**Unjali Gujral, MPH, PhD**

Global Diabetes Research Center

Emory University

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**POSITIONS**

**Research Assistant Professor January 2018-Present**

**Emory University**

**Rollins School of Public Health**

**Hubert Department of Global Health**

**Postdoctoral Fellow June 2015-January 2018**

**Emory University**

**Rollins School of Public Health**

**Hubert Department of Global Health**

**EDUCATION**

**Doctor of Philosophy in Nutrition and Health Sciences August 2010-May 2015**

Emory University, Atlanta, GA

Laney Graduate School

Graduate Division of Biological and Biomedical Sciences

Epidemiology Track

Advisor: Dr. K.M. Venkat Narayan

Dissertation: Type 2 Diabetes in Asian Indians on Two Continents: Insights into the Epidemic and Pathophysiology

**Master of Public Health in Chronic Disease Epidemiology August 2008- May 2010**

Yale School of Public Health, Yale University, New Haven, Connecticut

**Bachelor of Arts September 1999- June 2003**

University of California, Irvine, Irvine, California

**RESEARCH AREAS**

Type 2 diabetes; cardio-metabolic disease; ethnic differences in the pathophysiology of cardio-metabolic disease development; immigrant health; minority health; cardio-metabolic disease development in Asian American populations; global burden of non-communicable disease; epigenetics

**AWARDS AND SCHOLARSHIPS**

**Fulbright Fellowship November 2012- August 2013 Madras Diabetes Research Foundation, Chennai, India** Project Title: South Asian Ethnicity and its Age Specific Association with Diabetes.

**Excellence in Research Award September 2018**

Hubert Department of Global Health, Excellence in Research Award: Paper Title: Cardio-metabolic Abnormalities Among Normal Weight Individuals from Five Race/Ethnic Groups in the United States: Cross-sectional Analysis of Two Cohort Studies.

**TEACHING EXPERIENCE**

**Instructor**– Diabetes: A Model for Global Non-communicable Disease Prevention and Control, Emory University Rollins School of Public Health.  **Spring, 2019**

**Guest Lecturer** – Diet and Chronic Disease, Emory University Rollins School of Public Health. Lecture: The role of Diet in Diabetes and Diabetes Prevention **Fall, 2017**

**Fall, 2018**

**Guest Lecturer** – Introduction to Data and Statistical Packages, Georgia State University, School of Public Health. Lecture: Merging, Stacking, and Dummy Variables. **Summer 2016**

**Guest Lecturer**– Diabetes: A Model for Global Non-communicable Disease Prevention and Control, Emory University Rollins School of Public Health. Lecture: Ethnic Differences in Cardio-metabolic Pathophysiology

**Spring, 2017**

**Spring, 2016**

**Spring, 2015**

**Teaching Assistant** – Diabetes: A Model for Global Non-communicable Disease Prevention and Control, Emory University Rollins School of Public Health **Spring, 2014**

**Teaching Assistant** – Knowledge Translation - The Art and Science of Bridging the Gap Between Research and Practice, Emory University, Rollins School of Public Health  **Spring, 2012**

**Teaching Assistant** –Measurement Issues in Chronic Disease Epidemiology, Yale University, Yale School of Public Health **Spring, 2010**

**THESIS COMMITTEES/MENTORSHIP**

Bhanjua Dub, MPH, Behavioral Health and Social Sciences, Rollins School of Public Health, Thesis Committee: Prevalence of cardio-metabolic disorders between Norther and Southern Indian immigrants in the United States: the MASALA Study **Spring, 2017**

Prognostic cut-points for non-diabetic plasma fasting and 2-hour glucose and HbA1c: Predicting total mortality, CVD mortality, microvascular complications, and other associated complications: Mentored a team of three PhD students to complete a systematic review commissioned by the WHO **Fall 2017-Present**

Centers for Disease Control and Prevention, Field Epidemiology Training Program: Non-Communicable Disease Field Investigation Guide: Mentored a team of five PhD and MPH students on developing protocols for Centers for Disease and Control and Prevention Field Epidemiology Trainees in the topics of cancer, tobacco use, injury, hypertension, and maternal and child health. **Spring 2015-Spring 2016**

**COMPLETED RESEARCH SUPPORT**

2017/699062-0 Venkat Narayan (PI) **03/13/17 – 07/27/17**

World Health Organization

*Prediabetes glycemic cut-points for predicting cardio-vascular outcomes*

The goal of this project is to inform a WHO Committee on Diagnosis and Classification of Diabetes through a systematic review and meta-analysis assessing glycemic cut-points from longitudinal associations between prediabetic fasting glucose, two-hour glucose, and HbA1c and risk of cardio-metabolic outcomes (all-cause and cause-specific mortality, cardiovascular events, retinopathy, chronic kidney disease).

Role: Co-Investigator

50FTEP / Venkat Narayan (PI) **5/21/15-12/31/16**

Centers for Disease Control and Prevention

*Field Epidemiology Training Program Compendium Project*

The goal of this project is to develop a Field Epidemiology Training Program (FETP) research compendium on cancer, tobacco, injury, hypertension, and maternal/child health that will assist FETP residents in developing robust protocols and carrying out applied field studies.

Role: Project Manager

**PUBLICATIONS**

**Gujral UP**, Echouffo-Tcheugui JB, Narayan KMV. Trends in prevalence of type 2 diabetes and prediabetes in South Asians: Does it tell a story? International Journal of Epidemiology. 2011; 40:1554-55

**Gujral UP**, Pradeepa R, Weber MB, Narayan KM, Mohan V. Type 2 Diabetes in South Asians: Similarities and differences with White Caucasian and Other Populations. Annals of the New York Academy of Sciences. 2013; 1281:51-63

**Gujral UP**, Narayan KM, Kahn SE, Kanaya A, The Relative Associations of β-Cell Function and Insulin Sensitivity with Glycemic Status in Migrant Asian Indians in the United States: the MASALA study. Journal of diabetes and its complications 2014; 28 (1): 45-50

**Gujral UP**, Narayan KM, Pradeepa R, Deepa M, Ali MK, Anjana RM, Kandula N, Mohan V, Kanaya AM. Diabetes and Prediabetes in Asian Indians living in India and the United States and the associated risk factors: The CARRS and MASALA Studies. Diabetes Care 2015; dc150032

Narayan KM, and **Gujral UP**. Evidence Tips the Scale Toward Screening for Hyperglycemia Diabetes Care 2015; 38: 1399-1401.

**Gujral UP**, Narayan KM, Mohan V, Pradeepa R, Deepa M, Anjana RM, Mehta NK, Gregg EW, Narayan KM. Ethnic Variations in Diabetes and Prediabetes Prevalence and the roles of Insulin Resistance and β-cell Function: The CARRS and NHANES Studies. Journal of Translational and Clinical Endocrinology, 2016.

Jaacks, LM, Siegel, KR, **Gujral, UP**, Narayan, KM. Type 2 Diabetes: A 21st Century Epidemic. Best Practice & Research Clinical Endocrinology & Metabolism, 2016.

**Gujral UP**, Hulman A, Narayan KM, Pradeepa R, Mohan D, Anjana RM, Mohan V, Faerch K, Witte DR. Glucose patterns during the OGTT and risk of future diabetes in an urban Indian population: the CARRS study. Diabetes Research and Clinical Practice, 2017

**Gujral UP**, Vittinghoff, E. Mongraw-Chaffin ML, Vaidya D, Kandula NR, Allison MA, CARR, JJ, Liu K, Narayan KM, Kanaya, AM. Cardio-metabolic Abnormalities Among Normal Weight Individuals from Five Race/Ethnic Groups in the United States: Cross-sectional Analysis of Two Cohort Studies. Annals of Internal Medicine, 2017

Rhodes EC, **Gujral UP**, Narayan KM. Mysteries of type 2 diabetes: the Indian Elephant meets the Chinese Dragon. European Journal of Clinical Nutrition, 2017.

Mongraw-Chaffin M**, Gujral UP,** Kanaya AM, Kandula NR, Carr JJ, Anderson CA. Association of ectopic fat with cardiovascular disease risk scores: The Mediators of Atherosclerosis in South Asians Living in America study (MASALA). American Journal of Cardiology, 2018

**Gujral UP**, Weber MB, Staimez LR., Narayan, KM. Diabetes Among Non-Overweight Individuals: an Emerging Public Health Challenge. Current diabetes reports, 2018.

**Gujral UP**, Mohan V, Pradeepa R., Deepa M. Anjana RM Narayan KM. Ethnic Differences in the Prevalence of Diabetes in Underweight and Normal Weight Individuals: The CARRS and NHANES Studies. Diabetes Research and Clinical Practice, 2018

Magee MJ, Salindri AD, **Gujral UP**, Auld, SC, Bao J, Haw JS, Lin HH, Kornfeld H. Convergence of Non-Communicable diseases and tuberculosis: A two way street? The International Journal of Tuberculosis and Lung Disease, 2018.

**OTHER PUBLICATIONS**

**Gujral UP,** Sugarman D, Nayak P, Shaikh N, Shinde N, Um C,Mehotra A, et al. Centers for Disease Control and Prevention. Field Epidemiology Training Program: Non-Communicable Disease Field Investigation Guide, Centers of Disease Control. 2017

**PUBLICATIONS IN PREPARATION**

**Gujral UP,** Zhou B, Narayan KM, Ezzati M. Global prevalence of prediabetes phenotypes: a pooled analysis of 49 population based studies

**Gujral UP**, Huang M, He S, Staimez LR, Jagannathan R, Wei J, Narayan KM. Prognostic cut-points for non-diabetic plasma fasting and 2-hour glucose and HbA1c: Predicting total mortality, CVD mortality, cardiovascular complications, and other associated complications

**Gujral UP**, Kelli HM, Hayek SS, Kumar S, Ko YA, Quyyumi AA. Cardiovascular risk factors and subclinical vascular dysfunction in three race/ethnic groups in the United States

**Gujral UP**, Narayan KM, Kandula NR, Mohan V, Anjana RM, Mohan D, Tandon N, Prabhakaran D, Kanaya AM. Over-diagnosis of type 2 diabetes by isolated HbA1c in South Asians: The CARRS and MASALA studies

Jagannathan R, Narayan KM, **Gujral UP**. 30 minute plasma glucose identifies phenotypes missed by fasting and 2-hour plasma glucose: the CARRS study.

**CONFERENCE PRESENTATIONS**

**Gujral UP**. Global Ethnic Disparities in Diabetes. Oral Presentation, American Heart Association, Anaheim, California, November, 2017

**Gujral UP.** The Role of Diet in Diabetes and Diabetes Prevention, Keynote Speaker, Diabetes Week, Georgia State Perimeter College, Covington, GA, October, 2016

**Gujral UP**. Cardio-metabolic Abnormalities Among Normal Weight Individuals from Five Race/Ethnic Groups in the United States: Cross-sectional Analysis of Two Cohort Studies. Oral Presentation, MESA Steering Committee Meeting, Bethesda, Maryland, April 2017

**Gujral UP**.Glucose patterns during the OGTT and risk of future diabetes in an urban Indian population: the CARRS study. Poster Presentation, Global Partnerships to Advance NCD Research within the Sustainable Development Goal Agenda, Emory University, August 2016

**Gujral UP**. Phenotypic Variations in Prediabetes in Asian Indians, Oral Presentation, International Diabetes Epidemiology Group, Vancouver, BC, Canada, December 2015

**Gujral UP**.Diabetes in Asian Indians in India and the United States, Oral Presentation, Global Non-Communicable Disease Symposium, Emory University, September 2014

**Gujral UP**.Similarities and Differences in Diabetes and Prediabetes in Asian Indians in India compared to Caucasians, Hispanics, Blacks, and Asian Indians in the US., Oral Presentation, Emory University Diabetes Symposium, June 2014

**Gujral UP**, Narayan KM, Pradeepa R, Deepa M, Ali MK, Anjana RM, Kandula N, Mohan V, Kanaya AM. Diabetes and Prediabetes in Asian Indians living in India and the United States and the associated risk factors: The CARRS and MASALA Studies, Poster Presentation, American Diabetes Association, June 2014

**Gujral UP**, Narayan KM, Kanaya A, The Relative Associations of β-Cell Function and Insulin Sensitivity with Glycemic Status in Migrant Asian Indians in the United States: the MASALA study, Poster Presentation American Diabetes Association, June 2013

**PEER REVIEW EXPERIENCE**

**Peer Reviewer**

*Clinical Epidemiology* September, 2017

*International Journal of Tuberculosis and Lung Disease* September, 2017

*Lancet: Diabetes and Endocrinology* February, 2017

*Annals of Internal Medicine* January, 2017

*Merit Review Panel for Epidemiology*

*Department of Veterans Affairs, Veterans Health Administration* November, 2016

*Journal of Translational and Clinical Endocrinology* March, 2016

*PlosOne*  March, 2016

February, 2016

*Diabetes Care*  June, 2015 April, 2017

August, 2017

*Journal of Endocrinological Investigation* May, 2015

*Scientific Reports* April, 2015

*BioMed Central* October, 2014

*Diabetic Medicine*  June, 2014

*Journal of Primary Care Diabetes* January, 2014

**SOFTWARE AND PROGRAMMING PROFICIENCY**

SAS, Microsoft Office Suite

**FOREIGN LANGUAGE SKILLS**

Spanish (basic speaking, reading and writing), Hindi (basic speaking, reading and writing)