YALU ZHANG, PhD, MSW

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Research Program

Aging, health, and social welfare policy, service, and intervention, particularly: (a) social determinants of health; (b) consequences of health inequality; (c) policy responses and social interventions to improve health care equity and social capabilities among older adults.

Employment

Assistant Professor	Stony Brook University School of Social Welfare Tenure-Track Assistant Professor	2023 -
Assistant Professor	Peking University Institute of Population Research Tenure-Track Assistant Professor	2022 - 2023
Postdoc	Peking University Institute of Population Research China Postdoctoral Science Foundation fellowship Research Focus: Community-based interventions for older adults; m environmental determinants of health behavior	2020 - 2022 ultidimensional

Education

PhD	Columbia University School of Social Work Concentration in Social Policy, Planning, and Policy Analysis	2016-2020
	Dissertation Topic: Consequence and policy response of health-indu	ced poverty
MPhil	Columbia University School of Social Work	2016-2019
MSW	Columbia University School of Social Work	2012-2014
	Concentration in Social Welfare Policy and Gerontology	
BA	Shanghai University , <i>summa cum laude</i> Major: Television Directing and Editing	2007-2011
BA	East China Normal University Minor: Finance	2008-2011

Honors & Awards

2023	Third Prize of the 12th Innovation in Teaching Application Contest, Peking University
2022	First Prize of the Innovative Teaching Award, Peking University
2022	Curriculum Model Course Award, Peking University
2020	Sylvia Rosenberg Dissertation Award in Aging and Mental Health, Columbia University School of Social Work
2020	Ruth Fizdale Doctoral Dissertation Support Program, Columbia University School of Social Work

2020	Sasakawa Young Leaders Fellowship Fund Dissertation Fellowship, Weatherhead East Asian Institute at Columbia University
2019	Weatherhead East Asian Institute PhD Training Grant, Columbia University
2019	Greg O'Neill Honorary Travel Grant, Gerontological Society of America
2018	Sasakawa Young Leaders Fellowship Fund PhD Summer Grant, Weatherhead East Asian Institute at Columbia University
2017	Phyllis and Joseph Caroff Doctoral Fellowship Fund, Columbia University
2017	Sheila B. Kamerman Scholarship Fund, Columbia University
2017	Epidemiology and Population Health Summer Institute Columbia University Scholarship
2016	Outstanding Student Poster Award, awarded to best paper presented at Gerontological Society of America 69th Annual Scientific Meeting, New Orleans, Louisiana
2016	Dr. Barbara Berkman and Dr. Grace Christ Doctoral Scholarship Fund, Columbia University

Peer-Reviewed Publications

- 1. **Zhang, Y.**, Han, H., & Gao, Q. (2025). Do public transfers crowd out private transfers from adult children to their empty-nest older parents in rural China? The role of grandchild care. *Journal of Aging and Social Policy*, 1–26. https://doi.org/10.1080/08959420.2025.2523120
- Zhao, X., Zhang, Y., & Wan, M. (2025). Associations of depression symptoms and cognitive levels among Chinese empty- and non-empty-nesters: Exploring the mediating role of residential regions. *International Journal of Aging and Human Development*, 1-18. https://doi.org/10.1177/00914150251352196
- Zhang, Y. (2024). Does participating in New Rural Cooperative Medical Insurance change catastrophic health expenditure? Evidence from the China Household Income Project. *International Journal of Social Determinants of Health and Health Services* 55(1), 64–75. https://doi.org/10.1177/27551938241251747
- 4. Liu, M.*, **Zhang, Y.***Kang, N., Mei, D., Wen, E., Wang, D., & Chen, G., (2024). Body mass and footdominance disparities in the foot plantar pressure parameters of older women. *Journal of the American Podiatric Medical Association*, https://doi.org/10.7547/23-210. (*Co-first author)
- Zhang, Y., Tong, Y., Liu, M., Wang, X., Mei, D., & Chen, G. (2024). Intergenerational Programs for Integrated Caring and Lifelong Education: Potential Pathways and Practical Challenges in Mainland China. *China: An International Journal, 22*(2), 127-147. https://dx.doi.org/10.56159/chn.2024.a929586.
- Liu, M, Kang, N., Zhang, Y.[#], Wen, E., Mei, D., Hu, Y., Chen, G.[#], & Wang, D.[#] (2024). Influence of motor capacity of the lower extremity and mobility performance on foot plantar pressures in community-dwelling older women. *Heliyon*, 10(6), e28114. https://doi.org/10.1016/j.heliyon.2024.e28114. ([#]Co-corresponding author)
- Zhang, Y., Gao, Q., Zhai, F., & Anand, P. (2023). Income and Health in Predicting Older Adults' Social Capabilities in China: The Mediating Role of Social Engagement. *Social Indicators Research*, 165, 163-180. https://doi.org/10.1007/s11205-022-03008-2
- Liu, M.*, Mei, D.*, Zhang, Y.*, Kang, N., Wang, D., & Chen, G. (2023). Meta-analysis of exercise intervention on health behaviors in middle-aged and older adults. *Frontiers in Psychology*, 14:1308602. doi:10.3389/fpsyg.2023.1308602 . (*Co-first author)

- Graf, G.*, Zhang, Y.*, Domingue, B., Harris, K., Kothari, M., Kwon, D., Muennig, P., & Belsky, D. (2022). Social mobility and biological aging among older adults in the United States. *PNAS Nexus*, *1*(2), pgac029, https://doi.org/10.1093/pnasnexus/pgac029 (*Co-first author)
- Li, Y., Zhang, C., Tong, Y., Zhang, Y[#]., & Chen, G[#]. (2022). Prediction of the old-age dependency ratio in Chinese cities using DMSP/OLS nighttime light data. *International Journal of Environmental Research and Public Health*, *19*, 7179. https://doi.org/10.3390/ijerph19127179. ([#]Co-corresponding author)
- Pei, H., Kang, N., Guo, C., Zhang, Y., Chu, H., Chen, G., & Zhang, L. (2022). Longitudinal transition of body mass index status and its associated factors among Chinese middle-aged and older adults in Markov model. *Frontiers in Public Health* 10:973191. doi: 10.3389/fpubh.2022.973191
- Ju, Y., Pei, H., Kang, N., Zhang, Y., Zhang, C., Chen, G., Xie, Z., & Wang, D. (2022). Prevalence and potential risk factors of chronic pruritus among community middle-aged and older Population in Beijing, China. *Journal of the European Academy of Dermatology and Venereology*, 36(7), 1074-1079. doi:10.1111/jdv.18041
- Yan, X., Pei, H., Zhang, Y., Kang, N., Chen, G., & Wang, D. (2022). Association between physical activity and physical fitness among community middle-aged and older adults in Beijing. *China CDC Weekly*. 4(42), doi: 10.46234/ccdcw2021.268
- Zhang, Y., & Gao, Q. (2021). Does welfare receipt change consumption on health among older families? The case of China. *Journal of Aging and Social Policy*, 35(5), 683-704. https://doi.org/10.1080/08959420.2021.1926207
- Zhang, Y., Zhang, L., Zhang, X., Sun, J., Wang, D., & Chen, G. (2021). Fall injuries and depressive symptoms among older adults and the mediating effects of social participation—China, 2011–2018. *China CDC Weekly*, 3(40), 837. doi: 10.46234/ccdcw2021.207
- Sun, J., Zhang, Y., Zhang, X., Song, X., & Chen, G. (2021). Situation, challenges, and countermeasures of home-based healthcare service supply and demand in China. *China CDC Weekly*, 3(40), 847. doi: 10.46234/ccdcw2021.209
- Zhang, X., Hu, X., Zhang, Y., Sun, J., & Chen, G. (2021). Longitudinal association between oral status and depressive symptoms Among Chinese older adults—China, 2014–2018. *China CDC Weekly*, 3(40), 842. doi: 10.46234/ccdcw2021.208
- Mitra, S., Gao, Q., Chen, W., & Zhang, Y. (2020). Health and employment among middle-aged and older adults: A panel analysis for China. *Journal of the Economics of Ageing*, 17. https://doi.org/10.1016/j.jeoa.2020.100255
- Zhang, Y., & Gao, Q. (2019). Catastrophic health expenditure and health-related quality of life among older adults in China. *Ageing and Society*, *41*(7), 1474-1494. https://doi.org/10.1017/S0144686X19001661
- 20. Lee, E., & **Zhang, Y.** (2018). Religiosity as a protective factor of psychological well-being among older Black, White and Asian Christians in the United States. *Ageing International*, 43(2), 321–335. https://doi:10.1007/s12126-017-9319-1
- Tang, F., Chen, H., Zhang, Y., & Mui, A. C. (2018). Employment and life satisfaction among middleand old-aged adults in China. *Gerontology and Geriatric Medicine*, 4, 1–8. https://doi.org/10.1177/2333721418778202
- 22. Gao, Q., Yang, S., **Zhang, Y.**, & Li, S. (2017). The divided Chinese welfare system: Do health and education change the picture? *Social Policy and Society*, *17*(2), 227–244. https://doi:10.1017/S1474746417000100

Peer-Reviewed Publications in Chinese Journals

- 1. Pei, H., Zhang, Y., Li, J., Wu, J., Liu, S., & Chen, G. (2022). Influence of metabolic syndrome on activities of daily living in middle-aged and elderly population in China: a prospective cohort study. *Chinese Journal of Epidemiology*, 43(1), 65-71. doi: 10.3760/cma. j.cn112338-20210401-00265. (In Chinese)
- Sun, J., Chen, J., Dong, W., Sun, J., Zhang, X., Zhang, Y., Zhang, L., & Chen, G. (2022). Health service utilization and influencing factors in female breast cancer patients. *Chinese Health Economics*, 41(2), 65-69. (In Chinese)
- 3. Zhang, X.^{*}, **Zhang, Y**.^{*}, Jia, G., Tang, M., Chen, G., & Zhang, L. (2021). Research progress on low fertility rate in China: A literature review. *Population and Development*. 27(6), 9-21. http://ccj.pku.edu.cn/article/info?aid=324934189. (***Co-first author**, in Chinese)
- Cui, N.*, Zhang, Y.*, Chen, J., & Zhang, L. (2021). Correlation between hospital visit and self-related treatment effect among rural lower-income older cataract patients. *China Journal of Public Health*, 38(4), 1-5. https://www.zgggws.com/en/article/doi/10.11847/zgggws1135146. (*Co-first author, in Chinese)
- Sun, J., Li, H., Chen, J., Sun, J., Zhang, Y., Zhang, L., & Chen, G. (2021). Research on the concentration of medical expenditure based on the empirical evidence from health poverty alleviation. *Chinese Health Economics*, 40(8), 5-8. (In Chinese)
- 6. Sun, J., Liu, L, Zhang, X., Sun, J., Zhang, Y., Zhang, L., & Chen, G. (2021). Behavior of seeking medical care for people with disabilities within context of health poverty alleviation initiatives. *China Journal of Rehabilitation Theory and Practice*, 27(10), 1218-1224. (In Chinese)

Book Chapters

1. **Zhang, Y.**, & Gao, Q. (2025). Does welfare receipt change consumption on health among older families? The case of China. In Feng, Z., & Wu, B. (Eds), *Advancing Long-Term Care Policy and Research in China* (pp. 150-174). Routledge. https://doi.org/10.4324/9781003653332

Manuscripts Under Review and Submission

- 1. **Zhang, Y.,** & Miao, F. (*Preprint*). Cost-benefit analysis on long-term care insurance: Evidence from the Chengdu Pilot Program. International Journal of Environmental Research and Public Health. http://dx.doi.org/10.2139/ssrn.4476221
- 2. **Zhang, Y.** (*Under Review*). Does closing the donut hole under the Affordable Care Act reduce the financial burdens of prescription medication expenses? International Journal of Environmental Research and Public Health.
- 3. **Zhang, Y.** (*Under Review*). The dynamic relationship between public and private transfers among elder: Does health care spending change the relationship?
- 4. **Zhang, Y., &** Chen, Z. (*Under Review*). Aging with disability and aging into disability: How income level and mistreatment experience could alter self-perceived age?
- 5. **Zhang, Y.** (*Under Review*). Health-induced poverty in the global context: Framework, measurement, and evidence.
- 6. Pei, H., Wei, Y., Liu, S., Li, N., Qi, Q., **Zhang, Y**.*, & Chen, G.* (*Under Review*). Cardiometabolic Risk Factors and Disability in Activities of Daily Living Among Chinese Middle-aged and Older Population: A Prospective Cohort Study. (***Co-corresponding author**)
- 7. **Zhang, Y.** (*Full manuscript in preparation for Journal Submission*). Extra health and health-related costs of living with disabilities and chronic diseases among rural and urban elders in China.

Selected Presentations

- 1. **Zhang, Y.**, Zhao, X., & Wan, M. (2025). *The impact of living arrangement transitions on depression among older adults: The role of transition occurrence and who leaves.* Paper presentation at the Gerontological Society of America's 2024 Annual Scientific Meeting, Boston, MA.
- 2. **Zhang, Y., &** Chen, Z. (2024). *Aging with disability and aging into disability: How income level and mistreatment experience could alter self-perceived age?* Poster presentation at the Gerontological Society of America's 2024 Annual Scientific Meeting, Seattle, WA.
- 3. **Zhang, Y.** (2023). Associations between Adverse Childhood Experience and Late-life Cognitive Impairment: The Case in China. Paper presentation at the Gerontological Society of America's 2023 Annual Scientific Meeting, Tempa, FL.
- 4. **Zhang, Y.** Xiong, Y., & Chen, G. (2022). *The pathways of improving social capabilities among older adults with functional limitations: Findings from a mixed-method study.* Poster presentation at the Gerontological Society of America's 2022 Annual Scientific Meeting, Indianapolis, IN.
- 5. **Zhang, Y.**, Mei, D., Pei, H., & Chen, G. (2022). *The dynamic relationship between multidimensional environment and physical activity participation*. Poster presentation at the Gerontological Society of America's 2022 Annual Scientific Meeting, Indianapolis, IN.
- 6. **Zhang, Y.,** & Gao, Q. (2020). *The impact of catastrophic expenditure on health and urban-rural inequality in China*. Poster presentation at the 24th Annual Conference of the Society for Social Work and Research, Washington, DC.
- 7. **Zhang, Y.** (2020). *Does New Rural Cooperative Medical Insurance reduce health-induced poverty? Evidence from the China Household Income Project*. Poster presentation at the 24th Annual Conference of the Society for Social Work and Research, Washington, DC.
- 8. Allen, H., **Zhang, Y.**, Eliason, E., Spishak-Thomas, A., & Frankel, C. (2020). *Adverse childhood experiences and their relationship with depression among adults in a low-income uninsured population*. Oral paper presentation at the 24th Annual Conference of the Society for Social Work and Research, Washington, DC.
- 9. **Zhang, Y.**, Gao, Q., Zhai, F., & Anand, P. (2019). *Wealth and health in predicting elders' social capabilities in China: Mediating role of social network*. Oral paper presentation at the 71st Annual Scientific Meeting of the Gerontological Society of America, Austin, TX.
- Zhang, Y., & Mui, A. C. (2019). Social isolation among the recipients of the minimum livelihood guarantee program: Evidence from the China Health and Retirement Longitudinal Study. Paper presentation at the 71st Annual Scientific Meeting of the Gerontological Society of America, Austin, TX. (Finalist for Outstanding Student Poster Award, awarded to the best 10 papers)
- Zhang, Y. (2019). Do welfare receipts crowd out private transfers from families and friends? Evidence from panel data in China. Paper presentation at the 71st Annual Scientific Meeting of the Gerontological Society of America, Austin, TX. (Finalist for Outstanding Student Poster Award, awarded to the best 10 papers)
- 12. Zhang, Y. (2019). Does the New Rural Cooperative Medical Insurance reduce health-induced poverty? Evidence from the China Household Income Project. Oral paper presentation at the 45th Eastern Economic Association Annual Meetings, New York, NY.
- 13. **Zhang, Y.**, Gao, Q., Zhai, F. & Anand, P. (2019). *Wealth and health in predicting elders' social capabilities in China: Mediating role of social resources*. Poster presentation at the 23rd Annual Conference of the Society for Social Work and Research, San Francisco, CA.

- 14. **Zhang, Y.**, Liu, J., & Mui, A. C. (2018). *Determinants of predicting, enabling and need factors on outpatient utilizations among rural and urban older adults in China*. Poster presentation at the 22nd Annual Conference of the Society for Social Work and Research, Washington, DC.
- 15. **Zhang, Y.**, Mui, A.C., Chen, H., Jiang, N., & Li, Y. (2017). *Alcohol use and outpatient service utilization among older adults in China*. Poster presentation at the 21st IAGG World Congress of Gerontology and Geriatrics, San Francisco, CA.
- 16. Mui, A. C., **Zhang, Y.**, Chen, H., Jiang, N., & Li, Y. (2017). *Tobacco consumption and inpatient hospital service use among an older adult population in China*. Poster presentation at the 21st IAGG World Congress of Gerontology and Geriatrics, San Francisco, CA.
- 17. **Zhang, Y., &** Mui, A. C. (2016). *Determinants of inpatient hospital service utilization among a national representative older adult sample in China*. Poster presentation at the 69th Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.
- 18. Zhang, Y., & Mui, A. C. (2016). Outpatient services utilization among older Chinese living the community: Findings from the WHO Study on Global AGEing and Adult Health (SAGE). Paper presentation at the 69th Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA. (Winner of Outstanding Student Poster Award, awarded to the best paper https://www.geron.org/membership/awards/awardees?start=24)
- Chen, H., Zhang, Y., Tang, F., & Mui, A. C. (2016). Social participation and late-life well-being: Rural and urban differences. Symposium paper presentation at the 69th Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.
- 20. Li, Y., **Zhang, Y.**, Chen, H., Mui, A.C., & Jiang, N. (2016). *Work and life satisfaction among older persons: A comparison between China and India*. Symposium paper presentation at the 69th Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.
- 21. Jiang, N., **Zhang, Y.**, Li, Y., & Mui, A. (2015). *Factors associated with work among older people without pension in China*. Poster presentation at the 68th Annual Scientific Meeting of the Gerontological Society of America, Orlando, FL.
- 22. Li, Y., **Zhang, Y.**, Chen, H., Mui, A., & Jiang, N. (2015). *Work and life satisfaction among a nationally representative older adult sample in China*. Poster presentation at the 68th Annual Scientific Meeting of the Gerontological Society of America, Orlando, FL.
- 23. Chen, H., Mui, A. C., Jiang, N., Li, Y., & **Zhang, Y.** (2015). *Later life work among men in China: Findings from the WHO Study on Global AGEing and Adult Health.* Poster presentation at the 68th Annual Scientific Meeting of the Gerontological Society of America, Orlando, FL.
- Zhang, Y., Mui, A. C., Chen, H., Jiang, N., & Li, Y. (2014). Psychological well-being among older men and older women in China: Findings from the WHO Study on Global AGEing and Adult Health (SAGE). Poster presentation at the 67th Annual Scientific Meeting of the Gerontological Society of America, Washington, DC.
- 25. Gao, Q. Yang, S., **Zhang, Y.**, & Li, S. (2014). *Three worlds of the Chinese welfare state: Do health and education change the picture?* Oral paper presentation at the 33rd General Conference of the International Association for Research in Income and Wealth, Rotterdam, Netherlands.
- 26. Jiang, N., Mui, A. C., Li, Y., Zhang, Y., & Chen, H., (2014). Self-rated health among older adults in China: Findings from the WHO Study on Global AGEing and Adult Health (SAGE). Poster presentation at the 67th Annual Scientific Meeting of the Gerontological Society of America, Washington, DC.

Grants

2023	Principal Investigator, funded by the National Social Science Foundation of China
	Project: Building Age-Friendly Environment through Time Banking
2022-2023	Principal Investigator, funded by the National Social Science Foundation of China
	Project: Effects of intergenerational support on health and well-being in China
2021-2022	Principal Investigator, funded by United Nations Population Fund China Office
	Project: Social service and policy responses to population aging and low fertility in China
2021-2022	Principal Investigator, funded by the National Postdoctoral Science Foundation of China
	Project: Social welfare responses to health-induced poverty among older adults in China
2021-2022	Principal Investigator, funded by Peking University Yan Yuan Community Service Center
	Project: Provision of social services by local government organizations in Beijing, China
2020	Principal Investigator, PhD Dissertation Fellowship, funded by Sasakawa Young Leaders
	Fellowship Fund
	Project: The consequences of health-induced poverty among older adults

Teaching Experience

Spring 2025	Instructor, Statistics II (Doctoral Level)
	School of Social Welfare, Stony Brook University
Fall 2024	Instructor, Statistics I (Doctoral Level)
	School of Social Welfare, Stony Brook University
Spring 2024, 2025	Instructor, Research Methods II (Master and Undergraduate's Level)
	School of Social Welfare, Stony Brook University
Fall 2023	Instructor, Research Methods in Social Work (Master and Undergraduate's Level)
	School of Social Welfare, Stony Brook University
Spring 2022, 2023	Instructor, Gerontological Social Work (Master's Level)
	Institute of Population Research, Peking University
Spring 2021, 2022	Co-instructor, Social Work Practice (Master's Level)
	Institute of Population Research, Peking University
Fall 2021, 2022	Instructor, Social Welfare for Older Adults (Master's Level)
	Institute of Population Research, Peking University
Fall 2019	Instructor, Social Work Research Method (Master's Level)
	School of Social Work, Columbia University
Spring 2018, 2019	Guest Lecturer, Global Social Policy (Master's Level)
	School of Social Work, Columbia University
Fall 2017–2019	Guest Lecturer, Policy Seminar I (Master's Level)
	School of Social Work, Columbia University
Fall 2015-2017	Guest Lecturer, Aging: Issue, Policy, Program, and Research (Master's Level)
	School of Social Work, Columbia University
Spring 2018	Teaching Assistant, Global Social Policy

	School of Social Work, Columbia University
Spring 2016	Teaching Assistant, Criminal Justice
	Silberman School of Social Work, Hunter College
Fall 2015	Teaching Assistant, Seminar in Social Welfare
	Silberman School of Social Work, Hunter College
Summer 2014, 2015	Teaching Assistant, Advocacy in Social Work Practice
	School of Social Work, Columbia University

Research Assistant Experience

2019–2020	Research Assistant, Robert N Butler Columbia Aging Center
	Project: Social Epidemiology of Aging Project. PI: Dr. Daniel Belsky
2018–2020	Research Fellow, Columbia Population Research Center
	Project: The Effects of Pension Income on Disability Status and Trajectories
2017–2020	Research Fellow, Columbia China Center for Social Policy
	Project: Chinese Welfare State Project and China's War on Poverty
2015-2020	Graduate Research Assistant, Columbia University School of Social Work
	Project: Social Health Insurance and Citizens' Wellbeing in China and their International Comparisons. PI: Dr. Qin Gao
2018–2019	Graduate Research Assistant, Columbia University School of Social Work
	Project: The Oregon Health Insurance Experiment. PI: Dr. Heidi Allen
2016–2017	Graduate Research Assistant, Columbia University School of Social Work
	Project: Assessing Needs of Chinese Dementia Caregivers in New York City. PI: Dr. Jinyu Liu
2013-2015	Research Assistant, Columbia University School of Social Work
	Project: WHO Study on Global AGEing & Adult Health. PIs: Dr. Ada Mui and Dr. Denise Burnette
2014	Research Fellow, National Council on Aging
	Project: Evaluations on the Aging Mastery Program Model. Director: Emily Dessem

Social Work Direct Practice

2015-2016	Geriatric Social Worker
	Agency: Yeariver Inc., New York/Shanghai
2014–2015	Care Transition Coach
	Agency: Selfhelp Community Services, New York, NY
2013-2014	Social Work Intern
	Agency: Cities for Financial Empowerment Fund, New York, NY
2012-2013	Social Work Intern
	Agency: Tompkins Park Senior Center, New York, NY

Professional Affiliations

Member, Council of Social Work Education Member, National Association of Social Workers Member, Society for Social Work and Research Member, International Association of Gerontology and Geriatrics Member, Gerontological Society of America Member, Association for Public Policy Analysis & Management

Ad-Hoc Manuscript Reviewer

Innovation in Aging; Research on Aging; Ageing & Society; Journal of Aging and Social Policy; Journal of Economics on Ageing; Humanities and Social Sciences Communications; Ageing & Mental Health; PLoS One; BMC Geriatrics; Asian Pacific Journal of Public Health; BMC Palliative Care; Ageing International; Canadian Journal on Aging; Health Research Policy and System; Journal of Gerontological Social Work.