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Research Interests

- Obesity phenotyping and multimodal evaluation of body composition
- Large-scale health data analysis / cross-cohort harmonization
- Functional safety and risk prediction modeling for mobility-related outcomes in aging populations

Education and Training

Graduate

2023 – 2026 University of Pittsburgh, Pittsburgh, PA PhD, 2026 (expected) Epidemiology

2020 – 2022 Korea University, Seoul, Korea MPH, 2022 Epidemiology

Undergraduate

2015 – 2020 Korea University, Seoul, Korea BA, 2020 BEcon, 2020 Health Policy & Management Statistics

Appointments and Positions

- 2023 – Graduate Student Researcher
Center for Aging and Population Health (CAPH), University of Pittsburgh
- 2019 – 2022 Research Assistant
Chronic Disease Epidemiology Lab, Korea University
- 2016 – 2017 Undergraduate Research Assistant
Environmental Epidemiology Lab, Korea University

Honors

- 2024 Young Investigator Travel Grant
American Society of Bone and Mineral Research
- 2022 Outstanding Dissertation Award
Korea University, Brain Korea 21
- 2021 Brain Korea 21 Research Grant Contest
Korea University, Brain Korea 21

Publications

Published Articles

1. Kim N*, **Jang H***, and Hawkins H. Chrononutrition Patterns in People Who Attempted Weight Loss in the Past Year: A Descriptive Analysis of the National Health and Nutrition Examination Survey (NHANES) 2017-2020 Pre-Pandemic. *Dietetics*. 2025 Jun 3. 4(2):24. *Co-first authors
2. Byun D, Kim Y, **Jang H**, and Oh H. Screen time and obesity prevalence in adolescents: an isotemporal substitution analysis. *BMC Public Health*. 2024 Nov 12. 24(1): 3130

3. **Jang H**, Cho Y, and Oh H. Recreational screen time and obesity risk in Korean children: a 3-year prospective cohort study. *International Journal of Behavioral Nutrition and Physical Activity*. 2024 Sep 30. 21(1): 112
4. Cho Y, **Jang H**, Kwon S, and Oh H. Aerobic, muscle-strengthening, and flexibility physical activity and risks of all-cause and cause-specific mortality: a population-based prospective cohort of Korean adults. *BMC Public Health*. 2023 Jun 14. 23(1): 1148
5. **Jang H**, Kim R, Lee J, Lee D, Giovannucci E, and Oh H. Overall and Abdominal Obesity and Risks of All-Cause and Cause-Specific Mortality in Korean Adults: A Pooled Analysis of Three Population-Based Prospective Cohorts. *International Journal of Epidemiology*. 2023 Aug 2. 52(4): 1060-1073
6. Ryu S, **Jang H**, and Oh H. Smartphone Usage Patterns and Dietary Risk Factors in Adolescents. *The Journal of Nutrition*. 2022 Sep 6. 152(9): 2109-2116
7. Byun D, Hong S, Ryu S, Nam Y, **Jang H**, Cho Y, Keum N, and Oh H. Early-life body mass index and risks of breast, endometrial, and ovarian cancers: a dose-response meta-analysis of prospective studies. *British Journal of Cancer*. 2022 Nov 12. 126(4): 664-672
8. **Jang H** and Oh H. Trends and Inequalities in Overall and Abdominal Obesity by Sociodemographic Factors in Korean Adults, 1998-2018. *International Journal of Environmental Research and Public Health*. 2021 Apr 14. 18(8): 4162

Working Papers

1. **Jang H**, Crandall CJ, Gore S, Hu C, LaCroix AZ, LaMonte MJ, Liu L, Freeland KS, Cauley JA, Stefanick ML, Schumacher BT, and Strotmeyer ES. Associations of Obesity Phenotypes with Incident Fall Rates: Results from the Objective Physical Activity and Cardiovascular Health in Older Women (OPACH). 2025. (Under review at *Journals of Gerontology Series A: Medical Sciences*)
2. **Jang H***, Song Y*, Kim N*, Strotmeyer ES, and Glynn NW. Association of Actigraphy-Measured Rest-Activity Rhythms with Obesity Phenotypes in the Osteoporotic Fractures in Men (MrOS) Study. 2025. *Co-first authors
3. Heilmann NZ, **Jang H**, Caserotti P, Cawthon PM, Weaver AA, Beavers KM, Ruppert KM, Nindl BC, Cauley JA, and Strotmeyer ES. Associations of Muscle Function with Recurrent and Injurious Falls in Older Adults: A Narrative Review. 2025.

Published Abstracts

1. **Jang H**, Freeland KS, Heilmann NZ, Nye L, Roberts J, Ensrud KE, LaCroix AZ, Leslie WD, Newman AB, Cauley JA, and Strotmeyer ES. Associations of Obesity Phenotypes with Incident and Recurrent Falls in Older Adults: A Cross-Cohort Analysis. *ASBMR 2025 Annual Meeting*. 2025 Sep 6.
2. Strotmeyer ES, **Jang H**, Freeland KS, Heilmann NZ, Nye L, Roberts J, Ensrud KE, LaCroix AZ, Leslie WD, Newman AB, and Cauley JA. Age and Sex Associations for Incident and Recurrent Falls from 1992-2016: A Cross-Cohort Analysis in Older Adults. *ASBMR 2025 Annual Meeting*. 2025 Sep 7.
3. **Jang H**, Crandall CJ, Gore S, Hu C, LaCroix AZ, LaMonte MJ, Liu L, Freeland KS, Cauley JA, Stefanick ML, Schumacher BT, and Strotmeyer ES. Associations of Obesity Phenotypes with Incident Fall Rates: Results from the Objective Physical Activity and Cardiovascular Health in Older Women (OPACH). *ASBMR 2024 Annual Meeting*. 2024 Sep 27.
4. Cho Y, Oh H, and **Jang H**. Television, Computer, Smartphone Use, and Obesity Risk: A 3-Year Follow-Up Study. *Current Developments in Nutrition*. 2023 Jul 1. 7
5. Cho Y, **Jang H**, and Oh H. Screen Time and Obesity in Adolescents: An Isotemporal Substitution Analysis. *Current Developments in Nutrition*. 2023 Jul 1. 7
6. **Jang H**, Kim R, Lee DH, Lee JT, Giovannucci E, Oh H. Obesity and Mortality in a Pooled Analysis of Three Prospective Cohorts of Korean Adults: Is Obesity Paradox the BMI Paradox? *Current Developments in Nutrition*. 2022 Jun 1. 6: 1062
7. **Jang H** and Oh H. Obesity Transition and Inequalities by Sociodemographic Factors in Korean Adults, 1998–2018. *Current Developments in Nutrition*. 2021 Jun 1. 5: 1219

Oral Presentations

1. **Jang H**, Freeland KS, Heilmann NZ, Langer LR, Roberts JE, Ensrud KE, LaCroix AZ, Schousboe JT, Newman AB, Cauley JA, and Strotmeyer ES. Associations of Obesity Phenotypes with Incident and

- Recurrent Falls in Older Adults: A Cross-Cohort Analysis. *ASBMR 2025 Annual Meeting*. American Society of Bone and Mineral Research. Seattle, WA, USA. 2025 Sep 5-8.
2. **Jang H**, Kim R, Lee JT, Lee DH, Giovannucci E, and Oh H. Obesity and Mortality in a Pooled Analysis of Three Prospective Cohorts of Korean Adults: Is Obesity Paradox the BMI Paradox? *NUTRITION 2022 LIVE ONLINE*, American Society for Nutrition, Rockville, MD, USA (virtual). 2022 Jun 14.
 3. **Jang H** and Oh H. Obesity Transition and Inequalities by Sociodemographic Factors in Korean Adults, 1998-2018. *NUTRITION 2021 LIVE ONLINE*, American Society for Nutrition, Rockville, MD, USA (virtual). 2021 Jun 7.

Poster Presentations

1. **Jang H**, Freeland KS, Heilmann NZ, Langer LR, Roberts JE, Ensrud KE, LaCroix AZ, Schousboe JT, Newman AB, Cauley JA, and Strotmeyer ES. Associations of Obesity Phenotypes with Incident and Recurrent Falls in Older Adults: A Cross-Cohort Analysis. *Aging Research Day*. Aging Institute, University of Pittsburgh. Pittsburgh, PA, USA. 2025 Nov 5.
2. **Jang H**, Crandall CJ, Gore S, Hu C, LaCroix AZ, LaMonte MJ, Liu L, Freeland KS, Cauley JA, Stenfanick ML, Schumacher BT, and Strotmeyer ES. Associations of Obesity Phenotypes with Incident Fall Rates: Results from the Objective Physical Activity and Cardiovascular Health in Older Women (OPACH). *ASBMR 2024 Annual Meeting*. American Society of Bone and Mineral Research. Toronto, ON, Canada, 2024 Sep 27. **Plenary poster, Invited to the Pre-Meeting Symposium on Energy Metabolism in Skeletal Development and Disease**
3. **Jang H** and Oh H. The Joint Effects of Obesity and Physical Activity on All-cause and Cardiovascular Mortality among Korean Adults: Evaluation of the 'Fat but Fit' Hypothesis. *The 5th Asia-Pacific Cardiometabolic Syndrome Congress (APCMS)*. Korean Society of Cardiometabolic Syndrome, Seoul, Korea. 2022 Apr 29. **Outstanding Abstract Award Winner**
4. **Jang H**, Shin M, and Oh H. Alcohol Drinking and Cardiovascular Risk Factors in Korean Adults: Age-Period-Cohort and Association Analyses. *The 4th Asia-Pacific Cardiometabolic Syndrome Congress (APCMS)*. Korean Society of Cardiometabolic Syndrome, Seoul, Korea. 2021 Apr 23. **Outstanding Abstract Award Winner**

Membership in Professional and Scientific Societies

2023 –	In-training Member American Society for Bone and Mineral Research (ASBMR)
2021 – 2022	Student Graduate Member American Society for Nutrition (ASN)

Teaching Experience

Teaching Assistant

2025	Principles of Epidemiology (Graduate) University of Pittsburgh (Instructor: Thomas J Songer)
2025	Advanced Epidemiology of Aging (Graduate) University of Pittsburgh (Instructor: Jane A Cauley)
2021	Principles of Epidemiology (English/Graduate) Korea University (Instructor: Hannah Oh)
2020	Case Studies in Epidemiology (English/Graduate) Korea University (Instructor: Hannah Oh)
2020	Foundations and Principles of Health Promotion (English/Undergraduate) Korea University (Instructor: Hannah Oh)