

Jeannie Tay

Curriculum Vitae

Personal Details

Full name: Tay Jiahui

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Languages: English, Mandarin, Bahasa Indonesia, Hokkien, Cantonese, French



Employment History

June 2016 - present	Postdoctoral fellow, Department of Nutrition Sciences, University of Alabama at Birmingham (UAB), US Research foci: Human metabolism, body composition and diabetes
August 2012 - June 2016	PhD candidate, Commonwealth Scientific and Industrial Research Organisation (CSIRO), Food and Nutrition, Adelaide, Australia Research foci: Lifestyle intervention strategies for diabetes management
January 2010 - August 2012	Domain Specific Review Board Coordinator, Research & Development Office, National Healthcare Group HQ, Singapore
May 2007 - July 2009	Clinical Dietitian, Alexandra Hospital, Singapore
March - November 2008	Renal Dietitian, National University Hospital, Singapore
February – April 2007	Research Dietitian, CSIRO, Adelaide, Australia

Qualifications

2016	PhD, University of Adelaide, Australia Faculty of Health Sciences, School of Medicine
2007	Bachelor of Science (Nutrition and Dietetics), First Class Honours Flinders University, Adelaide, South Australia
2001	Nanyang Junior College, Singapore (GCE A levels)

Awards

2017	UAB Diabetes Research Center travel award
2016	Dean's commendation for Doctoral thesis excellence, University of Adelaide
2015	Early-Career Young Professionals travel grant (Obesity Week) University of Adelaide, Department of Medicine travel grant
2014	Pat Simons travel grant (Obesity Week) Nutrition Society of Australia (NSA) travel grant University of Adelaide, Department of Medicine travel grant
2013	C9-Go8 Sustainable Health Futures Higher Degree Research (HDR) Forum

	(Best Speaker), Shanghai Jiao Tong University, China
2012	National Science Scholarship (PhD), The Agency for Science, Technology and Research (A*STAR), Singapore
2004	Continuing Highest Achiever Award, Flinders University Hall, Adelaide, Australia
2003, 2004	Deans Letter of Commendation (Flinders University, Adelaide, South Australia)
2002	Public Service Commission- Ministry of Health (PSC MOH) Overseas Specialist Scholarship (Paramedical), Singapore
1999	Top Pupil, Bowen Secondary School, Singapore (GCE O levels)
Research	
Publications	
2017	<u>Tay J.</u> , Thompson CH, Luscombe-Marsh ND, et al. Effects of a low carbohydrate, high unsaturated fat/ low saturated fat diet versus a high carbohydrate, low fat diet in type 2 diabetes: a 2 year randomized trial. <i>Diabetes Obes Metab</i> , 2017; 1–14.
	<u>Tay J.</u> , Goss AM, Garvey WT and Gower BA. Race affects the association of obesity measures with insulin sensitivity. (Manuscript in preparation)
	<u>Tay J.</u> , Goss AM and Gower BA. A high glycemic index diet may lower insulin sensitivity in white but not black Americans. (Manuscript in preparation).
	<u>Tay J.</u> , Goss AM and Gower BA. Race, Muscle and Fat Distribution are Associated with Adiponectin in Older Adults at Metabolic Risk. (Manuscript in preparation).
2016	<u>Tay J.</u> , Zajac IT, Thompson CH <i>et al.</i> A randomised-controlled trial of the effects of very low-carbohydrate and high-carbohydrate diets on cognitive performance in patients with type 2 diabetes. <i>Br J Nutr</i> , 2016; 116(10): 1745–1753.
2015	<u>Tay J.</u> , Thompson CH, Luscombe-Marsh ND, et al. Long-term effects of a very low carbohydrate compared with a high carbohydrate diet on renal function in individuals with type 2 diabetes: a randomized trial. <i>Medicine</i> . 2015; 94: e2181.
	<u>Tay J.</u> , Luscombe-Marsh ND, Thompson CH, et al. Comparison of low- and high-carbohydrate diets for type 2 diabetes management: a randomized trial. <i>Am J Clin Nutr</i> 2015; 102:780-790
	<u>Tay J.</u> , Thompson CH and Brinkworth GD. Glycemic Variability: Assessing Glycemia Differently and the Implications for Dietary Management of Diabetes. <i>Annu Rev Nutr</i> 2015;35:389-424
2014	<u>Tay J.</u> , Luscombe-Marsh ND, Thompson CH, et al. A Very Low Carbohydrate, Low Saturated Fat Diet for Type 2 Diabetes Management: A Randomized Trial. <i>Diabetes Care</i> 2014; 37(11):2909-2918.
2008	<u>Tay J.</u> , Brinkworth GD, Noakes M, Keogh J, Clifton PM. Metabolic effects of weight loss on a very-low-carbohydrate diet compared with an isocaloric high-carbohydrate diet in abdominally obese subjects. <i>Journal of the American College of Cardiology</i> 2008;51(1):59-67.

Presentations

2017

**Obesity Week- The Obesity Society Annual Scientific Meeting,
29 October- 3 November 2017, Washington, D.C., US (Poster Presentation)**

Tay J., et al. Race, Muscle and Fat Distribution are Associated with Adiponectin in Older Adults at Metabolic Risk [abstract].

**American Diabetes Association 77th Scientific Sessions,
9-13 June 2017, San Diego, US (Oral Presentations)**

Tay J., et al. Race affects the association of obesity measures with insulin sensitivity. *Diabetes* 2017; 66 (S1).

Tay J., et al. A high glycemic index diet may lower insulin sensitivity in white but not black Americans. *Diabetes* 2017; 66 (S1).

2016

**Obesity Week- The Obesity Society Annual Scientific Meeting,
1-4 November 2016, New Orleans, US (Poster Oral Presentation)**

Tay J., et al. Effects of a low carbohydrate, low saturated fat diet versus a high carbohydrate, low fat diet in type 2 diabetes: a 2 year randomized trial [abstract].

2015

**International Diabetes Federation (IDF) World Diabetes Congress,
30 November - 4 December 2015, Vancouver, Canada (Poster Presentation)**

Tay J., et al. Long-term effects of a very low- and high carbohydrate diet on renal function in individuals with type 2 diabetes [abstract].

**Obesity Week- The Obesity Society Annual Scientific Meeting,
2-7 November 2015, Los Angeles, US (Poster Presentations)**

Tay J., et al. Long-term effects of a very low- and high carbohydrate diet on renal function in individuals with type 2 diabetes [abstract].

Tay J., et al. Long term consumption of a very low carbohydrate diet does not adversely affect cognitive performance in individuals with type 2 diabetes [abstract].

Asia Pacific Conference on Clinical Nutrition, 26-29 January 2015, Kuala Lumpur, Malaysia (Oral Presentation)

Tay J., et al. Long-term consumption of a low carbohydrate, low saturated fat diet improves glycemic control and reduces diabetes medication use and cardiovascular risk factors in type 2 diabetes [abstract].

2014

**Nutrition Society of Australia (NSA) Annual Scientific Meeting,
26-28 November 2014, Hobart, Australia (Oral Presentation)**

Tay J., et al Long-term consumption of a low carbohydrate, low saturated fat diet improves type 2 diabetes management [abstract].

International Diabetes Federation-Western Pacific Region (IDF-WPR) Congress, 21-24 November 2014, Singapore (Oral Presentation).

Tay J.et al. Long-term consumption of a low carbohydrate, low saturated fat diet improves type 2 diabetes management [abstract].

**Obesity Week- The Obesity Society Annual Scientific Meeting,
2-7 November 2014, Boston, US (Oral Presentation)**

Tay J., et al. Long-term consumption of a low carbohydrate, low saturated fat diet improves glycemic control and reduces diabetes medication use and cardiovascular risk factors in type 2 diabetes [abstract].

Australian Society for Medical Research (ASMR) SA Annual Scientific Meeting, 4 June 2014, Adelaide, Australia (Oral Presentation)

Tay J. et al. Very low carbohydrate, low saturated fat diet improves glycemic control and cardiovascular risk factors in type 2 diabetes [abstract].

2013

International Diabetes Federation (IDF) World Diabetes Congress, 2-6 December 2013, Melbourne, Australia (Oral Presentation).

Tay J. et al. Very low carbohydrate, low saturated fat diet improves glycaemic control and cardiovascular risk in type 2 diabetes [abstract].

C9-Go8 Sustainable Health Futures Higher Degree Research (HDR) Forum, 20-24 October 2013, Shanghai Jiao Tong University, China (Oral Presentation).

Diet, nutrition and strategies to combat the obesity epidemic.

Saw Swee Hock School of Public Health, National University of Singapore, 7 August 2013, Singapore (Oral Presentation).

Tay J. et al. The long term effects of a very low carbohydrate, low saturated fat diet compared to a conventional high carbohydrate, low fat diet on glycaemic control and cardiovascular disease risk in overweight and obese patients with type 2 diabetes.

Other Activities

2016

Participated in the UAB Blazer 5k Run (Birmingham, AL, US)

2013, 2014

Volunteered at Holy Trinity City Church's Christmas Steps community event (Adelaide, Australia)

2012, 2013

Participated in the Adelaide City to Bay Run (Australia)

2010, 2011

Represented NHG HQ in the Inter- Institutional Games 2010- Track and Field, Netball, Basketball. Awarded 1st Runner- up in the 2011 Cross Country Women's Open. Participated in the 2010 Standard Chartered Half Marathon, 2011 New Balance Real Run. Was Team Captain for NHG HQ in the 2010 JP Morgan Corporate Challenge (Singapore)

2009

Served as youth leader in ESA Country Ministries Christian Camp for youths and children at Halls Gap, Victoria, Australia. Also assisted with camp cooking.

2009, 2010, 2011

Involved in volunteer work in Yunnan, China with team from Bartley Christian Church, Singapore. Planned and coordinated a summer camp for underprivileged local youths from ethnic minority groups; delivered a nutrition talk to local high school students.

2007-2010

Volunteered Dietetic services to Singapore Red Cross, Touch Diabetes Support Group and Bartley Christian Church, Singapore (gave talks, participated in events and contributed articles to newsletters).

Professional Affiliations

Nutrition Society of Australia

The Obesity Society

Australian Society for Medical Research

Dietetics Association of Australia

Singapore Nutrition and Dietetics Association

Personal Strengths

- Excellent oral and written communication skills

- Leadership
- Organised and resourceful
- Confident
- Reliable and trustworthy
- Diligent and hardworking
- Ability to work both independently and as part of a team

Referees

Associate Professor Grant Brinkworth

Principal Research Scientist
CSIRO Health and Biosecurity, Australia
Email: grant.brinkworth@csiro.au

Professor Campbell Thompson

School of Medicine
Faculty of Health Sciences
The University of Adelaide, Australia
Email: campbell.thompson@adelaide.edu.au

Professor Barbara Gower

Professor and Vice-Chair for Research
Department of Nutrition Sciences
University of Alabama at Birmingham, US
Email: bgower@uab.edu.

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