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SYSTEM  
I-MMÁS



INSTITUTO NACIONAL DE  
CIENCIAS MÉDICAS  
Y NUTRICIÓN  
SALVADOR ZUBIRÁN



# Childhood Obesity in Mexican and Mexican-American Families



March 7, 2024  
TIME 9:00 AM TO 1:00 PM  
Webinar

[REGISTRATION](#)



# OBJECTIVES:

Promote the exchange of knowledge and experiences on a highly relevant topic such as childhood obesity, address multidisciplinary aspects of obesity, and discuss prevention and treatment strategies from a comprehensive perspective.



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# WELCOME

9:00 AM – 9:20 AM



**Elvira de Mejia, Ph. D.**

University of Illinois System, I-MMÁS Founder  
& Executive Director

Director of Institutional Relations-Mexico  
Professor, Department of Food Science and  
Human Nutrition,

*I-MMÁS overview and introduction*



**Pradeep Khanna, Ph. D.**

Associate Vice President for  
Corporate and International  
Relations in the  
University of Illinois System

*Welcome remarks*



**Martha Kaufer Horwitz, Ph. D.**

Director of Nutrition  
Instituto Nacional de Ciencias Médicas y  
Nutrición Salvador Zubirán, (INCMNSZ)

*Welcome Remarks*



**José Sifuentes Osornio, Ph. D.**

General Director  
Instituto Nacional de Ciencias Médicas y  
Nutrición Salvador Zubirán, (INCMNSZ)

*Welcome Remarks*



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# OPENING KEYNOTE SPEAKER

9:20 AM – 9:40 AM



**Simón Barquera, Ph. D.**

Director, Nutrition and Health Research Center, National  
Institute of Public Health, México.

President at World Obesity Federation

**Obesity in México: A Policy Approach**



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## 9:40 AM – 10:25 AM + 10 min Q&A

9:40 AM – 9:55 AM



**Carlos Juan Crespo, Ph. D.**

Dean, College of Applied Health Sciences  
Professor, Kinesiology, and Nutrition

College of Applied Health Sciences,  
University of Illinois Chicago  
[ccrespo@uic.edu](mailto:ccrespo@uic.edu)

9:55 AM – 10:10 AM



**Claudia Teresa Tovar Palacio, Ph. D.**

Researcher

Dirección de Nutrición  
Instituto Nacional de Ciencias Médicas y Nutrición  
Salvador Zubirán, (INCMNSZ)  
[claudia.tovarp@incmsz.mx](mailto:claudia.tovarp@incmsz.mx)

10:10 AM – 10:25 AM



**Sharon M Donovan, Ph. D.**

Professor and Melissa M. Noel Endowed Chair in  
Nutrition and Health; Director of the Personalized  
Nutrition Initiative

Nutritional Sciences,  
University of Illinois Urbana Champaign  
[sdonovan@illinois.edu](mailto:sdonovan@illinois.edu)

**Prevalence of Physical Activity and  
Obesity among Mexican American  
Children**

**Integrating Holistic Strategies in  
Childhood Obesity Prevention**

**Personalized Nutrition for Pediatric  
Obesity: Emerging Data from the  
STRONG kids 2 Cohort**



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# BREAK

10:35 AM – 10:45 AM



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# 10:45 AM – 11:30 AM + 10 min Q&A

10:45 AM – 11:00 AM



**Margarita Terán-García, Ph. D.**

Assistant Dean for Integrated Health Disparities Programs

University of Illinois  
Extension  
[teranmd@illinois.edu](mailto:teranmd@illinois.edu)

**Randomized Control Trial of a  
Childhood Obesity Prevention  
Family-Based Program**

11:00 AM – 11:15 AM



**Sofía Morán Ramos, Ph. D.**

Research Professor

Instituto Nacional de Medicina Genómica  
(INMEGEN)  
Faculty of Chemistry,  
National Autonomous University of México  
(UNAM)  
[smoran@quimica.unam.mx](mailto:smoran@quimica.unam.mx)

**Role of the Gut Microbiome and its  
Metabolites in Children's Metabolic  
Health**

11:15 AM – 11:30 AM



**Nayely Garibay Nieto, M. S., Ph. D.**

Pediatric Endocrinologist  
Specialist in Childhood Obesity

Head of the Pediatric Obesity Clinic and Wellness Unit  
General Hospital of México, México  
[gngaribay@hotmail.com](mailto:gngaribay@hotmail.com)

**Primary comorbidities associated with  
obesity in the Mexican pediatric  
population**



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## 11:40 AM – 12:40 PM + 10 min Q&A

11:40 AM – 11:55 AM



**Vanessa Oddo, Ph. D.,  
M. P.H**

Assistant Professor

Kinesiology and Nutrition  
University of Illinois Chicago  
[voddo@uic.edu](mailto:voddo@uic.edu)

**The Weight of Work:  
the Association  
Between Employment  
and Obesity**

11:55 PM – 12:10 PM



**Mario Daniel Caba Flores, Ph. D.**

Researcher

College of Medicine, Department of  
Biochemistry,  
Universidad Autónoma de Nuevo León  
[md\\_caba@hotmail.com](mailto:md_caba@hotmail.com)

**Human Milk as Immune Health  
Programming in Newborns: The  
role of Maternal Status, Health  
and diet**

12:10 PM – 12:25 PM



**Olga Patricia García Obregón, Ph. D.**

Research Professor

Universidad Autónoma de Querétaro, México  
[olga.garcia@uaq.mx](mailto:olga.garcia@uaq.mx)

**Relationship of Food Environment  
and Obesity in Low-Income Settings  
in Querétaro, México**

12:25 PM – 12:40 PM



**Elena Zambrano González, Ph. D.**

Researcher

Instituto Nacional de Ciencias Médicas y  
Nutrición Salvador Zubirán (INCMNSZ),  
Facultad de Química,  
Universidad Nacional Autónoma de México  
[elena.zambranog@incmnsz.mx](mailto:elena.zambranog@incmnsz.mx)

**Interventions to prevent adverse  
developmental programming due to  
maternal obesity**



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# INTEGRATION AND CLOSING REMARKS

12:50 PM – 1:00 PM



**Martha Kaufer Horwitz, Ph. D.**

Director of Nutrition  
Instituto Nacional de Ciencias  
Médicas y Nutrición Salvador  
Zubirán (INCMNSZ), México

[martha.kauferh@incmnsz.mx](mailto:martha.kauferh@incmnsz.mx)



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**Simón Barquera, Ph. D.**

Director, Nutrition and Health Research Center,  
National Institute of Public Health, México

President at World Obesity Federation

**Obesity in Mexico: A Policy Approach**

[comunicacion@insp.mx](mailto:comunicacion@insp.mx)

Simón Barquera is an MD (UAM, México City), with MS and PhD degrees in Nutrition Epidemiology (Friedman School of Nutrition Science and Policy, Tufts University, Boston). As of May 2017, he is the Director of the Nutrition and Health Research Center in Mexico's National Institute of Public Health, where he also leads the Obesity, Diabetes and Cardiovascular Disease research line.

Dr. Barquera has been recognized as a National Investigator by the Mexican Council of Humanities, Science and Technology and is a fellow of the National Academy of Medicine and the Mexican Academy of Sciences. He has received the PAHO Fred L Soper award for excellence in health literature, the Tufts University Nutrition Impact Award, the UAM Distinguished Alumni Award, and the Michael & Susan Dell Lectureship in Child Health granted by the University of Texas- Austin, the 7th Alvan R Feinstein Chair (UASLP), the 18th Carl J Martinson Lectureship (University of Minnesota), the Research Merit Recognition (CCyTEM Morelos, México), and the National Merit Award "Dr. Gerardo Varela" in Public Health (General Health Council, México).



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**Carlos Juan Crespo, Ph. D.**

Dean, College of Applied Health Sciences  
Professor, Kinesiology, and Nutrition

College of Applied Health Sciences,  
University of Illinois Chicago  
[ccrespo@uic.edu](mailto:ccrespo@uic.edu)

**Prevalence of Physical Activity and  
Obesity among Mexican American  
Children**

Carlos J. Crespo, Dr. P.H., M. S., FACSM. Dean College of Applied Health Sciences, University of Illinois, Chicago. Earlier in his career he worked for the Centers for Disease Control and Prevention and National Institutes of Health. His area of research is physical activity and public health. He lists more than 100 peer-review publications and contributed to more than 20 government reports, including the Surgeon General's Report on Physical Activity and Health. He received the 1997 U.S. Secretary of Health Award for Distinguished Service, and in 2003 became a Health Disparities and Minority Health Scholar from the NIH. Recently, he served in the Planning Committee on Health Equity Approaches to Obesity Efforts of National Academies of Sciences. He is a Fellow of the American College of Sports Medicine.





**Claudia Teresa Tovar Palacio, Ph. D.**

Researcher

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Instituto Nacional de Ciencias Médicas y Nutrición  
Salvador Zubirán, (INCMNSZ), México

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**Integrating Holistic Strategies in  
Childhood Obesity Prevention**

Claudia Teresa Tovar Palacio, Ph. D. is an accomplished researcher specializing in Medical Sciences C, holding a Doctorate in Nutritional Sciences. Her academic background and studies are:

- Study of the molecular mechanisms underlying metabolic alterations in obesity and type 2 diabetes.
- The impact of childhood obesity and its relationship with alterations in early metabolic markers in the development of type 2 diabetes.
- The impact of the response to misfolded proteins on renal lipogenesis.
- The interplay of metabolic nuclear receptors and kidney disease.
- Study of the effect of compounds of natural origin with healthy effects on the establishment of obesity and metabolic syndrome.
- The impact of dietary protein on the establishment of kidney disease.
- Division of Nutritional Sciences University of Illinois Alumna



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**Sharon M Donovan, Ph. D.**

Professor and Melissa M. Noel Endowed Chair in Nutrition and Health; Director of the Personalized Nutrition Initiative

Nutritional Sciences,  
University of Illinois Urbana Champaign  
[sdonovan@illinois.edu](mailto:sdonovan@illinois.edu)

**Personalized Nutrition for Pediatric Obesity: Emerging Data from the STRONG kids 2 Cohort**

Sharon M. Donovan, Ph. D., R. D. is the Noel Endowed Chair in Nutrition and Health and Director of the Personalized Nutrition Initiative at the University of Illinois Urbana-Champaign. She studies how dietary intake shapes microbial, immune, and cognitive development in the first 1000 days of life. She also leads the multidisciplinary STRONG kids2 project focused on the prevention of childhood obesity. She served as President of the American Society for Nutrition (ASN) from 2011-2012, was elected to the National Academy of Medicine in 2017 and served on the 2020-2025 Dietary Guidelines Scientific Advisory Committee.



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## **Margarita Terán-García, Ph. D.**

Assistant Dean for Integrated Health Disparities Programs

University of Illinois  
Extension  
[teranmd@illinois.edu](mailto:teranmd@illinois.edu)

## **Randomized Control Trial of a Childhood Obesity Prevention Family-Based Program**

Dr. Terán-García is a pediatric physician-scientist with a Ph. D. in Metabolism/Nutrient-gene interactions from the University of Texas at Austin and a Fellow of The Obesity Society. She conducts transdisciplinary research on obesity and other nutrition-related diseases among low-income populations. She promotes health and wellness among families of Hispanic heritage and translates evidence-based science to community-based programs that serve children and families in need. She is a faculty member of the Carle Illinois College of Medicine, the Division of Nutritional Sciences, an Affiliate of the Personalized Nutrition Initiative, the Family Resiliency Center, and the Center for Latin American and Caribbean Studies. As Program Leader for Integrated Health Disparities, she is combating health inequities with advocacy, leadership, and teamwork to increase awareness and promote new systems or policies for comprehensive, sustainable solutions from micro- to macro-environments for health. Dr. Terán works on multi-disciplinary projects relevant to children, college-age individuals, and families of Hispanic Heritage on weight status and weight-related health outcomes. Her projects seek to expand knowledge of gene-environment interactions (dietary and physical activity patterns) and psychosocial processes relevant to improving weight management, obesity, and nutrition-related diseases. She has more than 90 peer-reviewed publications and many international presentations.



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**Sofía Morán Ramos, Ph. D.**

Research Professor

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(INMEGEN), México  
Faculty of Chemistry, National Autonomous  
University of Mexico (UNAM), México

[smoran@quimica.unam.mx](mailto:smoran@quimica.unam.mx)

**Role of the Gut Microbiome and its  
Metabolites in Children's Metabolic  
Health**

Dr. Sofía Morán-Ramos, completed her master's and doctoral studies in Food Science and Human Nutrition at the University of Reading and at the National Institute of Medical Sciences and Nutrition Salvador Zubirán, respectively. She conducted research at the University of California, Davis, and the Institute of Biomedical Research in Mexico City. Currently, she is an Associate Professor at the department of Food and Biotechnology, of UNAM's Faculty of Chemistry, specializing in the role of intestinal microbiota in obesity and chronic diseases, particularly in children, and its interaction with diet. She is also part of the Population Genomics Unit Applied to Health a joint unit between the National Institute of Genomic Medicine and the Faculty of Chemistry at UNAM.



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## **Nayely Garibay Nieto, M. S., Ph. D.**

Pediatric Endocrinologist  
Specialist in Childhood Obesity

Head of the Pediatric Obesity Clinic and Wellness Unit  
General Hospital of México, México  
[gngaribay@hotmail.com](mailto:gngaribay@hotmail.com)

### **Primary comorbidities associated with obesity in the Mexican pediatric population**

Dr. Nayely Garibay Nieto

- Medical Doctor, Universidad La Salle.
- Pediatric Endocrinologist, Hospital Infantil de México, Federico Gómez.
- Specialist in Childhood Obesity, National Autonomous University of Mexico (UNAM).
- Master's and PhD in Medical Sciences.
- Postgraduate studies at Miller School of Medicine, University of Miami, specializing in childhood obesity.
- National Researcher Level I, National System of Researchers.
- Supervisor for undergraduate students in the fields of Pediatric Medicine, Pediatric Endocrinology, and Clinical Nutrition.
- Lead Professor and founder of the specialized course in Childhood and Adolescent Obesity, UNAM-Hospital General de México.
- Coordinator and founder of the Child Wellness Unit, Hospital General de México, Dr. Eduardo Liceaga.
- **Research Line: Risk factors, associated comorbidities, intervention and prevention strategies, and translational research in the field of childhood obesity.**



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**Vanessa Oddo, Ph. D., M. P.H**

Assistant Professor

Kinesiology and Nutrition  
University of Illinois Chicago  
[voddo@uic.edu](mailto:voddo@uic.edu)

**The Weight of Work: the  
Association Between  
Employment and Obesity**

Vanessa Oddo, Ph. D., M. P.H is an Assistant Professor in the Department of Kinesiology and Nutrition at the University of Illinois Chicago. Her research broadly focuses on the social determinants of obesity. Currently, Dr. Oddo is leading a National Institute on Minority Health and Health Disparities-funded study that is investigating the role of employment quality on obesity in the U.S. She is a co-Investigator on a Bloomberg Philanthropies-funded study that is evaluating obesity prevention policies in five key areas: the Supplemental Nutrition Assistance Program, healthy retail, restaurant menu labeling, improved school nutrition, and warning labels on sugary beverages. Dr. Oddo also has expertise studying the nutrition transition and obesity in low- and middle-income countries.





**Mario Daniel Caba Flores, Ph. D.**

College of Medicine, Department of  
Biochemistry,  
Universidad Autónoma de Nuevo León,  
México  
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**Human Milk as Immune Health  
Programming in Newborns: The  
role of Maternal Status, Health  
and diet**

Dr. Mario Daniel Caba Flores holds a Ph. D. in biomedical sciences, a diploma in breastfeeding and currently holds a postdoctoral position at the Universidad Autónoma de Nuevo León. His research is centered on investigating immunological, lipid, and hormonal modifications in the milk of mothers with obesity and the implications for infant growth and development. He has experience as lead investigator in research protocols in milk banks and has published studies on how environmental pollution, prematurity, circadian rhythms, maternal obesity and infant infections impact the composition of human milk.



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**Olga Patricia García Obregón, Ph. D.**

Research Professor

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**Relationship of Food Environment  
and Obesity in Low-Income Settings  
in Querétaro, México**

Dr. Olga P. García, was born and raised in México City, México. She studied Food Chemistry at the Universidad Nacional Autónoma de México (UNAM) and continued her education studying her Master Degree in Nutrition and a Ph. D. in International Nutrition, both from the University of California, Davis, in the United States. She is currently a full-time Professor and Senior Scientist at the School of Natural Sciences of the Universidad Autónoma de Querétaro, in Querétaro, México. Her main research interests are bioavailability of micronutrients, the impact of micronutrient deficiencies on health, food security and food environment.



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## **Elena Zambrano González, Ph. D.**

Researcher

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Facultad de Química,  
Universidad Nacional Autónoma de México (UNAM)  
[elena.zambranog@incmnsz.mx](mailto:elena.zambranog@incmnsz.mx)

**Interventions to prevent adverse  
developmental programming due to  
maternal obesity**

Dr. Elena Zambrano González works as a Medical Science Researcher in the National Institute of Nutrition and in the Faculty of Chemistry, National Autonomous University of Mexico in Mexico City. Her education: B. Sc. in Chemistry Pharmacobiology, Master Degree and Ph. D. in Science in Biology (National Autonomous University of Mexico) and Postdoctoral training in the Laboratory for Pregnancy and Newborn Research, College of Veterinary Medicine, Cornell University, Ithaca, NY, USA. Currently, she studies the Development of the Origins of Health and Disease. The studies she and her team carry out are focused on malnutrition during pregnancy and lactation and the effects caused on the progeny at a metabolic and reproductive level. One of the most important finding she has obtained in this regard is the already published study of the transgenerational passage of obesity and insulin resistance induced by maternal protein restriction. Her working group also incorporated a new line of research related to maternal obesity and its effects on the offspring, the findings highlight the importance of maternal interventions prior to pregnancy as a preventive measure. She has published over 140 peer reviewed research articles (H index: 40, citations: 5181) and led more than 40 thesis of undergraduate and graduate students. Information of publications can be find in:

<https://scholar.google.es/citations?user=TExJ-LYAAAAJ&hl=es&oi=ao>



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# Thank you for joining the I-MMÁS Illinois-Mexico Childhood Obesity in Mexican and Mexican-American Families Symposium

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