July 3, 2025

CURRICULUM VITAE

SILVIA YESENIA LOPEZ TORRES

Department of Nutrition Sciences

School of Health Professions

University of Alabama at Birmingham (UAB)

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## EDUCATION

2022-present Doctor of Philosophy (Pre-doctoral trainee)

Department of Nutrition Sciences

The University of Alabama at Birmingham

Birmingham, AL

## 2020-2022 B.S. Kinesiology (Exercise Science)

## California State University, Long Beach

Long Beach, CA

2017-2020 AA-T Kinesiology (Exercise Science)

Santa Rosa Junior College

Santa Rosa, CA

## AREAS OF RESEARCH/PROFESSIONAL INTERESTS

The primary focus of my research is to understand the factors that modulate metabolic adaptation during weight loss in diverse populations affected by obesity. I have skills in the assessment of energy expenditure (indirect calorimetry), body composition (DXA, BIA, ADP), glucose metabolism (oral glucose and liquid meal tests), and appetite regulation (self-reported and gut hormones).

## FELLOWSHIPS AND TRAINING GRANTS

2023-present UAB Pre-Doctoral Trainee (NIH T32)

Department of Nutrition Sciences

School of Health Professions

The University of Alabama at Birmingham

Birmingham, Alabama

Workload: 20 hr./week Research

2021-2022 BUILDing Scholar (NIH Building Infrastructure Leading to Diversity (BUILD))

California State University, Long Beach

Long Beach, California

Workload: 20-30 hr./week Research

**RESEARCH EXPERIENCE**

1. **Source UAB Diabetes Research Center, pilot award**

Title *Ketogenic diets for weight loss maintenance: Impact on energy expenditure and appetite in individuals with obesity.* PI: Martins

Role Serve as a research assistant responsible for participant scheduling, screening, obtaining informed consent, and conducing follow-up assessments. Perform body composition assessments using DXA and BIA, and measure energy expenditure through indirect calorimetry.

Amount $------

Dates 7/1/2025–present

1. **Source NIH/DDHS, U01DK134966**

Title *Predictors of Youth-Onset Type 2 Diabetes: UAB Clinical Center.* PI: Gower

Role Serve as a Spanish-language translator for study participants, obtaining informed consent, scheduling, baseline assessments, and follow-up visits for Spanish-speaking families.

Amount $3,615,739 (including indirect costs)

Dates 3/31/2025-present

1. **Nutrition Obesity Research Center (NORC)** – Metabolism Core

Service*The Metabolism Core provides advanced assessments of energy expenditure, metabolism, body composition, and bone quality, while supporting multidisciplinary research, centralized analytics, and training in clinical nutrition and obesity at UAB.*

Role Assist with data collection at the UAB NORC Metabolism Core, performing DXA scans and indirect calorimetry to assess resting energy expenditure.

Dates 2022-present

1. **Source** Physiology of Exercise and Sports (PEXS) Laboratory

Title *The effect of menstrual phase on the endocrine and metabolic response to fasted and fed exercise*. PI: Schick

Role co-Investigator

Dates 2021-2022

1. **Source** NIH BUILD

Title *The effect of menstrual phase on the endocrine and metabolic response to fasted and fed exercise*. PI: Schick

Role co-Investigator

Dates 2021-2022

**HONORS AND AWARDS**

2022 Outstanding Undergraduate Student Award, Department of Kinesiology, CSU Long Beach

2020-2021 Dean’s Honor List, CSU Long Beach

2021 President’s List, CSU Long Beach

2020 Kinesiology (AA-T) with Highest Honors, Santa Rosa Junior College

2018-2020 Dean’s Highest Honors, Santa Rosa Junior College

2018-2020 NASM Certified Personal Trainer

2016 Valedictorian, Tomales High School

**MEMBERSHIP IN SCIENTIFIC OR PROFESSIONAL SOCIETIES**

2023 – present The Obesity Society

**PROFESSIONAL/VOLUNTEER/SERVICE EXPERIENCE**

2021-2022 **Exercise is Medicine on Campus**, CSU Long Beach

Role Director of Operations

* + - * Coordinated logistics and finalized details for meetings and events
      * Maintained organized records and documentation for all initiatives
      * Delegated responsibilities and ensured executive board task completion

**PUBLICATIONS**

* **Lopez Torres SY**, Aukan MI, Gower B, Martins C. (2024). Adaptive thermogenesis, at the level of resting energy expenditure, after diet alone or diet plus bariatric surgery. *Obesity (Silver Spring, Md.)*, 32(6), 1169-1178. doi: 10.1002/oby.24031.

**MANUSCRIPTS IN PREPARATION**

* **Lopez Torres SY**, Martins C, Garvey WT, Gower B. (2025). Adaptive thermogenesis after hypocaloric low-carbohydrate vs low-fat diets in African American Women: A secondary analysis. *Obesity*. Under review.

**PEER-REVIEWED POSTER AND PLATFORM PRESENTATIONS**

**Platform presentation(s)**

1. **Lopez Torres SY**, Martins C, Garvey WT, Gower B. (2024). Adaptive thermogenesis after hypocaloric low-carbohydrate vs low-fat diets in African American Women. ObesityWeek, San Antonio, TX. November 2024.

**Poster(s)**

1. **Lopez Torres SY**, Aukan MI, Gower B, Martins C. (2023). Adaptive thermogenesis, at the level of resting energy expenditure, after diet alone or diet plus bariatric surgery. ObesityWeek, Dallas, TX. October 2023.

**RELEVANT SKILLS**

**Research**

1. Laboratory skills

* Study coordination
* DXA
* Indirect calorimetry

1. Statistical methods and computing

* SPSS
* SAS
* Microsoft
* Excel
* PowerPoint
* Adobe

1. Soft skills

* Communication
* Public speaking
* Scientific writing

**Language**

1. Bilingual – Spanish and English Speaker