

Pao Ying Hsiao, Ph.D., M.S., RDN, LDN

EDUCATION

Doctor of Philosophy	The Pennsylvania State University, University Park, PA Nutritional Sciences
Master of Science	Indiana University of Pennsylvania, Indiana, PA Food and Nutrition

PUBLICATIONS

Journal Article 196 (1) 8.2es TjEMC c-0 4P)31(t)ee RtO(t)ed(t)e.2020; 17(15):234-253. [90% acceptance rate]

2. **Hsiao PY**, Clark N, Boothby J. Developing an interprofessional simulation with nursing, nutrition, and speech-language pathology students. . 2020; 15:128-33. [36.75% acceptance rate]
3. **Hsiao PY**, Fung JL, Mitchell DC, Hartman TJ, Goldman MB. Dietary quality, as measured by the Alternative Healthy Eating Index for Pregnancy (AHEI-P), in couples planning their first pregnancy. . 2019; 22(18):3385-3394. [29% acceptance rate]
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10. Ford DW, Hartman TJ, Still C, Wood GC, Mitchell DC, **Hsiao PY**, Bailey RL, Smickilas-Wright H, Coffman DL, Jensen GL. Diet-

2. **Hsiao PY**, **Skarbowski E, Clark NA, Boothby J. Assessing the effectiveness of an interprofessional simulation experience on ADIME note scores of nutrition students. Poster presented at: The Food and Nutrition Conference and Expo; Oct 23, 2017; Chicago, IL.
3. **Fan W, Goldman MB, Fung JL, **Hsiao PY**, Mitchell DC, Hartman TJ. Energy density in nulliparous women planning pregnancy: Results from the ISIS study. Poster presented at: Experimental Biology; Apr 25, 2017; Chicago, IL
4. **Marquez K, **DiTucci J, **Fidler M, **Singh K, **Cromer K, Clark NA, **Hsiao PY**. Recognition of malnutrition in the acute care setting when facilities utilize evidenced-based nutrition screening tools. Poster presented at: Clinical Nutrition Week Conference; Feb 20, 2017; Orlando, FL.
5. **Hsiao PY**, Clark NA, Boothby J, **Pajak A. Incorporation of a simulation experience into an undergraduate MNT course improves MNT knowledge of dysphagia. Poster presented at: The Food and Nutrition Conference and Expo; Oct 17, 2016; Boston, MA. [60% acceptance rate]
6. **Pajak A, **Hsiao PY**, Clark NA, Boothby J. Is an interprofessional simulation experience more effective for student satisfaction and confidence than a single profession experience? Poster presented at: The Food and Nutrition Conference and Expo; Oct 17, 2016; Boston, MA. [60% acceptance rate]
7. Kordas K, Peregalli F, Vahter M, **Hsiao PY**, Mañay N, Queirolo E. Dietary predictors of exposure to multiple toxic metals in school age children. Poster presented at: Experimental Biology; Apr 4, 2016 San Diego, CA.
8. **Hsiao PY**, Fung JL, Mitchell DC, Hartman TJ, Goldman MB. Dietary quality in nulliparous women planning pregnancy: Results from the ISIS study. Poster presented at: Experimental Biology; Mar 29, 2015; Boston, MA.
9. **Hsiao PY**, Coffman DL, Wood GC, Mitchell DC, Still CD, Jensen GL, Hartman TJ. Dietary patterns
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Experimental Biology; Apr 2013; Boston, MA.
10. **Wheeler BE, **Hsiao PY**, Durward CM, Rolls BJ, Nickols-Richardson SM. Testing the internal validity of a questionnaire measuring dietary satisfaction through factor analysis. Poster presented at: Experimental Biology; Apr 22, 2013; Boston, MA.
11. **Lee Y, **Hsiao PY**, Queirolo E, Peregalli F, Kordas K. Using principal component analysis to characterize dietary patterns in children from Uruguay. Poster presented at: Experimental Biology; Apr 23, 2013; Boston, MA.
12. Wheeler D, Jensen G, Mitchell D, **Hsiao PY**, Bailey R, Smicklas-Wright H, Coffman D, Still C, Hartman T. Poor diet quality is associated with being underweight among older adults. Poster presented at: The Food and Nutrition Conference and Expo; Oct 6-9, 2012; Philadelphia, PA.
13. **Hsiao PY**, Mitchell DC, Hartman TJ, Jensen GL, Coffman DL, Still CD, Allman RA, Sawyer P. Characterizing dietary patterns in older adults using a novel approach. Poster presented at: Experimental Biology; Apr 11, 2011; Washington, D.C.
14. **Hsiao PY**, Wood CG, Hartman TJ, Still CD, Jensen GL. Using electronic data extraction to identify subjects with metabolic syndrome: A validation using manual chart review. Poster presented at: the 17th annual HMO Research Network Conference; Mar 2011; Boston, MA.

INVITED LECTURES AT CDC BT-h, 2011, 2013, 2014, 2015, 2016, 2017, EMC ET, 2011, 2013, 2014, 2015, 2016, 2017, CDC BT, 2011, 2013, 2014, 2015, 2016, 2017, LEC, 2011, 2013, 2014, 2015, 2016, 2017, Hsiao PY, 2011, 2013, 2014, 2015, 2016, 2017

5. **Hsiao PY**. “Tips and Tricks: Thriving, not Surviving”; Invited presentation for: the IUP Student Association of Nutrition and Dietetics general meeting; Nov 4, 2015; Indiana, PA
6. Benjamin M, Conlin E, **Hsiao PY**, Mathna B. “Shake Things Up with Diverse In-Class Teaching Activities”; Invited presentation for: The IUP Center for Teaching Excellence Large Group Reflective Practice meeting; Nov 11, 2015; Indiana, PA
7. Conlin E, **Hsiao PY**, Nazaretian Z, Paz V, Pipkin-Hutchison N. “Survival Tips from Newer Faculty; Invited panelist for: The IUP New Faculty Orientation; Aug 18, 2015; Indiana, PA
8. **Hsiao PY**. “D2L GradeMark Demo”; Invited presentation for: The IUP Center for Teaching Excellence Large Group Reflective Practice meeting; Apr 1, 2015; Indiana, PA
9. **Hsiao PY**. “Clinical Dietitian to Nutrition Professor: How I Got To Where I Am”; Guest presentation for: the IUP Student Association of Nutrition and Dietetics general meeting; Oct 14, 2014; Indiana, PA
10. **Hsiao PY**. “Dentures, Ensure, and Pureed Diets: Older Adult Nutrition 101”; Invited presentation for: University of Pittsburgh senior-level nutrition majors; Apr 2013 and Apr 2014; Pittsburgh, PA
11. **Hsiao PY**. “Factor Analysis 101: A Brief Overview and Real-Life Examples”; Invited presentation for: The Pennsylvania State University Department of Nutritional Sciences graduate students; Sept 2012
12. **Hsiao PY**. “Dietary Pattern Analyses in Nutritional Epidemiology”; Invited presentation for: The Pennsylvania State University graduate students enrolled in NUTRN 583-Nutritional Epidemiology, Jan 2011

COURSES TAUGHT AT INDIANA UNIVERSITY OF PENNSYLVANIA

Denotes new course that I developed

Undergraduate

FDNT 143	Current Issues in Nutrition and Wellness
FDNT 212	Nutrition
FDNT 355	Medical Nutrition Therapy I
#FDNT 410	Food, Nutrition, and Aging
#FDNT 422	Public Health Nutrition and Epidemiology (cross listed with FDNT 522; see below)
FDNT 484	Senior Seminar

Graduate

#FDNT 522	Public Health Nutrition and Epidemiology
FDNT 645	Proteins, Carbohydrates, and Fats

AWARDS/HONORS

- 2018 “Outstanding Paper” award for presentation of “Wearable technology: Improving exercise habits and experiences in adults at: The International Conference on Sport, Leisure and Hospitality Management; May 20, 2018; Taipei, Taiwan
- 2017 IUP Center for Teaching Excellence “Collaborative Practice” teaching award
- 2016 IUP Research Institute Sponsored Programs Award for Outstanding Achievement in Curriculum and Instruction
- 2015-16 IUP College of Health and Human Services Outstanding Junior Teacher Award
- 2015 American Society for Nutrition Emerging Leaders in Nutrition Science Poster Competition finalist [20% acceptance rate]
- 2013 Early Career Dannon Nutrition Leadership Institute attendee

MEDIA RECOGNITION

- Featured on Nutritionjobs.com, a job site for dietitians; February 1, 2020
 - <https://www.nutritionjobs.com/pages/25288-dietetic-career-spotlight-on-ying-hsiao-associate-professor-indiana-university-of-pennsylvania>

- Featured on [Whatrdsdo.com](http://www.whatrdsdo.com), a site that highlights unique careers of registered dietitians; November 26, 2019
 - <https://www.whatrdsdo.com/interviews/2019/11/26/pao-ying-hsiao-phd-ms-rdn-ldn>
- Featured on the IUP Center for Teaching Excellence podcast for “Social Media in the Classroom”; January 30, 2018
 - [http://iblog.iup.edu/ctepodcastseries/2018/01/30/social-media-in-the-classroom-episodepa20Td\(-1.6\(p\)10](http://iblog.iup.edu/ctepodcastseries/2018/01/30/social-media-in-the-classroom-episodepa20Td(-1.6(p)10)