**CURRICULUM VITAE**

MARÍA JOSSÉ NAVARRO IBARRA

Universidad Autónoma de Baja California. Mexicali Medicine Faculty

Nutrition degree program

Dr. Humberto Torres Sanginés s/n, Centro Cívico, 21000 Mexicali, B.C.

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**EDUCATION**

2015-2019 PhD in Science (Public Nutrition and Health). Centro de Investigación en Alimentación y Desarrollo. Hermosillo, México.

2012-2014 MS, (Public Nutrition and Health). Centro de Investigación en Alimentación y Desarrollo. Hermosillo, México.

2008-2011 BS (Biotechnologist Engineer). Instituto Tecnológico de Sonora. Cd. Obregón, México.

**PROFESSIONAL & RESEARCH APPOINTMENTS**

2021-Present Research Professor - Universidad Autónoma de Baja California, Mexicali Medicine Faculty.

2020 Full-Time Professor on MS Program (Nanotechnology) at Universidad de Sonora, Navojoa campus, México.

**PUBLICATIONS**

Publications of books and/or chapters

Year of publication: 2022. Book title: Mental health and cognitive processes research in educational and social contexts. Chapter title: Lifestyles of university students in the health area during the COVID-19 confinement. Editorial Fontamara, pages 13 to 26. **ISBN:** 978-607-736-743- 7

Refereed Journal Articles

**Navarro-Ibarra MJ,** Saucedo-Tamayo MDS, Alemán-Mateo H, Parra-Sánchez H, Othón-Ontiveros P, Hernández J, Caire-Juvera G. Association Between Interleukin 6 and C-Reactive Protein Serum Levels and Body Composition Compartments and Components in Breast Cancer Survivors. Biol Res Nurs. 2023 Oct 16:10998004231207022. doi: 10.1177/10998004231207022. Epub ahead of print. PMID: 37844913.

**María Jossé Navarro Ibarra**, Jesús Hernández, Graciela Caire Juvera. Diet, physical activity and telomere length in adults. Nutr Hosp 2019; 36(6):1410-1424. DOI: 10.20960/nh.02673.

**María Jossé Navarro-Ibarra**, Graciela Caire-Juvera, María Isabel Ortega-Vélez, Adriana Verónica Bolaños-Villar, María del Socorro Saucedo-Tamayo. Influence of reproductive factors, breastfeeding and obesity on breast cancer risk in Mexican women. Nutr Hosp 2015; 32(1):291-298. DOI: 10.3305/nh.2015.32.1.9049.

Conference papers

Anell Muñoz-Gallego, **Maria Jossé Navarro-Ibarra**, Diana Reyes-Pavón, Graciela Caire-Juvera, , Victor García-gonzalez. A Pilot Study Protocol: A Nutritional Intervention During Pregnancy To Improve Pregnancy Outcomes and Telomere Length. Current Developments in Nutrition 7 Suppl 1 (2023). https://doi.org/10.1016/j.cdnut.2023.101741.

Daniela Guadalupe González, Carlos Olvera Sandoval, Vianey Méndez Trujillo,**María Josse Navarro Ibarra.**  Valoración Nutricional En Población Atendida En CEPSAN.  Archivos Latinoamericanos de Nutrición Sociedad Latinoamericana de Nutrición Volumen 71, Suplemento 1, octubre 2021. https://doi.org/10.37527/2021.71.S1

Graciela Caire-Juvera, María del Socorro Saucedo-Tamayo, Karina de Jesús Díaz-López, Víctor Alexander Quintana-López, **María Jossé Navarro-Ibarra**, Orlando Tortoledo-Ortiz, Elizabeth Artalejo-Ochoa. Adherence to a Diet, Physical Activity and Body Weight Program Using Motivational Interviewing Among Breast Cancer Survivors**.** *Current Developments in Nutrition*, Volume 3, Issue Supplement\_1, June 2019, nzz030.P05-025-19, https://doi.org/10.1093/cdn/nzz030.P05-025-19

**COMPUTER PROGRAM DEVELOPMENT**

Derivative work: 7-day food consumption frequency questionnaire adapted to the adult population of northwestern Mexico. Computer program. Authors: **Navarro Ibarra MJ**, Ruíz Esparza Cisneros J, González Valencia DG, Olvera Sandoval C, Navarro Verdugo JM. 2022. Registration No.: 03-2022-101911211700-01 in National Copyright Institute of Mexican Goverment.

**CREATING CURRICULA**

Collaboration in the creation of the Educational Program of the Master's Degree in Nutritional Sciences at the Faculty of Medicine. Approved by the University Council on February 24, 2022.

Collaboration in the creation of the Educational Program of the Doctorate in Nutritional Sciences at the Faculty of Medicine. Approved by the University Council on February 24, 2022.

**PARTICIPATION IN CONFERENCES**

1. 2023. Participation with a scientific poster at the International Nutrition Congress 2023 held in Boston, Ma, in July 2023. With the presentation of the research work entitled: A Pilot Study Protocol: A Nutritional Intervention During Pregnancy to Improve Pregnancy Outcomes and Telomere Length. Authors: Anell Muñoz-Gallego, Maria Jossé Navarro-Ibarra, Diana Reyes-Pavón, Graciela Caire-Juvera, Victor García-González.
2. 2022. Participation in the didactic material contest with the project Guide to food guidance during pregnancy at the XXXV AMMFEN National Congress. Held from March 29 to April 01, 2022, at the Autonomous University of San Luis Potosí.
3. 2021. Participation as Speaker in the Workshop: "Assessment of nutritional status in a community", within the XXXVII INTERNATIONAL CONGRESS OF NURSING: "CARE, EDUCATION, AND LEADERSHIP: A NURSING FACING THE NEW REALITY", held on November 18 to 20, 2021 in blended learning mode, based at Hotel Barceló in the Riviera Maya, Mexico.
4. 2018. Participation with a scientific poster in the Latin American Congress of Nutrition, held in Guadalajara, Jalisco in November 2018. With the presentation of the research work entitled "Serum carotene levels in breast cancer survivors: effect of an intervention program", in the poster session of the XVIII Authors: María Jossé Navarro Ibarra\*, Ma. Socorro Saucedo Tamayo, Orlando Tortoledo Ortiz, Jesús Hernández López, Heliodoro Alemán Mateo, Maricela Montalvo Corral, Graciela Caire Juvera.
5. 2021. Participation with oral presentation in the 3rd. Academic Nutrition Week: "Integral Nutrition: Current Trend in Health", held from January 25 to 29, 2021, in webinar mode, presenting the work: "Impact of a dietary intervention and physical activity program on molecular, physiological and inflammatory biomarkers in women survivors of breast cancer".
6. 2019. Participation with a scientific poster in the Congress Nutrients 2019- Nutritional Advances in the Prevention and Management of Chronic Disease that took place from September 25 to 29 in Barcelona, Spain. With the presentation of the research work entitled "Diet and physical activity intervention to evaluate changes in body composition, dietary intake and cytokines among breast cancer survivors from Northwestern Mexico". Authors: Graciela Caire-Juvera\*, María del Socorro Saucedo-Tamayo, Luis Ángel Atondo-Reynaga, Atzimba P. Hernández-Villa, María Jossé Navarro-Ibarra, Karina de Jesús Díaz-López, Víctor Alexander Quintana-López, Elizabeth Artalejo-Ochoa, José René Valenzuela-Miranda.
7. 2019. Participation with a scientific poster at the International Nutrition Congress 2019 held in Baltimore, Maryland in June 2019. With the presentation of the research paper entitled "Adherence to a Diet, Physical Activity and Body Weight Program Using Motivational Interviewing Among Breast Cancer Survivors". Authors: Graciela Caire-Juvera, María del Socorro Saucedo-Tamayo, Karina de Jesús Díaz-López, Víctor Alexander Quintana-López, María Jossé Navarro-Ibarra, Orlando Tortoledo-Ortiz, Elizabeth Artalejo-Ochoa.
8. 2018. Participation with a scientific poster in the Latin American Congress of Nutrition, held in Guadalajara, Jalisco in November, 2018. With the presentation of the research work entitled "Serum carotene levels in breast cancer survivors: effect of an intervention program", in the poster session of the XVIII Authors: María Jossé Navarro Ibarra\*, Ma. Socorro Saucedo Tamayo, Orlando Tortoledo Ortiz, Jesús Hernández López, Heliodoro Alemán Mateo, Maricela Montalvo Corral, Graciela Caire Juvera.

**MENTORSHIP**

**Doctoral program in Progress**

Centro de Investigación en Alimentación y Desarrollo A.C. (CIAD), México.

2021-present: Paul Marcel Nindenshuti. Doctor of Philosophy in Sciences.

Role: committee member.

**Project:** “Lifestyle changes due to the Covid-19 pandemic and their relationship to mental health, anthropometric measures, and current markers of inflammation in survivors of breast cancer".

Universidad Autónoma de Baja California Mexicali (UABC), México.

2023-present: Carlos Emiliano Arteaga Flores. Doctor of Philosophy in Nutritional Sciences.

Role: committee member.

**Project:** “Effect of a culinary nutrition education program on the acquisition of eating behaviors and maintenance of metabolic health".

**Masters in progress**

Universidad Autónoma de Baja California Mexicali (UABC), México.

2021-present: Anell Sofía Muñoz Gallego. Master of Science in Biomedicine

Role: Primary mentor

**Project:** "Nutritional intervention program during gestation and its impact on the nutritional status and telomere length of the neonate: randomized pilot clinical trial".

Centro de Investigación en Alimentación y Desarrollo A.C. (CIAD), México.

2022-present: Brenda Rosario Valle Valdez. Master in Sciences.

Role: committee member.

**Project:** “Interleukin levels and their relationship to different combinations of adiposity in breast cancer survivors".

Universidad Autónoma de Baja California Mexicali (UABC), México.

2023-present: Diana Rocío Santa Guerra. Master of Science in Nutrition.

Role: committee member.

**Project:** “Nutritional status in children and adolescents with low weight and risk of underweight in the pilgrim shelter of Mexicali”.

Universidad Autónoma de Baja California Mexicali (UABC), México.

2023-present: Bryan Alexis Rivera Suárez. Master of Science in Biomedicine

Role: committee member.

**Project:** “Evaluation of triazaspyrane as a potential inhibitor of vasculogenic mimicry in triple negative breast cancer".

Universidad Autónoma de Baja California Mexicali (UABC), México.  
2023-present: Jesús David Lugo Aguirre. Bachelor's degree in Nutrition.   
Function: Committee member.  
**Project:** "Impact of Covid-19 confinement on the physical, emotional and economic well-being of breast cancer survivors".

Universidad Autónoma de Baja California Mexicali (UABC), México.  
2023-present: Martha Elvira Ramos Romero. Bachelor's degree in Nutrition.  
Position: Committee member.   
**Project:** "Development of Vegetable Seasoning Using Onion and Garlic Residues, Low Sodium Content"**.**

**HONORS, AWARDS**

2023-2026. PRODEP **profile acknowledgement**. Mexico.

2021-2024 Member of the National System of Researchers. CONAHCYT **SNI “C”**.

2021. **“Premios a la Investigación en Salud 2020 Dr. José Miró Abella”,** Secretaria de Salud Pública

2012 Honorable Mention. Grantor: Instituto Tecnológico de Sonora.

2012 Mention for Academic Performance. Grantor: Instituto Tecnológico de Sonora.