

Curriculum Vitae
JADE A. BEAUREGARD

Department of Anthropology, Washington University in St. Louis
1 Brookings Drive, Campus Box 1114
St. Louis, MO 63130
jade.a.beauregard@wustl.edu

EDUCATION

Degrees

- | | |
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| Anticipated 2028 | Doctor of Philosophy (Ph.D.), Anthropology
Washington University in St. Louis St. Louis, MO
Advisor: Theresa Gildner
Dissertation working title: Microbial estrogen metabolism, inflammation and reproductive-immune trade-offs in two low-resource U.S. communities |
| 2024 | Master of Arts (A.M.), Anthropology
Washington University in St. Louis St. Louis, MO
Advisor: Theresa Gildner |
| 2019 | Bachelors of Science (B.S.), Biological Sciences
University of Missouri Columbia, MO |
| 2019 | Bachelors of Science (B.A.), Anthropology
University of Missouri Columbia, MO |

Certificates

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| Anticipated 2028 | Teaching Citation, Center for Teaching and Learning
Washington University in St. Louis St. Louis, MO |
| 2024 | Certified Phlebotomy Technician, National Healthcareer Association
St. Louis School of Phlebotomy St. Louis, MO |
| 2019 | Honors College Certificate, MU Honors College
University of Missouri Columbia, MO |

PEER-REVIEWED PUBLICATIONS

2026

Daniels, L. J., Nemeth, K. L., **Beauregard, J. A.**, Pan, Y., Wadhwa, S. and Quinn, E. A. (2026), Thicker Than Water: A Social and Evolutionary Study of Iron Deficiency in Women. By E. Miller, Oxford University Press, 2023. 208 pp. New York. \$34.95 (hard cover). ISBN: 978-0-19-766571-8. *American Journal of Human Biology*, 38: e70265.

2025

Manthey, C., Gildner, T. E., Urlacher, S. S., Mallott, E. K., Chaney, C., Zhang, A., Waimon, S., Nemeth, K. L., **Beauregard, J. A.**, Shing, A., Samsonov, A., Pfaff-Nash, M., & Cepon-Robins, T. J. (2025). Embodied immunity: Place, inequality, and reproductive outcomes in two U.S. communities. *American Journal of Human Biology*, 38(4), e70256

2024

Gildner, T. E., Urlacher, S. S., Nemeth, K. L., **Beauregard, J. A.**, Pfaff-Nash, M., Zhang, A., Waimon, S., Cepon-Robins, T. J. (2024). Dual burden of infectious and chronic disease in low-resource U.S. communities: Examining relationships between infection, adiposity, and inflammation. *Annals of Human Biology*, 51(1), 2368851.

Thayer, Z., Nemeth, K., **Beauregard, J. A.**, Gildner, T. E. (2024). Toddler hair cortisol levels are associated with maternal prenatal depression. *Annals of Human Biology*, 36(10), e24127.

Submitted Manuscripts

Chaney, C., Ong, J., Kwak, L., Grathwohl, K., Wang, S., Betts, K., **Beauregard, J. A.**, Nemeth, K. L., Waimon, S., Zhang, A., Shing, A. B., Samsonov, A., Pfaff-Nash, M., Ragunathan, B., Urlacher, S. S., Cepon-Robins, T. J., Gildner, T. E., & Mallott, E. K. (submitted). Pathways from inequality to health: How social determinants of health shape the gut microbiome in low-resource U.S. communities. *Microbiome*.

Ragsdale, H., Knorr, D. A., Hinz, E., Aronoff, J.E., Alam, N., Ayroles, J. F., **Beauregard, J. A.**, ... Pontzer, H. (submitted). Evaluating the consistency of associations between body mass index and immune and cardiometabolic markers across human populations. *Proceedings of the National Academy of Sciences*.

CONFERENCE ABSTRACTS

*note: previously published under the name Jade Beauregard Thomas (Thomas, JB)

2026

Beauregard JA, Nemeth KL, Samonsonov A, Chaney C, Kim D, Cannon R, Ong J, Veluri R, Judd M, Cepon-Robins TJ, Urlacher SS, Mallott EK, Gildner TE. Estrone, adiposity, and inflammation in minimally-invasive samples: A pilot study. *American Journal of Human Biology*, 38 (S1).

Cannon R, **Beauregard J**, Nemeth K, Urlacher S, Ong J, Chaney C, Samsonov A, Kim D, Veluri R, Mallott E, Cepon-Robins T, Gildner T. Assessing Self-Reported Physical Activity as a Predictor of Lipid Biomarkers in a Low-Resource Community from Southwestern Illinois. *American Journal of Human Biology*, 38 (S1).

Chaney CB, Gildner TE, Cepon-Robins TJ, Grathwohl K, Wang S, Ong J, Kwak L, Ainsley J, Betts K, **Beauregard JA**, Nemeth KL, Waimon S, Zhang A, Shing AB, Cho K, Shriver L, Patti G, Mallott E. Rural Embodiment and Community Health Study: A multi-omics approach reveals the embodiment of environmental contaminant exposure through the gut microbiome in two low-resource U.S. communities. *American Journal of Human Biology*, 38 (S1).

- Judd M, Cepon-Robins T, Chaney C, Grathwohl K, Wang S, Ong J, Kwak L, Kim D, Cannon R, Betts K, **Beauregard JA**, Nemeth KL, Waimon S, Zhang A, Shing AB, Kim EY, Pfaff-Nash M, Samsonov A, Ainsley J, Mukundan D, Hotter S, Veluri R, Urlacher S, Mallott EK, Gildner TE. Demographic correlates of cardiovascular disease and inflammation among adults from southwest Illinois and the Mississippi Delta. *American Journal of Human Biology*, 38 (S1).
- Kim D, Nemeth K, **Beauregard J**, Samsonov A, Ong J, Kwak L, Shing A, Ainsley J, Mukundan D, Hotter S, Mallott E, Urlacher S, Chaney C, Cepon-Robins T, Gildner T. Does dietary quality predict inflammation in low-resource settings? Evidence from the Rural Embodiment and Community Health (REACH) study. *American Journal of Human Biology*, 38 (S1).
- Kwak L, Chaney C, Grathwohl K, Nemeth KL, **Beauregard JA**, Samsonov A, Ong J, Shing A, Mukundan D, Ainsley J, Hotter S, Cepon-Robbins TJ, Gildner TE, Mallott EK. Rural Embodiment and Community Health (REACH) study: exploring differences of food insecurity across two low-resource U.S. communities. *American Journal of Human Biology*, 38 (S1).
- Nemeth K, Gildner T, Cannon R, **Beauregard J**, Kim D, Mallott E, Samsonov A, Cepon-Robins T, Urlacher S, Chaney C. Exploring environmental factors related to childhood physical activity in a low-resource U.S. community: a mixed-methods pilot study. *American Journal of Human Biology*, 38 (S1).

2025

- Beauregard JA**, Quinn EA, & Gildner TE. Expanding anthropological methods: Detecting lymphocyte anergy using minimally-invasive techniques. *American Journal of Human Biology*, 37 (S1).
- Chaney CB, Gildner TE, Cepon-Robins TJ, Grathwohl K, Wang S, Ong J, Kwak L, Betts K, **Beauregard J**, Nemeth KL, Waimon S, Zhang A, Shing AB, Kim L, Pfaff-Nash M, Samsonov A, Urlacher SS, Mallott, E. Elucidating the causal pathway linking social determinants of health to changes in the gut microbiome through inflammatory pathways in two low-resource U.S. communities. *American Journal of Human Biology*, 37 (S1).
- Gildner TE, Mallott EK, Chaney C, Nemeth KL, **Beauregard JA**, Samsonov A, Masteller C, Cepon-Robins TJ, Nelson ND, Jackson K, Hill M, Moehrs Gardner K, Lyles Y. Joint perspectives from community residents and research team members: The need for community-engaged work to address flooding-related environmental inequities in Cahokia Heights, IL. *American Journal of Human Biology*, 37 (S1).
- Manthey C, Gildner T, Urlacher S, Mallott E, Chaney C, Zhang A, Waimon S, Nemeth K, **Thomas J**, Shing A, Pfaff-Nash M, Robins T. The Rural Embodiment and Community Health Project: Link Between Lifelong Immune Dysregulation and Pregnancy Loss. *American Journal of Biological Anthropology*, 186.

- Nemeth KL, Cepon-Robins TJ, **Beauregard JA**, Chaney C, Mallott EK, Samsonov A, Gildner TE. Rural Embodiment and Community Health (REACH) study: Measuring childhood physical activity using accelerometry in low-resource United States communities. *American Journal of Human Biology*, 37 (S1).
- Samsonov A, **Beauregard JA**, Nemeth KL, Chaney C, Ainsley J, Mukundan D, Hotter S, Mallott EK, Cepon-Robins TJ, Gildner TE, Urlacher SS. Ecological and social determinants of early life oxidative stress: Preliminary findings from a low-resource U.S. community. *American Journal of Human Biology*, 37 (S1).

2024

- Thomas JB,*** Cepon-Robins TJ, Urlacher SS, Waimon S, Zhang A, Mallott EK, Nemeth KL, Shing AB, Chaney C, Samsonov A, Grathwohl K, Kim EY, Pfaff-Nash M, Ong J, Wang S, Gildner T. Rural Embodiment and Community Health (REACH) study: Associations between sex and Immunoglobulin E levels among two low-resource communities within the United States. *American Journal of Human Biology*, 36 (S1).
- Chaney CB, Gildner TE, Cepon-Robins TJ, Grathwohl K, Wang S, Ong J, Kwak L, Betts K, **Thomas JB,*** Nemeth KL, Waimon S, Zhang A, Samsonov A, Mallott EK. Embodiment of water infrastructure: Gut microbiome characteristics and flooding in two U.S. communities. *American Journal of Human Biology*, 36 (S1).
- Chaney C, Gildner TE, Cepon-Robins TJ, Grathwohl K, Samsonov A, Wang S, Shing A, Waimon S, Ong J, Kwak L, Betts K, **Thomas JB,*** Nemeth KL, Zhang A, Mallott EK. Population and H. pylori status demonstrate similar effects on gut microbiome diversity. *Microbe*.
- Cepon-Robins TJ, Mallott EK, Manthey-Pierce CJ, Nemeth KL, Recca IC, Samsonov A, Shing AB, Super M, **Thomas JB,*** Waimon S, Zhang A, Gildner TE. Rural Embodiment and Community Health (REACH) study: Disparities in gastrointestinal health and inflammation in older adults from three U.S. samples. *American Journal of Human Biology*, 36 (S1).
- Nemeth KL, Cepon-Robins TJ, Urlacher SS, Mallott EK, **Thomas JB,*** Waimon S, Recca I, Zhang A, Pfaff-Nash M, Kim EY, Gildner TE. Rural Embodiment and Community Health Study (REACH): Trade-offs between Immunoglobulin E levels and growth in a preliminary sample of children in a low-resource rural Mississippi community. *American Journal of Human Biology*, 36 (S1).
- Samsonov A, Gildner TE, Nemeth KL, **Thomas JB,*** Waimon S, Shing AB, Chaney C, Mallott EK, Urlacher SS, Cepon-Robins TJ. Rural Embodiment and Community Health (REACH) Study: Social determinants of intestinal health among low-resource communities in the United States. *American Journal of Human Biology*, 36 (S1).
- Shing AB, Cepon-Robins TJ, Mallott EK, Urlacher SS, **Thomas JB,*** Nemeth KL, Waimon S, Zhang A, Wang S, Chaney C, Grathwohl K, Ong J, Betts K, Kwak L, Pfaff-Nash M, Samsonov A, Kim EY, Gildner TE. Rural embodiment and community health

- (REACH)study: Associations between behavioral and demographic factors, fecal calprotectin, and IgE in under-resourced U.S. communities. *American Journal of Human Biology*, 36 (S1).
- Waimon SL, Cepon-Robins TJ, Mallott EK, Nemeth KL, **Thomas JB,*** Zhang A, Shing AB, Chaney C, Samsanov A, Urlacher SS, Gildner TE. Rural Embodiment and Community Health Study (REACH): Body composition association with pro-inflammatory markers in low-resource US communities. *American Journal of Human Biology*, 36 (S1).
- Wang SA, Gildner TE, Cepon-Robins TJ, Chaney C, Grathwohl K, Ong J, Kwak L, Betts K, **Thomas JB,*** Nemeth KL, Waimon S, Zhang A, Samsonov A, Shing AB, Mallott EK. Rural Embodiment and Community Health Study (REACH): Associations between Water Source and Gut Microbiome Diversity in a Rural U.S. Community. *American Journal of Human Biology*, 36 (S1).

2023

- Cepon-Robins TJ, Urlacher SS, Zhang A, Waimon S, Pfaff-Nash M, Nemeth KL, **Thomas JB,*** Shing A, Gildner TE. Rural Embodiment and Community Health (REACH) study: Helicobacter pylori infection prevalence and associated immune responses in adult participants from Mississippi and Southwestern Illinois. *American Journal of Human Biology*, 35 (S1).
- Gildner TE, Mallott EK, Urlacher SS, Zhang A, Waimon S, Pfaff-Nash M, Nemeth KL, **Thomas JB,*** Shing A, Cepon-Robins TJ. Rural Embodiment and Community Health (REACH) study: Associations between sociodemographic factors, health conditions, and Immunoglobulin E levels among low-resource communities within the United States. *American Journal of Human Biology*, 35 (S1).
- Waimon S, Cepon-Robins T, Ulacher S, Zhang A, Pfaff-Nash M, Nemeth K, **Thomas J,*** Shing A, Gildner T. Rural Embodiment and Community Health (REACH) Study: Testing differences in allergies and asthma between low-resource rural and urban communities in the United States. *American Journal of Human Biology*, 35 (S1).
- Zhang A, Cepon-Robins T, Mallott L, Waimon S, Nemeth K, **Thomas J,*** Shing A, Gildner T. Rural Embodiment and Community Health (REACH) study: Comparison study of results from Point of Care testing devices and Enzyme-Linked Immunosorbent Assays detecting intestinal infections and inflammation among low-resource communities in the United States. *American Journal of Human Biology*, 35 (S1).

RESEARCH & LAB EXPERIENCE

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| 2022 - present | Graduate Research Assistant Washington University in St. Louis
St. Louis, MO
Project: Rural Embodiment and Community Health (REACH) Study
Advisor: Dr. Theresa Gildner |
| 2021 - 22 | Bioprocess R&D Associate Scientist - Document Facilitator Pfizer |

2020 - 21	St. Louis, MO Pharmaceutical R&D - Technical Writer (contract) Pfizer
2016 - 19	St. Louis, MO Undergraduate Research Assistant University of Missouri Columbia, MO Project: <i>The effects of age and sex on infectious disease mortality in early-20th century Newfoundland</i> Advisor: Dr. Lisa Sattenspiel

PROFESSIONAL MEMBERSHIPS

Human Biology Association

EXTERNAL AWARDS

2022	National Science Foundation Graduate Research Fellowship Program (\$138,000)
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AWARDS AND HONORS

2025 - present	Lambda Alpha Honor Society
2025	Anthropology Summer Travel Grant (\$950)
2024	Anthropology Summer Travel Grant (\$1,000)
2024	Rich Smith Travel/Research Grant (\$2,500)
2023	Rich Smith Travel/Research Grant (\$3,000)
2017	Cherng Summer Scholars Fellowship (\$8,000)
2017	Undergraduate Research Mentorship Fellowship (\$1,750)
2017 - 19	Tri-Beta Honor Society
2016 - 19	College of Arts & Sciences Dean's List
2015 - 19	MU Honors College

TEACHING EXPERIENCE

Graduate Assistant in Instruction

Fall 2025	ANTHRO 3070: Human Variation Washington University in St. Louis
Fall 2024	ANTHRO 4581 / BIOL 4580: Principles of Human Anatomy & Development Washington University in St. Louis
Spring 2024	ANTHRO 4104/5104: Tech & Health: Minds, Bodies, & Societies Washington University in St. Louis

Fall 2023 ANTHRO 3876: Darwin & Doctors: Evolutionary Medicine & Health
Washington University in St. Louis

Undergraduate Teaching Assistant

Fall 2017 MICROB 3200: Medical Microbiology & Immunology
University of Missouri
Spring 2017 MICROB 3200: Medical Microbiology & Immunology
University of Missouri

LEADERSHIP & DEPARTMENTAL SERVICE

2026 - 27, 2025 - 26 Anthropology Representative - Graduate and Professional Student Council
2025 - 26 Committee Chair - Graduate Research Symposium
2025 - 26 Committee Member - Graduate Student Affairs Advisory Board
2025 Mentor - GRFP Fellowship Writing Workshop
2022 - 23 Subfield Representative - Graduate Committee of Three
2018 - 19 President - MU Premedical Society
2017 - 18 Vice President - MU Premedical Society

SKILLS

Community-engaged research	Participant recruitment
Biological & survey data collection	Quantitative & qualitative data analysis
Enzyme-linked immunosorbent assays	Venous & capillary blood collection
QIIME2 pipeline	PICRUST2 pipeline
Regulatory documentation	Data verification