



Astrid Nicole Zamora

Postdoctoral Scholar, Epidemiology

Bio

BIO

Dr. Astrid N. Zamora is a public health researcher and epidemiologist committed to advancing health equity. Her research combines birth cohort data, formative methods (e.g., interviews, ethnography), and behavioral intervention data to investigate health disparities and develop targeted interventions, focusing on Latino/a populations in the U.S. and Mexico. Dr. Zamora's work explores how environmental exposures, diet, physical activity, and sleep interact to shape psychosocial and cardiometabolic health across the life course. Dr. Zamora is also actively engaged in public health pedagogy, researching equity-focused teaching practices and strategies for fostering inclusive and equitable learning environments for public health students.

After earning her MPH at the UC Berkeley School of Public Health, Dr. Zamora completed her PhD at the University of Michigan School of Public Health. Her NIH/NIEHS-funded dissertation examined the impact of endocrine-disrupting chemical exposure on sleep health and metabolic risk among adolescents and peri-menopausal women in Mexico City, focusing on populations at high risk for health inequities. This work contributed to the growing understanding of how environmental factors affect sleep quality and their implications for long-term metabolic health.

Currently, as a Propel Postdoctoral Scholar at Stanford University School of Medicine, Dr. Zamora is expanding her expertise in randomized controlled trial (RCT) study design and citizen science methodologies. Her work aims to integrate epidemiologic training with community-based research, aligning her scientific agenda with the priorities of the communities she serves. Dr. Zamora's research seeks to illuminate how diet, sleep, the built environment, and physical activity intersect to influence health outcomes, with the ultimate goal of reducing health disparities and supporting marginalized communities through actionable and equitable public health solutions.

INSTITUTE AFFILIATIONS

- Member, Maternal & Child Health Research Institute (MCHRI)

HONORS AND AWARDS

- Stanford Justice, Equity, Diversity, and Inclusion Champion Award, Stanford University Office of Postdoctoral Affairs (2024-2025)
- Propel Postdoctoral Scholar, Stanford University School of Medicine (2024-2026)
- Scholar, NIDDK COURAGE Program (Massachusetts General Hospital/Harvard Medical School) (2024-2026)
- Diversity Scholar, Nutrition Obesity Research Center at Harvard (NORCH) (2024-2025)
- Best of AHA Specialty Conferences, EPI|Lifestyle Scientific Sessions 2024 (March 2024)
- NIH Research Supplement to Promote Diversity in Health-Related Research, National Institute of Environmental Health Sciences (2020-2022)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, American Society for Nutrition (2018 - present)
- Member, Society for Epidemiologic Research (2020 - present)
- Member, Society for the Advancement of Chicanos/Hispanics and Native Americans in Science (2021 - present)
- Member, The Obesity Society (2023 - present)
- Member, Society of Behavioral Medicine (2023 - present)
- Member, American Heart Association (2023 - present)
- Postdoctoral Fellow Representative, American Society for Nutrition, Nutritional Epidemiology Research Section (2024 - present)

STANFORD ADVISORS

- Abby King, Postdoctoral Faculty Sponsor

LINKS

- Google Scholar: <https://scholar.google.com/citations?user=ot92C50AAAAJ&hl=en>
- HEARTS Lab: <https://med.stanford.edu/healthyaging/about-us.html>

Research & Scholarship

LAB AFFILIATIONS

- Abby King, HEARTS Lab (9/1/2022)

Publications

PUBLICATIONS

- **Sleep Duration is Associated with Fruit and Vegetable Intake in Lower Income Adults from the San Francisco Bay Area: A Cross-Sectional Analysis.** *Nutrients*
Zamora, A. N., Patel, M. L., Campero, M. I., Garcia, D. M., Portillo, S. A., King, A. C.
2025; 17 (5)
- **Implementation of Lettersmith to improve the writing process among graduate-level public health students: Results from a pilot evaluation study** *ETR&D-EDUCATIONAL TECHNOLOGY RESEARCH AND DEVELOPMENT*
Zamora, A. N., August, E., Anderson, O. S.
2025
- **Acculturation is associated with 12-month adherence to combined MVPA and sedentary behavior guidelines in a sample of midlife and older Latino/a adults: findings from the COMPASS physical activity trial.** *BMC public health*
Zamora, A. N., Campero, M. I., Garcia, D. M., Chavez, D. M., King, A. C.
2025; 25 (1): 737
- **Pretreatment predictors of weight loss in a 12-month behavioral obesity treatment: a signal detection analysis of DIETFITS.** *Obesity (Silver Spring, Md.)*
Patel, M. L., Landry, M. J., Zamora, A. N., Fielding-Singh, P., King, A. C., Gardner, C. D.
2025
- **An Evaluation of Lettersmith: A Technology Tool to Support Transparency of Assigned Public Health Writing** *PEDAGOGY IN HEALTH PROMOTION*
Gersten, Z. P., Zamora, A. N., August, E., Anderson, O. S.
2025
- **"When I talk about it, my eyes light up!" Impacts of a national laboratory internship on community college student success.** *PloS one*
Coté, L. E., Van Doren, S., Zamora, A. N., Jaramillo Salcido, J., Law, E. W., Munoz, G. O., Manocha, A., Flood, C. L., Baranger, A. M.
2025; 20 (1): e0317403

- **Aherence to the 24-hour movement behavior guidelines and depression risk among older adults from the United States** *Adherence to the 24-hour movement behavior guidelines and depression risk among older adults from the United States*
Zamora, A. N., Walia, A. S., King, A. C.
2025; 4 (1)
- **Sleep Duration is Associated with Fruit and Vegetable Intake in Lower Income Adults from the San Francisco Bay Area: A Cross-Sectional Analysis** *Nutrients*
Zamora, A. N., Patel, M. L., Campero, M. I., Garcia, D. M., Portillo, S. A., King, A. C.
2025; 17 (5)
- **Examining Relationships between Perceptions of Air Quality-Objectively Assessed Particulate Matter-And Health-Related Attributions among Midlife and Older Adults from the San Francisco Bay Area, California, USA.** *International journal of environmental research and public health*
Zamora, A. N., Campero, M. I., Garcia, D. M., King, A. C.
2024; 21 (8)
- **Serving up FLAN. a food literacy and nutrition intervention to fend off food insecurity.** *BMC nutrition*
Royer, M. F., Hauser, M. E., Zamora, A. N., Campero, M. I., Garcia, D., Gabaray, M., Sheats, J. L., King, A. C.
2024; 10 (1): 102
- **Experts' Views on Children's Access to Community-Based Therapeutic and Education Services After Genomic Sequencing Results.** *Journal of developmental and behavioral pediatrics : JDBP*
Outram, S. M., Brown, J. E., Norstad, M., Zamora, A. N., Ackerman, S. L.
2024
- **Exploring the Relationship between Built Environment Attributes and Physical Activity in Lower-Income Aging Adults: Preliminary Insights from a Multi-Level Trial.** *International journal of environmental research and public health*
Walia, A. S., King, A. C., Campero, M. I., Garcia, D. M., Lee, R. E., Zamora, A. N.
2024; 21 (5)
- **Using visual storytelling to share aggregate findings with families participating in clinical genomics research.** *Genetics in medicine open*
Zamora, A. N., Brown, J. E., Outram, S., Ackerman, S. L.
2024; 2: 101844
- **EXPLORING PERCEPTIONS, BARRIERS AND FACILITATORS OF PARTICIPATING IN AN EXERCISE SNACK RCT: INSIGHTS FROM A PILOT STUDY**
Zamora, A. N., Zeitlin, A. B., Moore, J., Oppezzo, M. A.
OXFORD UNIV PRESS INC.2024: S350
- **Sounding the Alarm on Public Health Education: A Need for Equity-Focused Teaching** *PEDAGOGY IN HEALTH PROMOTION*
Zamora, A. N., August, E., Anderson, O. S.
2024
- **Using visual storytelling to share aggregate findings with families participating in clinical genomics research** *Genetics in Medicine Open*
Zamora, A. N., Brown, J. E., Outram, S., Ackerman, S. L.
2024; 2 (101844)
- **Tea and other diet-related practices in relation to sleep health in midlife women from Mexico City: qualitative and quantitative findings** *Frontiers in Sleep*
Zamora, A. N., Roberts, E. F., Sharp, L., Borra, C., Lee, J., Tellez-Rojo, M. M., Peterson, K. E., Torres-Olascoaga, L. A., Cantoral, A., Jansen, E. C.
2024; 3
- **Public Health Graduate Students' Longitudinal Perceptions of Remote Learning Challenges and Career Goals During an Ongoing Public Health Crisis.** *Pedagogy in health promotion*
Zamora, A. N., August, E., Anderson, O. S.
2023; 9 (3): 161-171
- **Cross-sectional associations between phthalates, phenols, and parabens with metabolic syndrome risk during early-to-mid adolescence among a cohort of Mexican youth.** *Environmental research*
Zamora, A. N., Jansen, E. C., Goodrich, J. M., Téllez-Rojo, M. M., Song, P. X., Meeker, J. D., Dolinoy, D. C., A Torres-Olascoaga, L., Cantoral, A., Peterson, K. E.

2023: 116706

- **"I Have Fought for so Many Things": Disadvantaged families' Efforts to Obtain Community-Based Services for Their Child after Genomic Sequencing.** *AJOB empirical bioethics*
Ackerman, S. L., Brown, J. E., Zamora, A., Outram, S.
2023: 1-10
- **Associations between exposure to phthalates, phenols, and parabens with objective and subjective measures of sleep health among Mexican women in midlife: a cross-sectional and retrospective analysis.** *Environmental science and pollution research international*
Zamora, A. N., Peterson, K. E., Goodrich, J. M., Téllez-Rojo, M. M., Song, P. X., Meeker, J. D., Dolinoy, D. C., A Torres-Olascoaga, L., Cantoral, A., Jansen, E. C.
2023
- **Public Health Graduate Students' Longitudinal Perceptions of Remote Learning Challenges and Career Goals During an Ongoing Public Health Crisis** *Public Health Graduate Students' Longitudinal Perceptions of Remote Learning Challenges and Career Goals During an Ongoing Public Health Crisis*
Zamora, A. N., August, E., Anderson, O. S.
2023
- **Prenatal dietary patterns in relation to adolescent offspring adiposity and adipokines in a Mexico City cohort** *Journal of Developmental Origins of Health and Disease*
Fossee, E., Zamora, A. N., Peterson, K. E., Cantoral, A., Perng, W., Téllez-Rojo, M. M., Torres-Olascoaga, L. A., Jansen, E. C.
2023
- **Trimester two gestational exposure to bisphenol A and adherence to Mediterranean diet are associated with adolescent offspring oxidative stress and metabolic syndrome risk in a sex-specific manner** *FRONTIERS IN NUTRITION*
Zamora, A. N., Marchlewicz, E., Téllez-Rojo, M. M., Burant, C. F., Cantoral, A., Song, P. X., Mercado, A., Dolinoy, D. C., Peterson, K. E.
2022: 961082
- **Parental Hopes and Understandings of the Value of Prenatal Diagnostic Genomic Sequencing: A Qualitative Analysis** *FRONTIERS IN GENETICS*
Outram, S. M., Brown, J. H., Zamora, A. N., Sahin-Hodoglugil, N., Ackerman, S. L.
2022; 13: 883225
- **Perspectives and preferences regarding genomic secondary findings in underrepresented prenatal and pediatric populations: A mixed-methods approach** *GENETICS IN MEDICINE*
Rego, S., Hoban, H., Outram, S., Zamora, A. N., Chen, F., Sahin-Hodoglugil, N., Anguiano, B., Norstad, M., Yip, T., Lianoglou, B., Sparks, T. N., Norton, M. E., Koenig, et al
2022; 24 (6): 1206-1216
- **"Let's Just Wait Until She's Born": Temporal Factors That Shape Decision-Making for Prenatal Genomic Sequencing Amongst Families Underrepresented in Genomic Research** *FRONTIERS IN GENETICS*
Brown, J. H., Zamora, A. N., Outram, S., Sparks, T. N., Lianoglou, B. R., Norstad, M., Sahin-Hodoglugil, N. N., Norton, M. E., Ackerman, S. L.
2022; 13: 882703
- **Third-Trimester Maternal Dietary Patterns Are Associated with Sleep Health among Adolescent Offspring in a Mexico City Cohort** *JOURNAL OF NUTRITION*
Zamora, A. N., Peterson, K. E., Tellez-Rojo, M. M., Cantoral, A., Song, P. K., Mercado-Garcia, A., Solano-Gonzalez, M., Fossee, E., Jansen, E. C.
2022; 152 (6): 1487-1495
- **The difficulties of broad data sharing in genomic medicine: Empirical evidence from diverse participants in prenatal and pediatric clinical genomics research** *GENETICS IN MEDICINE*
Norstad, M., Outram, S., Brown, J. H., Zamora, A. N., Koenig, B. A., Risch, N., Norton, M. E., Slavotinek, A., Ackerman, S. L.
2022; 24 (2): 410-418
- **A Call for Competence in the Social Determinants of Health Within Dietetics Education and Training** *JOURNAL OF THE ACADEMY OF NUTRITION AND DIETETICS*
Zamora, A. N., Anderson, O. S.
2022; 122 (2): 279-283

- **Impact of Transitioning to Remote Learning on Student Learning Interactions and Sense of Belonging Among Public Health Graduate Students** *Impact of Transitioning to Remote Learning on Student Learning Interactions and Sense of Belonging Among Public Health Graduate Students*
Zamora, A. N., August, E., Fossee, E., Anderson, O. S., et al
2022
- **Urinary phthalates, phenols, and parabens in relation to sleep health markers among a cohort of Mexican adolescents** *Urinary phthalates, phenols, and parabens in relation to sleep health markers among a cohort of Mexican adolescents*
Zamora, A. N., Peterson, K. E., Téllez-Rojo, M. M., Song, P. X., Meeker, J. D., Cantoral, A., Goodrich, J. M., Dolinoy, D. C., Jansen, E. C.
2022; 861
- **Association between pesticide exposure and sleep health among a representative sample of US adults: evidence from NHANES 2009-2014** *BMC PUBLIC HEALTH*
Zamora, A. N., Watkins, D. J., Peterson, K. E., Jansen, E. C.
2021; 21 (1): 2199
- **Prenatal maternal pesticide exposure in relation to sleep health of offspring during adolescence** *ENVIRONMENTAL RESEARCH*
Zamora, A. N., Watkins, D. J., Peterson, K. E., Tellez-Rojo, M. M., Hu, H., Meeker, J. D., Cantoral, A., Mercado-Garcia, A., Jansen, E. C.
2022; 204: 111977
- **Exploring the beliefs and perceptions of spending time in nature among US youth** *BMC PUBLIC HEALTH*
Zamora, A. N., Waselewski, M. E., Frank, A. J., Nawrocki, J. R., Hanson, A. R., Chang, T.
2021; 21 (1): 1586
- **Sleep Difficulties among Mexican Adolescents: Subjective and Objective Assessments of Sleep** *BEHAVIORAL SLEEP MEDICINE*
Zamora, A. N., Arboleda-Merino, L., Tellez-Rojo, M., O'Brien, L. M., Torres-Olascoaga, L. A., Peterson, K. E., Banker, M., Fossee, E., Song, P. X., Taylor, K., Cantoral, A., Roberts, E. S., Jansen, et al
2022; 20 (2): 269-289
- **Exposure to Phenols, Phthalates, and Parabens and Development of Metabolic Syndrome Among Mexican Women in Midlife** *FRONTIERS IN PUBLIC HEALTH*
Zamora, A. N., Jansen, E. C., Tamayo-Ortiz, M., Goodrich, J. M., Sanchez, B. N., Watkins, D. J., Tamayo-Orozco, J., Tellez-Rojo, M. M., Mercado-Garcia, A., Baylin, A., Meeker, J. D., Peterson, K. E.
2021; 9: 620769