Stanford

Alexa Barad

Postdoctoral Scholar, SCRDP/ Heart Disease Prevention

Bio

HONORS AND AWARDS

- The Helena Anna Henzl-Gabor Travel Grant, Stanford University School of Medicine (2026)
- Council on Epidemiology and Prevention Early Career Travel Grant, American Heart Association (2026)
- Emerging Leaders in Nutrition Science Poster Competition, Winner, American Society for Nutrition (2026)
- Postdoctoral Research Award Competition, Finalist, American Society for Nutrition (2026)
- 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

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

- **MATERNAL AND FETAL REGULATION OF PLACENTAL FE TRAFFICKING**
  O'Brien, K., Delaney, K., Barad, A.
  W B SAUNDERS CO LTD.2021: E19-E20

- **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