

CURRICULUM VITAE

MELISSA K. MELBY

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EDUCATION

- 2007 Ph.D., Anthropology (biological and medical), Emory University, Atlanta, GA.
- 2000 M.A., Anthropology, Emory University, Atlanta, GA.
- 1995 M.Phil., Environment and Development (Geography), University of Cambridge, UK.
- 1994-1995 Courses in Ecological Anthropology, Ecology, and Environmental Ethics, University of Georgia, Athens, GA.
- 1993 C.P.G.S. (Certificate of Postgraduate Study, equivalent to M. Sc.), Natural Sciences (Chemistry), University of Cambridge, UK.
- 1992 B.A., Chemistry, Reed College, Portland, OR. Phi Beta Kappa

AREAS OF SPECIALIZATION

Biological and medical anthropology; menopause; women's health and nutrition; nutritional epidemiology; microbiome; developmental origins of health and disease; maternal-child health; health and environment; cultural domains related to diet and health; Japan; quantitative and qualitative methods; cultural competence/humility; complementary and alternative medicine/integrative medicine; global health medical education

EMPLOYMENT AND PRIMARY APPOINTMENTS

- 2016- Coordinator for Population Health Initiatives, College of Health Sciences, University of Delaware (Newark, DE)
- 2016- Associate Professor (with tenure) of Anthropology, University of Delaware (Newark, DE)
- 2011-2016 Assistant Professor of Anthropology, University of Delaware (Newark, DE)
- 2008-2011 Project Leader, Shokuiku Project, Nutrition Education Program, National Institute of Health and Nutrition (Tokyo, Japan)
- 2007-2008 Project Leader, Foundation for Integrated Nutrition Labeling, National Institute of Health and Nutrition (Tokyo, Japan)

- 2006-2008 Researcher, Nutrition Education Program, National Institute of Health and Nutrition (Tokyo, Japan)
- 2003-2005 Invited Foreign Researcher, Laboratory of Public Health Nutrition and Epidemiology, Environmental Research Center, Tokyo University of Agriculture (Tokyo, Japan)
- 2001-2003 Invited Foreign Visiting Professor, Kyoto Prefectural University of Medicine (Kyoto, Japan)

SECONDARY APPOINTMENTS & AFFILIATIONS

- 2012-2013 Invited Foreign Researcher, Department of Health Informatics, Graduate School of Medicine, Kyoto University, Kyoto, Japan
- 2012-2013 Invited Foreign Researcher, Department of Nutrition Science, Graduate School of Life and Environmental Sciences, Kyoto Prefectural University, Kyoto, Japan
- 2012-2013 Invited Foreign Researcher, Graduate School of Asia-Pacific Studies, Waseda University, Tokyo, Japan
- 2011- present Joint Appointment in Behavioral Health and Nutrition, University of Delaware (Newark, DE, USA)
- 2010-2011 Visiting Researcher, Advanced Research Center for Human Sciences, Waseda University (Saitama, Japan)
- 2002-2003 Invited Foreign Researcher, Loma Linda Clinic (Koriyama, Japan)

SCHOLARSHIP

AWARDS, FELLOWSHIPS, AND SCHOLARSHIPS

- 2016 Nominee, Excellence in Teaching Award, College of Arts and Sciences, University of Delaware
- 2014 Nominee, Gerard J. Mangone Young Scholars Award, Francis Alison Society, University of Delaware
- 2011-2013 Abe Fellowship, Social Science Research Council and Japan Foundation Center for Global Partnership (*see below in Research Awards and Grants, External*)
- 2006-2007 George W. Woodruff Fellowship, Emory University (Atlanta, GA)
- 2002-2005 U.S. National Institute of Health (NIH) National Center for Complementary and Alternative Medicine (NCCAM) National Research Service Award (NRSA) (*see below in Research Awards and Grants, External*)
- 1998-2001 George W. Woodruff Fellowship, Emory University (Atlanta, GA)

1994-1998	U.S. National Science Foundation (NSF) Graduate Fellowship
1992-1994	British Marshall Scholarship, University of Cambridge (Cambridge, UK)
1992	Phi Beta Kappa, Reed College (Portland, OR)
1992	AAUW Senior Woman Recognition Award, Reed College (Portland, OR)
1988-1992	William A. Niskanen Memorial Academic Scholarship and Commendation for excellence in scholarship, Reed College (Portland, OR)

PUBLICATIONS

(* = Peer-invited; Underlined names indicate co-authors who were students or trainees at the time the publication was written and/or research conducted)

Books & Monographs

MK Melby. (*in preparation*) **Ecology of Aging: The Intertwining of Biology and Culture in Midlife Japanese Women's Lives.** Invited contribution to the Routledge "New Biological Anthropology" series. Target audience of advanced students and scholars in biological/medical anthropology, public and global health and cross-cultural medicine. Expected publication date: 2019.

Peer-Reviewed Journal Articles

1. W Takeda, **MK Melby**, Y Ishikawa. (2017) Food education for whom? Perceptions of food education and literacy among dietitians and lay people in urban Japan. *Food Studies: An Interdisciplinary Journal* 7(4):49-66. <https://doi.org/10.18848/2160-1933/CGP/v07i04/49-66>
2. W Takeda and **MK Melby**. (2017) Spatial, temporal, and health associations of eating alone: A cross-cultural analysis of young adults in Australia and Japan. *Appetite* 118(1):149-160. <https://doi.org/10.1016/j.appet.2017.08.013>
3. K Morell and **MK Melby**. (2017) Celiac Disease: The Evolutionary Paradox. *International Journal of Celiac Disease* 5(3):86-94. DOI:10.12691/ijcd-5-3-3
4. * D Tonob and **MK Melby**. (2017) Broadening our perspectives on complementary and alternative medicine for menopause: A narrative review. *Maturitas* 99: 79-85. <http://dx.doi.org/10.1016/j.maturitas.2017.01.013>
5. **MK Melby**, G Yamada, P Surkan. (2016) Inadequate gestational weight gain increases risk of small for gestational age term birth in girls in Japan: A population-based cohort study. *American Journal of Human Biology* 28(5): 714-20. DOI: 10.1002/ajhb.22855
6. **MK Melby**, L Loh, J Evert, C Prater, H Lin, O Khan. (2016) Beyond 'medical missions' to impact-driven short-term experiences in global health (STEGH): Principles and recommendations for learners and practitioners. *Academic Medicine* 91(5):633-8. DOI: 10.1097/ACM.0000000000001009

7. A Hirakawa, **MK Melby**, S Watanabe. (2016) Comprehensive food labeling for obesity control. *Advances in Obesity, Weight Management & Control* 4(3):00088. DOI:10.15406/aowmc.2016.04.00088
8. **MK Melby**. (2016) Lessons on Aging: Hopes and concerns of Japanese women at midlife. *Journal of Women & Aging* 28(2): 127-140 DOI: 10.1080/08952841.2014.950544
9. A Cowperthwait, J Saylor, A Carlsen, LA Schmitt, T Salam, **MK Melby**, SD Baker. (2015) Healthcare Theatre and Simulation: Maximizing interprofessional partnerships. *Clinical Simulation in Nursing Journal* 11:411-420.
10. **MK Melby** and S Watanabe. (2014) Soy isoflavones in epidemiological serum samples: What are the optimal time window and concentration cutoffs for assignment of equol producer status? *Austin Journal of Nutrition and Food Science* 2(6):6. <http://www.austinpublishinggroup.com/nutrition-food-sciences/fulltext/ajnfs-v2-id1034.php>
11. **MK Melby** and W Takeda. (2014) Lifestyle constraints, not inadequate nutrition education, cause gap between breakfast ideals and realities among Japanese in Tokyo. *Appetite* 72:37-49. <http://dx.doi.org/10.1016/j.appet.2013.09.013>
12. GD Mishra, D Anderson, DAJM Schoenaker, H-O Adami, NE AvisD Brown, F Bruinsma, E Brunner, JE Cade, SL Crawford, AJ Dobson, J Elliott, GG Gile, EB Gold, K Hayashi, D Kuh, KA Lee, JS Lee, **MK Melby**, H Mizunuma, LL Sievert, EW Vainio. (2013) InterLACE: a New International Collaboration for a Life Course Approach to Women's Reproductive Health and Chronic Disease Events. *Maturitas* 74(3) 235-240.
13. K Taku, **MK Melby**, F Kronenberg, MS Kurzer, M Messina. (2012) Extracted or synthesized soybean isoflavones reduce menopausal hot flash frequency and severity: Systematic review and meta-analysis of randomized controlled trials. *Menopause* 19(7). 776-790.
14. *K Taku, **MK Melby**, N Nishi, T Omori, MS Kurzer. (2011) Soy isoflavones for osteoporosis: An evidence-based approach. *Maturitas* Dec; 70(4);333-8.
15. ***MK Melby** and M Lampl. (2011) Menopause: A Bio-Cultural Perspective. *Annual Review of Anthropology* 40:53-70. Available at <http://www.annualreviews.org/doi/pdf/10.1146/annurev-anthro-081309-145641>
16. *D Anderson, **MK Melby**, L Leidy Sievert, C Makhlof Obermeyer. (2011) Methods used in cross-cultural comparisons of psychological symptoms and their determinants. *Maturitas*. Oct; 70(2);120-6.
17. *L Leidy Sievert, D Anderson, **MK Melby**, C Makhlof Obermeyer. (2011) Methods used in cross-cultural comparisons of somatic symptoms and their determinants. *Maturitas*. Oct; 70(2);127-34.
18. *D Anderson, L Leidy Sievert, **MK Melby**, C Makhlof Obermeyer. (2011) Methods used in cross-cultural comparisons of sexual symptoms and their determinants. *Maturitas*. Oct; 70(2);135-40.
19. ***MK Melby**, D Anderson, L Leidy Sievert, C Makhlof Obermeyer. (2011) Methods used in cross-cultural comparisons of vasomotor symptoms and their determinants. *Maturitas*. Oct; 70(2);110-9.

20. ***MK Melby**, L Leidy Sievert, D Anderson, C Makhoul Obermeyer. (2011) Overview of methods used in cross-cultural comparisons of menopausal symptoms and their determinants: Guidelines for Strengthening the Reporting of Menopause and Aging (STROMA) Studies. *Maturitas* Oct; 70(2):99-109.
21. ***MK Melby**. (2010) Shokuiku: A holistic approach to healthy longevity and inheritance of dietary culture-- Highlights from the Shokuiku Roundtable: Foreign Perspectives. *Clinical and Functional Nutriology* 2(suppl 1):15-22.
22. K Taku, N Lin, D Cai, J Hu, X Zhao, Y Zhang, P Wang, **MK Melby**, L Hooper, M Kurzer, S Mizuno, Y Ishimi, S Watanabe. (2010) Effects of soy isoflavone extract supplements on blood pressure in adult humans: systematic review and meta-analysis of randomized placebo-controlled trials. *Journal of Hypertension* 28(10):1971-82.
23. K Taku, **MK Melby**, MS Kurzer, S Mizuno, S Watanabe, Y Ishimi. (2010) Effects of soy isoflavone supplements on bone turnover markers in menopausal women: systematic review and meta-analysis of randomized controlled trials. *Bone* 47(2):413-23.
24. K Taku, **MK Melby**, J Takebayashi, S Mizuno, Y Ishimi, T Omori, S Watanabe. (2010) Effect of soy isoflavone extract supplements on bone mineral density in menopausal women: meta-analysis of randomized controlled trials. *Asia Pac J Clin Nutr* 19(1):33-42.
25. N Ishiwata, **MK Melby**, S Mizuno, S Watanabe. (2009) New equol supplement for relieving menopausal symptoms: Randomized placebo-controlled trial by Japanese women. *Menopause* 16(1):141-8.
26. S Watanabe, **M Melby**, N Aiba. (2009) Food safety and food labeling from the viewpoint of the consumers. *Asia Pac J Clin Nutr* 18(4):532-7.
27. **MK Melby**, M Utsugi, M Miyoshi, S Watanabe. (2008) Overview of Nutrition Reference and Dietary Recommendations in Japan: Application to Nutrition Policy in Asian Countries. *Asia Pacific Journal of Clinical Nutrition* 17 (S2)394-8.
28. **MK Melby**. (2007) Chilliness: A vasomotor symptom in Japan. *Menopause* 14(4):1-8.
29. **MK Melby**. (2006) Climacteric symptoms among Japanese women and men: comparison of 4 symptom checklists. *Climacteric* 9:298-304.
30. MF Moloney, O Strickland, S DeRossett, **MK Melby**, A Dietrich. (2006) The experience of perimenopausal women with migraines. *Journal of Nursing Scholarship* 38(3): 278-285.
31. **MK Melby**. (2005) Vasomotor symptom prevalence and language of menopause in Japan. *Menopause* 23(3): 250-7. With associated editorial: M. Lock. Cross-cultural vasomotor symptom reporting: conceptual and methodological issues. *Menopause* 23(3): 239-41.
32. **MK Melby**, S Watanabe, PL Whitten, CM Worthman. (2005) Sensitive High-Performance Liquid Chromatographic Method Using Coulometric Electrode Array Detection for Measurement of Phytoestrogens in Dried Blood Spots. *Journal of Chromatography* 826: 81-90.
33. **MK Melby**. (2005) Factor analysis of climacteric symptoms in Japan. *Maturitas* 52:205-222.
34. ***MK Melby**, M Lock, P Kaufert. (2005) Culture and symptom reporting at menopause. *Human Reproduction Update* 11(5): 495-512.

35. **MK Melby**, M Murashima, S Watanabe. (2004) Phytochemical intake and relationship to past health history in Japanese women. *Biofactors* 22:265-9.
36. X-G Zhuo, **MK Melby**, S Watanabe. (2004) Soy isoflavone intake lowers serum LDL cholesterol: A meta-analysis of 8 randomized controlled trials in humans. *Journal of Nutrition* 134(9):2395-2400.
37. HB Patisaul, **M Melby**, PL Whitten, LJ Young. (2002) Genistein affects ER beta- but not ER alpha-dependent gene expression in the hypothalamus. *Endocrinology* 143(6):2189-97.
38. GL Shaw, **MK Melby**, DM Horowitz, J Keeler, and JKM Sanders. (1994) Nuclear magnetic resonance relaxation studies of poly(hydroxybutyrate) in whole cells and in artificial granules. *Int. J. Biol. Macromol* 16(2): 59-63.

Under Review

1. W Takeda, **MK Melby**. Who eats with family and how often? Household and time determinants of family meals in urban Japanese households. *Appetite*.
2. **MK Melby**, W Takeda, Y Ishikawa. Causes of obesity and metabolic syndrome in Japan: Lay public-dietitian gaps in understandings. *Public Health Nutrition*.

In Preparation Articles

1. **MK Melby**, W Takeda, Y Ishikawa. *Metabo* as a Social Disease: Lay people and health practitioners' cultural models of metabolic syndrome and obesity in Japan. To be submitted to *Social Science & Medicine*.
2. DK Mukaz, **MK Melby**, MA Papas. Diabetes in African migrants to the Developed World. *Journal of Immigrant and Minority Health*
3. **MK Melby**, G Yamada, P Surkan. Influence of maternal and pregnancy factors on birthweight is modified by fetal sex and varies by birthweight quantile.
4. **MK Melby**, G Yamada, P Surkan. One Size Does Not Fit All: Gestational Weight Gain Guidelines Require Modification by Ethnicity. *Asia Pacific Journal of Public Health*
5. **MK Melby** et al. Complementary and Alternative Medicine Use: Comparison of Patients in Western vs. Japanese Herbal (*Kampo*) Medicine Clinics in Japan.
6. **MK Melby** et al. Integrated Health and Patient Satisfaction: Comparison of Western and Traditional Japanese Herbal (*Kampo*) Medicine in Japan
7. **MK Melby**. Meanings of Menopause in Japan: Individual Women's Changing Definitions of 'the Change'. To be submitted to *Anthropology & Medicine*.
8. **MK Melby**. Variation in menopausal symptoms by varying time windows: comparison of 2-week and 4-week symptom frequencies based on daily diaries of Japanese women. To be submitted to *Menopause or Climacteric*
9. P Surkan, G Yamada, **MK Melby**. Maternal and infant factors predicting age 6 BMI in Japan.

10. S Noazin, **MK Melby**, G Yamada, P Surkan. Patterns of infant growth: 6 month inflection point predicts later childhood weight in Japan. To be submitted to *American Journal of Human Biology*.
11. Food-Related *Shitsuke* (manners) and the relationship to Obesity and Metabolic Syndrome in Japan.

Book chapters

1. W Takeda, C Banwell, K Setiloane, **MK Melby**. (*in press*: 2018). Ch 14. Beyond Nutrition: Case studies of sugar and meat from Australia, Japan, Thailand and Nigeria. In: Food and Public Health. A. Karpyn (ed). Oxford University Press.
2. * **MK Melby** and M Mauger. (2016) Ch 2. Effects of Agriculture on Environmental and Human Health: Opportunities for Anthropology. In: A Companion to the Anthropology of Environmental Health. M Singer (ed). Wiley-Blackwell. p. 44-67. ISBN: 978-1-118-78699-4
3. * **MK Melby**, 石川裕太, 富永国比古. (2015) ベジタリアンは長寿か—アンチエイジング (抗加齢) 医学からの検証 (Vegetarianism and longevity —examination from the perspective of anti-aging medicine) In: アンチエイジング医学の基礎と臨床、第3版 Anti-aging medicine: foundation and clinical medicine (in Japanese), 3rd edition. Japanese Board of Anti-Aging Medicine Specialists and Health Practitioners, ed. Tokyo: Medical View Co. pp. 243-4.
4. * 渡邊昌, 卓興鋼, メリッサ・メルビー, 君羅満. (2011) 第4章: 生活習慣病予防とサプリメント—日本人のフィトケミカルの摂取量と健康影響—(Lifestyle disease prevention and supplements—Japanese phytochemical intake and health influences). In: アンチエイジングにおけるバイオマーカーと機能性食品 —(Biomarkers and Functional Foods in Anti-Aging) 吉川敏一・大澤俊彦 (Toshikazu Yoshikawa and Toshihiko Ozawa), eds. Osaka, Japan: CMC Press. pp. 167-178.
5. * **MK Melby**, K Tominaga. (2008) ベジタリアンは長寿か—アンチエイジング (抗加齢) 医学からの検証 (Vegetarianism and longevity —examination from the perspective of anti-aging medicine) In: アンチエイジング医学の基礎と臨床 Anti-aging medicine: foundation and clinical (in Japanese). Japanese Board of Anti-Aging Medicine Specialists and Health Practitioners, ed. Tokyo: Medical View Co. pp. 234-5.
6. 渡邊昌, 卓興鋼, メリッサ・メルビー, 君羅満. (2006) 第4章: 生活習慣病予防とサプリメント (Lifestyle disease prevention and supplements). In: アンチエイジングと機能性食品—今なぜバイオマーカーか—(Anti-aging and Functional Foods—Why Biomarkers Now?) 吉川敏一・大澤俊彦 (Toshikazu Yoshikawa and Toshihiko Ozawa), eds. Osaka, Japan: CMC Press. 234pp.
7. X-G Zhuo, **MK Melby**, S Watanabe. (2006) Soy isoflavones and health. In: Phytoestrogens in functional foods. F Yildiz, ed. Boca Raton: CRC Press. pp. 243-262.

8. S Watanabe, X-G Zhuo, **MK Melby**, N Ishiwata. (2005) Systematic review of intervention studies using isoflavone supplements and proposal for future studies. In: Soy in Health and Disease Prevention. M. Sugano, ed. New York: Marcel Dekker and CRC Press. Pp. 87-106.
9. Carol M. Worthman and **Melissa K. Melby**. (2002) Toward a comparative developmental ecology of human sleep. Ch. 6 In: Adolescent Sleep Patterns: Biological, Social, and Psychological Influences. Mary A. Carskadon, ed. New York: Cambridge University Press. P. 69-117.

Letters to the Editor and Responses to Letters

1. F Kronenberg, **MK Melby**, M Messina, MS Kurzer, K Taku, WH Utian. (2013) Soy isoflavones and vasomotor symptom-related quality of life. *Menopause* 20(5): 588-9.
2. M Messina, **MK Melby**, F Kronenberg, MS Kurzer, K Taku. (2013) In Reply (to S.V. Jargin's Letter to the Editor regarding our 2012 meta-analysis). *Menopause* 20(3): 359-361.
3. K Taku, N Lin, D Cai, J Hu, X Zhao, Y Zhang, P Wang, **MK Melby**, L Hooper, M Kurzer, S Mizuno, Y Ishimi, S Watanabe. (2011) Does soy isoflavone extract improve blood pressure? Reply. *Journal of Hypertension* 29(2):401-402.

Published Reports

1. MK Melby, S Watanabe. (2010) Shokuiku: A Holistic approach to healthy longevity and inheritance of dietary culture. Highlights from the Shokuiku Roundtable: Foreign Perspectives. What We Know From Shokuiku. Cabinet Office of Japan. March 2010. http://www8.cao.go.jp/syokuiku/data/eng_pamph/pdf/pamph4.pdf
2. S Watanabe, MK Melby, K Taku. (2006) Phytochemical intake and influences on health among Japanese. Fuji Foundation for Promotion of Protein Research. *Soy Protein Research, Japan* 9: 138-46.
3. MK Melby and S Watanabe. (2005) Regional differences in soy isoflavone intake and dried blood spot concentrations and relationship to health outcomes. Fuji Foundation for Promotion of Protein Research. *Soy Protein Research, Japan* 8: 133-7.
4. MK Melby, H Honjo, Y Watanabe. (2004) Biological and cultural influences on menopause (kounenki) in Japan. Basic and epidemiological research on the practical use of hormone replacement therapy for women's health and longevity. Three year report. Japanese Ministry of Health, Labor and Welfare, Research Report. March 2004. P. 2-15.
5. MK Melby, H Honjo, Y Watanabe. (2004) Biological and cultural influences on menopause (kounenki) in Japan. Basic and epidemiological research on the practical use of hormone replacement therapy for women's health and longevity. Third annual report. Japanese Ministry of Health, Labor and Welfare, Research Report. March 2004. P. 19-30.
6. MK Melby, H Honjo, Y Watanabe. (2003) Biological and cultural influences on menopause (kounenki) in Japan. Basic and epidemiological research on the practical use of hormone replacement therapy for women's health and longevity. Second annual report. Japanese Ministry of Health, Labor and Welfare, Research Report. March 2003. P. 19-24.

7. **MK Melby, H Honjo, Y Watanabe.** (2002) Biological and cultural influences on menopause (kounenki) in Japan. Basic and epidemiological research on the practical use of hormone replacement therapy for women's health and longevity. First annual report. Japanese Ministry of Health, Labor and Welfare, Research Report. March 2002. P. 18-46.

Conference Proceedings

1. **MK Melby.** (2007) Methodology for cross-cultural comparisons and local assessment of menopausal symptom reporting. Proceedings of the XV International Congress of the International Society of Psychosomatic Obstetrics and Gynecology. Journal of Psychosomatic Obstetrics & Gynecology. 28 (suppl 1): 161-164.
2. **MK Melby.** (2007) Psychological symptoms during the climacteric in Japanese women. Proceedings of the XV International Congress of the International Society of Psychosomatic Obstetrics and Gynecology. Journal of Psychosomatic Obstetrics & Gynecology. 28 (suppl 1): 165-169.

Published Abstracts

1. **MK Melby.** (2012) Variation in menopausal symptoms by varying time windows: Comparison of 2-week and 4-week symptom frequencies based on daily diaries of Japanese women. Am. J. Hum Biol. 24 (2): 235.
2. K Taku, N Lin, D Cai, J. Hu, X. Zhao, Y. Zhang, P. Wang, **MK Melby**, L Hooper, MS Kurzer, S Mizuno, Y Ishimi, S Watanabe. (2010) Effects of soy isoflavone extract supplements on blood pressure in adult humans: systematic review and meta-analysis of randomized placebo-controlled trials. Atherosclerosis Supplements 11(2): 212.
3. K Taku, N Aoki, **MK Melby**, et al. (2009) Effects of constituent and extracted soy isoflavones on blood lipid profiles: meta-analysis of randomized controlled trials. Annals of Nutrition and Metabolism 55 (Suppl. 1): 679.
4. K Taku, **MK Melby**, J Takebayashi, S Mizuno, Y Ishimi, T Omori, S Watanabe. (2009) Isolated soy isoflavone supplements for postmenopausal bone loss: systematic review and meta-analysis of randomized controlled trials. Annals of Nutrition and Metabolism 55 (Suppl. 1): 446-7.
5. K Taku, **MK Melby**, J Takebayashi, S Mizuno, Y Ishimi, T Omori, S Watanabe. (2009) Isolated soy isoflavone supplements for postmenopausal bone loss: systematic review and meta-analysis of randomized controlled trials. J Bone Miner Res 24 (Suppl 1SU0306):S322.
6. **MK Melby.** (2007) Methodology for cross-cultural comparisons and local assessment of menopausal symptom reporting. Journal of Psychosomatic Obstetrics & Gynecology. 28 (suppl 1): 25.
7. **MK Melby.** (2007) Psychological symptoms during the climacteric in Japanese women. Journal of Psychosomatic Obstetrics & Gynecology. 28 (suppl 1): 53.

8. S Uesugi, N Ishiwata, K Ouchi, **M Melby**, S Watanabe. (2004) Association with equol production and effect of isoflavone treatment on bone mineral density and climacteric symptoms in Japanese women. *The Journal of Nutrition*: 134(5):1283S.
9. N Ishiwata, S Uesugi, M Uehara, **M Melby**, S Watanabe. (2004) Effects of soy isoflavones on premenstrual syndrome. *The Journal of Nutrition*: 134(5):1281S.
10. **MK Melby** and EO Smith. (1999) PMS: A bioculture-bound syndrome. *Am. J. Phys. Anth. Suppl.* 28:200.
11. **MK Melby** and CM Worthman. (1997) Comparative human chronobiology: how people spend the other third of their lives. *Am. J. of Phys. Anth. Suppl.* 24:168.

UNPUBLISHED DISSERTATIONS and THESES

- 1992 Application of Lanthanide Ion Luminescence to an Investigation of the Roles of the Metal Cations in Xylose Isomerase
- 1993 Studies of Bacterial Polyhydroxyalkanoates
- 1994 Biodiversity, indigenous knowledge and property rights: The role of ethnobotany in conservation and development
- 2007 Biocultural Approaches to the Study of the Local Biology of Menopause in Japan

UNPUBLISHED REPORTS

- 2014 Expert Witness Report for class action suit on menopausal symptoms and soy isoflavones

RESEARCH GRANTS (Total approximately \$774,974 USD)

External Grants (Total approximately \$647,408 USD)

- 2011-14 Abe Fellowship, Social Science Research Council and Japan Foundation Center for Global Partnership (\$108,703) “Minding the Gap: Measuring Divergence in Understandings of Dietary Problems, Causes and Solutions between Experts and the Public in the US and Japan”
Role: PI
- 2009-13 Wenner-Gren Foundation for Anthropological Research. (Gr. 7902; \$25,000) “Developmental Origins of Metabolic Syndrome: Study Utilizing the Japanese Maternal and Child Health Handbook”
Role: PI
- 2005-6 Fuji Foundation for Promotion of Protein Research. (approx. \$10,000) “Phytochemical intake and influences on health among Japanese”
Role: PI

- 2004-5 Fuji Foundation for Promotion of Protein Research. (approx. \$10,000)
 “Regional differences in soy isoflavone intake and dried blood spot concentrations and relationship to health outcomes”
 Role: PI
- 2004 Mary Ellen A. Sarbaugh Grant for Research on Women’s Health. (\$5055)
 “Women’s Health in Japan”
 Role: PI
- 2004 Ministry of Health, Labour and Welfare (Japan) (Cancer Prevention and Health Services H15-Cancer Prevention-061; approx. \$5000) “Biological and Cultural Influences on Menopause (*Kōnenki*) in Japan”
 Role: PI of subcontract, with H Honjo
- 2002-2003 Ministry of Health, Labour and Welfare (Japan) (Cancer Prevention and Health Services Health Services; H13-Health-015; approx. \$10,000 for 2 years)
 “Biological and Cultural Influences on Menopause (*Kōnenki*) in Japan”
 Role: PI of subcontract, with H Honjo
- 2002–2005 National Institute of Health National Center for Complementary and Alternative Medicine National Research Service Award (1 F31 AT01041-01; \$72,467) “Influence of Soy Consumption on Menopause in Japan”
 Role: NRSA Fellow
- 2001-2007 National Science Foundation Senior Research Grant (BCS-0117097; \$369,183)
 “Biological and Cultural Influences on Menopause (*Kōnenki*) in Japan”
 Role: Co-I with C Worthman and P Whitten
- 2001 Wenner-Gren Foundation for Anthropological Research Dissertation Award. (Gr. 6725; \$20,000) “Cultural and Biological Influences on Menopause (*Koonenki*) in Japan”
- 2000 Woodrow Wilson - Johnson & Johnson Dissertation Grant for Women’s Health. (\$2000) “Biological and Cultural Influences on Menopause (*Koonenki*) in Japan”

Institutional and/or Internal Grants (Total approximately \$127,566 USD)

- 2017 University of Delaware NSF I-Corps Sites Program. *Snuggle Time Garment (to promote kangaroo care in the NICU)*. Co-I, with A Clarke-Sather (PI) (\$3000)
- 2016-17 University of Delaware Institute for Global Studies Global Exchange Program Grant. *Patient Perception, Satisfaction and Use of ‘Alternative’ Medicine in Japan*. Role: PI (\$3000)
- 2015-16 Johns Hopkins University Population Center Pilot Grant (via NICHD grant #R24HD042854). *Preliminary Analyses on Developmental Origins of Childhood Metabolic Syndrome*. Role: Co-I, with P Surkan (\$10,000)

- 2015-17 University of Delaware Center for Global and Area Studies (CGAS) Grant. *Patient Satisfaction and the Use of 'Alternative' Medicine in Japan, China, and the US*. Role: PI (\$3000)
- 2015 University of Delaware ADVANCE Faculty Mini-Grant. *Multigenerational Influences on Developmental Origins of Childhood Metabolic Syndrome and Obesity in Japan*. Role: PI (\$2000).
- 2014-15 ACCEL Research Retreat. *Statistical Research in Differential Privacy*. Role: Co-I, with N Attoh-Okine (\$10,000)
- 2012-14 University of Delaware General University Research (GUR) Grant. *Developmental origins of metabolic syndrome: Study utilizing the Japanese Maternal-Child Health Handbook*. Role: PI. (\$6000)
- 2012-13 University of Delaware Institute for Global Studies International Research Award. *Minding the Gap: Measuring divergence in understandings of dietary problems, causes and solutions between experts and the public in the US and Japan*. Role: PI. (\$9566)
- 2010-11 Shokuiku Project Annual Research Budget. Intramural funding (approx. \$28,000) for “Consensus Analysis of Cultural Domains related to Shokuiku”
Role: Project Leader
- 2009-10 Shokuiku Project Annual Research Budget. Intramural funding (approx. \$28,000) for “Consensus Analysis of Cultural Domains related to Shokuiku” and “Developmental Origins of Metabolic Syndrome: Study Utilizing the Japanese Maternal and Child Health Handbook”
Role: Project Leader
- 2008-9 Shokuiku Project Annual Research Budget. Intramural funding (approx. \$28,000) for “Consensus Analysis of Cultural Domains related to Shokuiku” and “Developmental Origins of Metabolic Syndrome: Study Utilizing the Japanese Maternal and Child Health Handbook”
Role: Project Leader
- 2001 Emory University Graduate School of Arts and Sciences Fund for Internationalization. “Biological and Cultural Influences on Menopause (*Koonenki*) in Japan”

TEACHING GRANTS

- 2017 Provost’s Initiative for Excellence and Innovation in E-Learning: Development of a fully online Master’s of Public Health (MPH) in Population Health (Adam Davey, PI, Melissa Melby, Co-PI, Freda Patterson, Co-I)
- 2016 Curriculum Development Grant: Integrative Curriculum Development Grant. Developed case study based on my 2016 STEGH publication in *Academic Medicine for HLTH241: Ethical Aspects of Healthcare*. In collaboration with Leslie Allshouse (Medical Laboratory Sciences), Carolee Polek (Nursing), William Rose (KAAP).
- 2015 Center for Teaching Effectiveness Grant to cover training in Critical Thinking Assessment Test (CAT) <https://www.tntech.edu/cat>

CONFERENCE ORAL PRESENTATIONS & PAPERS

(* = Peer-invited; Names of students whom I have supervised or mentored are underlined)

- 2017* **MK Melby**. ‘Norming Americans and the importance of BMI: Sins of omission in gestational weight gain guidelines.’ For panel: Ethnographic Examinations of Global Maternal and Child Health Policy and Practice. American Anthropological Association 116th Annual Meeting. Washington, DC. 2 Dec.
- 2017 **MK Melby**, Y Ishikawa, W Takeda. “Obesity and Metabolic Syndrome Policy in Japan: Gender and occupational divisions in explanatory models of causal factors.” American Public Health Association 145th Annual Meeting. Atlanta, GA. 6 Nov.
- 2017 DK Mukaz, MA Papas, **MK Melby**, Y Commodore-Mensah, K Setiloane. “Diabetes among African Migrants to the United States: Analysis of the National Health Survey 2010-2014.” United States Conference on African Immigrant Health. 5th Annual Meeting. Washington, DC/Crystal City, VA. 6 Oct.
- 2016* **MK Melby**, Y Ishikawa, W Takeda, G Yamada, PJ Surkan. “Expanding Waistlines Obscure Receding Waistlines: What Evidence Do We Examine For Dietary Influences on Obesity and Chronic Disease Inequality in Japan?” For panel: “Critical Biocultural Approaches to the Embodiment of Inequality: Evidence, Methods, and Theory from Three Generations of Scholars.” American Anthropological Association 115th Annual Meeting. Minneapolis, MN. 19 Nov 2016.
- 2016 **M Melby**, C Prater, O Khan, LC Loh, HC Lin, J Evert. “Transforming ‘medical missions’ to ethical impact-driven short-term experiences in global health (STEGHs).” American Public Health Association 144th Annual Meeting. Denver, CO. 31 Oct 2016.
- 2015 **MK Melby**, R Xie, T Ilvento. “Quantile Regression Estimates of Birth Weight Responses to Maternal and Pregnancy Characteristics in Japan.” 40th Annual Meeting of the Human Biology Association. St. Louis, MO. 26 Mar 2015.
- 2014 C Prater, L Loh, J Evert, O Khan, **M Melby**, HC Lin. “Evolution of ‘Medical Missions’ into Short-term Experiential Education in Global Health.” American Public Health Association 142nd Annual Meeting. New Orleans, LA. 17 Nov 2014.
- 2014* **MK Melby**. “Varieties of Menopausal Experience: Lessons from Japan.” *Invited talk* at New Directions in Social Studies of Medicine, Science and Ethics: Conference Honoring Margaret Lock. Princeton University, Princeton, NJ. 14 Mar 2014.
- 2014* **MK Melby**. “Minding the Gap: Measuring Divergence in Understandings of Dietary Problems, Causes and Solutions between Experts and the Public in the US and Japan.” *Invited talk* at Abe Fellows’ Retreat. Tarrytown, NY. 18-20 Jan 2014.
- 2013 **MK Melby**, Y Ishikawa, W Takeda. “Explanatory Models of Metabolic Syndrome: Perspectives From Dietitians vs. Lay Populations in Two Regions of Japan.” American Anthropological Association annual meeting, Chicago, IL.

- 2013* **MK Melby.** “Eating Education and Community Support: Work-life balance constraints and support related to healthy dietary lifestyle.” *Invited Plenary Lecture* delivered 12 June 2013 at the 8th Asia Pacific Conference on Clinical Nutrition, in Tokyo, Japan.
- 2012* **MK Melby.** 食習慣問題と原因・解決の理解における専門家と一般市民の違いについて (Minding the Gap: Measuring Divergence in Understandings of Dietary Problems, Causes and Solutions between Experts and the Public) *Invited talk.* Delivered on 28 July 2012 at 京都大学の健康情報学分野 同門会 (Kyoto University Health Informatics Annual Conference) in Kyoto, Japan. (in Japanese)
- 2012 **MK Melby.** “Shokuiku ideals and realities: Lifestyle constraints influencing discordance between ideal and actual eating habits” Asian Studies Conference Japan. Tokyo, Japan, 30 June 2012.
- 2011* W Takeda, S Watanabe, **MK Melby.** “Japanese Approaches to *Shokuiku* (food and nutrition education).” *Invited talk* delivered on my behalf on 8 June 2011 in Symposium 23: Linkage between Community Nutrition and Clinical Nutrition I at The 7th Asia Pacific Conference on Clinical Nutrition, Bangkok, Thailand.
- 2011* S Watanabe, N Ishiwata, **MK Melby.** “Soy Isoflavones and Women’s Health.” *Invited talk* delivered on my behalf on 8 June 2011 in Symposium 29: Nutraceutical and Vegetarianism in Clinical Nutrition at The 7th Asia Pacific Conference on Clinical Nutrition, Bangkok, Thailand.
- 2010* **MK Melby.** “Menopause in cross-cultural perspective: Variation in experience and alternative medicine approaches” *Invited plenary lecture.* Delivered on 3 October 2010 at The 25th Meeting of the Japanese Menopause Society, Kagoshima, Japan, 2-3 October 2010.
- 2008* **MK Melby.** “Varieties of Menopausal Experience: Anthropological Lessons from Japan” *Invited plenary lecture.* Delivered on 15 November 2008 at The 23rd Meeting of the Japanese Menopause Society, Tokyo, Japan, 15-16 November 2008.
- 2008* **MK Melby.** “Varieties of Menopausal Experience and Relationship to Soy: Lessons from Japan.” *Invited talk* at Symposium on “Hormone, Menopause and Mood.” Delivered on 9 November 2008 at The 8th International Symposium on the Role of Soy in Health and Disease Prevention and Treatment, Tokyo, Japan, 9-12 November 2008.
- 2007* **MK Melby.** “Methodology for cross-cultural comparisons and local assessment of menopausal symptom reporting.” *Invited talk* at Symposium on “Menopause.” Delivered on 14 May 2007 at The XV International Congress of The International Society of Psychosomatic Obstetrics and Gynecology, Kyoto, Japan, 13-16 May 2007.
- 2007* **MK Melby.** “Psychological symptoms during the climacteric in Japanese women.” *Invited talk* at Workshop on “Anxiety and depressive mood in relation to the onset of psychosomatic diseases associated with life cycles in Japanese women.” Delivered on 14 May 2007 at The XV International Congress of The International

- Society of Psychosomatic Obstetrics and Gynecology, Kyoto, Japan, 13-16 May 2007.
- 2006* **MK Melby**. “Cross-cultural comparisons of menopause and climacteric in Japan.” *Invited talk* at NIH-funded Workshop on “Cross-cultural Comparisons of Midlife, Aging, and Menopause,” Boston, Massachusetts, May 10-12, 2006
- 2005 **MK Melby**. 大豆イソフラボン摂取と健康影響について(Soy isoflavone intake and health effects) 不二たん白質研究振興財団第8回研究報告会(Fuji Foundation for Promotion of Protein Research, Eighth Research Symposium). Osaka, Japan. (in Japanese) May 19-20, 2005
- 2005 **MK Melby**. “Untranslatable Menopause: The challenges of understanding menopause across cultures.” Japan Anthropology Workshop. Mar 17-21, Hong Kong.
- 2003 **MK Melby**, JM Zeserson, M Lock. “From embodied experience to reported symptom: the language of menopause in Japan.” American Anthropological Association annual meeting, Chicago, IL.
- 2001 MF Moloney and **M Melby**. "Trading tampons for pills: The lived experience of perimenopausal women with migraines." Society for Menstrual Cycle Research. Avon, CT.
- 2000 **MK Melby**, and EO Smith. PMS: Fact or Fiction. Association for Politics and the Life Sciences annual meeting. Washington, D.C.
- 2000 **MK Melby**, RA Brown, and EO Smith. Jealousy and Guilt: Different Dimensions of Reproductive Behavior. European Society for Sociobiology meeting, Wash., D.C.
- 1999 **MK Melby** and EO Smith. “PMS: A bioculture-bound syndrome.” American Association of Physical Anthropology Meetings, Columbus, OH, April 27-30.
- 1997 CM Worthman and **MK Melby**. “Toward a comparative socioecology of sleep.” Presented at a conference on Contemporary Perspectives on Adolescent Sleep Patterns, Marina del Rey, CA, April 17-20.

CONFERENCE POSTER PRESENTATIONS

(Underlined names indicate co-authors who were students or trainees at the time the publication was written and/or research conducted)

- 2017 D Kamin Mukaz, **M Melby**. Acculturation and diabetes among Congolese migrants to the United States. American Public Health Association 145th Annual Meeting. Atlanta, GA. 6 Nov.
- 2016 **MK Melby**, G Yamada, PJ Surkan. Can the effects of inadequate gestational weight gain on small-for-gestational age risk be buffered by sociocultural factors? Maternal and Child Health Program. American Public Health Association 144th Annual Meeting. Denver, CO. 30 Oct.

- 2014 OA Khan, J Evert, L Loh, **M Melby**, C Prater, H Lin. The evolution of ‘medical missions’ into short-term experiential education in global health: implications for learners and practitioners. Presented at the 5th annual Consortium of Universities for Global Health (CUGH) meeting Universities 2.0: Advancing Global Health in the Post-MDG Era. Washington, DC. 10-12 May.
- 2012 **MK Melby**. “Variation in menopausal symptoms by varying time windows: comparison of 2-week and 4-week symptom frequencies based on daily diaries of Japanese women.” Human Biology Association, Portland, OR. 11-14 April.
- 2011 **MK Melby**, M Bard, D Childs, G DiPasquantonio, R Fiacco, D Reyes. “Connections between Environmental & Human Health: Classroom-Community Service Learning” Mid-Atlantic Regional Institute on Sustainability in Higher Education. 4 Nov Newark, Delaware.
- 2009 K Taku, N Aoki, **MK Melby**, Y Ishimi, S Watanabe. “Effects of constituent and extracted soy isoflavones on blood lipid profiles: meta-analysis of randomized controlled trials.” 19th International Congress of Nutrition 4-9 Oct Bangkok, Thailand.
- 2009 K Taku, **MK Melby**, J Takebayashi, S Mizuno, Y Ishimi, T Omori, S Watanabe. “Isolated soy isoflavone supplements for postmenopausal bone loss: systematic review and meta-analysis of randomized controlled trials.” 31st American Society for Bone and Mineral Research 11-15 Sept Denver, CO.
- 2008 **MK Melby** and S Watanabe. “Is it possible to assign equol producer phenotype based on singlicate blood samples?” The 8th International Symposium on the Role of Soy in Health and Disease Prevention and Treatment, Tokyo, Japan, 9-12 November 2008.
- 2004 Tetsuya Negishi, Yuki Negishi, Satomi Koyoshi, Risa Goto, Ryoko Shimura, Emi Nishitani, Hanada Chie, Megumi Murashima, **Melissa Melby**, Xing-Gang Zhuo, Mitsuru Kimira, and Shaw Watanabe. “Comparison of Phytochemical Intake from Three Regions of Japan.” Worldnutra 2004 5th International Conference and Exhibition on Nutraceuticals and Functional Foods. Nov 7-10, San Francisco, CA.
- 2004 Rie Kumij, Yumi Ii, Reiko Yoneda, Chiaki Honda, Tomoko Suzuki, Hiroko Ohyama, Emi Maeda, **Melissa Melby**, and Shaw Watanabe. “Safety of Isoflavone Supplement.” Worldnutra 2004 5th International Conference and Exhibition on Nutraceuticals and Functional Foods. Nov 7-10, San Francisco, CA.
- 2003 **M Melby**, M. Murashima, J. Kita, J. Tada, M. Ito, M. Shirakawa, S. Watanabe. “Seasonal changes in phytochemical intake among Japanese women.” International Conference on Food Factors (ICoFF), Tokyo, Japan.
- 2003 S Uesugi, N Ishiwata, K Ouchi, **M Melby**, and S Watanabe. “Association between equol production and effect of isoflavone treatment on bone mineral density and climacteric symptoms in Japanese women.” 5th International Symposium on the Role of Soy in Preventing and Treating Chronic Disease. Orlando, FL, Sept 21-25.

- 2001 MF Moloney, **M Melby**, and A De. "Use of a daily headache/menses diary in research involving perimenopausal women with migraines." Society for Menstrual Cycle Research. Avon, CT.
- 1997 **MK Melby** and CM Worthman. Comparative human chronobiology: how people spend the other third of their lives. American Association of Physical Anthropology Meetings, St. Louis, MO April 2-5.
- 1995 **M Melby** and L German. "Motivations and Values Influencing Behavior and Practices of Home Gardeners in Athens, GA: Effects on Biodiversity." Presented at Ethnoecology Conference, UGA, Athens, GA, April 7-8.

CONFERENCE, SYMPOSIUM AND PANEL CHAIR/ORGANIZER

- 2013 **MK Melby**. Organized and chaired panel on "Anthropology's role in the future of public health nutrition: current understandings and methodological approaches toward the study of diet-related health and chronic disease" on 21 Nov 2013 at the American Anthropological Association annual meeting, Chicago, IL.
- 2012 **MK Melby**. Organized and chaired panel on "Public health nutrition discourses as social discourses: Understanding Japan through the lens of *Shokuiku*" on 30 June 2012 at the Asian Studies Conference Japan, Tokyo, Japan.
- 2007 **MK Melby** and T. Ohkura. Co-chaired symposium on "Menopause" on 14 May 2007 at The XV International Congress of The International Society of Psychosomatic Obstetrics and Gynecology, Kyoto, Japan, 13-16 May 2007.
- 1994 **MK Melby** and T Lenton. Science for the Earth. King's College, Cambridge University. Brought renowned environmental scholars to engage with students, the public, and the press. Supported by King's College, and Scientists for Global Responsibility (SGR)

FIELD WORK

- 2016 Tokyo, Japan. 1 month. Keio University Hospital and Kampo Center. Patient Satisfaction and the Use of 'Alternative' Medicine in Japan.
- 2015 Nagano, Japan. 1 month. Feasibility study
- 2013 Tokyo, Japan. 4 months. Measuring Divergence in Understandings of Dietary Problems, Causes and Solutions between Experts and the Public in Japan. Funded (Abe Fellowship)
- 2012-2013 Kyoto, Japan. 9 months. Measuring Divergence in Understandings of Dietary Problems, Causes and Solutions between Experts and the Public in Japan. Funded (Abe Fellowship)

- 2011-2012 Newark, DE, USA 2-3 months (part-time). Pilot study. Measuring Divergence in Understandings of Dietary Problems, Causes and Solutions between Experts and the Public in the U.S. Not funded.
- 2009-11 Tokyo, Japan. 24 months (part--time). Shokuiku-related (food and nutrition education) cultural domains (dietary problems, causes and solutions) among laypeople in Japan. Funded (National Institute of Health and Nutrition)
- 2009 Saku, Nagano Prefecture, Japan. 3 data collection fieldtrips. Developmental Origins of Metabolic Syndrome: Study Utilizing the Japanese Maternal and Child Health Handbook. Funded (Wenner-Gren and National Institute of Health and Nutrition)
- 2001-3 Kyoto and Fukushima prefectures, Japan. 25 months. Biological and Cultural Influences on Menopause (*Kōnenki*) in Japan. Funded (NSF; NIH; Wenner-Gren; Woodrow-Wilson-Johnson & Johnson; Ministry of Health, Labour and Welfare (Japan); Mary Ellen A. Sarbaugh Grant for Research on Women's Health; Emory University)
- 1999 Kanazawa, Japan. 2 months. Midlife symptoms among women and men. Self-funded.
- 1999-2001 Atlanta, GA. Part-time over 2 years. Menopause and Migraines Research Project funded by NIH R-15 NR05303 (Academic Research Enhancement Award to PI Margaret F. Moloney, RN, PhD, Emory University)
- 1998 Atlanta, GA Part-time. Self-esteem among African-American girls engaged in dance. Self-funded

LABORATORY WORK

- 2003-5 Development of high-performance liquid chromatographic coulometric electrode array detection (HPLC-CEAD) method for measuring dietary phytoestrogens in dried blood spots, as well as nutritional epidemiological analyses. Funded by US NSF and NIH; Fuji Foundation for Promotion of Research). Tokyo University of Agriculture, Japan. 20 months.
- 1999-2001 Development of Time-resolved fluoroimmunoassay (TR-FIA) method for measurement of soy phytoestrogens in dried blood spots. Laboratory of Comparative Human Biology (under supervision of Carol Worthman, PhD) Department of Anthropology, Emory University, Atlanta, GA.
- 1999 Study of time-resolved fluoroimmunoassay (TR-FIA) methods. Folkhälsan Research Center (under supervision of Herman Adlercreutz, MD, PhD), Institute of Preventive Medicine, Nutrition and Cancer and Division of Clinical Chemistry, University of Helsinki, Finland

- 1996-7 Sleep research using actigraphy; focus on patterns and effects of co-sleeping. Laboratory of Comparative Human Biology (under supervision of Carol Worthman, PhD), Department of Anthropology, Emory University, Atlanta, GA; and Chronobiology and Sleep Research Laboratory (under supervision of Mary Carskadon, PhD), Brown University, Providence, RI
- 1996 Analysis of stress and cortisol among caregivers of people with Alzheimer's. Laboratory of Comparative Human Biology (under supervision of Joy Stallings, PhD), Department of Anthropology, Emory University, Atlanta, GA
- 1995 Textile Chemistry, Department of Textiles, Merchandising and Interiors, College of Family and Consumer Sciences, University of Georgia, Athens, GA
- 1992-3 Nuclear magnetic resonance studies of biodegradable polymers (polyhydroxybuterate and polyhydroxyvalerate). Department of Chemistry (under supervision of Jeremy KM Sanders, PhD), Cambridge University and Imperial Chemical Industries
- 1991-2 Lanthanide ion luminescence studies of binding site of xylose isomerase. Department of Chemistry (under supervision of Arthur Glasfeld, PhD and Daniel Gerrity, PhD), Reed College, Portland, OR.
- 1991 Binding studies of peanut agglutinin. Department of Chemistry (under supervision of Kenneth Olsen, PhD), Loyola University of Chicago, Chicago, IL.
- 1990 Nuclear magnetic resonance studies of biological membranes. Department of Chemistry (under supervision of Ronald McClard, PhD), Reed College, Portland, OR.

TEACHING AND MENTORING

COURSES DESIGNED AND TAUGHT AT THE UNIVERSITY OF DELAWARE

Anthropology (ANTH) 488 Tutorial in Physical Anthropology (Biocultural and Medical focus) – covering hot topics including evolutionary medicine, stress and health, epigenetics, microbiome, and development/social evolution/life history; writing intensive course with multiple revisions of research proposal

Anthropology (ANTH)/Behavioral Health and Nutrition (BHAN) 307 Nutritional Anthropology – incorporating both natural science and social science labs focused on 'milk'

Anthropology (ANTH) 304/Behavioral Health and Nutrition (BHAN) 304 Culture, Health & Environment – incorporating service learning, critical thinking modules

Anthropology (ANTH) 302/Behavioral Health and Nutrition (BHAN) 302 Medical Anthropology – incorporating cross-college service learning and discovery and problem based learning

Anthropology (ANTH)/Behavioral Health and Nutrition (BHAN)/Plant and Soil Sciences (PLSC) 267 From Farm to Table: Food, Culture, and Nutrition. (co-taught with Prof. Sue Barton, Plant and Soil Sciences)

Anthropology (ANTH) 106/Behavioral Health and Nutrition (BHAN) 106 Introduction to Anthropology of Health– large lecture course incorporating discovery-learning research projects, small group discussion and activities and IF-AT testing

Honors Courses

ANTH 467 (now 307)

F14 - S. Leto – trained in interviewing techniques and supervised translation of questionnaires into Spanish for study on Cultural Domains related to Diet.

ANTH 304

F15 - D Tonob –mentored and supervised research design and preparation of IRB documents for study on alternative medicine and patient satisfaction in China; and preliminary literature review for invited review on alternative medicine

F11 - J Gallo –trained in interviewing techniques and conducted pilot study on Cultural Domains related to Diet.

ANTH 302

S12 - N Redfield –created Hispanic patient scenario for Healthcare Theater

S12 - E Bange – created Islamic patient scenario for Healthcare Theater

S12 - E Wilford – created African-American patient scenario for Healthcare Theater

S12 - D Steele – created Jewish patient scenario for Healthcare Theater

Summer Research

S15 – C Molloy – Research on “Sexual Assault on Campus: Assessing the Perceptions of Prevention Education and the Impacts of Stress on Re-victimization and Recovery.”

Teaching of Anthropology Course

F15 – C Molloy

F13 – N Redfield and A Dakin

Independent Study Courses

F 17 – ANTH 366 – Kayla Morrell “Evolution of Celiac Disease”. Writing review paper for submission to journal.

S16- ANTH 466 A Yekel. “Introduction to YOUR Health”. Creating course syllabus and lesson plans for 1 credit first year experience course on biocultural approaches to health.

S16- ANTH 366 S Mahiga “Anthropology Videography”. Creating documentary on Kenya.

F15 - ANTH 366 C Molloy. “Sexual Assault on Campus: Assessing the Perceptions of Prevention Education and the Impacts of Stress on Re-victimization and Recovery.”

F14 - ANTH 366 M Mauger “Human & Environmental Health Connections”. Drafted portions of a chapter entitled “Effects of Agriculture on Environmental and Human Health: Opportunities for Anthropology”, accepted for publication in a Companion to Environmental Health.

S12 - ANTH 466 L Dokovna “Fetal Alcohol Syndrome in Cross-Cultural Perspective”. Delivered lecture in Anth 203 Medical Anthropology on her work.

LECTURES IN JAPANESE UNIVERSITY COURSES (2001-13)

Cross-Cultural Variation in Menopause
Food Politics
Health and Nutrition Policy
Maternal-Child Health and Breastfeeding
Nutritional Epidemiology

ADVISING IN JAPAN (2001-13)

Alternative health practices (Kampo)
Developmental Origins of Health and Disease (DOHaD)
Laboratory methods and analyses (HPLC)
Premenstrual Syndrome (PMS)
Public health research design
Scientific methods
Scientific writing and presentation skills
Soy isoflavones
Statistics

COURSES TAUGHT AT EMORY UNIVERSITY (1996-2000, 2006, CO-TAUGHT, OR TEACHING ASSISTANT)

ANT 230W: Medical Anthropology (co-taught with Peter Brown); writing intensive course

ANT 185: Human Nature (co-taught with Melvin Konner)

ANT 301: Sex and Evolution (teaching assistant for Neal Smith)

ANT 101: Introductory Anthropology (teaching assistant for Peggy Barlett)
(Also provided weekly one-on-one tutoring of mature student who was struggling with Introductory Anthropology)

RESEARCH SUPERVISION AND MENTORING

Junior Faculty

2016- Advisor for Abigail Clarke-Sather on 'Snuggle-Time Garment', garment to promote breastfeeding and kangaroo care in the NICU

Post-doctoral Research

2008-11 Supervisor for M. Nakade, PhD. Breakfast skipping in Japan. National Institute of Health and Nutrition

Doctoral Dissertations

2016- PhD chair for Debora Kamin Mukan, PhD Candidate in the Interdisciplinary Medical Sciences program, at the University of Delaware. Dissertation Title: Acculturation and diabetes among African migrants of the United States.

2016- PhD committee member for Chelsea Leiper, PhD Candidate in Geography, at the University of Delaware. Dissertation Title: Re-Wilding the body in the Anthropocene: Lessons from the microbiome and the paleo diet.

2011-16 PhD committee member for Wakako Takeda, National Centre for Epidemiology and Population Health, The Australian National University. Dissertation Title: Reconsidering Individualisation of Eating: A Cross-cultural analysis on determinants of commensality and solo-eating

2003-5 Advisor for X-G Zhuo, PhD Candidate at Tokyo University of Agriculture. Dissertation Project: Meta-analyses of the health effects of soy isoflavones.

2003-5 Advisor for Sayo Uesugi, PhD Candidate at Tokyo University of Agriculture. Dissertation Project: Association between equol production and effect of isoflavone treatment on bone mineral density and climacteric symptoms in Japanese women

Masters Theses

2003-5 Advisor for Megumi Murashima, Master's Candidate at Tokyo University of Agriculture. Dissertation Project: Phytochemicals and Health

2003-5 Advisor for Satoko Hosoi, Master's Candidate at Tokyo University of Agriculture. Dissertation Project: Nutritional Analysis of Human Breast Milk

Undergraduate Theses

2016-17 Chair for Dunia Tonob. Thesis study: Patient Satisfaction and Use of Complementary and Alternative Medicine in the United States and China.

2011-12 Committee member for Danny Childs. Thesis Title: A Study of Religion, Culture, and Medicine in three South American indigenous groups from three distinct ecological zones

2004-5 Mentor and advisor for the following undergraduate students' collaborative thesis: Comparison of Phytochemical Intake from Three Regions of Japan. Laboratory of Public Health Nutrition, Tokyo University of Agriculture

2004-5 Tetsuya Negishi
2004-5 Yuki Negishi
2004-5 Satomi Koyoshi
2004-5 Risa Goto
2004-5 Ryoko Shimura
2004-5 Emi Nishitani
2004-5 Chie Hanada

Mentor and advisor for the following undergraduate students' collaborative thesis: Safety of an Isoflavone Supplement. Laboratory of Public Health Nutrition, Tokyo University of Agriculture.

2004-5 Rie Kumii
2004-5 Yumi Ii
2004-5 Reiko Yoneda
2004-5 Chiaki Honda
2004-5 Tomoko Suzuki
2004-5 Hiroko Ohyama
2004-5 Emi Maeda

Mentor and advisor for the following undergraduate students' collaborative thesis: Seasonal changes in phytochemical intake among Japanese women. Laboratory of Public Health Nutrition, Tokyo University of Agriculture.

2003-4 J. Kita
2003-4 J. Tada
2003-4 M. Ito
2003-4 M. Shirakawa

Undergraduate Research Summer Scholars

2016 Mentor for Kayla Morrell. Supervised *Anthropology of Celiac Disease* project.
2015 Mentor for Catherine Molloy. Supervised project entitled: *Sexual Assault on Campus: Assessing the Perceptions of Prevention Education and the Impacts of Stress on Reporting and Recovery*.

Other Mentoring/Advising/Tutoring

2014-17 Mentor for Dunia Tonob. Assisted with research design, questionnaires, and IRB application for Plastino fellowship.
2012-14 Mentor and Supervisor for Yuta Ishikawa, RD. Trained to conduct interviews, do data entry and coding for *Minding the Gap* project.
2012-13 Mentored graduate students at Kyoto University of Medicine
2012-13 Mentored graduate students at Kyoto Prefectural University, Dept. of Nutrition
2011- Mentor for Dan Reyes. Assisted with application and budget preparation, project design and mock interviews for Plastino fellowship - finalist; and other projects and applications since then.

- 2009-11 Mentor and Supervisor for Wakako Takeda, MA. Trained to conduct interviews, and conduct preliminary data analyses for project:
- 2008-10 Mentor and Supervisor for Michiko Kaihoku, RD. Trained to organize and supervise epidemiological data collection.
- 2008-9 Mentor and Supervisor for Saito (undergraduate). Trained in coding of interview data.
- 2003-5 Mentored graduate students at Kyoto Prefectural University of Medicine
- 1997-8 Tutored SATs and GREs (math)
- 1996-7 Tutored chemistry, SAT prep (math)
- 1993-4 Teaching English as a Foreign Language to Bangladeshi immigrant in Cambridge, UK

TEACHER TRAINING & DEVELOPMENT

Teacher Workshops

- Regularly attend workshops and Summer Faculty Institutes at UD's Center for Teaching and Assessment of Learning (including use of IF-AT, clickers, online assessment, problem-based learning, innovative assignments with peer review and feedback, generating discussion in lecture, etc)
- 2015 Critical Thinking Assessment (CAT) scoring and professional faculty development (multi-day training and curriculum development workshop)

SERVICE

DEPARTMENT OF ANTHROPOLOGY (UNIVERSITY OF DELAWARE) SERVICE

- 2016 Department of Anthropology Curriculum Review Committee member
- 2016 Department of Anthropology Promotion and Tenure Committee secretary
- 2015 Department of Anthropology Chair Search Committee member
- 2013 Volunteered to serve on the Department of Anthropology Search Committee for the next Chair of the Department (but research leave prevented me from serving)
- 2012 Honors Program Distinguished Scholars Weekend: Represented Anthropology to Prospective Honors Students
- 2011 Strategic Plan Working Group
- 2011 Graduate School Lunch Seminar

COLLEGE OF ARTS & SCIENCES (UNIVERSITY OF DELAWARE) SERVICE

- 2014-15 Computational Social Sciences Strategic Search Committee member, invited by Interim Assoc. Dean David Wilson
- 2012-13 New Social Science Building Working Group member, invited by Interim Assoc. Dean Joe Pika

- 2011-12 Global Research consortium member, invited by Assoc. Dean for Research, Nancy Guerra
- 2011-12 Social and Health Science Working Group member, invited by Interim Assoc. Dean Joe Pika

COLLEGE OF HEALTH SCIENCES (UNIVERSITY OF DELAWARE) SERVICE

- 2017 – Epidemiology Program Director Search Committee member, invited by Deputy Dean Susan Hal
- 2016- Coordinator of Population Health Initiatives. (Attended CEPH accreditation guideline roll-out; networked to identify potential advisory board candidates; met with stakeholders within UD, and Delaware and beyond; in consultation assessed feasibility and evaluated approaches for Master’s of Public Health (MPH) at UD; drafted preliminary documents to support need, niche, and financial strategies for MPH
- 2016- Global Health minor committee
- 2016-17 As Co-PI (Adam Davey, Assoc Dean of Research, CHS, PI) applied for (and received) Provost’s Initiative for Excellence and Innovation in E-Learning: Development of a fully online Master’s of Public Health (MPH) in Population Health

UNIVERSITY OF DELAWARE SERVICE

- 2017 Library Strategic Planning Focus Group Participant
- 2015 Faculty Coach, UD Faculty Success Program, weekly meetings and regular check-ins, Fall semester
- 2014-2017 Institutional Review Board (IRB) alternate member
- 2014 Faculty Coach, UD Faculty Success Program, weekly meetings and regular check-ins, Fall semester
- 2014 Panel Presenter, “Faculty Success: A workshop for assistant professors.” Sponsored by: Office of the Provost, University Diversity Initiative, and the Women’s Caucus. 5 Mar 2014
- 2012 USAID proposal working group (spearheaded by Nancy Guerra, Associate Dean of Research)
- 2012 University of Delaware Library Academic Program Review, faculty representative
- 2012 General University Research Proposal Workshop, proposal contributor
- 2013-14 Institutional Review Board (IRB) alternate member
- 2011-12 Institutional Review Board (IRB) active member
- 2011 Interviewer for mock interviews for Marshall and Rhodes scholarship applicants
- 2011-present Joint appointment with Behavioral Health and Nutrition. Guest lectures in BHAN courses and cross-listing of courses.

DELAWARE STATE-LEVEL SERVICE

- 2017 Faculty member, Delaware Department of Education (DDOE) Mathematics Science Partnership (MSP) workshop DISCOVERY: The Discover Delaware – Interdisciplinary STEM Citizen Science Project (prepared interdisciplinary module on milk for high school teachers and facilitated sessions in 2-day workshop)
- 2014- Member, Delaware Public Health Association Advisory Council
- 2011- Delaware Health Sciences Alliance, member of Global Health Working Group (GWGH)

NATIONAL AND INTERNATIONAL PROFESSIONAL SERVICE

- 2017- Advisory Committee member, Canadian Institute for Advanced Research (CIFAR) Humans & the Microbiome Program
- 2017 Proposal Reviewer, US National Science Foundation
- 2016- Coach, Faculty Success Program, National Center for Faculty Development & Diversity
- 2014 Panel Reviewer, US National Science Foundation
- 2013 American Association of Physical Anthropologists Representative, Council of Scientific Society Presidents meeting 7-10 Dec 2013, Washington, DC. Active contributor to working groups on: interdisciplinary projects, food security and population, and public appreciation of science.
- 2012-2013 Program Committee Member, 8th Asia Pacific Conference on Clinical Nutrition 9-12 Jun 2013, Tokyo
- 2010 Organizer, National Institute of Health and Nutrition Booth 「世界の朝食」 (Breakfast Around the World) for Fifth National *Shokuiku* Promotion Conference, Saga, Japan. 2009-2010
- 2010 Member, Expert Advisory Board on *Shokuiku* Research, Cabinet Office of Japan
- 2009-2010 Assistant Editor, *Shokuiku* Pamphlet, Cabinet Office of Japan
- 2009 Organizer, National Institute of Health and Nutrition Booth 「世界の朝食」 (Breakfast Around the World) for Fourth National *Shokuiku* Promotion Conference, Shimane, Japan.
- 2008 Translator, English language pamphlet on Shokuiku Program published by Cabinet Office of Japan

JOURNAL EDITORIAL SERVICE

Editorial Board Member

- 2013- Austin Journal of Nutrition and Food Sciences
- 2010 Guest Editor for Clinical and Functional Nutriology vol. 2 supplement 1
- 2006- Maturitas (Journal of the European Menopause and Andropause Society)

Ad Hoc Manuscript Reviewer

American Journal of Human Biology
American Journal of Physical Anthropology
Anthropology and Medicine
Appetite
Food Studies: An Interdisciplinary Journal
International Journal of Behavioral Nutrition and Physical Activity
International Journal of Women's Health
Journal of Nutrition
Journal of Nutrition & Food Science
Maternal and Child Health Journal
Menopause: the Journal of the North American Menopause Society
Therapeutics and Clinical Risk Management
Transcultural Psychiatry
Women & Health

PUBLIC SERVICE AND OUTREACH: INVITED LECTURES

- 2017 Snuggle Time Garment. NSF I-Corps Site Program Project Presentations. 17 Apr 2017.
- 2016 Big Waistlines, Small Waistlines: Dietary Influences on Obesity in Japan. University of South Carolina School of Medicine Greenville. 12 Dec 2016
- 2016 When Do Critical Windows of Dietary Influence on Obesity and Chronic Disease Occur? Perspectives from Japan. University of Delaware Global Studies Series. 3 Oct 2016
- 2016 Interdisciplinary Approaches to Addressing Environmental Influences on Health Disparities and Health Equity. Mercer University Department of Public Health. 21 June 2016
- 2016 母子健康手帳からみた子どもたちの健康づくり (Developmental Origins of Childhood Obesity: Results from the Nagano Study using the Japanese Maternal and Child Health Handbook). Kyoto University School of Medicine Department of Health Informatics, Kyoto, Japan. 6 June 2016
- 2016 Milk--- It Does a Body Good: No LI(e)? (LI = Lactose Intolerance) University of Delaware Darwin Day Celebration. <http://www.cas.udel.edu/isll/darwin-day/Pages/Melissa-Melby.aspx> 9 Feb 2016

- 2015 Race: What is it? What does it mean for health? University of Delaware. ANTH 401 The Idea of Race. 24 Mar 2015
- 2015 Medical Anthropology. University of Delaware, Global Health course. 18 Mar 2015
- 2015 Why Biocultural Approaches are Necessary for Understanding Health: Lessons from Japan. University of Notre Dame 19 Feb 2015
- 2015 Why Biocultural Approaches are Necessary for Understanding Health: Lessons from Japan. Indiana University 6 Feb 2015
- 2015 Race: What is it? What does it mean for health? Indiana University 5 Feb 2015
- 2014 We See It Differently: Gaps in dietary understandings between professionals and lay people in Japan. Dupont International Interdisciplinary Initiatives. ISE lab, University of Delaware. Newark, DE. 17 Nov 2014.
<http://www.cas.udel.edu/isll/isll-lecture-series/Pages/Melissa-Melby.aspx>
- 2014 LEARNing to Communicate Cross-Culturally and Inter-Professionally. At Nemours/AI duPont Children's Hospital Extracorporeal Life Support Organization (ELSO) Train the Trainer Course. Wilmington, DE. 9 Oct 2014.
- 2014 With Lucille Pilling. Roundtable on "How do I prepare for a career in global health as a student, resident, or young professional?" At Delaware Health Sciences Alliance: Global Health Symposium. Newark, DE. 13 Jun 2014.
- 2013 Life changes at the 'change of life': Reflection and redirection at menopause among Japanese Women. Continuity and Changes in Global Affairs Lecture Series. University of Delaware. 13 Nov 2013.
- 2013 アメリカの食料・栄養政策 ("Politics of Food and Nutrition in the US"). 京都府立大学 (Kyoto Prefectural University) Kyoto, Japan. 24 January 2013.
- 2012 日本人の食生活に影響している社会的な要因について研究：予備結果 ("Preliminary results from research on social factors influencing Japanese dietary lifestyle and eating habits")山城社会科学研究会 (Yamashiro Social Studies Research Society) Kyoto, Japan. (in Japanese) 14 December 2012
- 2012 Alternative Menopause(s): Alternative Experiences, Symptoms & Treatments. Christiana Care Lunch Talk. 27 April 2012
- 2012 Have we reached peak longevity? Evidence from Japan. Futures Imagined Lecture Series. University of Delaware. 25 April 2012
- 2012 Levels of Nutritional Variation: Cultural, Physiological & Microflora Variation & the Relationship to Menopausal Symptoms. Nutrition Graduate Seminar. Department of Behavioral Health and Nutrition, University of Delaware. 20 April 2012
- 2012 Anthropological Approaches to the Study of Global Health. Delaware Health Sciences Alliance Global Health Symposium. 4 Feb 2012
- 2011 Biocultural Approaches to the Study of Human Health: Cultural Consensus Analysis & Diet. Christiana Care Research Study Group. 15 Dec 2011
- 2011 Medical Anthropology. Anthropology Club, University of Delaware 16 Nov 2011

- 2011 Medical Anthropology Theories and Approaches Relevant to the Health Behavior Sciences. BHAN 160-Intro to Health Behavior Science, University of Delaware 11 Nov 2011
- 2011 Local Cultures, Local Biologies: Biocultural Approaches to the Study of Human Health. Social Sciences & Human Health Initiative, University of Delaware 9 Nov 2011
- 2009 Politics of Food and Nutrition in the US. Tokyo University of Agriculture (in English and some Japanese) 3 July 2009
- 2009 Politics of Food and Nutrition in the US. Atomi Women's University (in Japanese). 29 January 2009
- 2008 Effects of an equol supplement on menopausal supplements. Delivered on 8 November 2008 at the 3rd International Isoflavone & Equol Research Steering Committee Meeting, Otsuka Pharmaceutical, Tokyo, Japan, 8 November 2008.
- 2008 外国人から見た日本の食事 (Japanese food as seen through foreigners' eyes: Health and environmental impacts of Japanese dietary habits.) Gunma Dietitian Association, Maebashi, Gunma prefecture. (in Japanese) 19 October 2008.
- 2008 Politics of Food and Nutrition in the US. National Institute of Health and Nutrition (primarily in Japanese) 10 July 2008
- 2008 Politics of Food and Nutrition in the US. Tokyo University of Agriculture (in English and some Japanese) 3 July 2008
- 2008 栄養表示：アメリカとイギリスの例 (Nutrition Labeling: Examples from the UK and US). National Institute of Health and Nutrition (in Japanese) 2 July 2008
- 2007 Varieties of Menopausal Experience: Lessons from Japan. Michigan State University (BC, Canada) 1 March 2007
- 2007 Varieties of Menopausal Experience: Lessons from Japan. Simon Fraser University (BC, Canada) 15 February 2007
- 2007 Biocultural Approaches to the Study of the Local Biology of Menopause in Japan. University of Central Florida 2 January 2007
- 2005 リプロダクティブ・ヘルス/ライツと更年期(Reproductive Health Rights and Menopause) 男女共同センターGender Equality Center. Koriyama, Fukushima, Japan. With Munakata Hatsue. (in Japanese) 26 May 2005
- 2005 栄養疫学とサプリメント：問題点と今後の方向 (“Nutritional epidemiology and supplements: Problems and future directions”). 食品化学新聞社 (Food Chemistry Newspaper Company-Sponsored Lecture Symposium) Tokyo, Japan (in Japanese) 4 March 2005
- 2005 更年期 と食生活の関係について (“The Relationship between Menopause and Diet”) Tokyo University of Agriculture (in English and Japanese”) 19 Jan 2005
- 2004 更年期 について話しましょう！ (“Let's Talk about Menopause.”) Koriyama, Japan (in Japanese) 10 Oct 2004

- 2004 中年期女性の健康について (“Middle Aged Women’s Health”) Kyoto YWCA, Kyoto, Japan (in Japanese) 15 May 2004
- 2004 植物エストロゲンと更年期障害 (“Plant estrogens and menopausal syndrome”) Kyoto Prefectural University of Medicine (in Japanese) 8 May 2004
- 2003 生物人類学と日本の更年期 (Biological Anthropology and Menopause in Japan) Koriyama Joshi Daigaku (Koriyama Women’s University) Koriyama, Japan (in Japanese)
- 2003 日本の21世紀を担う人々の会 (Japan Association of Newgenerative Persons (JANP)). “History of the American Association of Retired Persons (AARP) and the importance of an active life past middle age” Mighty Aqua Club, Koriyama, Fukushima, Japan. Invitation from Mashiko Teruhiko, member of Japanese Diet. (in Japanese) 31 Mar 2003
- 2002 中年期女性の健康 (Midlife women’s health in Japan) Koriyama Rotary Club, Koriyama, Fukushima, Japan. (in Japanese) 11 Dec 2002
- 2002 アメリカと日本の食文化 (Food culture in America and Japan) Presentation and panel discussion on 食文化 (Food Culture) Kyoto, Japan (in Japanese) 24 February 2004
- 2002 擬音語と擬態語 (Giongo and Gitaigo (Japanese onomatopoeia)) Uji, Kyoto (in Japanese) 3 Feb 2002 (Grand prize awarded for speech contest)
- 2001 日本での更年期における生物学的、社会的な影響：大豆のエストロゲンについて (“Biological and cultural influences on menopause in Japan: Role of soy phytoestrogens”) Kyoto Prefectural University (in Japanese) 19 Dec 2001
- 1999 “Biological and medical anthropology of menopause.” Department of Anthropology, IVIC, Caracas, Venezuela (in English and Spanish)

MEDIA PRESENTATIONS AND PRESS

University of Delaware News

- 2017 Managing Menopause: Women use alternative medicine more than doctors know <http://www.udel.edu/udaily/2017/march/menopause-and-alternative-medicine/>
- 2016 Global medical experience: Short-term international programs for medical students can have unintended consequences. <http://www.udel.edu/udaily/2016/jan/international-medical-training-010416.html>
- 2015 Collaborative healthcare: Collaboration across the colleges: Healthcare Theatre maximizes interprofessional partnerships. <http://www.udel.edu/udaily/2016/oct/collaboration100715.html>
- 2014 Measuring milk: Nutritional anthropology students conduct analysis of milk in ISE Lab. <http://www.udel.edu/udaily/2015/nov/milk-analysis-111814.html>
- 2014 Farm-to-table: UD students learn about complexities of producing food <http://www.udel.edu/udaily/2014/may/farm-to-table-050514.html>

- 2013 LEARNing to communicate: Creating cultural competency. Pulse. University of Delaware College of Health Sciences 2013 News Magazine.
<http://www.expeditions.udel.edu/chs/Pulse/2013/>
- 2012 Soy and Menopause: Large-scale study finds soy may alleviate hot flashes in menopause <http://www.udel.edu/udaily/2012/apr/melby-soy-menopause-040412.html>
(picked up by many news agencies- see Internet News Press below)
- 2012 LEARNing to communicate: UD collaboration provides future nurses cultural competency training <http://www.udel.edu/udaily/2012/apr/health-care-diversity-041112.html>
- 2012 Imagining the future: New global studies center launches spring speaker series <http://www.udel.edu/udaily/2012/feb/cgas-speaker-series-021012.html>
- 2011 Matching up researchers: Social scientists share research on health care policy <http://www.udel.edu/udaily/2012/nov/social-health-sciences-111111.html>
- 2011 Nov. 9: Research colloquium: Social scientists to share research on health care policy <http://www.udel.edu/udaily/2012/nov/health-social-sciences-110111.html>

Internet News Press about Research Articles (selected)

- 2016 D Cole. The Risks (And Unexpected Benefits) of Sending Health Students Abroad
<http://www.npr.org/sections/goatsandsoda/2016/02/11/465428990/the-risks-and-unexpected-benefits-of-sending-health-students-abroad>
- 2016 Press for Academic Medicine Article. <http://wolterskluwer.altmetric.com/details/4842112/news>
(score of 64 by altmetric, in top 5% of research outputs)
http://www.eurekalert.org/pub_releases/2016-01/uod-dnh010516.php
<https://www.sciencedaily.com/releases/2016/01/160106101036.htm>
<http://www.philly.com/philly/blogs/healthcare/Medical-mission-trips-may-not-help-patients-in-host-countries.html>
http://www.todaytopics.com/do-no-harm-examining-the-impact-of-medical-students-short-term-international-study/45178/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+healthtopic+today+%28Today+Topics%29
<http://www.medicalnewstoday.com/releases/304763.php>
<http://www.newswise.com/articles/view/645756?sc=rsla>
<https://www.sciencedaily.com/releases/2016/01/160108134947.htm>
<http://www.news-medical.net/news/20160107/UD-professor-explores-impact-of-STEGH-programs-on-medical-students.aspx>
- 2012 Press for Menopause Article.
<http://www.webmd.com/menopause/news/20120409/soy-supplements-can-cool-hot-flashes-study>
http://www.huffingtonpost.com/2012/04/06/soy-isoflavones-hot-flashes-menopause_n_1406850.html
<http://www.foxnews.com/health/2012/04/05/soy-reduces-hot-flashes-in-menopause-study-finds/>
http://www.upi.com/Health_News/2012/04/06/Soy-may-alleviate-menopause-hot-flashes/UPI-67201333755480/
<http://www.prweb.com/releases/2012/3/prweb9231898.htm>

- <http://www.prnewswire.com/news-releases/new-findings-soy-may-alleviate-hot-flashes-143678156.html>
http://articles.timesofindia.indiatimes.com/2012-04-05/diet/31293197_1_hot-flashes-soy-foods-isoflavone-supplements
<http://www.dailymail.co.uk/health/article-2125511/Drinking-soy-milk-twice-day-CAN-reduce-hot-flushes.html>

Magazines

- 2007 第15回 国際女性心身学会更年期症状—社会的背景や時期も合わせて評価を (15th International Society of Psychosomatic Obstetrics and Gynecology session on Menopausal Symptoms — Evaluation of social circumstances and timing). Report on my presentation “Methodology for cross-cultural comparisons and local assessment of menopausal symptom reporting.” delivered on 14 May 2007 at The XV International Congress of The International Society of Psychosomatic Obstetrics and Gynecology, Kyoto, Japan
- 2005 更年期を上手に乗りきるには日本人ならではの「食」の見直しも大切です (Reconsidering diet is important for Japanese women to effectively weather menopause) Interview in: 有限会社バイタル・ネットワーク「マイ・フォーティーズ」インタビュー2005年1月号(Vital Network Company Supplement to Jan 2005 Issue of “My 40’s” Magazine,) p.7.
- 2004 日本の昔ながらの食事が更年期障害を軽くする(Japanese traditional diet may decrease the symptoms of Climacteric Syndrome) Interview in: 株式会社主婦の友社「ゆうゆう」インタビュー2004年12月号(Housewife Company Supplement to Dec 2004 Issue of “You You” Magazine) p.17.
- 2004 納豆づくりに朝鮮 (The challenge of making natto) In: 日本語ジャーナル 2004年12月 (Japanese Journal Dec 2004) pp. 6-9.

Newspapers

- 2002 ポートレート・イン・カンサイ (Portrait in Kansai) 京都新聞 (Kyoto newspaper) <http://www.kyoto-np.co.jp/kp/fun/contents/moku/photo30.html>

Radio interviews

- 2017 Saturday Night Special with Amy Guth, on ‘Sleep’. 20-min interview on the anthropology of sleep <http://wgnradio.com/2017/08/21/saturday-night-special-8-19-17-sleep/> based on paper <http://anthropology.emory.edu/home/documents/worthman-lab/Ecology%20of%20Human%20sleep.pdf> the producer discovered in an Atlas Obscura article <http://www.atlasobscura.com/articles/blankets-summer-hot>

Television interviews

- 2007 Fukushima, Japan. Television interview about anthropological aspects of breastfeeding, and benefits of extended breastfeeding for news program.
- 2002 Fukushima, Japan. Television interview about my research on women's midlife health for evening news program.

COMMUNITY SERVICE & VOLUNTEER WORK

- 2017- Willa Road Children's Center Board Member
- 2017- Strategic Planning Committee member, Newark Center for Creative Learning
- 2015 Volunteer, Christina Public School district
- 2013- Volunteer, Newark Center for Creative Learning. Greenfest and other committees
- 2013-14 Volunteer, Newark Residents Against the Power Plant. Health and environmental justice group in Newark, DE
- 2010-11 Co-founder of Breastfeeding Support Group in Tokyo, Japan
- 2007 Co-founder of 'Onbu no kai' breastfeeding support group in Koriyama, Japan
- 2005 Co-coordinator of Tokyo Pregnancy Group, Tokyo, Japan. Organized speakers on pregnancy-related issues and provided information and resources for pregnant women in Tokyo, Japan
- 2005 Volunteer and participant, "Skills building for social change: A forum aimed at raising awareness and skills development." Tokyo, Japan
- 2005 Volunteer, Second Harvest Japan (formerly Food Bank), Tokyo, Japan
- 2004 Participated in "Building Communities for Change" sponsored by Japan-U.S. Community Education and Exchange (JUCEE) 11-13 Jun 2004, Tokyo, Japan
- 2003 Participated in "Evidence-based Food Factor Forum in Kyoto" 10-11 Jan 2003, Kyoto, Japan
- 2002-3 Sex education presentations to junior high children and parents, Fukushima, Japan with public health nurse midwife Hatsue Munakata, and with Action for the Crisis of Teenage Sexuality (ACTS), Fukushima, Japan
- 2001-2 Member, Women Helping Women, Kyoto, Japan. Helped organize fundraiser for orphanage in Mongolia. Delivered talk on women's health and menopause.
- 2010-11 Co-founder of Breastfeeding Support Group in Tokyo, Japan
- 2007 Co-founder of 'Onbu no kai' breastfeeding support group in Koriyama, Japan
- 2005 Co-coordinator of Tokyo Pregnancy Group, Tokyo, Japan. Organized speakers on pregnancy-related issues and provided information and resources for pregnant women in Tokyo, Japan
- 2005 Volunteer and participant, "Skills building for social change: A forum aimed at raising awareness and skills development." Tokyo, Japan
- 2005 Volunteer, Second Harvest Japan (formerly Food Bank), Tokyo, Japan

- 2004 Participated in “Building Communities for Change” sponsored by Japan-U.S. Community Education and Exchange (JUCEE) 11-13 Jun 2004, Tokyo, Japan
- 2003 Participated in “Evidence-based Food Factor Forum in Kyoto” 10-11 Jan 2003, Kyoto, Japan
- 2002-3 Sex education presentations to junior high children and parents, Fukushima, Japan with public health nurse midwife Hatsue Munakata, and with Action for the Crisis of Teenage Sexuality (ACTS), Fukushima, Japan
- 2001-2 Member, Women Helping Women, Kyoto, Japan. Helped organize fundraiser for orphanage in Mongolia. Delivered talk on women’s health and menopause.

REFERENCES

References available upon request.