

Bridget E. Young, PhD, CLC

Personal Statement

I am passionate about the power of nutrition in human health. My research focuses on the maternal/infant dyad during lactation and the biochemical characteristics of human milk and infant formula that impact the infant. In 2015, I founded BabyFormulaExpert.com as a way to bring cutting edge medical research and knowledge about infant formula and nutrition to parents and health-care providers. I am passionate about empowering parents with the education they need to make confident feeding decisions for their baby.

Current Positions

Founder, BabyFormulaExpert.com (Healthy Baby, LLC), 2015 - present

- “*Good Nutrition Begins in Infancy*” At Baby Formula Expert, we are dedicated to empowering parents and health-care providers to make confident educated feeding decisions for their babies.

Assistant Professor, University of Colorado Denver, Aurora, CO, 2014 - present

- Research Topic: Investigate the effects of metabolic dysfunction on breast milk composition. Detail how bioactive components and nutrient formulation of human milk and infant formula impact infant adiposity and pancreatic development during the critical perinatal period.

Social Media and Contact

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[Twitter](https://twitter.com/BabyFormExpert): @BabyFormExpert

[YouTube Channel](https://www.youtube.com/channel/UCrr83Tq2TK4WQOO2XfsJFcg): www.youtube.com/channel/UCrr83Tq2TK4WQOO2XfsJFcg

Education

CLC (Certified Lactation Counselor), Denver, CO, 2012

Ph.D. Nutritional Sciences, Cornell University, Ithaca, NY, 2007-2011

B.A. Molecular Biology, Magna Cum Laude, Colgate University, Hamilton, NY, 2001-2005

Previous Professional Experience

Postdoctoral Research Fellow, University of Colorado Denver, Aurora, CO, 2011 – 2014

- Research Mentor: Dr. Nancy Krebs, MD, MS.

Doctoral Student, Cornell University, Ithaca, NY, 2007 – 2011
– Dissertation Advisor: Dr. Kimberly O'Brien, PhD.

Research Technologist, Cleveland Clinic Foundation, Cleveland, OH, 2005 – 2007

Research Intern, Case Western Reserve University, Cleveland, OH, Summer 2005

Undergraduate Research Assistant, Colgate University, Hamilton, NY, 2003 - 2005

Media Attention

- 2017 Healthy Baby, LLC Featured Expert in The Bump online article: "Beat Baby Formula for Your Child's Needs" Published August, 2017
- 2017 Healthy Baby, LLC Featured Expert in article series on Nutritional Weight and Wellness Website: "How to Choose Baby Formula" and "How to Tell if Baby Formula Is a Good Fit" Published August, 2017
- 2017 Healthy Baby, LLC Featured Expert in Romper online article: "The Pressure to Breastfeed Is Putting New Moms at Risk" Published June, 2017
- 2017 Publication "Early infant adipose deposition is positively associated with the n-6 to n-3 fatty acid ratio in human milk independent of maternal BMI" Highlighted by Women's Health Dietetic Practice Group of the Academy of Nutrition and Dietetics Quarterly Publication. Garner C. 2017; Issue 2: 11-12.
- 2016 Press Release highlighting published study of the impact of human milk hormones on the infant microbiome featured in "Science Daily": 5/2/2016
- 2015 Featured on Healthy Children Project Blog: Our Milky Way. Article entitled: "Bridging Gaps". Article aired: 10/4/2015.
- 2015 Work on improvement of Anschutz Medical Campus lactation rooms featured on News 9; News 7 "The Now" (airing 8/19/2015), and "Today" – The University of Colorado Denver's newsletter 08/21/2015;
- 2015 Interviewed by CCTV America for a television news piece entitled "Online Breastmilk" which aired: 4/10/2015
- 2014 Featured in "Today" – The University of Colorado Denver's newsletter 3/17/2014; Story entitled: "Researching Infant Fat Gain" featured under the series "Postdoctoral Research Day Highlights Innovation".

Invited Presentations and Lectureships

- 2017 Keynote Presentation; "How to Individualize Formula Recommendations – and Answer Parents' Questions!" Midwifery and Neonatal Conference, Philadelphia, PA.
- 2016 Keynote Presentation; "All Formulas are Not The Same - How to Optimize Infant Formula Choice to meet Infant Needs" MILK, an Infant Feeding Conference (MommyCon), Orange County, CA.
- 2016 Oral Presentation; "Unlike Adipokines, Insulin Concentrations in Human Milk Surpass those in Maternal Circulation, are Higher among Overweight Women, and are Associated with Maternal Insulin Resistance" Mini-symposium; Experimental Biology Annual Meeting
- 2015 Invited Oral Presentation; "Babies and Bugs: Development of the Infant Microbiome and Lessons We Can Learn" Denver Dietetics Association Annual Meeting. Denver, CO

- 2015 Invited Oral Presentation; “An interdisciplinary examination of potential effects of maternal obesity on lactation physiology and the human milk microbiome” Symposium; Experimental Biology Annual Meeting
- 2014 Oral Presentation; “The Effect of Maternal Obesity & Insulin Dynamics on Maternal Lactation Sufficiency: From Physiological Underpinnings to Population Level Implications” Session; International Society of Research in Human Milk and Lactation (ISRHML) Bi-Annual Meeting.
- 2014 Oral Presentation; “Lactation: Effects of Lactation/Breastfeeding on the Recipient Infant and/or Lactating Mother” Session; Experimental Biology Annual Meeting.
- 2013 Invited Oral presentation; “Does Maternal Phenotype Impact Breast Milk Composition? Preliminary Insights from the MIG Study”; Mammary Gland Biology and Lactation Program Project Grant Retreat; Denver, CO.
- 2012 Oral presentation; Longitudinal Analysis of Associations between Diet and Health Outcomes Session; Experimental Biology Annual Meeting.
- 2011 Oral presentation; Nutritional Sciences Council Graduate Student Research Award Competition; Experimental Biology Annual Meeting.
- 2011 Oral presentation; Maternal Fetal Programming of Gene Expression Session; Experimental Biology Annual Meeting.
- 2010 Oral presentation; Emerging Clinical Leaders Research Award Competition; Experimental Biology Annual Meeting.

Teaching Experience

- Spring 2017 – present – 4th Year Medical Student training – “*Formula Feeding the Healthy Term Infant – Black Magic or Science?*”, University of Colorado School of Medicine, Aurora, CO.
- Spring 2017 – present – Resident and practitioner outreach training – “*Protein Variation in Standard Term Infant Formulas*” Child Health Clinic, Children’s Hospital Colorado, Aurora, CO.
- Fall 2016 - 2017 Guest Lecturer for Metro State University of Denver NUT 3290: Lifecycle Nutrition; “Development of the Infant Microbiome and Lessons We Can Learn”
- Fall 2012 - 2016, Lecturer; *Digestive, Endocrine and Metabolic Systems*: “Dietary Calcium and Other Nutritional Influences on Bone Health”, University of Colorado School of Medicine, Aurora, CO.
- Fall 2013, Teaching Assistant; Biomedical Science Core Course 7823: “*Systems Biology of Energetics*”, University of Colorado Denver Graduate School, Aurora, CO.
- Spring 2008 & 2009, Teaching Assistant and Lecturer; Nutritional Sciences 1200: “*Nutrition in the Lifecycle*”, Cornell University, Ithaca, NY.
- Fall 2008, Teaching Assistant; Nutritional Sciences 3450: “*The Physiological and Biological Aspects of Food*”, Cornell University, Ithaca, NY.
- Fall 2007, Teaching Assistant and Laboratory Section Manger; Nutritional Sciences 3320: “*Methods in Nutritional Assessment*”, Cornell University, Ithaca, NY.

Activities and Volunteering

Consultant for Nestle Nutrition. Key Opinion Leader. 2014-2016
 Conrad Foundation Spirit of Innovation Awards, Judge, 2013 – 2014
 Lactation Room Initiative. 2012-2017.

- Ongoing effort to increase the number and accessibility of lactation rooms on the University of Colorado Anschutz Medical Campus, Aurora, CO

- Awarded competitive Institutional Grant to improve the accommodations of currently available rooms: May 2014 - present.
- East High School Rugby Team Nutrition Volunteer, Denver, CO, Spring 2012 – 2017
 - Teach various nutrition lectures to the team in the context of athletic performance, and serve as a nutrition consultant to the players as needed.
- University of Colorado Denver Postdoctoral Association, Member, Fall 2011 – 2014
- Cornell University Pregnancy-Interest Graduate Group, Founder & Coordinator, 2010 – 2011
 - Founded and coordinated an academic group for graduate students researching topics in pregnancy and early childhood nutrition as a venue to share feedback and experience, and facilitate collaboration.

Honors and Awards

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| 2015 | Invited Symposium Speaker – American Society of Nutrition annual meeting at Experimental Biology, 2015 (Boston) |
| 2014 | Travel Award – International Society of Research in Human Milk and Lactation – for presentation at Bi-annual meeting |
| 2014 – 2015 | Recipient of F32 Award from NICHD for proposal “Differences in Breastmilk Composition and Infant Growth between Healthy and Overweight Mothers”. |
| 2013 – 2014 | University of Colorado Center for Women’s Health Research Faculty Development Award, “The Effect of Maternal Obesity and Type 2 Diabetes on Breast Milk Composition and Infant Growth and Adiposity”. |
| 2013 – 2014 | Colorado Clinical and Translational Sciences Institute Child and Maternal Health Pilot Award, “Impact of Maternal Obesity and Insulin Resistance on Breast Milk and Infant Body Composition”. |
| 2012 - 2014 | Thrasher Research Fund Early Investigator Award; “Impact of Maternal Obesity and Type 2 Diabetes on Breast Milk and Infant body Composition”. |
| 2011 – Present | Postdoctoral Trainee, National Institutes of Health Institutional Training Grant; “Training in Pediatric Nutrition”. |
| 2011 | Graduate Student Research Award and travel grant from the Nutritional Sciences Council of the American Society for Nutrition. |
| 2009 & 2010 | Graduate Student Travel Grant, Cornell University, Ithaca, NY. |
| 2010 | Emerging Clinical Leaders Award and travel grant from the American Society for Nutrition. |
| 2009 – 2011 | Predocotrinal trainee, National Institutes of Health Institutional Training Grant; “Training in Maternal and Child Nutrition”. |
| 2009 | Gerber Predocotrinal Fellowship, awarded by the American Society for Nutrition. |
| 2004 | Inducted to Biological Honor Society, Beta Beta Beta. |

Professional Memberships & Activities

- The Obesity Society, Spring 2014-present.
- International Society for Research of Human Milk and Lactation, Summer 2012 – present.
- National Postdoctoral Association, Spring 2012 - present
- American Society for Nutrition, Fall 2007 – present.
- American Society of Bone and Mineral Research, Fall 2007 – Fall 2011.

Invited Peer-Review Contribution

International Journal of Obesity – 2017-present
Journal of Pediatric and Child Nutrition – 2016-present
Public Health Nutrition – 2015-present
Journal of Nutrition – 2014-present
Journal of the Academy of Nutrition and Dietetics – 2014-present
Appetite – 2014-present
Annals of Nutrition and Metabolism – 2014-present
Advances in Nutrition – 2013-present
American Journal of Clinical Nutrition – 2013-present
Journal of Nutrition Education and Behavior – 2012-present

Publications

Please note: As of October 2011, my last name changed from Essley to Young

1. **Young BE**, Patinkin Z, Palmer C, de La Houssaye B, Barbour L, Hernandez T, Friedman J, Krebs NF. Human Milk Insulin is Related to Maternal Plasma Insulin and BMI - But other Components of Human Milk do not Differ by BMI. European Journal of Clinical Nutrition; 2017, 71 (9): 1094-1100.
2. **Young BE**, Patinkin Z, Pyle L, de la Houssaye B, Davidson B, Geraghty S, Morrow A, Krebs NF. Markers of oxidative stress in human milk do not differ by maternal BMI but are related to infant growth trajectories. Maternal and Child Health Journal. 2017; 21 (6): 1367-1376.
3. **Young BE***, Rudolph M*, Lemas D, Hernandez T, Barbour L, Friedman J, Krebs N, MacLean P. Infant adipose deposition is positively associated with the human milk omega-6 to omega-3 fatty acid ratio. International Journal of Obesity. 2017; 41(4):510-517.
4. Rudolph M, **Young BE**, Jackson K, Krebs NF, Harris W, MacLean P. Human milk fatty acid composition: Comparison of dried milk spot versus liquid extraction methods. Journal of Mammary Gland Biology and Neoplasia. 2016 21 (3-4): 131-138
5. **Young BE**, Farazandeh S, Westra K, Krebs NF. Maternal Beliefs surrounding Infant Feeding, but not Maternal BMI, predict Breastfeeding Exclusivity and Behavior. Austin Pediatrics. 2016; 3 (4): 1041.
6. **Young BE***, Lemas D*, Baker P, Tomczik A, Soderborg T, Hernandez T, DeLaHoussaye R, Robertson C, Rudolph M, Ir D, Patinkin Z, Krebs N, Santorico S, Weir T, Barbour L, Frank D, Friedman J; *Co-first authors. Alterations in Human Milk Leptin and Insulin are Associated with Early Changes in the Infant Intestinal Microbiome. American Journal of Clinical Nutrition. 2016; 103 (5): 1291-1300.
7. Wahlqvist ML, Krawetz SA, Rizzo NS, Dominquez-Bello MG, Szymanski LM, Barkin S, Yatkine A, Waterland RA, Mennella JA, Ross MG, Krebs NF, **Young BE**, Wardle J, Wrann CD, Kral JG; Early-life influences on obesity: from preconception to adolescence. Ann NY Acad Sci. 2015 July; 1347: 1-28.

8. Whisner CM, **Young BE**, Pressman E, Queenan R, Cooper E, and O'Brien KO; Maternal diet but not gestational weight gain predicts central adiposity accretion in utero among pregnant adolescents. *International Journal of Obesity*; 2015; 39: 565-570.
9. Lee S, **Young BE**, Cooper E, Pressman E, Queenan R, Olson, C, Guillet, R and O'Brien KO; Nutrient Inadequacy Is Prevalent in Pregnant Adolescents, and Prenatal Supplement Use May Not Fully Compensate for Dietary Deficiencies. *Journal of Infant Child and Adolescent Medicine (ICAN)*. 2014; 6(3): 152-9.
10. Whisner CM, **Young BE**, Witter F, Harris ZL, Queenan R, Cooper E, O'Brien KO; Reductions in Heel Bone Quality Across Gestation are Attenuated in Pregnant Adolescents with Higher Pre-Pregnancy Weight and Greater Increases in PTH Across Gestation. *Journal of Bone and Mineral Research* 2014; 29(9): 2109-17.
11. **Young BE**, McNanley T, Cooper E, McIntyre AW, Kent T, Witter F, Harris ZL, O'Brien KO. Placental Vitamin D Receptor (VDR) Expression is Related to Neonatal Vitamin D Status, Placental Calcium Transfer and Fetal Bone in Pregnant Adolescents. *FASEB J*; 2014; 99 (4):1348-56.
12. O'Brien KO, Li S, Cao C, Kent T, **Young BE**, Queenan RA, Pressman EK, Cooper E. Placental CYP27B1 and CYP24A1 Expression in Human Placental Tissue and Their Association With Maternal and Neonatal Calcitropic Hormones. *Journal of Clinical Endocrinology and Metabolism*. 2014; 99 (4) :1348-56.
13. **Young BE**, McNanley T, Cooper E, McIntyre AW, Kent T, Witter F, Harris ZL, O'Brien KO. Maternal Vitamin D Status and Calcium Intake Interact to Impact Fetal Skeletal Growth In-Utero in Pregnant Adolescents. *American Journal of Clinical Nutrition*. 2012; 95: 1103 – 1112.
14. **Young BE**, McNanley T, Cooper E, McIntyre AW, Kent T, Witter F, Harris ZL, O'Brien KO. Vitamin D Insufficiency is Prevalent and Vitamin D is Inversely Associated with PTH and Calcitriol in Pregnant Adolescents. *Journal of Bone and Mineral Research*. 2012; 27 (1): 177 – 186.
15. **Essley BV**, McNanley T, Cooper E, McIntyre AW, Kent T, Witter F, Harris ZL, O'Brien KO. Osteoprotegerin in Pregnant Adolescents Differs by Race and is Related to Infant Birth Weight Z-Score. *Journal of Developmental Origins of Health and Disease*. 2011; 2 (5): 272-279.
16. Jaacks M, Young MF, **Essley BV**, McNanley TJ, Cooper EM, Pressman EK, McIntyre AW, Orlando MS, Abkowitz JL, Guillet R, O'Brien KO. Placental Expression of the Heme Transporter, Feline Leukemia Virus Subgroup C Receptor, is Related to Maternal Iron Status in Pregnant Adolescents. *Journal of Nutrition*. 2011; 141 (7): 1267-1272.

Review Articles, Book Chapters and Editorials

1. **Young BE**. "Formula Feeding Exposure is not Homogenous" Letter to the Editor. *Pediatrics*. 2017; 140 (3): DOI: 10.1542/peds.2017-1918
2. **Young BE**, Chapter "The Short and Long-Term Benefits of Breastfeeding"; *Early Nutrition and Long-Term Health: Mechanisms, Consequences, and Opportunities*, 1st

Edition. Editors: Jose Saavedra, Anne Dattilo; Elsevier Publishing, December 2016, ISBN: 9780081001684.

3. Friedman J; **Young BE**, Lemas D, Barbour L, Frank D, Santorico S. Reply to Gotteland and Magne Letter to the editor regarding: "Alterations in Human Milk Leptin and Insulin are Associated with Early Changes in the Infant Intestinal Microbiome". American Journal of Clinical Nutrition. 2017; 105:234-236.
4. **Young BE**, Krebs NF. Editorial: Infants' Dietary Diversity Scores: United States Breastfed Infants Fall Short. The Journal of pediatric. 2015 Nov; 167 (5): 952-3.
5. **Young BE**, Krebs NF. Complementary Feeding: Critical Considerations to Optimize Growth, Nutrition, and Feeding Behavior. Current Pediatrics Reports. 2013; 1 (4): 247-256.
6. **Young BE**, Johnson SL, Krebs NF. Biological Determinant Linking Infant Weight Gain and Child Obesity: Current Knowledge and Future Directions. Advances In Nutrition. 2012; 3: 675-686.

A list of Dr. Young's Ongoing and Previous Research Support available upon request