



## Alexa Barad

Postdoctoral Scholar, SCRDP/ Heart Disease Prevention

### Bio

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#### HONORS AND AWARDS

- Postdoctoral Fellowship, American Heart Association (2026-2027)
- Predoctoral Fellowship, American Heart Association (2023-2024)
- Emerging Leaders in Nutrition Science Poster Competition winner, American Society for Nutrition (2024)
- Graduate Student Research Award Competition winner, American Society for Nutrition (2024)
- Young Investigators Underrepresented in Nutrition Award Competition winner, American Society for Nutrition (2023)
- Commission on Dietetic Registration Doctoral Scholarship, Academy of Nutrition and Dietetics Foundation (2022)
- CRN and ASN Foundation's Scholars Program (CASP) award, American Society for Nutrition (2021)

#### PROFESSIONAL EDUCATION

- Ph.D., Cornell University , Nutritional Sciences (2024)
- R.D., University of Florida , Dietetic Internship (2019)
- M.S., University of Florida , Nutritional Sciences (2019)
- B.S., Texas A&M University , Nutritional Sciences (2017)

#### STANFORD ADVISORS

- Themistocles Assimes, Postdoctoral Research Mentor
- Shoa Clarke, Postdoctoral Faculty Sponsor

### Publications

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#### PUBLICATIONS

- **Differential associations between menstrual blood loss scores and iron status in Northern European and East Asian Individuals: Findings from a cross-sectional analysis of the FeGenes cohort.** *The American journal of clinical nutrition*  
Lee, M. R., Barad, A., Bender, E., Thompson, J., Gu, Z., Pressman, E. K., O'Brien, K. O.  
2026: 101326
- **A genetic association study of iron absorption in adults of East Asian or Northern European ancestry from the Iron Genes in East Asian and Northern European Adults Study (FeGenes).** *The American journal of clinical nutrition*  
Barad, A., Xu, H., Clark, A. G., Gu, Z., Pressman, E. K., Ye, K., O'Brien, K. O.  
2026: 101298
- **Dietary intake in East Asian and Northern European participants from the FeGenes study** *EUROPEAN JOURNAL OF NUTRITION*  
Park, C. Y., Barad, A., Xu, Y., Bender, E., Thomas, A. K., Haller, C. M., Gu, Z., Pressman, E. K., O'Brien, K. O.

2025; 64 (5): 205

- **Differences in nonheme iron absorption between healthy adults of East Asian or Northern European ancestry from the Iron Genes in East Asian and Northern European Adults Study (FeGenes): A cross-sectional stable iron isotope study.** *The American journal of clinical nutrition*  
Barad, A., Xu, Y., Bender, E., Pressman, E. K., Gu, Z., O'Brien, K. O.  
2025; 121 (2): 417-426
- **Iron regulatory hormones and their associations with iron status biomarkers among healthy adults of East Asian or Northern European ancestry: A cross-sectional comparison from the Iron Genes in East Asian and Northern European Adults Study (FeGenes).** *The American journal of clinical nutrition*  
Barad, A., Xu, Y., Bender, E., Pressman, E. K., Gu, Z., O'Brien, K. O.  
2025; 121 (2): 406-416
- **Characterization of iron status biomarkers and hematological indices among young adults of East Asian or Northern European ancestry: A cross-sectional analysis from the Iron Genes in East Asian and Northern European Adults Study (FeGenes).** *The American journal of clinical nutrition*  
Barad, A., Xu, Y., Bender, E., Kang, W., Xu, R., Gu, Z., Pressman, E. K., O'Brien, K. O.  
2025; 121 (2): 394-405
- **Associations Between Genetically Predicted Iron Status and Cardiovascular Disease Risk: A Mendelian Randomization Study.** *Journal of the American Heart Association*  
Barad, A., Clark, A. G., Pressman, E. K., O'Brien, K. O.  
2024; 13 (11): e034991
- **Placental ferroportin protein abundance is associated with neonatal erythropoietic activity and iron status in newborns at high risk for iron deficiency and anemia.** *The American journal of clinical nutrition*  
Barad, A., Guillet, R., Pressman, E. K., Katzman, P. J., Ganz, T., Nemeth, E., O'Brien, K. O.  
2024; 119 (1): 76-86
- **Placental Erythroferrone and Erythropoietin mRNA Expression is not Associated with Maternal or Neonatal Iron Status in Adolescents Carrying Singletons and Adult Women Carrying Multiples.** *The Journal of nutrition*  
Delaney, K. M., Barad, A., Castillo, L. F., Hasund, C. M., Guillet, R., Pressman, E. K., Katzman, P. J., Ganz, T., Nemeth, E., O'Brien, K. O.  
2023; 153 (7): 1950-1958
- **Osteoporosis Nutritional Factors** *Encyclopedia of Human Nutrition*  
Barad, A., O'Brien, K. O.  
Academic Press.2023; 4th
- **Placental Iron Content Is Lower than Previously Estimated and Is Associated with Maternal Iron Status in Women at Greater Risk of Gestational Iron Deficiency and Anemia.** *The Journal of nutrition*  
Barad, A., Guillet, R., Pressman, E. K., Katzman, P. J., Miller, R. K., Darrah, T. H., O'Brien, K. O.  
2022; 152 (3): 737-746
- **Ethnic Differences in Iron Status.** *Advances in nutrition (Bethesda, Md.)*  
Kang, W., Barad, A., Clark, A. G., Wang, Y., Lin, X., Gu, Z., O'Brien, K. O.  
2021; 12 (5): 1838-1853
- **Associations Between Intuitive Eating Behaviors and Fruit and Vegetable Intake Among College Students.** *Journal of nutrition education and behavior*  
Barad, A., Cartledge, A., Gemmill, K., Misner, N. M., Santiago, C. E., Yavelow, M., Langkamp-Henken, B.  
2019; 51 (6): 758-762