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Department of Health and Biomedical Sciences  
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## EDUCATION

- **Ph.D**, Nutritional Sciences, University of Texas at Austin, Austin, TX 78712, September 2002 – January 2010, Supervisor: Prof. Jeanne H Freeland-Graves, GPA 3.95

– Major courses:

<i>NTR 390 -1</i>	<i>Advances In Nutrition I</i>
<i>NTR 390-7</i>	<i>Advances in Nutrition II</i>
<i>NTR 392-2</i>	<i>Nutrient Requirements</i>
<i>NTR 380K-3</i>	<i>Research Method: Experiment Design And Statistics</i>
<i>NTR 390 -4</i>	<i>Vitamins</i>
<i>GRS 389T</i>	<i>Culture And Communication For University Teaching</i>
<i>CH 387K</i>	<i>Biochemical Techniques</i>
<i>EDP 382K</i>	<i>Correlation and Regression Method</i>

- **B.S.**, Medicine, The Capital University of Medical Science, Beijing, China, 1996, GPA 3.5

– Major courses:

<i>Cell Biology</i>	<i>Human Anatomy</i>	<i>Biochemistry</i>
<i>Histology &amp; Embryology</i>	<i>Physiology</i>	<i>Microbiology</i>
<i>Medical Genetics</i>	<i>Pathologic</i>	<i>Anatomy</i>
<i>Pathophysiology</i>	<i>Pharmacology</i>	<i>Physical Diagnostics</i>
<i>Experimental Diagnostics</i>	<i>Internal Medicine</i>	<i>Surgery</i>
<i>Nerve Internal Medicine</i>	<i>Pediatrics</i>	<i>Obstetrics &amp; Gynecology</i>
<i>Hygienics</i>	<i>Chemistry</i>	<i>Experiment of Chemistry</i>
<i>Experiment of Biochemistry</i>	<i>Experiment of Pharmacology</i>	<i>Pathophysiology Experiment</i>

## RESEARCH INTERESTS

- Overweight /obesity and diabetic risk factors
- Stress management in public health

## RESEARCH EXPERIENCE

### **Project 1: Trace Elements Status in Children with Burn Injuries**

- Evaluated the nutritional requirements of zinc and copper in children with severe burns
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**Project 2: Overweight/Obesity and Diabetic Risk Factors in Low Income Women in Postpartum, Austin, TX**

- Explored the inter- relationships of weight status, obesity and diabetic risks factors (metabolic syndrome), and psychosocial influences in women undergoing a weight loss intervention

**Project 3: Determining the Importance of the Role of Stress Management in Improving Health Outcome in College Students**

- Evaluated different methods to reduce stress in college students

**PROFESSIONAL/WORK EXPERIENCE**

- September 2006 – December 2009
  - **Graduate Teaching Assistant**, Department of Nutritional Sciences, University of Texas at Austin
- June 2006 – August 2006
  - **Graduate Research Assistant**, Dept. of Nutritional Sciences, University of Texas at Austin
- September 2005 – May 2006
  - **Graduate Teaching Assistant**, Dept. of Nutritional Sciences, University of Texas at Austin
- June 2005 – August 2005
  - **Graduate Research Assistant**, Dept. of Nutritional Sciences, University of Texas at Austin
- August 2002 – May 2005
  - **Graduate Teaching Assistant**, Dept. of Nutritional Sciences, University of Texas at Austin
- August 1997 – February 2000
  - **Emergency Physician**, Emergency Department, Beijing Railway General Hospital, Beijing, China
- March 1997 – July 1997
  - **Resident Surgeon**, Beijing Railway General Hospital, Beijing, China
- August 1996 – February 1997
  - **Resident Internal Physician**, Beijing Railway General Hospital, Beijing, China
- September 1994 – July 1996
  - **Intern Physician**, Anzhen Hospital, Beijing, China

**TEACHING EXPERIENCE**

2002 – 2009, **Graduate Teaching Assistant**, University of Texas at Austin, TX

- NTR311: Introductory Nutrition
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- NTR315: Nutrition Through Life Cycle
  - NTR126L: Nutritional Sciences Lab
  - NTR326: Cellular & Molecular Nutrition

2015 – Present, **lecturer**, University of Texas Rio Grande Valley

Fall 2015

- BMED 1102-03: Introduction to biomedical science I laboratory
- BMED 1102-05: Introduction to biomedical science I laboratory
- BMED 1102-11: Introduction to biomedical science I laboratory
- BMED 3121-05: Independent research I
- BMED 3121-07: Independent research I
- BMED 3122-01: Independent research II
- BMED 3224-01: Independent research IV
- BMED 4310-02: Medical biochemistry

Spring 2016

- BMED 1108-02: Introduction to medical neuroscience
- BMED 1109-02 Evolution and Medicine
- BMED 1110-02: Introduction to medical physiology
- BMED 1111-01: Introduction to biomedical science II laboratory
- BMED 3122-01: Independent research II
- BMED 3122-03: Independent research II
- BMED 3223-01: Independent research III
- BMED 3224-01: Independent research IV
- BMED 4250-02: Advanced cell biology
- HPRS 3302 - 90L Medical Law and Ethics
- HPRS 3320 - 90L Patient Education in H.S
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Fall 2016

- BMED 1111-01: Introduction to biomedical science II laboratory
- BMED 3122-01: Independent research II
- BMED 3223-07: Independent research III
- BMED 4260-01: Advanced Molecular biology
- BMED 4310-02: Medical biochemistry
- HPRS 3320 - 90L Patient Education in H.S

#### **REFEREED JOURNAL PUBLICATIONS (note change to chronological order)**

1. Cahill JM, Freeland-Graves JH, Shah BS, Lu H. Motivations to Eat are Related to Diet Quality and Food Intake in Overweight and Obese, Low Income Women in Early Postpartum. 2010 *Appetite*. 55(2):263-270.
  2. Shah BS., Freeland-Graves JH., Cahill JM., **Lu H.**, Graves GR. Diet quality as measured by the healthy eating index and the association with lipid profile in low-income women in early postpartum. 2010 *J Am Diet Assoc*. 110(9):274-279.
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3. Cahill JM, Freeland-Graves, JH., Sanghani BV., **Lu HX.** Development and validation of the Eating Stimulus Index in low-income women in early postpartum. 2009 J Am Diet Assoc. 109(9):1593-1598.
  4. Voruganti, VS, Klein, GL, **Lu HX.**, Thomas, S, Freeland-Graves, JH, Herndon, DN. Impaired Zinc and Copper Status in Children with Burn Injuries: Need to Reassess Nutritional Requirements. Burns. 2005 31(6):711-716.

## **ABSTRACTS**

1. Cahill, JM., Sanghani, BV., **Lu, HX.**, Freeland-Graves, JH. Validation of the Eating Stimulus Index in low-income, postpartum women. FASEB J. 2009 23:735.23.
2. Sanghani, BV., Cahill, JM., **Lu, HX.**, Freeland-Graves, JH. The Healthy Eating Index scores of low-income women in early postpartum and its association with lipid profiles. FASEB J. 2009 23:214.2.
3. **Lu, HX.**, Cahill, JM., Sanghani, BV., Freeland-Graves, JH. Metabolic Syndrome, Physical Activity and Diet in Early Postpartum Women. FASEB J. 2008 22:1101.2.
4. **Lu, HX.**, Cahill, JM., Sanghani, BV., Kitchen, JF., Bose, T., Voruganti, S., Freeland-Graves, JH. Inflammation and Weight Related to Metabolic Syndrome in Overweight /Obesity Women in Early Postpartum. FASEB J. 2007 21:536.5.
5. Cahill, JM., Sanghani, BV., **Lu, HX.**, Kitchen, JF., Klohe-Lehman, DM., Bose, T., Freeland-Graves, JH. Eating Competency: Questionnaire Development in a Low-Income, Postpartum Population. FASEB J. 2007 20 (5):650.2.
6. Freeland-Graves, JH., Cahill, JM., Sanghani, BV., **Lu, HX.**, Kitchen, JF., Klohe-Lehman, DM. Nutrition Knowledge and Diet in New Mother. FASEB J. 2007 21 (5):528.4.
7. Sanghani, BV., Cahill, JM., **Lu, HX.**, Bose, T., Kitchen, JF., Voruganti, S., Freeland-Graves, JH. Influence of Physical Activity and Its Self-Efficacy on Weight Status and Lipids in Overweight /Obesity Women in Early Postpartum. FASEB J. 2007 21 (5):529.8.
8. Pepper, MR., Sanghani, BV., Cahill, JM., Klohe-Lehman, DM., Kitchen, JF., **Lu, HX.**, Freeland-Graves, JH. Family Eating Environment in Low-Income Women in Early Postpartum. FASEB J. 2007 21 (6):829.11.
9. **Lu, HX.**, Cahill, JM., Sanghani, BV., Kitchen, JF., Bose, T., Freeland-Graves, JH. Metabolic Syndrome and Weight Status in Low-income obese/overweight Women in Early Postpartum. FASEB J. 2006 20:A577
10. Sanghani, BV., Cahill, JM., **Lu, HX.**, Bose, T., Kitchen, JF., Bose, T., Freeland-Graves, JH. Influence of Negative Diet Expectancy on Calorie Intake and weight Status in low Income Early Postpartum Women. FASEB J. 2006 20:A619
11. Cahill, JM., Sanghani, BV., **Lu, HX.**, Kitchen, JF., Bose, T., Freeland-Graves, JH. Eating Competency: Questionnaire development in a low-income postpartum population. FASEB J. 2006 20:A1007
12. **Lu, HX.**, Voruganti, S., Klein G., Thomas, S., Herndon, DN., Freeland-Graves, J. The status of zinc and copper in children with burn injuries. FASEB J. 2004 18 (4):A884

## **PROFESSIONAL ACTIVITIES AND HONORS**

- Lorene L. Rogers Excellence Fund and Endowed Presidential Scholarship in Nutrition, UT-Austin, 2008
  - Human Ecology Department Fellowship, UT-Austin, 2008
  - Travel Award Scholarship, UT-Austin, 2008
  - Human Ecology Department Scholarship, UT-Austin, 2007
  - Travel Award Scholarship, UT-Austin, 2007
  - Certificate: Basic Phlebotomy Skills, Austin Community College, 2005
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- Travel Award Scholarship, UT-Austin, 2004