

**BIOGRAPHICAL SKETCH**

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NAME: Soria Contreras, Diana Cristina

eRA COMMONS USER NAME (credential, e.g., agency login): N/A

POSITION TITLE: Postdoctoral fellow at the National Institute of Public Health (Mexico)

EDUCATION/TRAINING (*Begin with baccalaureate or other initial professional education, such as nursing, include postdoctoral training and residency training if applicable. Add/delete rows as necessary.*)

INSTITUTION AND LOCATION	DEGREE (if applicable)	START DATE MM/YYYY	END DATE MM/YYYY	FIELD OF STUDY
University of Guadalajara	BS	08/2004	07/2009	Nutrition
University of Alberta	MSc	01/2011	06/2013	Nutrition and metabolism
National Institute of Public Health	Ph.D.	09/2015	08/2019	Nutrition Population

**A. Personal Statement**

My long term research interests include the impact of pregnancy and maternity in the development of obesity and chronic diseases, as well as the impact of women's reproductive history on these outcomes.

After completing my BSc in Nutrition I worked in clinical research coordinating phase III and IV pharmaceutical trials. I also set up a private practice as a dietitian that was focused on the attention of people with obesity and type 2 diabetes. During this time I developed an interest in chronic disease prevention, rather than disease treatment, and decided to pursue graduate studies. I was deeply interested in the prevention of type 2 diabetes through changes in lifestyle. This took me to start a MSc at the University of Alberta in Canada where I joined a research project named Physical Activity and Nutrition for Diabetes in Alberta (PANDA) Project, under the supervision of Dr. Catherine Chan. During this time, I was able to apply my knowledge in human and clinical nutrition and gained valuable clinical and research tools and experience. I worked in the pilot test of the PANDA project and conducted, mainly, formative research and the clinical evaluation of the project.

After finishing my MSc, I joined the Laboratory for Studies in Metabolism and Physiology in Pregnancy at UNAM in Mexico City, where I started focusing on the study of pregnancy. During this time, my interest in the long-term health effect of pregnancy and maternity arose. At UNAM we conducted basic and clinical research, however, I was interested in studying the effect of pregnancy and maternity from a public health perspective. Therefore, in 2015, I decided to join the Nutritional Population doctoral program at the National Institute of Public Health. During my Ph.D., I worked under the supervision of Dr. Ruy López-Ridaura and Martha María Téllez-Rojó

who are both well-known epidemiologists. I focused my thesis on the study of how modifiable factors affect weight change of women during the postpartum period. I also studied the long-term effect of postpartum weight change on the development of obesity and cardiometabolic risk factors. During my Ph.D. program, I gained valuable research tools from different disciplines including nutrition, public health, epidemiology, nutritional epidemiology and biostatistics. I also had the opportunity to conduct a 6-month academic fellowship at Harvard Pilgrim Health Care Institute in Boston, under the supervision of Dr. Emily Oken. During this fellowship, I had the opportunity to work with some of the most renowned scientists in the world and I was able to learn new statistical and epidemiological methods.

1. **Soria-Contreras DC**, Bell RC, McCargar LJ, Chan CB. Feasibility and Efficacy of Menu Planning Combined With Individual Counselling to Improve Health Outcomes and Dietary Adherence in People With Type 2 Diabetes: A Pilot Study. *Can J Diabetes*, 2014; 38(5): 320-325
2. Asaad G, Sadegian M, Lau R, Xu Y, **Soria-Contreras DC**, Bell RC, Chan CB. The Reliability and Validity of the Perceived Dietary Adherence Questionnaire for People with Type 2 Diabetes. *Nutrients*. 2015 Jul 7;7(7):5484-96. doi: 10.3390/nu7075231.
3. Asaad G, **Soria-Contreras DC**, Bell RC, Chan CB. Effectiveness of a Lifestyle Intervention in Patients with Type 2 Diabetes: The Physical Activity and Nutrition for Diabetes in Alberta (PANDA) Trial. *Healthcare (Basel)* 2016; 27;4(4).
4. Binia A, Vargas-Martínez C, Ancira-Moreno M, Gosoniu LM, Montoliu I, Gámez-Valdez E, **Soria-Contreras DC**, Angeles-Quezada A, Gonzalez-Alberto R, Fernández S, Martínez-Conde D, Hernández-Morán B, Ramírez-Solano M, Pérez-Ortega C, Rodríguez-Carmona Y, Castan I, Rubio-Aliaga I, Vadillo-Ortega F, Márquez-Velasco R, Bojalil R, López-Alvarenga JC, Valet P, Kussmann M, Silva-Zolezzi I, Tejero ME. Improvement of cardiometabolic markers after fish oil intervention in young Mexican adults and the role of PPAR $\alpha$  L162V and PPAR $\gamma$ 2 P12A. *J Nutr Bioche*. 2017;43:98-106.
5. Raj GD, Hashemi Z, **Soria Contreras DC**, Babwik S, Maxwell D, Bell RC, Chan CB. Adherence to Diabetes Dietary Guidelines Assessed Using a Validated Questionnaire Predicts Glucose Control in Adults With Type 2 Diabetes. *Can J Diabetes*. 2018 Feb;42(1):78-87. doi: 10.1016/j.jcjd.2017.04.006. Epub 2017 Jun 22.
6. **Soria-Contreras DC**, Trejo-Valdivia B, Cantoral A, Pizano-Zárate ML, Baccarelli AA, Just AC, Colicino E, Deierlein AL, Wright RO, Oken E, Téllez-Rojo MM, López-Ridaura R. Patterns of Weight Change One Year after Delivery Are Associated with Cardiometabolic Risk Factors at Six Years Postpartum in Mexican Women. *Nutrients* 2020, 12, 170.
7. **Soria-Contreras DC**, Rifas-Shiman SL, Aris IM, Perng W, Switkowski KM, Téllez-Rojo MM, Trejo-Valdivia B, López-Ridaura R, Oken E. Weight Trajectories After Delivery are Associated with Adiposity and Cardiometabolic Markers at 3 Years Postpartum Among Women in Project Viva. *J Nutr*. 2020 Jul 1;150(7):1889-1898. doi: 10.1093/jn/nxaa104.
8. **Soria-Contreras DC**, Téllez-Rojo MM, Cantoral A, Pizano-Zárate ML, Oken E, Baccarelli AA, Just AC, Orjuela MA, Ramírez-Silva I, Wright RO, Trejo-Valdivia B, López-Ridaura R. Predictors of patterns of weight change 1 year after delivery in a cohort of Mexican women. *Public Health Nutr*. 2020 Oct 1:1-11. doi: 10.1017/S1368980020002803

## **B. Positions and Honors**

### **Positions and Employment**

2010	Research coordinator, Cardiometabolic Research Unit. Guadalajara, Jalisco, Mexico.
2010	Assistant professor, BS in Nutrition, Technological University of Guadalajara. Guadalajara, Jalisco, Mexico.
2012-2013	Research assistant, University of Alberta. Edmonton, AB, Canada.
2013-2016	Researcher, Laboratory for Studies in Metabolism and Physiology in Pregnancy at the National Autonomous University of Mexico (UNAM). Mexico City, Mexico.
2014-present	Professor BSc in Nutrition, Monterrey Institute of Technology (Tec). Mexico City, Mexico.
2020-present	Postdoctoral fellow at the National Institute of Public Health.

### **Other Experience and Professional Memberships**

2009	Diabetes Educator diploma. Mexican Diabetes Association and University of Atemajac's Valley. Guadalajara, Jalisco, Mexico.
2015-2016	Lecturer at the Clinical Pediatric Nutrition Course. The National Autonomous University of Morelos. Cuernavaca, Morelos, Mexico.
2016	Lecturer at the Maternal and Infant Health Course. Carlos Slim Foundation. Mexico City, Mexico.
2015-2018	Lecturer at the Prevention and Nutritional Management of Chronic Disease Course. Ibero-American University. Leon, Guanajuato, Mexico.
2018-2019	Research fellowship at Harvard Pilgrim Health Care Institute, Boston, MA, United States.

### **Honors**

2008	BS awarded with honors. University of Guadalajara. Guadalajara, Jalisco, Mexico.
2011-2012	Mexican National Council for Science and Technology scholarship for graduate studies. Mexico City, Mexico.
2011	Hazel McIntyre Summer Research Award 2011. University of Alberta. Edmonton, AB, Canada.
2012	Graduate Student Association Professional Development Grant. University of Alberta. Edmonton, AB, Canada.
2012	Mary Louis Imrie Graduate Student Award. University of Alberta. Edmonton, AB, Canada.
2012	Mexican Public Education Minister complementary scholarship. Mexico City, Mexico.
2015-2019	Mexican National Council for Science and Technology scholarship for graduate studies. Mexico City, Mexico.
2018-2019	Mexican National Council for Science and Technology complementary scholarship for academic fellowship. Mexico City, Mexico.

### **C. Contribution to Science**

During my MSc, I conducted the pilot evaluation of the nutrition component of the Physical Activity and Nutrition for Diabetes in Alberta Project. I also conducted a formative evaluation of this project and worked on the effectiveness study. I also worked on the validation of tools to assess dietary adherence of people with type 2 diabetes.

- **Soria-Contreras DC**, Bell RC, McCargar LJ, Chan CB. Feasibility and Efficacy of Menu Planning Combined With Individual Counselling to Improve Health Outcomes

- and Dietary Adherence in People With Type 2 Diabetes: A Pilot Study. *Can J Diabetes*, 2014; 38(5): 320-325
- Asaad G, Sadegian M, Lau R, Xu Y, **Soria-Contreras DC**, Bell RC, Chan CB. The Reliability and Validity of the Perceived Dietary Adherence Questionnaire for People with Type 2 Diabetes. *Nutrients* 2015;7;7(7):5484-5496.
  - Asaad G, **Soria-Contreras DC**, Bell RC, Chan CB. Effectiveness of a Lifestyle Intervention in Patients with Type 2 Diabetes: The Physical Activity and Nutrition for Diabetes in Alberta (PANDA) Trial. *Healthcare (Basel)* 2016; 27;4(4).
  - Raj GD, Hashemi Z, **Soria Contreras DC**, Babwik S, Maxwell D, Bell RC, Chan CB. Adherence to Diabetes Dietary Guidelines Assessed Using a Validated Questionnaire Predicts Glucose Control in Individuals with Type 2 Diabetes. *Can J Diabetes* 2018; 42(1):78-87.

After obtaining my MSc, I joined a research team at UNAM in Mexico City. My first job was to coordinate and conduct a single-arm study on the effect of omega 3 supplementation and cardiovascular risk factors.

- Binia A, Vargas-Martínez C, Ancira-Moreno M, Gosoniu LM, Montoliu I, Gámez-Valdez E, **Soria-Contreras DC**, Angeles-Quezada A, Gonzalez-Alberto R, Fernández S, Martínez-Conde D, Hernández-Morán B, Ramírez-Solano M, Pérez-Ortega C, Rodríguez-Carmona Y, Castan I, Rubio-Aliaga I, Vadillo-Ortega F, Márquez-Velasco R, Bojalil R, López-Alvarenga JC, Valet P, Kussmann M, Silva-Zolezzi I, Tejero ME. Improvement of cardiometabolic markers after fish oil intervention in young Mexican adults and the role of PPAR $\alpha$  L162V and PPAR $\gamma$ 2 P12A. *J Nutr Bioche.* 2017;43:98-106.

During my Ph.D. at the National Institute of Public health, I studied the effect of modifiable factors on weight change of women during the postpartum period, and the long-term effect of postpartum weight change on the development of obesity and cardiometabolic risk factors.

- **Soria-Contreras DC**, Trejo-Valdivia B, Cantoral A, Pizano-Zárata ML, Baccarelli AA, Just AC, Colicino E, Deierlein AL, Wright RO, Oken E, Téllez-Rojo MM, López-Ridaura R. Patterns of Weight Change One Year after Delivery Are Associated with Cardiometabolic Risk Factors at Six Years Postpartum in Mexican Women. *Nutrients* 2020, 12, 170.
- **Soria-Contreras DC**, Téllez-Rojo MM, Cantoral A, Pizano-Zárata ML, Oken E, Baccarelli AA, Just AC, Orjuela MA, Ramírez-Silva I, Wright RO, Trejo-Valdivia B, López-Ridaura R. Predictors of patterns of weight change 1 year after delivery in a cohort of Mexican women. *Public Health Nutr.* 2020 Oct 1:1-11. doi: 10.1017/S1368980020002803

## D. Additional Information: Research Support and/or Scholastic Performance

### Scholastic Performance

YEAR	COURSE TITLE	GRADE
UNIVERSITY OF ALBERTA		
Winter 2011	Data analysis in education research	A+
Fall 2011	Diabetes, lifestyle and cardiovascular disease	A

YEAR	COURSE TITLE	GRADE
Fall 2011	Principles of qualitative inquiry	B+
Winter 2012	Thesis research seminar	CR
Fall 2012	Human Nutrition seminar	CR

CR= completed requirements; A+, A= excellent; B+=good