilla-Gonzalez M, Tobias DK, Sotres-Alvarez D, Yu B, Boerwinkle E, Sun Q, Hu FB, Qi Q, Kaplan RC, Mattei J. The Association Between a Metabolomics Signature Reflective of Ultra-Processed Food Intake and Type 2 Diabetes Risk in the Hispanic Community Health Study/Study of Latinos. <i>Current Developments in Nutrition</i> . 2024 Jul 1;8. DOI: 10.1016/j.cdnut.2024.102759.
5.	Mendoza K , Tamez M, Sotres-Alvarez D, Gallo LC, Qi Q, Kaplan RC, and Mattei J. Almond Intake and Its Prospective Association With Depressive Symptomatology in the Hispanic Community Health Study/Study of Latinos (HCHS/SOL). <i>Current Developments in Nutrition</i> . 2025 Jun 3;8. DOI: 10.1016/j.cdnut.2025.107053.
6.	Espinosa A, Tong T, Papier K, Key T, Mendoza K , Fung T, Sun Q, Willett W, Mattei J. Abstract TU175: The Global Diet Quality Score Is Associated with Lower Risk of Cardiovascular Disease. <i>Circulation</i> . 2026 Mar 24;153(Suppl 1):ATU175-. DOI: 10.1161/cir.153.suppl 1.TU175.
7.	Mendoza K , Mattei J, Sanchez E, Ortiz N, Whitmarsh-Brown J, Carignan S, Barquera S, Gonzalez-Arias M. A Proof of Concept of Trustworthy Social Media Health Influencers: a Collaboration with

	the American Heart Association to Promote Cardiovascular Health among Hispanics and Latinos. <i>Circulation</i> . 2026 Mar 24;153(Suppl 1):A63-. DOI: 10.1161/cir.153.suppl 1.63.
8.	Espinosa A, Papier K, Tong TYN, Key TJ, Fung TT, Sun Q, Mendoza K , Chirlaque MD, Chiodini P, Cortés-Valencia A, Dahm CC, Huybrechts I, Kaaks R, Katzke V, Lajous M, Nicolas G, Schulze MB, Willett WC, Mattei J. A Food-Based Global Diet Quality Score Is Associated with Lower Risk of Cardiovascular Disease: Multinational Prospective Cohort Analyses in the United States and Europe. <i>Current Developments in Nutrition</i> . 2026 July 28;10(Suppl 1):108361. DOI: 10.1016/j.cdnut.2026.108361.
9.	Del Giudice IM*, Mendoza K* , Marrero-Hernandez A, Tamez M, Sotres-Alvarez D, Hu FB, Willett W, Rimm E, Kaplan RC, and Mattei J. Ultra-Processed Food Intake is Associated with Higher Hypertension Incidence in the Hispanic Community Health Study/Study of Latinos. <i>Current Developments in Nutrition</i> . 2026 July 28;10(Suppl 1):108946. DOI: 10.1016/j.cdnut.2026.108946.
10.	Mendoza K , Espinosa A, Drouin-Chartier JP, Chen Z, Smith-Warner SA, Laurini-Rossato S, Khandpur N, Manson JE, Qi L, Rimm EB, Mukamal KJ, Willett WC, Wang M, Hu FB, Mattei J, Sun Q. Substitution Models of Non-Ultra-Processed Food Alternatives for Ultra-Processed Foods: Association with Cardiovascular Disease in Three Prospective US Adult Cohorts. <i>Current Developments in Nutrition</i> . 2026 July 28;10(Suppl 1):108966. DOI: 10.1016/j.cdnut.2026.108966.
11.	Mendoza K , Espinosa A, Drouin-Chartier JP, Chen Z, Wang C, Giovannucci E, Hong Z, Bhupathiraju S, Messiah SE, López DS, Hu FB, Mattei J, Sun Q, Manson JE, Tobias DK. Substitution Models of Non-Ultra-Processed Food Alternatives for Ultra-Processed Foods: Association With Obesity-Related Cancers in Three Prospective US Adult Cohorts. <i>Current Developments in Nutrition</i> . 2026 July 28;10(Suppl 1):109107. DOI: 10.1016/j.cdnut.2026.109107.
12.	Mendoza K , Hernández-Pérez JG, Tamez M, Wang F, Sotres-Alvarez D, Gallo LC, Qi Q, Kaplan RC, Mattei J. Prospective Associations of Almond Intake Metabolic Profiles with Depressive Symptoms Vary by the Presence of Almond-Responsive Gut Bacteria in Hispanics/Latinos. <i>Current Developments in Nutrition</i> . 2026 July 28;10(Suppl 1):108917. DOI: 10.1016/j.cdnut.2026.108917.

Books/Textbooks

1.	Barquera S, Mendoza-Herrera K , Lara-Castor L, Medina C, Sánchez-Bazán K, Rivera-Dommarco JA. Políticas de salud para la prevención de obesidad y enfermedades crónicas en México. In: Rivera Dommarco JA, et al. <i>La obesidad en México. Estado de la política pública y recomendaciones para su prevención y control</i> . Cuernavaca: Instituto Nacional de Salud Pública, 2018. P. 169-189.
2.	Campos-Nonato I, Cuevas L, Mendoza-Herrera K , Barquera S. Epidemiología de la Obesidad en México. In: Méndez-Sánchez, N. <i>Obesidad: Conceptos Clínicos y Terapéuticos</i> . México: McGraw-Hill, 2019. P. 11-24.
3.	Sánchez-Pimienta TG, Batis C, Aburto TC, Reyes-García A, Mendoza K , Tolentino L, Kaufer M, and Rodríguez-Ramírez S. Patrones dietéticos en la población mexicana que aumentan el riesgo de obesidad y Enfermedades Crónicas No Transmisibles. In: Rivera Dommarco JA, García Chávez G, Hernández Fernández M, et al., eds. <i>La obesidad en México: hacia entornos y sistemas alimentarios saludables y sustentables</i> . Cuernavaca, México: Instituto Nacional de Salud Pública, 2026.

Grant Support

Active/Pending	
2024 –	<i>Status:</i> <u>Active</u>
	<i>Grantor:</i> National Institutes of Health (NIH), National Institute on Minority Health and Health Disparities – R01MD018750

	<i>Title of Project:</i> Puerto Rico Evaluation of a Culturally-Informed Sustainable Intervention for Optimal Nutrition (PRECISION)
	<i>Role:</i> Co-Investigator (PI is Dr. Josiemer Mattei)
	<i>Total amount of award:</i> \$2,801,805 (USD)
2026	
	<i>Status:</i> <u>Pending</u>
	<i>Grantor:</i> American Diabetes Association®, Accelerator Award (ACE) Grant ID: 2-27-ACE-1923
	<i>Title of Project:</i> Effects of minimally processed compared with ultra-processed diets on continuous glucose monitor-assessed glycemic regulation: a randomized controlled trial
	<i>Role:</i> Principal Investigator
	<i>Total amount requested:</i> \$ 1,621,452.72 (USD)

<u>Past</u>	
2024 – 2025	<i>Status:</i> <u>Finalized</u>
	<i>Grantor:</i> Almond Board of California – Project number: MH&C02
	<i>Title of Project:</i> Association and mechanisms of almond consumption and mental health in The Hispanic Community Health Study/Study of Latinos (HCHS/SOL)
	<i>Role:</i> Co-Principal Investigator
	<i>Total amount of award:</i> \$124,732.11 (USD)
2018 – 2021	
	<i>Status:</i> <u>Finalized</u>
	<i>Grantor:</i> Fundación MAPFRE – Project number: 14807
	<i>Title of Project:</i> Crowdsourcing- and gamification mHealth to collect epidemiological information and promote healthy lifestyles in Mexico
	<i>Role:</i> Principal Investigator (multiple)
	<i>Total amount of award:</i> \$41,379.34 (EUR)

<u>Not funded</u>	
2025	<i>Grantor:</i> National Institutes of Health (NIH), National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK); Pathway to Independence Award (Parent K99/R00 – Independent Clinical Trial Required) – Application identifier: 1949665
	<i>Title of Project:</i> Group-specific ultra-processed food intake, metabolomic profiles, and type 2 diabetes risk in large cohorts and a pilot intervention
	<i>Role:</i> Principal Investigator
	<i>Total amount requested:</i> \$677,773.00 (USD)
2025	
	<i>Grantor:</i> Pilot & Feasibility Grants from UT Southwestern’s Nutrition & Obesity Research Center (NORC)
	<i>Title of Project:</i> A quasi-experimental, food-provision feasibility pilot intervention integrating open-access digital strategies to improve group-specific ultra-processed food consumption and metabolic health
	<i>Role:</i> Principal Investigator
	<i>Total amount requested:</i> \$49,951.75 (USD)
2025	
	<i>Grantor:</i> American Diabetes Association®, Initiator Award (INI) – Grant ID: 1-26-INI-1014

	<i>Title of Project:</i> Group-specific ultra-processed food intake, metabolomic profiles, and type 2 diabetes risk in large cohorts and a pilot intervention
	<i>Role:</i> Principal Investigator
	<i>Total amount requested:</i> \$740,706 (USD)

Clinical Trials Activities

<u>Present</u>	
2024 –	<i>Status:</i> <u>Active</u>
	<i>Grantor:</i> National Institutes of Health (NIH), National Institute on Minority Health and Health Disparities – R01MD018750
	<i>Title of Project:</i> Puerto Rico Evaluation of a Culturally-Informed Sustainable Intervention for Optimal Nutrition (PRECISION)
	<i>Role:</i> Co-Investigator (PI is Dr. Josiemer Mattei)
	<i>Total amount of award:</i> \$2,801,805 (USD)

Ongoing secondary data analysis research

**Authors share the first authorship*

1.	Fuse K, Mendoza K , Bjornevik K, Ascherio A, and Cortese M. Ultra-processed food consumption and multiple sclerosis risk in the Nurses' Health Study, Nurses' Health Study II, and the Health Professionals Follow-Up Study cohorts.
2.	Monge-Rojas R, Vargas-Quesada R, Barboza LA, Mendoza K , Tamez M, Kaplan R, and Mattei J. Ultra-processed food consumption and its association with cardiometabolic risk factors in Latino adolescents: Findings from SOL Youth.
3.	Chai W, Tavakkoli A, Agalliu I, Mendoza K , Mattei J, Hu FB, Sotres-Alvarez D, Gallo L, Parada Jr H. Consumption of ultra-processed foods and their associations with overall cancer and gastrointestinal-specific cancer incidence in the Hispanic Community Health Study/Study of Latinos (HCHS/SOL).
4.	Dao MC, Mendoza K , Kaplan R, Isasi CR, Mattei J, Estrella ML, Bigornia SJ, McClain AC, Sotres-Alvarez D, Daviglus M, Van Horn L, Gallo LC, Suglia SF. Cardiometabolic risks and fiber intake across psychosocial, cultural, environmental, and lifestyle profiles: A cluster analysis of the Hispanic Community Health Study/Study of Latinos (HCHS/SOL).
5.	Vatavuk-Serrati G, Mendoza K , Albrecht S, Sotres-Alvarez D, Kershaw KN, Mattei J, Meyer K, Perreira KM, Batalha MA, McClain AC, Cordero C, Pirzada A, Daviglus M, Adair LS, and Taillie LS. Hispanic/Latino acculturation, residence in enclaves, and ultra-processed food intake among participants in the Hispanic Community Health Study/Study of Latinos (HCHS/SOL).
6.	Vatavuk-Serrati G, Mendoza K , Sotres-Alvarez D, Albrecht S, Meyer K, Adair LS, Mattei J, Gallo LC, Daviglus M, Pirzada A, Cordero C, Romaker EK, and Taillie LS. Ultra-processed food intake and obesity among participants in the Hispanic Community Health Study/Study of Latinos (HCHS/SOL).
7.	Del Giudice IM, Mendoza K , Smith-Warner S, Khandpur N, Rossato SL, Manson JE, Rimm EB, Willett WC, Wang M, Hu FB, Mattei J, Sun Q. Association between ultra-processed food consumption and the risk of hypertension among US women and men from the Nurses' Health Study, Nurses' Health Study II, and the Health Professionals Follow-Up Study cohorts.
8.	Del Giudice IM*, Mendoza K* , Marrero-Hernandez A, Tamez M, Sotres-Alvarez D, Hu FB, Willett W, Rimm E, Kaplan RC, and Mattei J. Ultra-processed food intake, prospective changes in blood pressure, and risk of hypertension: The Hispanic Community Health Study/Study of Latinos (HCHS/SOL).

9.	Mendoza K , Tamez M, Tucker KL, Rodriguez-Orengo JF, and Mattei J. The prospective association between the displacement of equivalent non-ultra-processed foods by ultra-processed food groups and cardiometabolic indicators levels in the Puerto Rico Observational Study of Psychosocial, Environmental, and Chronic Disease Trends (PROSPECT).
10.	Mendoza K , Contreras-Manzano A, Batis C, Barquera S, Rivera-Dommarco JA, Taillie LS, Khandpur N, Tobias DK, Sotres-Alvarez D, Du M, Hu FB, Kaplan RC, and Mattei J. Joint association of ultra-processed food intake and nutritional profile, based on the Mexican front-of-package nutrition labeling system, with risk of type 2 diabetes: The Hispanic Community Health Study/Study of Latinos (HCHS/SOL).
11.	Mendoza K , Sevilla-Gonzalez M, Tobias DK, Sotres-Alvarez D, Yu B, Boerwinkle E, Sun Q, Hu FB, Qi Q, Kaplan RC, and Mattei J. The association between a metabolomics signature reflective of ultra-processed food intake and type 2 diabetes risk in The Hispanic Community Health Study/Study of Latinos (HCHS/SOL).
12.	Alver SK, Zhang Y, Mossavar-Rahmani Y, Mendoza K , Sotres-Alvarez D, Peters BA, Qi Q, Parada Jr. H, Kaplan R. Association of eating window with cancer and cardiometabolic disease risk factors: the Hispanic Community Health Study/Study of Latinos (HCHS/SOL).
13.	Genome-wide association study of the consumption of foods by their degree of processing. Morales Berstein F, Atkins J, Breeur M, van der Most P, Mendoza K , Rossato S, Chang K, Khandpur N, Dimou N, Laskar R, Peruchet L, Wade K, Brennan P, Gunter M, Millett C, Vamos E, Bertazzi Levy R, Rauber F, Monteiro C, Richardson T, Relton CL, Davey Smith G, Smith-Byrne K, Huybrechts I, Corpeleijn E, Snieder H, Richmond RC, Borges MC.
14.	Ortega N, Mendoza K , Willett W, Manson JE, Tobias DK. Cardiovascular health effects of ultra-processed foods reformulation in the Nurses' Health Study, Nurses' Health Study II, and the Health Professionals Follow-Up Study cohorts.
15.	Mendoza K , Mattei J, Giovannucci E, Wang H, Bhupathiraju S, Hu F, Manson JE, Tobias DK. Ultra-processed foods and subtypes in relation to long-term weight gain, obesity, and obesity-related cancers in the Nurses' Health Study, Nurses' Health Study II, and the Health Professionals Follow-Up Study cohorts.

Oral and poster presentations at scientific conferences and sessions

1.	Mendoza K et al. A Diabetic Retinopathy Screening Tool for Low-Income Adults in Mexico (poster) 2016. <i>Public Health Research Congress (CONGISP) 2015, National Institute of Public Health (INSP). Cuernavaca, México.</i>
2.	Mendoza K et al. Association of dietary advanced glycation end products with metabolic syndrome in young Mexican adults (poster) 2018. <i>3rd Ibero-American Symposium on Advanced Glycation End Products (AGEs), University of Guanajuato. Guanajuato, México.</i>
3.	Mendoza K et al. Association between parental feeding styles and excess weight, and its mediation by diet, in Costa Rican adolescents (oral) 2022. <i>2nd International Virtual Congress: Food, Nutrition, and Innovation, University of Veracruz México.</i>
4.	Mendoza K et al. Association between parental feeding styles and excess weight, and its mediation by diet, in Costa Rican adolescents (oral) 2022. <i>Research and Data Symposium for Food and Nutrition Online 2022, Tufts University Friedman School of Nutrition Science and Policy.</i>
5.	Mendoza K et al. Association between parental feeding styles and excess weight, and its mediation by diet, in Costa Rican adolescents (oral) 2022. <i>Nutrition 2022 Live Online, American Society for Nutrition (ASN).</i>

6.	Mendoza K et al. Ultra-processed food consumption is associated with higher coronary heart disease risk in United States women from two large prospective cohorts (oral) 2023. David Kritchevsky Memorial Lecture and Oral Abstract Presentations/Nutrition. <i>Epi Lifestyle 2023, American Heart Association (AHA).</i> <i>Boston, MA, USA.</i>
7.	Mendoza K et al. Ultra-Processed Food Consumption Is Associated With Higher Type 2 Diabetes Risk in the Hispanic Community Health Study/Study of Latinos (oral) 2023. <i>Nutrition 2023, American Society for Nutrition (ASN).</i> <i>Boston, MA, USA.</i>
8.	Mendoza K et al. Ultra-processed food consumption is associated with higher coronary heart disease risk in United States women from two large prospective cohorts (poster) 2023. <i>Scientific Sessions 2023, American Heart Association (AHA).</i> <i>Philadelphia, PA, USA.</i>
9.	Mendoza K et al. The Association Between a Metabolomics Signature Reflective of Ultra-Processed Food Intake and Type 2 Diabetes Risk in the Hispanic Community Health Study/Study of Latinos (oral) 2024. <i>Precision Nutrition Forum 2024, University of Copenhagen.</i> <i>Copenhagen, Denmark.</i>
10.	Mendoza K et al. The Association Between a Metabolomics Signature Reflective of Ultra-Processed Food Intake and Type 2 Diabetes Risk in the Hispanic Community Health Study/Study of Latinos (oral) 2024. <i>Nutrition 2024, American Society for Nutrition (ASN).</i> <i>Chicago, IL, USA.</i>
11.	Mendoza K. Ultra-processed foods and their contribution to the obesity epidemic (invited oral presentation) 2025. <i>World Obesity Day Conference.</i> <i>Mexican National Institute of Public Health (INSP).</i> <i>Cuernavaca, Morelos, Mexico.</i>
12.	Mendoza K et al. Almond Intake and Its Prospective Association With Depressive Symptomatology in the Hispanic Community Health Study/Study of Latinos (HCHS/SOL) (poster) 2025. <i>Nutrition 2025, American Society for Nutrition (ASN).</i> <i>Orlando, FL, USA.</i>
13.	Mendoza K, et al. A proof of concept of Trustworthy Social Media Health Influencers: collaboration with the American Heart Association to promote cardiovascular health among Hispanics and Latinos (oral) 2026. <i>Epi Lifestyle 2026, American Heart Association (AHA).</i> <i>Boston, MA, USA.</i>
14.	Mendoza K. Ultra-Processed Food Substitution and Obesity-Related Cancers (oral) 2026. <i>Metabolic Dysregulation and Cancer Risk Program 2026, National Cancer Institute (NCI).</i> <i>Iowa City, Iowa, USA.</i>
15.	Mendoza K, et al. Substitution Models of Non-Ultra-Processed Food Alternatives for Ultra-Processed Foods: Association with Cardiovascular Disease in Three Prospective US Adult Cohorts (poster) 2026. <i>Nutrition 2026, American Society for Nutrition (ASN).</i> <i>Washington, D.C., USA.</i>
16.	Mendoza K, et al. Substitution Models of Non-Ultra-Processed Food Alternatives for Ultra-Processed Foods: Association With Obesity-Related Cancers in Three Prospective US Adult Cohorts (oral) 2026.

	<i>Nutrition 2026, American Society for Nutrition (ASN). Washington, D.C., USA.</i>
17.	Mendoza K , et al. Prospective Associations of Almond Intake Metabolic Profiles with Depressive Symptoms Vary by the Presence of Almond-Responsive Gut Bacteria in Hispanics/Latinos (poster) 2026. <i>Nutrition 2026, American Society for Nutrition (ASN). Washington, D.C., USA.</i>
18.	Mendoza K . Science in the Age of Social Media: Navigating Influencers and Using Social Media to Share Evidence-Based Science (invited oral presentation) 2026. <i>Nutrition 2026, American Society for Nutrition (ASN). ASN's Early Career Nutrition (ECN) Interest Group Washington, D.C., USA.</i>
19.	Mendoza K . Show me the (epidemiologic) link! Ultra-processed foods and type 2 diabetes and metabolic risk (invited oral presentation) 2026. <i>62nd Annual Meeting 2026 of the European Association for the Study of Diabetes (EASD). Session: What's in your food? Ultra-processed foods and the risk of type 2 diabetes Milan, Italy.</i>

Educational Activities

1. Direct Teaching

Year(s)	Course Name	Role	Audience	Institution
2017 – 2018	Research Methods	Instructor	Undergraduate	Universidad del Valle México (UVM), Cuernavaca, Morelos, México
2017 – 2018	Eating Behaviors	Instructor	Undergraduate	UVM, Cuernavaca, Morelos, México
2017 – 2018	Nutritional Epidemiology	Instructor	Undergraduate	UVM, Cuernavaca, Morelos, México
2017 – 2018	Nutrition Seminar	Instructor	Undergraduate	UVM, Cuernavaca, Morelos, México
2018 – 2020	Thesis Seminar	Instructor	Master's level	Mexican School of Public Health (ESPM-INSP), Cuernavaca, Morelos, México
2021 – 2023	NUT 201 Introduction to Nutrition in Public Health	Primary teaching assistant	Master's level	Harvard T.H. Chan School of Public Health, Boston, MA, USA
2023	ID221 Nutritional Epidemiology II (Advanced Methods)	Primary teaching assistant	Doctoral level	Harvard T.H. Chan School of Public Health, Boston, MA, USA
2026	CLIN 5300 Principles of Clinical Epidemiology	Co-Instructor	Master's and Doctoral level	Peter O'Donnell Jr. School of Public Health, UT Southwestern Medical Center, Dallas, TX, USA

2. Mentoring and Advising

Date	Mentee Name	Mentee Level/ Program and Institution	Role
2016 – 2018	Grisel Flores Navarro, MPH	MPH, Mexican School of Public Health (ESPM-INSP), Cuernavaca, Morelos, México	Advisor

3. Guest lectures and invited presentations

1.	Mendoza K. How to write a scientific article? 2017. <i>Course: Thesis Seminar.</i> <i>Mexican School of Public Health (ESPM), National Institute of Public Health (INSP).</i> <i>Cuernavaca, México.</i>
2.	Mendoza K. Social media and mobile applications as tools to promote active and healthy lifestyles and prevent chronic diseases 2022. <i>Course: Promotion of nutrition and healthy environments.</i> <i>Mexican School of Public Health (ESPM), National Institute of Public Health (INSP).</i> <i>Cuernavaca, México.</i>
3.	Mendoza K. Social media and mobile applications as tools to promote active and healthy lifestyles and prevent chronic diseases 2023. <i>Course: Promotion of nutrition and healthy environments.</i> <i>Mexican School of Public Health (ESPM), National Institute of Public Health (INSP).</i> <i>Cuernavaca, México.</i>
4.	Mendoza K. Ultra-processed foods: Definition, evidence, and methodological considerations in the association with type 2 diabetes and cardiovascular disease 2023. <i>Course: ID 510 - Nutritional Epidemiology of Cancer.</i> <i>Harvard T.H. Chan School of Public Health.</i> <i>Boston, MA, USA.</i>
5.	Mendoza K. Ultra-processed foods: Definition and nuances in the association with type 2 diabetes and cardiovascular disease 2023. <i>2023 Nutrition Roundtable Spring Meeting.</i> <i>Harvard T.H. Chan School of Public Health.</i> <i>Boston, MA, USA.</i>
6.	Mendoza K. 1) Social media: tools to promote active and healthy lifestyles; 2) Mobile applications as instruments for the prevention and management of chronic diseases 2024. <i>Course: Diet, Physical Activity, and Chronic Diseases.</i> <i>Mexican School of Public Health (ESPM), National Institute of Public Health (INSP).</i> <i>Cuernavaca, México.</i>
7.	Mendoza K. Nova classification, ultra-processed foods, type 2 diabetes, and metabolomics profiling in the Hispanic Community Health Study/Study of Latinos (HCHS/SOL) 2024. <i>Gillings School of Global Public Health, University of North Carolina at Chapel Hill (UNC).</i> <i>Chapel Hill, NC, USA.</i>
8.	Mendoza K. Ultra-processed foods: Definition, evidence, and methodological considerations in the association with type 2 diabetes and cardiovascular disease 2024. <i>Research Institute - Hospital do Coracao (RI-HCOR), Sao Paulo, Brazil.</i> <i>Online.</i>
9.	Mendoza K. Ultra-processed foods: Metabolic profile, type 2 diabetes, and cardiovascular disease in SOL 2024. <i>Recurrent work-in-progress meeting of the Diet Special Interest Group for the Hispanic Community Health Study/Study of Latinos (HCHS/SOL). Online.</i>

10.	Mendoza K. Methods for measuring ultra-processed food intake using various dietary assessment tools Fall 2024. <i>Course: NUTR-GE 2190 - Research Methods in Nutrition.</i> <i>Department of Nutrition and Food Studies, New York University (NYU).</i> <i>New York, NY, USA.</i>
11.	Mendoza K. Ultra-processed foods: Metabolic profile, type 2 diabetes, and cardiovascular disease Spring 2025. <i>Course: NUTR-GE 2190 - Research Methods in Nutrition.</i> <i>Department of Nutrition and Food Studies, New York University (NYU).</i> <i>New York, NY, USA.</i>
12.	Mendoza K. Ultra-processed foods: Metabolic profile, type 2 diabetes, and cardiovascular disease 2025. <i>Nutrition seminar series.</i> <i>University of Massachusetts Lowell.</i> <i>Lowell, MA, USA.</i>
13.	Mendoza K. Mechanisms linking ultra-processed foods with metabolic disease 2025. <i>Course: NUT 202 - The Biological Basis of Human Nutrition.</i> <i>Harvard T.H. Chan School of Public Health.</i> <i>Boston, MA, USA.</i>
14.	Mendoza K. 1) Social media: tools to promote active and healthy lifestyles; 2) Mobile applications as instruments for the prevention and management of chronic diseases 2025. <i>Course: Diet, Physical Activity, and Chronic Diseases.</i> <i>Mexican School of Public Health (ESPM), National Institute of Public Health (INSP).</i> <i>Cuernavaca, México.</i>
15.	Mendoza K. Applied epidemiology in the study of food intake, metabolism, and chronic diseases 2025. <i>Peter O'Donnell Jr. School of Public Health — UT Southwestern Medical Center.</i> <i>Dallas, TX, USA.</i>
16.	Mendoza K. Ultra-processed foods: Metabolic profile, type 2 diabetes, and cardiovascular disease Fall 2025. <i>Course: NUTR-GE 2190 - Research Methods in Nutrition.</i> <i>Department of Nutrition and Food Studies, New York University (NYU).</i> <i>New York, NY, USA.</i>
17.	Mendoza K. Impact of ultra-processed foods on traditional diets and population health 2025. <i>Course: GENED 1178 - Mexico's Culinary Roots: 10,000 Years of Food History.</i> <i>Harvard University.</i> <i>Boston, MA, USA.</i>
18.	Mendoza K. Ultra-processed foods: Definition, evidence, and methodological considerations in evaluating their associations with disease risk 2025. <i>Course: ID 510 - Nutritional Epidemiology of Cancer.</i> <i>Harvard T.H. Chan School of Public Health.</i> <i>Boston, MA, USA.</i>
19.	Mendoza K. Applied epidemiology in the study of food intake, metabolism, and chronic diseases 2025. <i>Recurrent Career Development Meeting for the Hispanic Community Health Study/Study of Latinos (HCHS/SOL).</i> <i>Online.</i>

20.	Mendoza K. Ultra-processed foods: Type 2 diabetes and cardiovascular disease 2026. <i>Course: Diet, Physical Activity, and Chronic Diseases.</i> <i>Mexican School of Public Health (ESPM), National Institute of Public Health (INSP).</i> <i>Cuernavaca, México.</i>
21.	Mendoza K. Ultra-processed foods: Metabolic profile, type 2 diabetes, and cardiovascular disease Spring 2026. <i>Course: NUTR-GE 2190 - Research Methods in Nutrition.</i> <i>Department of Nutrition and Food Studies, New York University (NYU).</i> <i>New York, NY, USA.</i>
22.	Mendoza K. Divergent associations of ultra-processed food groups with type 2 diabetes and cardiovascular disease 2026. Recurrent UK Nutrition Society Plant-based diet Special Interest Group (SIG). <i>Cancer Epidemiology Unit, Nuffield Department of Population Health, University of Oxford.</i> <i>Oxford, United Kingdom (Online).</i>

Media interviews and features

2017	Mexican National Institute of Public Health : The journal Preventing Chronic Disease awards a researcher from CINyS
2017	Centers for Disease Control and Prevention : Detecting Diabetic Blindness in Low-Income Mexican Adults
2024	Harvard T.H. Chan School of Public Health News : What ultra-processed foods are the least heart-healthy?
2024	Boston 25 News : ‘Risk of diabetes, cardiovascular disease, cancer’: The foods researchers say to avoid
2024	The New York Times : Are Some Ultraprocessed Foods Worse Than Others?
2024	The New York Times : How Healthy Is Turkey? Give thanks for this bird — and its many nutritional benefits
2025	The New York Times : Are the Foods in Your Cart Ultraprocessed?
2025	Harvard T.H. Chan School of Public Health News : Building the case against ultra-processed foods
2026	MarketWatch : Opinion: The U.S. government is about to define what junk food is. But comparing soy milk and gummy bears is complicated.

Committee Service (Member, unless noted otherwise)

Year(s)	Name of Committee	Institution/Organization
<u>National/International</u>		
2017 – 2019	Graduate Student Admissions Committee	Center for Nutrition and Health Research (CINyS-INSP), Mexican National Institute of Public Health Cuernavaca, Morelos, México
2024 –	The Drafting Committee on Ultra-Processed Foods in Indigenous Food Systems within the United Nations (UN) Global Hub on Indigenous Peoples’ Food Systems	Food and Agriculture Organization of the United Nations

2026 –	LIFESTYLE Communications Committee of the Council on Lifestyle and Cardiometabolic Health	American Heart Association (AHA)
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Professional Societies (*Member, unless noted otherwise*)

Dates	Society Name, member
2022 –	American Society for Nutrition (ASN)
2022 –	American Heart Association (AHA)

Editorial Activities

Year(s)	Journal Name
<u>Editorial Board</u>	
2026 –	<i>Associate Editor</i> , Nutrition Journal
<u>Ad Hoc Reviewer</u>	
2021	Frontiers in Public Health
2024 – 2025	The Journal of Medical Internet Research (JMIR) Cardio
2025	The American Heart Journal
2025	The Journal of the American College of Cardiology (JACC): advances
2025	British Journal of Nutrition
2025	Circulation