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学术简历

2006~2009: 博士，香港中文大学赛马会公共卫生学院
1998~2001: 医学硕士，中山大学公共卫生学院
1989~1994: 医学学士，中山大学公共卫生学院

工作经历

2016~：中山大学公共卫生学院 “百人计划” 引进教授 / 博士生导师;
2011~2016: 香港中文大学公共卫生与基层医疗学院 研究助理教授;
2009~2011: 香港中文大学公共卫生与基层医疗学院 博士后;
2001~2006: 广州市疾病预防控制中心 公共卫生主管医师，副主任医师

社会兼职

担任以下杂志同行评阅人：
Journal of Nutrition, Metabolism and Cardiovascular Disease;
Journal of Archives of Medical Research;
European Journal of Clinical Nutrition.
European Journal of Nutrition.
Medicine
Public Health Nutrition
British Journal of Nutrition
Clinical Nutrition
Molecular Nutrition and Food Research
以下相关学术机构会员：



Member of the Hong Kong Epidemiological Association

主要承担或参与的课题

- 1. 中山大学“百人计划”项目资助（2016-2021）；
- 2. 全大豆和大豆黄素对绝经后女性动态血压和内皮功能的作用-一项为期 6 个月的随机对照试验(2010-2013),香港研究资助局课题 (RGC-GRF), 主持人;
- 3. 大豆蛋白和/或大豆异黄酮对绝经后女性的血糖调节,胰岛素抵抗和心血管危险因素的作用-一项为期 6 个月的随机对照试验(2006-2009),香港研究资助局课题(RGC-GRF), 执行者和主要参与人;
- 4. 膳食大豆异黄酮和木质素对乳腺癌患者预后的影响-一项为期6年的前瞻性研究(2011-2017), 世界癌症研究基金(World Cancer Research Fund, WCRF); 主要参与人;
- 5. 膳食模式和骨代谢关系的研究 (2014-2016), 香港中文大学直接基金, 主持人;
- 6. 大豆异黄酮代谢产物不同表型和心血管危险因素的关系(2010-2012), 香港中文大学直接基金, 主持人。

近期发表的主要文章

第一作者SCI文章（IF为当年影响因子）

- 1. **Liu ZM**, Ho SC, Hao YT, Chen YM, Woo Jean, Wong Samuel, Xie YJ, He QQ, Chan Ruth, Wong Carmen, Ling WH. A randomized controlled trial of whole soy diet in place of red/processed meat and high fat dairy products on metabolic features in postmenopausal women - study protocol. **BMJ Open**. 2016;6:e012741.doi:10.1136/bmjopen-2016-012741. (IF=2.6)
- 2. **Liu ZM**, Ho SC, Chen YM, Xie YJ, Huang ZG, Ling WH. Research protocol: effect of natural S-equol on blood pressure and vascular function--a six-month randomized controlled trial among equol non-producers of postmenopausal women with prehypertension or untreated stage 1 hypertension. **BMC Complement Altern Med**. 2016 Mar 1;16:89. doi: 10.1186/s12906-016-1065-5. (IF=2.0)
- 3. **Liu ZM**, Wong CK, Chan D, Woo J, Chen YM, Chen B, Tse LA, Wong SY. Association of Circulating 25(OH)D and Lower Urinary Tract Symptoms: A Four-Year Prospective Study among Elderly Chinese Men. **Nutrients**. 2016 May 7;8(5). pii: E273. doi: 10.3390/nu8050273. (IF=3.8)
- 4. **Liu ZM**, Ho SC, Xie YJ, Chen YJ, Chen YM, Chen B, et al. Associations between dietary patterns and psychological factors: a cross-sectional study among Chinese postmenopausal women. **Menopause (New York, N.Y.)** 2016. Aug 1. DOI: 10.1097/GME.0000000000000701 (IF=3.2)
- 5. **Liu ZM**, Wong CK, Chan D, Tse LA, Yip B, Wong SY. Fruit and Vegetable Intake in Relation to Lower Urinary Tract Symptoms and Erectile Dysfunction Among Southern Chinese Elderly Men: A 4-Year Prospective Study of Mr OS Hong Kong. **Medicine** 2016;95(4):e2557. (IF=5.7)
- 6. **Liu ZM**, Wong CK, Wong SY, Leung J, Tse LA, Chan R, et al. A Healthier Lifestyle Pattern for Cardiovascular Risk Reduction Is Associated With Better Bone Mass in Southern Chinese Elderly Men and Women. **Medicine** 2015;94(31):e1283. (IF=5.7)
- 7. **Liu ZM**, Leung J, Wong SY, Wong CK, Chan R, Woo J. Greater fruit intake was associated with better bone mineral status among Chinese elderly men and women: results of Hong Kong Mr. Os and Ms. Os studies. **Journal of the American Medical Directors Association** 2015;16(4):309-15. (IF=4.9, 5/49)
- 8. **Liu ZM**, Ho SC, Xie YJ, Woo J. Whole plant foods intake is associated with fewer menopausal symptoms in Chinese postmenopausal women with prehypertension or untreated hypertension. **Menopause (New York, N.Y.)** 2015;22(5):496-504. (IF=3.2)
- 9. **Liu ZM**, Ho SC, Chen YM, Tomlinson B, Ho S, To K, et al. Effect of whole soy and purified daidzein on ambulatory blood pressure and endothelial function--a 6-month double-blind, randomized controlled trial among Chinese postmenopausal women with prehypertension. **European journal of clinical nutrition** 2015;69(10):1161-8. (IF=3.8)



10. **Liu ZM**, Ho SC, Chen YM, Tang N, Woo J. Effect of whole soy and purified isoflavone daidzein on renal function--a 6-month randomized controlled trial in equol-producing postmenopausal women with prehypertension. *Clinical biochemistry* 2014;47(13-14):1250-6. (IF=2.4)
11. **Liu ZM***, Ho SC, Chen BI, Chen YJ, Woo J (2014) Comparison of Ten Creatinine-based Equations for Estimation of Glomerular Filtration Rate in Chinese Postmenopausal Women with Normal or Mildly Reduced Renal Function. *J Med Diagn Meth* 3: 164. doi: 10.4172/21689784.1000164.
12. **Liu ZM**, Ho SC, Chen YM, Woo Jean et al. A double-blind randomized controlled trial on whole soy and isoflavone daidzein on blood pressure and endothelial function in prehypertensive postmenopausal women. *European Journal of Clinical Nutrition*. 2015; 1-8. doi: 10.1038/ejcn.2015.24. [Epub ahead of print] (IF=2.95)
13. **Liu ZM**, Ho SC, Tang N, Chan R, Chen YM, Woo J. Urinary sodium excretion and dietary sources of sodium intake in Chinese postmenopausal women with prehypertension. *PLoS One*. 2014 Aug 1;9(8):e104018. doi: 10.1371/journal.pone.0104018. (IF=3.53)
14. **Liu ZM**, Ho SC, Chen YM, Woo Jean et al. Cardiovascular risk in relation to daidzein metabolizing phenotypes among Chinese postmenopausal women. *PLoS One*. 2014 Feb 12;9(2):e87861. doi: 10.1371/journal.pone.0087861. eCollection 2014. (IF=3.53)
15. **Liu ZM**, Ho SC, Chen YM, Woo Jean et al. Can soy intake affect serum uric acid level? - pooled analysis from two 6-month randomized controlled trials among Chinese postmenopausal women with prediabetes or prehypertension. *Eur J Nutr*. 2014 Mar 23. (IF=3.8)
16. **Liu ZM**, Ho SC, Chen YM, Woo Jean et al. Whole soy, but not purified daidzein had beneficial effect on cardiovascular risk-a six months randomized, double-blind and placebo-controlled trial in equol-producing postmenopausal women. *Mol Nutr Food Res*. 2013 Nov 24. doi: 10.1002/mnfr.201300499. (IF= 4.9, 3/153)
17. **Liu ZM**, Ho SC, Woo J, Chen YM, Wong C. Randomized controlled trial of whole soy and isoflavone daidzein on menopausal symptoms in equol-producing Chinese postmenopausal women. Menopause. *Menopause*. 2013 Oct 21. (IF=3.6)
18. **Liu ZM**, Woo Jean, Wu SH, Ho SC. The role of vitamin D in blood pressure, endothelial and renal function in postmenopausal women. *Nutrients*. 2013 Jul 9;5(7):2590-610 (IF=3.3)
19. **Liu, Z.-m.**, Ho, S. C., Chen, Y.-m., Woo, J., A Six-Month Randomized Controlled Trial of Whole Soy and Isoflavones Daidzein on Body Composition in Equol-Producing Postmenopausal Women with Prehypertension. *Journal of Obesity* 2013, 2013, 9.
20. **Liu ZM**, Ho SC, Chen YM, Woo Jean. Effect of soy protein and isoflavones on blood pressure and endothelial cytokines- a six-month randomized controlled trial among postmenopausal women. Journal of Hypertension. Journal of Hypertension. 2013 Feb;31(2):384-92. (IF=4.2)
21. **Liu ZM**, Chen YM, Ho SC. Effects of soy intake on glycemic control: A meta-analysis of randomized controlled trials. *Am J Clin Nutr*. 2011 May; 93(5):1092-101. (IF=6.9, 3/79)
22. **Liu ZM**, Chen YM, Ho SC, Ho YP, Woo J. Effects of soy protein and isoflavones on glycemic control and insulin sensitivity: a 6-mo double-blind, randomized, placebo-controlled trial in postmenopausal Chinese women with prediabetes or untreated early diabetes. *Am J Clin Nutr*. 2010 May; 91(5):1394-401. (IF=6.9, 3/79)
23. **Liu ZM**, Ho SC, Chen YM, Ho YP. A mild favorable effect of soy protein with isoflavones on body composition--a 6-month double-blind randomized placebo-controlled trial among Chinese postmenopausal women. *Int J Obes (Lond)*. 2010 Feb; 34(2):309-18. (IF=5.38, 6/79)
24. **Liu ZM**, Ho SC, Chen YM, Ho YP. The effects of isoflavones combined with soy protein on lipid profiles, C-reactive protein, and cardiovascular risk among postmenopausal Chinese women. *Nutr Metab Cardiovasc Dis*. 2011 Mar 21. (IF=3.8)
25. **Liu ZM**, Ho SC. The association of C-reactive protein, uric acid and serum magnesium with insulin resistance in Chinese postmenopausal women with prediabetes or early untreated



diabetes. *Maturitas*. 2011 Oct;70(2):176-81. (IF=2.8)

非第一作者SCI文章

26. Xie YJ, Ho SC, Su X, **Liu ZM**. Changes in Body Weight From Young Adulthood to Middle Age and Its Association With Blood Pressure and Hypertension: A Cross-Sectional Study in Hong Kong Chinese Women. *Journal of the American Heart Association* 2016;5(1).
27. Wong CK, **Liu Z**, Butler CC, Wong SY, Fung A, Chan D, et al. Help-seeking and antibiotic prescribing for acute cough in a Chinese primary care population: a prospective multicentre observational study. *NPJ primary care respiratory medicine* 2016;26:15080. (co-first author)
28. Ma L, Zhu Y, Mai J, Jing J, **Liu Z**, Jin Y, et al. Secular Trends in Overweight and Obesity among Urban Children in Guangzhou China, 2007-2011. *Iranian journal of public health* 2015;44(1):36-42.
29. Chen GD, Zhu YY, Cao Y, Liu J, Shi WQ, **Liu ZM**, et al. Association of dietary consumption and serum levels of vitamin A and beta-carotene with bone mineral density in Chinese adults. *Bone* 2015;79:110-5.
30. Cao Y, Wang C, Liu J, **Liu ZM**, Ling WH, Chen YM. Greater serum carotenoid levels associated with lower prevalence of nonalcoholic fatty liver disease in Chinese adults. *Scientific reports* 2015;5:12951.
31. Xie YJ, Ho SC, **Liu ZM**, Hui SS. Birth weight and blood pressure: 'J' shape or linear shape? Findings from a cross-sectional study in Hong Kong Chinese women. *BMJ open* 2014;4(9):e005115.
32. Shenghui Wu*, Zhong Liu, **Zhaomin Liu** and Lap Ah Tse. Prevalence and risk factors of lower reproductive tract infections among women in an Urban Area of China. *International Journal of Public Health and Epidemiology*. 2015, 4 (2): 115-120. (IF: 0.9)
33. Yao Jie Xie, Suzanne C Ho, **Zhao-Min Liu**, Stanley Sai-Chuen Hui. Comparisons of measured and self-reported anthropometric variables and blood pressure in a sample of Hong Kong female nurses. *PLoS ONE* 9(9): e107233. doi:10.1371/journal.pone.0107233. (IF: 3.53)
34. Yao Jie Xie, Suzanne C Ho, **Zhao-Min Liu**, Stanley Sai-Chuen Hui. Birth weight and blood pressure: 'J' shape or linear shape? Findings from a cross-sectional study in Hong Kong Chinese women. *BMJ Open* 2014;4:e005115 doi:10.1136/bmjopen-2014-005115. (IF: 2.06)
35. iu J, Sun LL, He LP, Ling WH, **Liu ZM**, Chen YM. Soy food consumption, cardiometabolic alterations and carotid intima-media thickness in Chinese adults. *Nutr Metab Cardiovasc Dis*. 2014 May 16. pii: S0939-4753(14)00161-6. doi: 10.1016/j.numecd.2014.04.016. (IF: 2.6)
36. Lu MA, Mai JC, Jing J, **Liu ZM**, Zhu YN, Chen YJ. Empirical Change in the Prevalence of Overweight and Obesity in Adolescents From 2007 to 2011 in Guangzhou, China. *Eur J Pediatr*. 2014 Jan 4. (IF: 2.0)
37. Liu J, Zeng FF, **Liu ZM**, Zhang CX, Ling WH, Chen YM. Effects of blood triglycerides on cardiovascular and all-cause mortality: a systematic review and meta-analysis of 61 prospective studies. *Lipids in health and disease*. 2013;12(1):159. Epub 2013/10/30.
38. Ma J, **Liu Z**, Ling W, et al. Physical activity, diet and cardiovascular disease risks in Chinese women. *Public Health Nutrition*, 2002 6(2):139-146. (IF: 2.5)





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