

# Yujia (Susanna) Qiao, ScM, MBBS, BM

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## EDUCATION

Sep. 2019 — Present

### Doctoral Student

Department of Epidemiology

University of Pittsburgh, Graduate School of Public Health, Pittsburgh, PA

Sep. 2017 — May 2019

### Master of Science (ScM)

Department of Epidemiology

Johns Hopkins Bloomberg School of Public Health (JHSPH), Baltimore, MD

Certificate: Gerontology

Member, Alpha Chapter of the Delta Omega Public Health Honor Society

Recipient, JHSPH Masters Tuition Scholarship, 2018-2019

Sep. 2012 — July 2017

### Bachelor of Medicine (MBBS)

Peking University Health Science Center, Beijing, China

Sep. 2013 — July 2017

### Bachelor of Management in Business Administration (BM)

Peking University Guanghua School of Management, Beijing, China

## RESEARCH EXPERIENCE

July 2019 — Present

**Research Assistant**, Department of Epidemiology, Upitts, Pittsburgh, PA

- Collect, manage, and analyze Actigraph data among a population of older adults
- Decipher the characteristics of fatigability and understand how to measure it among the general older adults and the clinical populations
- Evaluated the longitudinal relationships between changes of physical activity and fatigability among older adults

March 2018 — May 2019

**Research Assistant**, Department of Epidemiology, JHSPH, Baltimore, MD

- Evaluated whether baseline physiologic reserve is associated with changes in brain volume over time in Baltimore Longitudinal Study of Aging (BLSA)
- Assessed whether longitudinal changes in physiologic reserve are associated with changes in brain volume over time in BLSA using mixed effect models
- Facilitated with a postdoc and inspected the quality of analyses
- Examined the association between baseline CVD risk and fatigability measured an average of four years later and explored the essential contributors to fatigability from risk factors most commonly associated with CVD risk (e.g., hypertension, hypercholesterolemia, diabetes, etc.)

June 2018 — May 2019

**Research Assistant**, Department of Health Behavior & Society, JHSPH, Baltimore, MD

- Conduct a systematic review to understand the dose, frequency, toxicity, and side effects of long-acting intramuscular drugs and to inform development of long-acting HIV medications for children, adolescence and pregnant women
- Coordinate with team members to revise the screening protocol for the review

- Aug. 2016 — Aug. 2017      **Undergraduate Thesis**, Department of Epidemiology, Peking University Health Science Center, Beijing, China
- Illustrated descriptive characteristics of the calcaneus bone mineral density among Chinese adults by using the China largest cohort - China Kadoorie Biobank Cohort (CKB)
  - Established the association between various metrics of tea consumption and bone health among middle-to-old age population using data from CKB
- March 2016 — July 2017      **Research Scientist**, The George Institute for Global Health, Beijing, China
- Validated data and cleaned the dataset including thousands of data for Integrating Depression Care in Acute Coronary Syndromes Patients in Low Resource Hospitals in China (I-Care Study)
  - Summarized the common mistakes and potential causes in the report to help enrolled hospitals for self-evaluation about the quality of data input, and oversaw the input process in hospitals
  - Designed a well-constructed database frame and inputted follow-up records monthly
  - Optimized the function of the database to make it more usable for colleagues and to increase productivity, and presented the usage of these function to the whole team
- March 2016 — Aug. 2017      **Team Leader**, The Peking University Third Hospital, Beijing, China
- Launched the project focusing on revealing the clinical characteristics of the Anterior Cruciate Ligament (ACL) injury patients
  - Retrieved and classified the inpatients medical records of ACL deficient patients (a total of 9204 records) between 2011 and 2015, including general characteristics, injury factors, combined and secondary injuries by EpiData
  - Submitted IRB request and got approved by the hospital
  - Supervised and guided the team for statistical analyses
- Nov. 2014 — Apr. 2015      **Team Leader**, Peking University, Beijing, China
- Led the project titled “The Effect of 2D and 3D Movie Watching on Xerophthalmia”
  - Recruited 32 volunteer students (64 eyes) and randomly divided them into 2 groups (2D film group vs. 3D film group)
  - Organized and assisted the examinations of the tear break up time (TBUT) experiment, Schirmer I experiment before and after movie watching

## PUBLICATIONS

Glynn NW, Gmelin T, Renner SW, **Qiao YS**, Boudreau RM, Feitosa MF, Wojczynski MK, Cosentino S, Andersen SL, Christensen K, Newman AB. Perceived Physical Fatigability Predicts All-Cause Mortality in Older Adults. *The Journals of Gerontology: Series A*. 2021 Dec 15.

Hu Y, Zhang H, Xu W, Zhao M, Liu J, Wu L, Zou L, Zuo J, Liu Y, Fan L, Bair WN, **Qiao YS**, Glynn NW. Validation of perceived physical fatigability using the simplified-Chinese version of the Pittsburgh Fatigability Scale. *BMC geriatrics*. 2021 Dec;21(1):1-8.

Moored KD, Rosso AL, Gmelin T, **Qiao YS**, Carlson MC, Cawthon PM, Cauley JA, Glynn NW. Life-space Mobility in Older Men: The Role of Perceived Physical and Mental Fatigability. *The Journals of Gerontology: Series A*. 2021 Oct 4.

**Qiao Y**, van Londen GJ, Brufsky JW, Poppenberg JT, Cohen RW, Boudreau RM, Glynn NW. Perceived physical fatigability improves after an exercise intervention among breast cancer survivors: a randomized clinical trial. *Breast Cancer*. 2021 Jul 30:1-8.

Moffit RE, **Qiao YS**, Moored KD, Santanasto AJ, Lange-Maia BS, Cawthon PM, Goodpaster BH, Strotmeyer ES, Newman AB, Glynn NW. Estimating cardiorespiratory fitness in older adults using a usual-paced 400-m long-distance corridor walk. *Journal of the American Geriatrics Society*. 2021 Jul 16.

Renner SW\*, **Qiao Y\***, Gmelin T, Santanasto AJ, Boudreau RM, Walston JD, Perls TT, Christensen K, Newman AB, Glynn NW. Association of fatigue, inflammation, and physical activity on gait speed: the Long Life Family Study. *Aging Clinical and Experimental Research*. 2021 Jul 1:1-8.

*\* Contribute equally*

Renner SW, Bear TM, Brown PJ, Andersen SL, Cosentino S, Gmelin T, Boudreau RM, Cauley JA, **Qiao Y**, Simonsick EM, Glynn NW. Validation of perceived mental fatigability using the Pittsburgh Fatigability Scale. *Journal of the American Geriatrics Society*. 2021 May;69(5):1343-8.

Glynn NW, **Qiao YS**, Simonsick EM, Schrack JA. Response to “Comment on: Fatigability: A Prognostic Indicator of Phenotypic Aging”. *The Journals of Gerontology: Series A*. 2021 Feb 27.

Cohen RW, Meinhardt AJ, Gmelin T, **Qiao YS**, Moored KD, Katz RD, Renner SW, Glynn NW, LLFS Research Group. Prevalence and severity of perceived mental fatigability in older adults: The Long Life Family Study. *Journal of the American Geriatrics Society*. 2021 May;69(5):1401-3.

Glynn NW, **Qiao YS**, Simonsick EM, Schrack JA. Response to: Comment on: Fatigability: A Prognostic Indicator of Phenotypic Aging. *The Journals of Gerontology: Series A*. 2021 Feb 27.

Graves JL, **Qiao YS**, Moored KD, Boudreau RM, Venditti EM, Krafty RT, Shiroma EJ, Harezlak J, Glynn NW. Profiles of Accelerometry-Derived Physical Activity Are Related to Perceived Physical Fatigability in Older Adults. *Sensors*. 2021 Jan;21(5):1718.

**Qiao YS**, Gmelin T, Renner SW, Boudreau RM, Martin S, Wojczynski MK, Christensen K, Andersen SL, Cosentino S, Santanasto AJ, Glynn NW. Evaluation of the Bidirectional Relations of Perceived Physical Fatigability and Physical Activity on Slower Gait Speed. *The Journals of Gerontology: Series A*. 2020 Nov 10.

**Qiao YJ**, Martinez-Amezcu P, Urbanek JK, Simonsick EM, Schrack JA, Ferrucci L. Association Between Cardiovascular Risk and Perceived Fatigability in Mid-to-Late Life. *Journal of the American Heart Association*, 8(16), e013049.

Wanigatunga A, **Qiao YJ**, An Y, Davatzikos C, Simonsick EM, Resnick SM, Schrack JA. (2018) Longitudinal relationship between energy regulation and brain atrophy. *MEDICINE AND SCIENCE IN SPORTS AND EXERCISE*. Vol. 51. No. 6. TWO COMMERCE SQ, 2001 MARKET ST, PHILADELPHIA, PA 19103 USA: LIPPINCOTT WILLIAMS & WILKINS, 2019.

**Qiao YJ**, Li X, Yu CQ, Guo Y, Bian Z, Yang L, Chen YP, Yan SC, Xie XM, Huang D, Chen JS, Chen ZM, Lv J, Li LM. (2018) Tea consumption and bone health in Chinese adults: a population-based study. *Osteoporosis International*, 11(7), 1-9.

**Qiao YJ**, Li X, Wu M, Yu CQ, Guo Y, Bian Z, Tan YL, Pei P, Chen JS, Chen ZM, Lv J. (2018) Levels of calcaneus bone mineral density in adults from 10 regions of China. *Chineses Journal of Epidemiology*, 39(4), 422

Zhu Y, Guo R, Dou L, Zhao Y, Li S, **Qiao YJ**, Wu Y. (2018) Development and evaluation of a hospital management practice rating scale. *Journal of Hospital Administration*, 7(1), 9.

## PRESENTATIONS

Nov. 2021

Gerontology Society of Aging (GSA), symposium session

**Qiao Y**, Harezlak J, Boudreau RM, Moored KD, Schrack J, Simonsick E, Glynn NW, 2021. Detecting a Novel Walking-Based Performance Fatigability Marker With Accelerometry in Older Adults.

Jun. 2021

International Conference on Ambulatory Monitoring of Physical Activity and Movement (ICAMPAM), poster session

**Qiao Y**, Harezlak J, Boudreau RM, Urbanek JK, Moored KD, Schrack J, Simonsick E, Glynn NW, 2021. Development of novel accelerometry-based markers to identify performance fatigability during a fast-paced 400m walk in older adults.

Jun. 2021

American Society of Clinical Oncology (ASCO) annual meeting, poster session

**Qiao Y**, van Londen GJ, Brufsky JW, Poppenberg JT, Cohen RW, Boudreau RM, Glynn NW, 2021. Perceived physical fatigability improves after an exercise intervention among breast cancer survivors: A pilot randomized clinical trial.

May 2020

The American College of Sports Medicine (ACSM) annual meeting, poster session

**Qiao Y**, Boudreau RM, Wojczynski MK, Christensen K, Andersen SL, Cosentino S, Glynn NW, 2020. Perceived Physical Fatigability Explains the Association Between Physical Activity And Gait Speed

Nov. 2019

Gerontology Society of Aging (GSA), poster session

**Qiao Y**, Gmelin T, Boudreau RM, Andersen SL, Cosentino S, Christensen K, Wojczynski MK, Glynn NW, 2019. Physical activity attenuates age differences in change in perceived physical perceived fatigability.

March 2019

American Heart Association (AHA) Epi Lifestyle, poster session

**Qiao YJ**, Martinez-Amezcu P, Urbanek JK, Simonsick EM, Schrack JA. Cardiovascular risk scores predict fatigability among older adults.

## TEACHING EXPERIENCE

2019 — 2020

**Teaching Assistant**, Department of Epidemiology, Upitts, Pittsburgh, PA

**Course title:** Epidemiology Method 1

- Taught recitation session, held Office hours, and graded assignments (Dr. Maria Brooks)

2018 — 2019

**Teaching Assistant**, Department of Epidemiology and Department of Biostatistics, JHSPH, Baltimore, MD

**Course title:** Statistical Methods in Public Health I; Statistical Methods in Public Health II; Statistical Methods in Public Health III

- Held Office hours, and graded assignments

**Course title:** Statistical Concepts in Public Health 2

- Facilitated with discussion forum, maintained course website, held Office hours, and graded assignments

**Course title:** Introduction to Clinical Trials

- Developed course materials in conjunction with instructors, communicated with students, maintained course website, held Office hours, and graded assignments

**Course title:** Introduction to Epidemiology

- Developed course materials in conjunction with instructors, led Livetalk, organized quiz questions, and held Office hours

## WORKING EXPERIENCE

July 2016 — Sep. 2016

**Intern**, Chinese Center for Disease Control and Prevention (CDC), Beijing, China

- Rotated with risk factors for chronic disease monitoring office, cardio-cerebrovascular disease monitoring office, death monitoring office and health education & health promotion department
- Learned the Chinese infectious diseases surveillance system, and reported a case of hand-foot-and-mouth disease death to superior department
- Assisted with a diet project which included measuring body fat (BF)%, skin fat thickness, and helped participants filling questionnaires

Aug. 2015 — June 2016

**Residency**, Beijing Shijitan Hospital, Beijing, China

- Rotated with departments of cardiac surgery, gastroenterology, obstetrics and infectious disease

- Took charge of daily routine checks of in-patients which included blood pressure measurement, conducting electrocardiograph as well as completing formal clinical reports
- Assisted the surgeon for cesarean on the operating table, and conducted postoperative observation, such as cleaning up the wound

Aug. 2014 — Aug. 2015

**Marketing Director**, QuXun Technology Company, Beijing, China

- Created a start-up company with friends from Peking University, which focused on tutoring high school students

July 2014 — Aug. 2014

**Intern**, SOHU (sohu.com), Beijing, China

- Managed website content for the health division (health.sohu.com)
- Recruited health professionals as guest bloggers

## **VOLUNTEER AND ACTIVITIES**

Sep. 2019 — Present

**Student Representative**, Curriculum committee of the epidemiology department, Pittsburgh PA

- Provide doctoral students' perspective and help to disseminate information to students

Sep. 2019 – Aug. 2021

**Student Representative**, Pitt Public Health Educational Policies and Curriculum Committee (EPCC), Pittsburgh, PA

- Survey student's opinion (i.e. whether GRE should be required for graduate school application) and report to the committee

June 2018 — May 2020

**Funding Chair**, Epidemiology Student Organization in JHSPH, Baltimore, MD

- Organize workshop for grants writing or preparation for application of funding

Nov. 2018

**Event Volunteer**, Johns Hopkins Department of Epidemiology Centennial Symposium, Baltimore, MD

- Worked with event team to host a 2-day Scientific Symposium with 300+ registrations

Oct. 1<sup>st</sup> 2017

**Volunteer**, American Diabetes Association Step Out walk, Baltimore, MD

- Walked out and made efforts to stop diabetes through fund raising

Nov. 2013 — Jun. 2017

**Volunteer**, China National Center for Food Safety Risk Assessment, Beijing, China

- Organized various community open-house activities on food safety and nutrition
- Updated the brochures and videos to introduce common foodborne pathogen
- Coordinated other health promotion activities and interacted well with local residents

## **SKILLS**

**Language:** proficient English and Chinese, elementary French

**Proficient Computer Skills:** STATA, R, SPSS, EpiData, and MS office

**Communication:** Strong presentation and public speaking skills demonstrated through education and training