

# CURRICULUM VITAE

Andrea Yukie Arikawa • andrea.arikawa@unf.edu

## Identifying Information

---

### Academic Rank

Associate Professor in the Department of Nutrition and Dietetics, University of North Florida

### Education

Degree	Institution	Date Granted
B.S. in Nutrition and Dietetics	University of São Paulo	1997
M.P.H. with concentration in Nutrition	University of São Paulo	2000
Ph.D. in Nutrition with a minor in Biostatistics	University of Minnesota	2006

### Positions/Employment

<b>University of North Florida, Jacksonville</b>	2014 -present
Associate Professor, courtesy appointment in Biology Department	2020 - present
Co-Chair of Doctorate in Clinical Nutrition Program	2018 – present
Associate Professor, Department of Nutrition and Dietetics	2018 - present
Assistant Professor, Department of Nutrition and Dietetics	2014 - 2018
<b>University of Minnesota, Twin Cities</b>	2000 - 2014
Research Assistant Professor	2010 – 2014
Research Associate	2009 – 2010
Postdoctoral Associate	2006 - 2009
Instructor	2005 – 2010
Graduate Research Assistant	2000 – 2006
<b>Current Membership in Professional Organizations</b>	
First Coast Academy of Nutrition and Dietetics	2015 - present
Academy of Nutrition and Dietetics	2011 - present
University of Minnesota Masonic Cancer Center	2010 - present
American Association for Cancer Research	2007 - 2014
American Society for Nutrition	2003 - present

## **Publications**

### **Refereed Journal Articles**

1. Lewis SL, Wright L, Arikawa AY, Papoutsakis C (2020). Presence of the etiology-intervention link predicts resolution of nutrition diagnosis: a Nutrition Care Process outcomes study from a Veterans Affairs Hospital electronic health record system. *JAND* (in press).
2. Zhou Y, Zhang N, Arikawa A, Chen C (2019). Inhibitory effects of green tea polyphenols on microbial metabolism of aromatic acids in humans revealed by metabolomic analysis. *Metabolites* 9(5): 96. <https://doi.org/10.3390/metabo9050096>
3. Wright L, Stallings-Smith S, Arikawa A (2018). Associations between food insecurity and prediabetes in a representative sample of U.S. adults (NHANES 2005-2014). *Diab Res Clin Pract* 148:130-6.
4. Stallings-Smith S, Mease A, Johnson T, Arikawa A (2018). Exploring the association between polycyclic aromatic hydrocarbons and diabetes among adults in the United States. *Environmental Research* 166:588-94.
5. Richardson MR, Arikawa AY, Churilla JR (2018). Dietary fiber, C-reactive protein, and leisure-time physical activity among U.S. adults. *Metab Syndr Relat Disord* 16(2):104-109.
6. Arikawa AY, Kaufman BC, Raatz SK, Kurzer MS (2018). Effects of a parallel arm randomized controlled weight loss pilot study on biological and psychosocial parameters of overweight and obese breast cancer survivors. *Pilot and Feasibility Studies* 4: 17. DOI 10.1186/s40814-017-0160-9. <http://rdcu.be/t5HR>.
7. Arikawa AY, Samavat H, Gross M, Kurzer MS (2017). Plasma F2-isoprostanes are positively associated with glycemic load, but inversely associated with dietary polyunsaturated fatty acids, and insoluble fiber in postmenopausal women. *J Nutr* 147(9):1693-9. Doi: 10.3945/jn.117254631.
8. Jahan-mihan A, Labyak C, Arikawa A, Ertemir-Pearson E (2017). The effect of devazepide (CCK-1 receptor blocker) on food intake suppression induced by whey protein and glycomacropeptide in wistar rats. *Curr Nutr Food Sci.* 13(3):198-203. Epub: <http://www.currentnutritionfoodscience.com/articles/148262/the-effect-of-devazepide-cck-1-receptor-blocker-on-food-intake-suppression-induced-by-whey-protein-and-glycomacropeptide-in-wistar-rats> .
9. Jahan-mihan A, Labyak C, Arikawa A (2017). The effect of characteristics of proteins fed during gestation and lactation on development of metabolic syndrome in dams and male offspring of wistar rats. *Obes Sci Pract.* doi: 10.1002/osp4.95.
10. Dostal A, Arikawa A, Espejo L, Bedell S, Kurzer MS, Stendell-Hollis NR (2016). Green tea extract and catechol-O-methyltransferase genotype modify the postprandial serum insulin response in a randomised trial of overweight and obese postmenopausal women. *J Hum Nutr Diet.* 30(2): 166-76. Doi: 10.1111/jhn.12408.
11. Dostal AM, Arikawa AY, Espejo L, Kurzer MS (2016). Long-term supplementation of green tea extract does not modify adiposity or bone mineral density in a randomized controlled trial of overweight and obese postmenopausal women. *J Nutr.* 146:256-64. PMID:PMC4725430.
12. Dostal, AM, Arikawa AY, Espejo L, Hasti A, Bedell S, Kurzer MS, Stendell-Hollis, NR (2016). Green tea extract and catechol-O-methyltransferase (COMT) genotype modify fasting serum insulin and plasma adiponectin concentrations in a randomized controlled trial of overweight and obese postmenopausal women. *J Nutr.* 146(1): 38-45. PMID:PMC4700981.
13. Crawford TN, Arikawa AY, Kurzer MS, Schmitz KH, Phipps WR (2015). A cross-sectional study of factors influencing sex hormone-binding globulin concentrations in normal cycling premenopausal women. *Fertility and Sterility.* 104(6): 1544-51. PMID:PMC4663171.

14. Arikawa, AY, Jakits, HE, Flood, A, Thomas, W, Gross, M, Schmitz, KH, Kurzer, MS (2015). Consumption of a high glycemic load but not a high glycemic index diet is marginally associated with oxidative stress in young women. *Nutr Res.* 35(1): 7-13. PMID:PMC4282943.
15. Arikawa, AY, Thomas, W, Patel, SR, Kurzer, MS (2013). No effect of exercise on urinary 6-sulfatoxymelatonin and catecholamines in young women participating in a 16-week randomized controlled trial. *CEBP.* 22(9):1634-6. PMID:PMC3769436.
16. Arikawa, AY, Thomas, W, Gross, M, Smith, AJ, Phipps, WR, Kurzer, MS, Schmitz, KH (2013). Aerobic training reduces systemic oxidative stress in young women with elevated levels of F2-isoprostanes. *Contemp Clin Trials.* 34(2): 212-217. PMID:PMC3593978.
17. O'Dougherty, M, Hearst, MO, Arikawa, AY, Stovitz, SD, Kurzer, MS, Schmitz, KH (2012). Young women's physical activity from one year to the next: what changes? What stays the same? *Translational Behavioral Medicine: Practice, Policy and Research.* 2(2): 129-36. PMID:PMC3589798.
18. Arikawa, AY, O'Dougherty, M, Kaufman, BC, Schmitz, KH, Kurzer, MS (2012). Attrition and adherence of young women to aerobic exercise: Lessons from the WISER study. *Contemp Clin Trials.* 33: 298-301. PMID:PMC3268827.
19. Smith, AJ, Phipps, WR, Arikawa, AY, O'Dougherty, M, Kaufman, B, Thomas, W, Schmitz, KH, Kurzer, MS (2011). Effects of aerobic exercise training on premenopausal sex hormone levels: a randomized controlled trial in healthy, sedentary, eumenorrheic women. *CEBP.* 20(6): 1098-106. PMID: PMC3111819.
20. Arikawa, AY, Thomas, W, Schmitz, KH, Kurzer, MS (2011). Sixteen weeks of exercise reduces C-reactive protein levels in young women. *MSSE.* 43(6): 1002-9. PubMed Central – in process.
21. Arikawa, AY, O'Dougherty, M, and Schmitz, KH (2011). Adherence to a Strength Training Intervention in Adult Women. *J Phys Act Health.* 8(1): 111-8. PMID: PMC3032419.
22. Arikawa, AY, Kurzer, MS, Thomas, W, Schmitz, KH (2010). No effect of exercise on insulin-like growth factor (IGF)-1, insulin and glucose in young women participating in a 16-week randomized controlled trial. *CEBP.* 19(11): 2987-90. PMID:PMC2976790.
23. Arikawa, AY, O'Dougherty, M, Kaufman, B, Smith, AJ, Thomas, W, Warren, M, Kurzer, MS, Schmitz, KH (2010). Women In Steady Exercise Research (WISER): Study Design and Methods. *Contemp Clin Trials.* 31(5): 457-65. PMID: PMC2930115.
24. O'Dougherty, M, Arikawa, A, Kaufman, B, Kurzer, MS, Schmitz, KH (2010). Purposeful exercise and lifestyle physical activity in the lives of young adult women: Findings from a diary study. *Women and Health.* 49(8): 642-61. PMID: PMC2829716.
25. Arikawa, AY and Gallaher, DD (2008) Cruciferous Vegetables Reduce Morphological Markers of Colon Cancer Risk in Dimethylhydrazine-Treated Rats. *J Nutr.* 138(3): 526-32.
26. Plate, AYA and Gallaher, DD (2005) Effects of indole-3-carbinol and phenethyl isothiocyanate on colon carcinogenesis induced by azoxymethane in the rat. *Carcinogenesis.* 27(2): 287-92.
27. Plate, AYA, Crankshaw, D, and Gallaher, DD (2005). Effect of anesthesia by ether or isoflurane on activity of cytochrome P450 2E1 in rat liver. *Anesthesia and Analgesia.* 101(4): 1063-4.
28. Plate, AYA and Areas, JAG (2002) Cholesterol-lowering effect of extruded amaranth (*Amaranthus caudatus* L.) in hypercholesterolemic rabbits. *Food Chem.* 76(1):1-6.

#### **Published Poster Abstracts**

1. Elmore M, Wright L, Yu Z, Arikawa A. Prevalence of food insecurity, anxiety and depression in LGBT young adults. *J Acad Nutr Diet.* 2018; 118(10):A165.
2. Zhou Y, Zhang N, Arikawa A, Chen C. Identification of metabolite markers of long-term green tea polyphenol intake in humans. *FASEB J.* 2017; 31(1S): 646.5.

3. Dostal A, Samavat H, Espejo L, Arikawa A, Stendell-Hollis NR, Kurzer MS. Green tea extract and catechol-O-methyltransferase (COMT) genotype modify fasting serum insulin and plasma adiponectin concentrations in a randomized controlled trial of overweight and obese postmenopausal women. *FASEB J.* 2016; 30(1S): 289.1
4. Drake KN, Foganholo J, Brindisi A, Samavat H, Sturgeon K, Schmitz K, Kurzer MS, Arikawa AY. Protein intake is associated with plasma insulin-like growth factor (IGF)1 in postmenopausal women but not in premenopausal women. *FASEB J.* 2016; 30(1S): 1164.3.
5. Brockman D, Gallaher D, Bunzel M, Fink R, Arikawa A. Wheat bran with unbound ferulic acid does not alter obesity, insulin resistance or fatty liver in obese rats compared to wheat bran with bound ferulic acid. *FASEB J.* 2014; 28(1S): 829.22.
6. Samavat H, Arikawa A, Espejo L, Kurzer M. Association of abdominal adiposity and circulating appetitive hormones in healthy premenopausal women. *FASEB J.* 2009; 23(1S): 545.8.
7. Plate AY and Gallaher DD. Fresh cruciferous vegetables decrease risk of colon cancer in carcinogen-treated rats. *FASEB J.* 2006; 20(1S): A150.

**Non-refereed Journal Articles, Essays, or Book Chapters (use any standard format that the candidate's field uses)**

1. Plate, AYA, and Gallaher, DD (2005). Potential health benefits of corn components and products. *Cereal Foods World*, 50(6): 305-20.

**Presentations, Posters, and Exhibits**

**Invited Presentations at Professional Meetings, Conferences, etc.**

- The What, Why, and How of Nutrition Science for Cognitive Health. International Symposium for Cognitive Research and Disorders. Saint Augustine, February 26th and 27th, 2018.
- "Fermentation", Department of Health Promotion Ogier Gardens Workshop on Fermented Foods, Spring 2017, University of North Florida, Jacksonville, FL, March 9<sup>th</sup>.
- "Exploring the Relationship between the Gut Bacteria and Obesity". UNF Department of Nutrition and Dietetics Spring 2015 Conference and Recognition, 2015, Jacksonville, FL, April 10<sup>th</sup>.
- "Effects of Aerobic Exercise Training on Breast Cancer Risk Factors in Young Eumenorrhic Women". American College of Sports Medicine Symposium, 2011, Denver, CO, June 4<sup>th</sup>.
- "Correlates of night-eating behavior in a sample of emerging adult women". Symposium presented at the International Society for Behavioral Nutrition and Physical Activity meeting 2010, Minneapolis, MN, June 9<sup>th</sup>-12<sup>th</sup>.
- "Effects of exercise training on adipokines, ghrelin and inflammatory markers". Presented at 9<sup>th</sup> TREC center scientific meeting, 2009, Seattle, WA, October 6<sup>th</sup>.
- "Women in Steady Exercise Research (WISER): updates on biological and behavioral measures". Presented at 7<sup>th</sup> TREC center scientific meeting, 2008, Bethesda, MD, October 13<sup>th</sup>-15<sup>th</sup>.

## Posters or Exhibitions

- Larger L and Arikawa AY. Intake of fermented vegetables and inflammatory markers in women: a pilot and feasibility clinical study. University of North Florida SOARS 2020, Jacksonville, FL, April 2020.
- Smoot T and Arikawa AY. Comparison of body composition assessment methods in healthy adults. University of North Florida SOARS 2020, Jacksonville, FL, April 2020.
- Reid T, Dove C, Tran S, Chavez R, Arikawa AY. Evaluation of antioxidant capacity of Florida native and non-native plants. Florida Undergraduate Research Conference, Jacksonville, FL, February 22-23, 2019.
- Elmore M, Wright L, Yu Z, Arikawa A. Survey assessment of food insecurity and disordered eating patterns among LGBT young adult populations. University of North Florida SOARS 2018, Jacksonville, FL, April 2018.
- Gerkens K, Gonzalez A, Boyd S, Baskin A, Gordon B, Bednarzyk M, Arikawa A. Comparison of two methods of body composition assessment in health adults. University of North Florida SOARS 2017, Jacksonville, FL, April 2017.
- Fort D, Fuglestad P, Arikawa A. Effects of an abbreviated lifestyle intervention on body composition and biological parameters in college students. University of North Florida SOARS 2017, Jacksonville, FL, April 2017.
- Burger M, Fuglestad P, Arikawa AY. Investigating the roles of regulatory focus and self-efficacy in a weight control and health promotion intervention. University of North Florida SOARS 2017, Jacksonville, FL, April 2017.
- Swinton D, Kennedy T, Arikawa AY. Beta carotene content of sweet potatoes: organic vs conventional. University of North Florida SOARS 2017, Jacksonville, FL, April 14th, 2017.
- Kennedy T, Swinton D, Arikawa AY. Lycopene content of conventionally vs. organically grown tomatoes. University of North Florida SOARS 2017, Jacksonville, FL, April 14th, 2017. **Award winner.**
- Painter K and Arikawa AY. Dietary correlates of F2-isoprostanes in postmenopausal women. Florida Academy of Nutrition and Dietetics Annual Conference, Tampa, FL, July 24-27, 2016.
- Williams BA, Hay KL, Blakely D, Arikawa AY. Effect of brand and processing methods on ascorbic acid content of Florida orange juice. Florida Academy of Nutrition and Dietetics Annual Conference, Tampa, FL, July 24-27, 2016.
- The effect of wheat bran with either bound or unbound ferulic acid on obesity, fatty liver and composition of the gut microbiota. American Society for Microbiology Meeting 2014, Boston, MA, May 17-20, 2014.
- Effects of Aerobic Exercise on Melatonin and Catecholamine Levels of Young Women. International Society for Behavioral Nutrition and Physical Activity Annual meeting 2012, Austin, TX, May 23-26.
- Effects of Aerobic Exercise on Premenopausal Sex Hormone Levels, Estrogen Metabolism & Menstrual Cycle Characteristics: Results of the WISER Study, A Randomized Clinical Trial in Healthy, Sedentary, Eumenorrhic Women. Presented at the Era of Hope 2011, Orlando, FL, August 2-5, 2011.

- Pilot study on weight loss and biomarkers associated with recurrence and survival in overweight and obese breast cancer survivors. Presented at the American Association for Cancer Research 102<sup>nd</sup> annual meeting, Orlando, FL, April 2-6, 2011.
- Effects of weight loss on biomarkers, body composition and quality of life in overweight and obese postmenopausal breast cancer survivors. Presented at the International Society for Behavioral Nutrition and Physical Activity Meeting 2010, Minneapolis, MN, June 9-12.
- Is Body Mass Index (BMI) A Good Indicator of Health and Healthy Behavior in Young, Sedentary Women? Presented at the International Society for Behavioral Nutrition and Physical Activity Meeting 2009, Lisbon, Portugal, June 17-20.
- Exploring behavioral and body composition changes in young women after a 16-week exercise intervention. Presented at the International Society for Behavioral Nutrition and Physical Activity Meeting 2007, Oslo, Norway, June 20<sup>th</sup>-23<sup>rd</sup>.
- Physical activity on your own time: Findings from a mixed methods study with young women. Presented at the 5<sup>th</sup> Active Living Research Conference 2008, Washington, DC, April 8<sup>th</sup>-April 12<sup>th</sup>.
- Effect of cabbage and watercress on colon cancer risk in rats. Presented at Experimental Biology 2005, San Diego, CA, March 31<sup>st</sup>-April 5<sup>th</sup>.
- Reduction in liver cholesterol by a beta-glucan concentrate in rats: correlation with intestinal contents viscosity. Presented at Experimental Biology 2005, San Diego, CA, March 31<sup>st</sup>-April 5<sup>th</sup>.
- Effect of indole-3-carbinol and phenethyl isothiocyanate on mucin staining and hepatic mixed-function oxidases in rats. Presented at Experimental Biology 2004, Washington, DC, April 17-21<sup>st</sup>.
- Breakdown products of glucosinolates and reduced risk of colon cancer. Presented at Experimental Biology 2003, San Diego, CA, April 11-15<sup>th</sup>.
- Amaranth: the crop of the future. Presented at V Brazilian Congress of Nutrition, São Paulo, SP, Dec. 5-8<sup>th</sup>, 1999.

## **Public and Other Service**

### **Community, State, National, or International Service Activities**

#### ***Newspaper articles***

- Florida Times Union, The Goods - July 2015. Health benefit to host: myths, facts about probiotics.
- Florida Times Union, The Goods - October 2016. Myths and facts about edible flowers.
- Florida Times Union, The Goods - August 2017. Myths and facts about kimchi.

#### ***Media***

- First Coast Living, July 2015: 'Probiotics' <http://www.firstcoastnews.com/videos/news/local/first-coast-living/2015/07/29/fcl-wednesday-july-29th-unf-nutrition--whats-a-probiotic--why-do-we-need-them/30852403/http://www.firstcoastnews.com/videos/news/local/first-coast-living/2015/07/29/fcl-wednesday-july-29th-unf-nutrition--whats-a-probiotic--why-do-we-need-them/30852403/>
- First Coast Living, November 2016: 'How to get through the holiday season in shape'

<http://www.firstcoastnews.com/news/local/first-coast-living/fcl-wednesday-november-30th-healthy-party-snack-ideas/359584785>

- First Coast Living, May 2017: 'Advice for staying hydrated during the summer'  
<http://www.firstcoastnews.com/news/local/first-coast-living/fcl-wednesday-may-31st-advice-for-staying-hydrated-during-the-summer/444567464>
- First Coast Living, July 2017: 'Healthy Lunchbox Meals'  
<http://www.firstcoastnews.com/news/local/first-coast-living/fcl-wednesday-july-26th-healthy-lunchbox-meals/459686109>
- First Coast Living, August 2018: 'Low Calorie Beverages to Stay Hydrated'  
<https://www.firstcoastnews.com/video/news/local/first-coast-living/fcl-wednesday-august-29th-daily-fluid-requirements/77-8235103>
- First Coast Living, February 2019: 'Nutritional Benefits of Ancient Grains'  
<https://www.firstcoastnews.com/video/news/local/first-coast-living/nutritional-benefits-of-ancient-grains-fcl-feb-27/77-2891549f-6d99-441e-bc2f-891469008eae>
- First Coast Living, April 2019: 'From Spice cabinet to Medicine Cabinet'  
<https://www.firstcoastnews.com/video/news/local/first-coast-living/these-spices-provide-more-benefits-than-you-might-think-fcl-april-24th/77-02b2f658-725a-4017-8bf2-17c88bf8d830>
- First Coast Living, March 2020: 'Reset and add colorful nutrients to your diet'  
[https://www.firstcoastnews.com/article/news/local/first-coast-living/immune-system-nutrients/77-7dba77e8-d005-4094-ba01-c3746db8860c?fbclid=IwAR0YjnyxDKzxOFMNzYEMgi3oMZ4tPRNMMVd755yAQxfz\\_Gc8UMORKJOKMMo](https://www.firstcoastnews.com/article/news/local/first-coast-living/immune-system-nutrients/77-7dba77e8-d005-4094-ba01-c3746db8860c?fbclid=IwAR0YjnyxDKzxOFMNzYEMgi3oMZ4tPRNMMVd755yAQxfz_Gc8UMORKJOKMMo)