

## Ying Meng, Ph.D., RN.

Assistant Professor  
School of Nursing  
University of Rochester

Email: Ying\_Meng@URMC.Rochester.edu  
Address: 601 Elmwood Avenue, Rochester, NY 14642  
Tel: (585) 276-5867

### **EDUCATION**

- ❖ Doctorate, Ph.D in Health Practice Research. 2008-2016  
University of Rochester School of Nursing (Rochester, NY)
- ❖ Master's, MSN, Acute Care NP 2008-2011  
University of Rochester School of Nursing (Rochester, NY)
- ❖ Bachelor's, BSN 1997-2002  
Peking University School of Nursing (Beijing, China)

### **PROFESSIONAL LICENSURE**

- ❖ Registered Nurse New York 2008-present
- ❖ Registered Nurse Michigan 2012-2016

### **PROFESSIONAL EXPERIENCE**

#### **Academic Full-Time**

- ❖ Postdoctoral Fellow in Population Health Research 2017-2018  
University of Rochester CTSA NRSA training core
- ❖ Research Associate 2016-2017  
University of Rochester School of Nursing, Rochester NY
- ❖ Assistant Professor 2012-2016  
Finlandia University College of Health Sciences, Hancock MI
- ❖ Assistant Professor 2018-present  
University of Rochester School of Nursing, Rochester NY

#### **Clinical Practice**

- ❖ RN Med-Surg Unit, Portage Health Hospital, Hancock MI 2012

#### **Research Assistant**

- ❖ K23 NR010748-01A2 PI: Susan Groth 2009-2012
- ❖ KL2 RR024136-03 PI: Susan Groth 2008-2010

#### **Teaching Assistant**

- ❖ Ethics and Professional Integrity in Research, URMC 2017
- ❖ Research Appraisal and Synthesis of the Literature, SON 2017
- ❖ Applied Statistics II, UR SON 2010

#### **Biology/Genetic Laboratory**

❖ Research Assistant, Tsinghua University, China 2002-2007

---

## PROFESSIONAL DEVELOPMENT

---

❖ NRMN grant writing workshop 2021-2022  
❖ Early investigator NIH SRC 2021-2022  
❖ Institute for Innovative Education workshops on online teaching 2020  
❖ ICPSR Summer Program in Quantitative Methods of Social Research 2019  
❖ Center for Integrated Research Computing Workshops on programming languages and data analytics 2018  
❖ Informational Session for Assistant Professors: Overview of Early Career Funding Opportunities, University of Rochester 2017  
❖ Precision Health: From ‘Omics’ to Data Science Boot Camp, NIH/NINR 2016  
❖ Research Boot Camp, University of Rochester 2016

---

## HONORS AND AWARDS

---

❖ The Obesity Society Early Investigator Travel Award 2019  
❖ The Obesity Society Early Investigator Competition 2019  
❖ Promising New Investigator Award, University of Rochester School of Nursing 2019  
❖ Nutrition 2018 Emerging Leaders in Nutrition Science Poster Competition (ELPC) finalist 2018  
❖ Translational Science 2018 TL1 Blue Ribbon Poster Award 2018  
❖ The Obesity Society Bio-Behavioral Research Poster Competition Award 2017  
❖ Robert L. and Mary L. Sproull Fellowship, University of Rochester 2008-2012  
❖ Sigma Theta Tau, International Honor Society of Nursing Induction 2009  
❖ Excellent Student Award, Peking University 2000-2001  
❖ Si Huan Medical Scholarship, Peking University 1999  
❖ Excellent Student Award, Peking University 1998

## RESEARCH

---

### RESEARCH SUPPORT

---

#### Ongoing Support

Title: Delineation of the biopsychosocial risks of obesogenic eating behaviors  
Grant Number: K23NR019014  
PI: Ying Meng

Funding Agency: National Institute of Nursing Research, NIH  
Dates: 9/2019-7/2022

### **Completed Support**

Title: The influence of brain food reward system on the development of obesity  
Grant Number: A pilot project grant through the Clinical and Translational Science Institute (UL1 TR002001)  
PI: Ying Meng  
Funding Agency: National Center for Advancing Translational Sciences of NIH  
Dates: 06/2018-05/2019

Title: The University of Rochester Clinical and Translational Science Award  
NRSA Training Core  
Grant Number: TL1 TR002000  
Role: Postdoctoral Fellow  
PI: Timothy Dye  
Funding Agency: National Center for Advancing Translational Sciences of NIH  
Dates: 05/2017-05/2018

Title: Robert L. and Mary L. Sproull Fellowship  
Role: Predoctoral Fellow  
Funding Agency: The University of Rochester  
Dates: 09/08-05/12

Title: Limiting the Phenotypic Effect of Pregnancy-Related Weight Gain  
Grant Number: K23 NR010748-01A2  
PI: Susan Groth  
Role: Research Assistant  
Funding Agency: National Institute of Nursing Research  
Dates: 2009-2012

Title: Clarification of the Gene Environment Interaction of the GNB3 Gene and Establishing a Foundation for Genetic-Based Behavioral Intervention Research  
Grant Number: KL2 RR024136-03  
PI: Susan Groth  
Role: Research Assistant  
Funding Agency: National Center for Advancing Translational Sciences of NIH  
Dates: 2008-2010

### **PUBLICATIONS**

- 
- ❖ Groth S., **Meng Y**, Fernandez, I. D., Yeh, K.-L. The influence of appetite and self-efficacy to control cravings on excessive gestational weight gain. *JOGNN*, (*Accepted*)
  - ❖ Yu Y, Fernandez ID, **Meng Y**, Zhao W, Groth SW. Gut hormones, adipokines, and pro- and anti-inflammatory cytokines/markers in loss of control eating: A scoping review.

*Appetite*. 2021 Nov 1;166:105442. doi: 10.1016/j.appet.2021.105442. Epub 2021 Jun 8. PMID: 34111480.

- ❖ **Meng Y**, Groth S, Hodgkinson C, Mariani T. (2021) Serotonin system genes contribute to the susceptibility to obesity in Black adolescents. *Obes Sci Pract*. <https://doi.org/10.1002/osp4.511>
- ❖ O'Connor T, Best M, Brunner J, Ciesla AA, Cunning A, Kapula N, Kautz A, Khoury L, Macomber A, **Meng Y**, Miller RK, Murphy H, Salafia CM, Vallejo Sefair A, Serrano J, Barrett E; UPSIDE study. Cohort profile: Understanding Pregnancy Signals and Infant Development (UPSIDE): a pregnancy cohort study on prenatal exposure mechanisms for child health. *BMJ Open*. 2021 Apr 1;11(4):e044798. doi: 10.1136/bmjopen-2020-044798. PMID: 33795306; PMCID: PMC8021752.
- ❖ Groth, S. W., Fernandez, I. D., Block, R. C., Thurston, S. W., Wong, E., Brunner, J., Mayo, N., Kapula, N., Yu, Y., **Meng, Y.**, Yeh, K.-L., Kinkade, C. W., Thornburg, L. L., O'Connor, T. G., & Barrett, E. S. (2021). Biological changes in the pregnancy-postpartum period and subsequent cardiometabolic risk—UPSIDE MOMS: A research protocol. *Research in Nursing & Health*, 1– 12. <https://doi.org/10.1002/nur.22141>
- ❖ **Meng Y**, Lohse B, Cunningham-Sabo L. (2020) Sex modifies the association between the CLOCK variant rs1801260 and BMI in school-age children. *PLOS One*, 15(8): e0236991. doi: 10.1371/journal.pone.0236991. PMID: 32785234; PMCID: PMC7423126.
- ❖ **Meng Y**, Wu TT, Billing R, Kopycka-Kedzierawski D, Jin X. (2019). Human genes influence the interaction between *Streptococcus mutans* and host caries susceptibility: a genome-wide association study in children with primary dentition. *International Journal of Oral Science*, 11(2):19. PubMed PMID: PMC6544625
- ❖ **Meng Y**, Groth SW, Li D. (2018). The Association between obesity-risk genes and gestational weight gain is modified by dietary intake in African American women. *Journal of Nutrition and Metabolism*. 2018:5080492. PubMed PMID: 29686896; PMCID: PMC5852892.
- ❖ **Meng, Y.**, & Groth, S. W. (2018). Fathers count: The impact of paternal risk factors on birth outcomes. *Maternal and Child Health Journal*, 22(3):401-8. PubMed PMID: 29218490; PMCID: PMC5892832
- ❖ **Meng Y**, Groth SW, Stewart P, Smith JA. (2018). An exploration of the determinants of gestational weight gain in African American women: genetic factors and energy expenditure. *Biological Research for Nursing*. 20(2):118-25. PubMed PMID: 29161908; PMCID: PMC5896561.
- ❖ **Meng, Y.**, Groth, S. W., Quinn, J., Bisognana, J., & Wu, T. T. (2017). An exploration of gene-gene interactions and their effects on hypertension. *International Journal of Genomics*. Article ID 7208313. <https://doi.org/10.1155/2017/7208318>.
- ❖ Holland ML, Groth SW, Smith JA, **Meng Y**, Kitzman H. (2018). Low birthweight in second children after nurse home visiting. *Journal of Perinatology : Official Journal of the California Perinatal Association*. 2018;38(12):1610-9. PubMed PMID: 30214029; PMCID: PMC6279547.

- ❖ Groth, S. W., Holland, M. L., Smith, J. A., **Meng, Y.**, & Kitzman, H. (2017). Effect of gestational weight gain and prepregnancy body mass index in adolescent mothers on weight and body mass index of adolescent offspring. *The Journal of Adolescent Health : Official Publication of the Society for Adolescent Medicine*, doi:S1054-139X(17)30210-0 [pii]
- ❖ Groth, S. W., Holland, M. L., Kitzman, H., & **Meng, Y.** (2013). Gestational weight gain of pregnant African American adolescents affects body mass index 18 years later. *JOGNN*, 42, 541-550.
- ❖ Groth, S. W., Morrison-Beedy, D., & **Meng, Y.** (2012). How pregnant African-American women view pregnancy weight gain. *JOGNN*, 41, 798-808.

## RESEARCH PRESENTATIONS

---

- ❖ Kautz A., **Meng, Y.**, Barrett E., Brunner J, Miller R.K., Groth, S., O'Connor T, *Associations of Tryptophan, Docosahexaenoic Acid (DHA), and Vitamin D with Sleep Quality and Depression During Pregnancy*. Nutrition 2020. 2021
- ❖ **Meng, Y.**, Lohse, B., Mitchell, DC., Cunningham-Sabo, L. *Changes in Dietary Quality and Association with BMI in Fourth Grade Children Followed Over a Period Ranging from 2.5 to 5.5 years*. **NIDDK** workshop on Understanding Risk and Causal Mechanisms for Developing Obesity in Infants and Young Children. 2021
- ❖ Yeh, K., **Meng, Y.**, Groth, S. *Evaluating Psychometrics of the Weight-Related Eating Behavior Questionnaire (WREQ) in Pregnant Women*. Eastern Nursing Research Society Virtual 33rd Annual Scientific Sessions 2021
- ❖ **Meng, Y.**, Groth, S., & Kitzman, H. *Stress-related genes modified the association between stress and bmi in black adolescents*. Virtual ObesityWeek 2020 2020
- ❖ **Meng, Y.**, Groth, S., & Kitzman, H. *The association of serotonergic pathway with obesity and disinhibited eating in black adolescents*. ObesityWeek 2019 Las Vegas, NV 2019
- ❖ **Meng, Y.**, Lohse, B., Cunningham-Sabo, L. *Sex modifies the association between diet intake-regulation related genes and BMI z-scores in children*. International Society of Behavioral Nutrition and Physical Activity 2019, Prague, Czech 2019
- ❖ Holland ML., Groth SW., Smith JA., **Meng Y.**, Kitzman H. *Second child birthweight: How home visiting dose and first child birthweight interact*. Collaborative Science of Home Visiting Meeting. Washington, DC. 2019
- ❖ **Meng, Y.**, Groth, S., Hodgkinson, C., Smith, J.A., & Kitzman, H. *What genes are underlying disinhibited eating and childhood obesity: Searching puzzle pieces for the brain food reward circuitry*. Nutrition 2018, Boston, MA 2018

- ❖ **Meng, Y.,** Groth, S., Smith, J.A., & Kitzman, H. *What genes involved in the brain food reward circuitry: Findings from a large candidate gene analysis.* Translational Science 2018, Washington, DC 2018
- ❖ **Meng, Y.,** Groth, S., Smith, J.A., & Kitzman, H. *Gene-environment interaction: Dietary fat intake modifies genetic risks associated with BMI.* ObesityWeek 2018, Nashville, TN 2018
- ❖ Groth, SW., **Meng, Y.,** Fernandez, ID. *Appetite and perceived control of cravings influence excessive gestational weight gain.* ObesityWeek 2018, Nashville, TN. 2018
- ❖ Groth, SW., **Meng, Y.,** Li, D. *An exploration of the associations among DNA methylation, dietary components and obesity.* Council for the Advancement of Nursing Science, Washington, DC. 2018
- ❖ **Meng, Y.,** Groth, S., & Li, D. *The association between obesity-related genes and gestational weight gain modified and mediated by dietary intake.* ObesityWeek 2017, Washington, DC 2017
- ❖ **Meng, Y.,** Groth, S., & Li, D. *A SNP close to the KCTD15 gene modified the relationship between dietary fat intake and weight gain during pregnancy.* National Postdoc Appreciation Week 2017, Rochester, NY. 2017
- ❖ **Meng, Y.,** Groth, S., & Stewart, P. *An exploration of the determinants of gestational weight gain.* Experimental Biology 2017, Chicago, IL. 2017
- ❖ **Meng, Y.,** Groth, S., & Stewart, P. *The determinants of gestational weight gain in African-Americans.* UNYTE Scientific Session, Rochester, NY. 2017
- ❖ **Meng, Y.** *Introduction of precision health.* SON Clinical & Research Grand Rounds, Rochester, NY 2017
- ❖ **Meng, Y.,** & Groth, S. *Identification of the gene-gene interactions associated with the risk of essential hypertension in the Framingham Heart Study population.* Eastern Nursing Research Society 28th Annual Scientific Sessions, Pittsburgh, PA. 2016
- ❖ **Meng, Y.** *Nursing education in the United States of America.* Beijing University of Chinese Medicine, Beijing, China. **(Invited)** 2010
- ❖ **Meng, Y.** *Genetic variation in lipid metabolic pathways and response to lipid-lowering therapy: A literature review.* Eastern Nursing Research Society 21st Annual Scientific Sessions, Boston, MA. 2009

## TEACHING

### UNDERGRADUATE COURSES

---

- ❖ NUR378 Genetics (UR SON) Fall, 2020
- ❖ Medical-Surgical Nursing 2012-2016

❖ Maternal-Child Nursing	2012-2016
❖ Acute and Urgent Nursing	2013
❖ Nursing Research & Statistics	2012-2016
❖ Nursing Theory	2012-2016

---

### **RN TO BSN ONLINE COURSES**

---

❖ Transition to Professional Nursing	2016
❖ Nursing Research & Statistics	2012-2016

---

### **GRADUATE COURSES**

---

❖ NUR560 Role of the Clinical Researcher (Guest Speaker, UR SON)	2020
❖ NUR511 Basic Principles of Quantitative Research Design (Guest Speaker, UR SON)	2019
❖ PM442 Nutritional Epidemiology (Guest Speaker, URM PHS)	2018-2019
❖ IND501 Ethics and Professional Integrity in Research (Facilitator, URM SMD)	2017, 2021
❖ NUR507 Research Appraisal and Synthesis of the Literature (TA, UR SON)	2017
❖ NUR512 Applied Statistics II (TA, UR SON)	2010

## **SERVICE**

---

### **PROFESSIONAL MEMBERSHIP**

---

❖ Sigma Theta Tau International Honor Society of Nursing	2009-present
❖ The Obesity Society	2017-present
❖ American Society for Nutrition	2017-present
❖ Association for Clinical and Translational Science	2017-2018
❖ Eastern Nursing Research Society	2009-2016

---

### **REVIEWER**

---

#### **Grant Reviewer**

❖ Netherlands Organization for Health Research and Development (ZonMw)	2018
❖ Early investigator NIH SRC	2022

#### **Journal Reviewer**

❖ Scientific Reports	2019-present
----------------------	--------------

- ❖ Nutrients 2019-present
  - ❖ PLOS One 2017-present
  - ❖ Genetic Testing and Molecular Biomarkers 2017-present
  - ❖ Experimental and Therapeutic Medicine 2019-present
- Conference Reviewer**
- ❖ Eastern Nursing Research Society conference 2019

### **ACADEMIC SERVICES**

---

- ❖ Council for Diversity, Equity & Inclusion (CoDEI), UR SON 2019-
- ❖ Research Council, UR SON 2019-
- ❖ World Trust Curriculum for Racial Equity class series, UR SON 2019-
- ❖ Human Genetics Research Group Co-Chair, URMC 2018-
- ❖ Population Health Coordinating Committee, URMC 2017-2018
- ❖ Data Cluster from the CTSI Informatics Team, URMC 2017-2018
- ❖ Nursing Curriculum Committee, Finlandia University 2012-2016
- ❖ Institutional Review Board, Finlandia University 2013-2016
- ❖ Campus Communication Committee, Finlandia University 2014-2016
- ❖ Doctoral Curriculum Committee, SON 2009-2010