

Milken Institute School of Public Health

THE GEORGE WASHINGTON UNIVERSITY

Curriculum Vitae

1. Personal Information

Loretta DiPietro
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Department of Exercise and Nutrition Sciences
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Washington, DC 20052
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2. Education and Postgraduate Training:

Southern Connecticut State University	BS, Health Education	1979
Southern Connecticut State University	MS, Health Education	1981
Yale University	MPH	1985
Yale University	PhD, Epidemiology	1988
The John B. Pierce Laboratory	Postdoctoral Associate	1988-1989
Yale University School of Medicine	Postdoctoral Associate	1989-1990
Centers for Disease Control and Prevention	Epidemic Intelligence Service Officer	1990-1991

3. Professional Employment:

Professor (Tenured)	Department of Exercise and Nutrition Sciences, Milken Institute School of Public Health, The George Washington University	2017-
Professor (Tenured) and Chair	Department of Exercise and Nutrition Sciences, Milken Institute School of Public	2008-2017

	Health, The George Washington University	
Associate Fellow	The John B. Pierce Laboratory	1999-2008
Associate Professor	Department of Epidemiology and Public Health, Yale University School of Medicine	1999-2008
Assistant Fellow	The John B. Pierce Laboratory	1993-1999
Assistant Professor	Department of Epidemiology and Public Health, Yale University School of Medicine	1993-1999
Research Assistant Professor	Department of Psychiatry, University of Pennsylvania School of Medicine	1992-1993
Lecturer	Department of Psychiatry, University of Pennsylvania School of Medicine	1991-1992
Lieutenant	Commissioned Corps of the US Public Health Service	1990-1991

4. Honors and Awards:

Outstanding Health Science Major	1979
NIH Predoctoral Training Grant Award	1985
Alumni Citation Award – Southern Connecticut State University	1996
The R. Tait McKenzie Prize for Outstanding Research in Aging – American Alliance for Health, Physical Education, Recreation, and Dance	2003
Permanent Member- NIH/NA Aging Systems and Geriatrics Study Section	2006-2011
Connecticut Field Hockey Hall of Fame Inductee	2006
Southern Connecticut State University Athletic Hall of Fame Inductee	2009
Outstanding Teaching Prize –Department of Exercise Science	2010, 2012, 2013
Editor-in-Chief, Journal of Aging and Physical Activity	2012-2021
USDHHS – 2018 Physical Activity Guidelines Advisory Committee	2016-2018
Chair, Aging Sub-Committee	
American College of Sports Medicine Citation Award	2017
Milken Institute School of Public Health	
Outstanding Faculty Achievement Award	2017
Yale School of Medicine-100 Years of Women in Medicine Faculty Recognition	2018
United States Field Hockey-Over 60 National Team Member	2019-
World Health Organization – 2020 WHO Physical Activity and Sedentary Behavior Guidelines Development Group. Chair, Older Adults Subcommittee	2019-2020

5. Grants Awarded or Pending:

<u>Agency/Grant No./Title</u>	<u>P.I.</u>	<u>% Effort</u>	<u>Direct Costs</u>	<u>Year</u>
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Current awards

NIH/NCI U24	Evans/Robien	16%		07/01/22-06/30/27
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Coordinating Center for Exercise and Nutrition Interventions to Improve Cancer Treatment-Related Outcomes (ENICTO) in Cancer Survivors Consortium. The purpose of this project is to serve as the coordinating center for the ENTICO Consortium.

Role: Co-Investigator

NIH/NCI U24	Temprosa/DiPietro	10%		09/01/22-08/31/27
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Coordinating Center for Metabolic Dysregulation and Cancer Risk (MDCR) Consortium.
The purpose of this project is to serve as the coordinating center for the MDCR Consortium.

Role: MPI

GW University Seminar Series Funding Program	DiPietro	0%		07/01/23-06.30/23
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Addressing Dementia across the Public Health Spectrum (Renewal) **Role: PI**

Office of Research Excellence, Milken Institute School of Public Health Research Innovation Award	Barberio M	0%		04/01/20-03/31/22
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Early Detection of Gestational Diabetes Mellitus Through Assessment of Metabolic Flexibility and Mitochondrial Function in Normal and Overweight Pregnant Women.

The purpose of this application is to determine the ability of two non-invasive procedures to assess substrate utilization and mitochondrial function (performed at 10-12 weeks of gestation) to predict a positive clinical diagnosis of GDM at 24 weeks gestation.

Role: Co-Investigator

Pending Funding

NIH/NIA 1R21 AG079943-01	DiPietro L	15%		10/01/22-9/30/24
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The effects of dual-task interval walking training on cardiometabolic- and vascular disease-related dementia risk.

The purpose of this project is to determine whether dual-task interval walking training (DTIWT) augments the beneficial effects of simple interval walking training (IWT) on cardiometabolic, vascular, and cognitive function among people 50-65 years of age who are at increased risk of dementia due to pre-diabetes.

Role: PI

NIH/NIA R21 Cole K 10% 04/01/22-03/31/24

A cognitive-motor stress test to identify early cognitive impairment.

The purpose of this project is to establish a cognitive-motor dual-task stress test as a biomarker for mild cognitive impairment.

Role: Co-Investigator

NIH/N UL1 Guay-Woodford, L 10% 04/01/22-03/31/27

The focus of this Clinical Translational Science Institute at Children's National (CTSI-CN) is to advance health equity in clinical translational research within Washington, DC.

Role: Core PI

NIH/NIDDK R21 Barberio M/DiPietro L 10% 09/01/20-08/31/22

Early detection of gestational diabetes mellitus using non-invasive methods.

The purpose of this pilot application is to establish the ability of two non-invasive measures of metabolic flexibility and mitochondrial function (performed early in pregnancy) to predict a positive clinical diagnosis of GDM at 24 weeks gestation in sedentary women of healthy weight and in those who are overweight.

Role: MPI

Not Funded

NIH/NIA K07 AG071642-01 Career Leadership Award DiPietro L 30% 04/01/21-03/31/26

Raising the Capacity for Research in Successful Aging at GW.

Agency: NIH

The focus of this study is to increase the aging research visibility and capacity of The George Washington University.

Role: PI

NIH/NIA R01 AG055766.01 L. DiPietro/M Hubal 30% \$1,634,277 04/01/18-03/31/22

Age-effects on insulin sensitivity responses to interval-walking exercise via miRNA regulation

Agency: NIH

The purpose of this proposal is to examine the effects of exercise on the link between adipose-derived exosomal miRNAs and metabolic dysregulation in older people. Our work utilizes a systems biology approach to identify molecular mechanisms driving clinical insulin resistance, using global metabolomic profiling to provide a high-resolution pattern of metabolic dysfunction and linking pathways targeted by FABP4+ miRNAs to measured protein-level changes.

Role: PI

NIH/NCI R01CA222347 L. DiPietro 40% \$1,701,610 04/01/18-03/31/22

The impact of the 11th Street Bridge Park on the built environment and community health

Agency: NIH

The purpose of this proposal is to perform a community-engaged research (CEnR) project to examine the 3-year impact of this Bridge Park on longitudinal improvements in the built and food environments, physical activity, dietary choices, and community capacity within the areas

directly affected by it.

Role: PI

6. Grants Concluded:

<u>Agency/Grant No./Title</u>	<u>P.I.</u>	<u>% Effort</u>	<u>Direct Costs</u>	<u>Year</u>
GW University Seminar Series Funding Program <i>Addressing Dementia across the Public Health Spectrum</i>	DiPietro	0%		07/01/21-06.30/22
Role: PI				
NIH/NIDDK R21 DK12234501A1 <i>Effects of low-calorie sweetened beverage restriction in children with type 1 diabetes.</i>	Sylvetsky A	5%		04/01/20-03/31/22
The purpose of this study is to examine the effects of replacing LCS beverages with water on glycemic control in children with type 1 diabetes.				
Role: Co-Investigator				
DC Health-DACL <i>Analysis of a nutrition program administered by DACL.</i>	Talegawkar S	10%		10/01/21-06/30/22
The purpose of this project is to evaluate the effects of a nutrition intervention on health outcomes among older community residents of DC.				
Role: Co-Investigator				
Office of the Vice President for Research, The George Washington University Cross-Disciplinary Research Award <i>Examining appetite regulation in weight loss treatment responders versus non-responders</i>	DiPietro L, Napolitano M	0%		07/01/19-06/30/20
The purpose of this pilot proposal is to examine the interaction between behavioral and physiological regulators of appetite and satiety.				
Role: MPI				
GATES FOUNDATION. <i>Designing and implementing a maternal iron deficiency and anemia control strategy in India using a social norms approach and a Self Help Groups (SHGs) platform.</i>	R. Rimal	10%	\$1,761,643	12/01/17-11/30/20
Agency: Bill and Melinda Gates Foundation				
The goal of this project is to determine the effects of an anemia control strategy on improvements in physiologic reserve, work productivity, and quality of life in women of reproductive age in Odisha, India.				
Role: Co-Investigator				
DC Health <i>3 WINS Fitness-Extending the Reach to DC.</i>	DiPietro L	0%	\$20,000	01/20-06/29/20
The purpose of this study is to extend the reach of a student-driven community exercise program for diabetes control and prevention to older residents living in Ward 8, Washington, DC.				
Role: PI				
NIH/NIDDK R01 DK100916 <i></i>	M. Napolitano	15%	\$3,881,000	07/01/14-06/30/19

Translation of Social Media Obesity Treatment in Two College Campuses

Agency: NIH

The goals of this project are to compare the utility of two social media strategies on weight loss among college students on two separate campuses.

Role: Co-Investigator

NIH/NIDDK R56 AG050661.01 L. DiPietro 30% \$380,422 09/30/15-08/31/18
Low-Intensity Post-meal Walking and Glycemic Control in Older People

Agency: NIH

The purpose of this proposal is to examine whether low-intensity post-meal walking is an effective counter-measure to prolonged (uninterrupted) sitting for improving glycemic control and metabolic flexibility in older people (≥ 65 y) at risk for type 2 diabetes.

Role: PI

NIDDK U01 E. Thom 5% \$2,000,000 09/01/11-08/31/15

RCU for Lifestyle Interventions in Overweight and Obese Pregnant Women.

This is funding for a Research Coordinating Center (RCU) focused on physical activity and diet interventions among at-risk pregnant women participating in a multi-site study.

Role: Co-Investigator

NIH/NINR K01 A Visek \$70,000 09/01/11-08/31/14

Physical Activity: Using Concept Mapping to Sustain Participation in Youth Sport.

The overall goals of this three-year award is to use concept mapping to develop a robust conceptual framework to further our understanding of underlying mechanisms related to best-practices and barriers in order to sustain the family and developing child's (8-18 years old) participation in youth sport.

Role: Mentor

NIDDK R21 K. McDonnell 15% \$150,000 09/01/11-08/31/12

\$125,000 09/01/12-08/31/13

Energy Expenditure from Exergaming in Pre-school Children.

This proposal will study exergaming as an innovative and promising method to increase physical activity to prevent childhood obesity.

Role: Co-Investigator

NIH/CSR K18 DE022319 R Streisand \$78,192 09/01/11-08/31/12

Energy expenditure and metabolic control among T1D youth

This application proposes a combination of formal coursework, mentoring by an expert in exercise epidemiology and physiology, and a small scale study to provide training in exercise science to evaluate exercise effects on 24-72h glycemic control in children with type 1 diabetes.

Role: Mentor

NIA R21 AG 03550	L. DiPietro	10%	\$125,000	12/01/08-11/30/09
			\$150,000	12/01/09-11/30/12

Post-meal Exercise and Glycemic Control in Aging

This study will determine the role of post-meal exercise as an effective strategy for supplementing endogenous insulin action for improved post-prandial and 24-h glycemic control in older people.

Role: PI

NIA R21 AG 027470	L. DiPietro	45%	\$125,000	09/01/06-8/31/07
			\$150,000	09/01/07-8/31/08

Allostasis and Metabolic Resiliency in Older People

This study focuses on the role of the allostatic load on fat metabolism and insulin resistance in older people.

Role: PI

American Cancer Society

MRS-04-006-01-CPPB	M. Irwin	10%		01/01/04-12/31/06
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Role: Consortium PI under Yale University

Exercise Intervention in Breast Cancer Survivors

This study will test the feasibility of recruiting, randomizing, and maintaining breast cancer survivors into a six-month randomized controlled moderate-intensity exercise intervention. It will also examine the effect of exercise versus control on biological markers associated with breast cancer and health-related quality of life.

Role: Consortium PI

NIH/NIA R01 AG17163	L. DiPietro	60%	Carry-over	7/1/04-6/30/05
		75%	\$192,170	7/1/03-6/30/04
		75%	\$218,443	7/1/02-6/30/03
		70%	\$233,835	7/1/01-6/30/02
		70%	\$200,679	7/1/00-6/30/01
		60%	<u>\$180,754</u>	7/1/99-6/30/00
		Total Direct costs (9/30/99-6/30/04)		\$1,025,881
		Total costs (9/30/99-6/30/04)		\$1,559,725

Exercise and Glucose Regulation in Older Women

This study tested the effects of 9-months of exercise training of lower-, moderate- and higher-intensity training on multi tissue insulin sensitivity and glycemic control in older women.

Role: PI

NIH/NIA R01 AG09872	ER Nadel	100%	\$187,889	6/1/96-5/31/98
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\$211,673	6/1/95-5/31/96
\$214,415	6/1/94-5/31/95
\$209,232	6/7/93-5/31/94
<u>\$206,458</u>	6/15/92-31/93

Total Direct costs (6/15/92-5/31/98) \$1,029,667
Total costs (6/15/92 to 5/31/98) \$1,617,432

Fluid Regulation in Aging Adults with Exercise

The aims of this study were to determine the effects of 6 months of higher-intensity aerobic training on mechanisms of blood volume, temperature, fluid, and glucose/fat regulation in older men and women.

Role: Co-investigator

NIH P60 AG10469	G Shulman	10%	\$74,442	8/1/99-7/31/01
	L DiPietro	50%	\$76,437	8/1/98-7/31/99
		50%	<u>\$35,483</u>	9/30/97-7/31/98

Total costs (9/30/97-7/31/01) \$186,362

NMR Studies of Muscle Glycogen Metabolism in the Aged.

This cross-sectional study examined mechanisms of insulin resistance in older people using NMR spectroscopy.

Role: Co-Principal Investigator

NIH R01 CA74850	H Risch	7%	\$11,061	7/1/01-6/30/02
		7%	\$10,739	7/1/00-6/30/01
		9%	\$10,426	7/1/99-6/30/00
		9%	\$10,124	7/1/98-6/30/99
		9%	<u>\$ 9,829</u>	9/19/97-30/98

Total costs (9/19/97-6/30/02) \$52,179

Case-control Study of Ovarian Cancer Hormonal Etiology.

This study examined life-style and hormonal determinants of ovarian cancer in a large population-based sample of cancer survivors.

Role: Co-Investigator

NIH/NIA R01 AG10295	BG Green	10%	\$162,300	4/1/99-3/31/00	
		10%	\$165,214	4/1/00-3/31/01	
		(effort years	0%	\$138,438	4/1/01-3/31/02
		1 & 2 only)	0%	<u>\$138,946</u>	4/1/02-3/31/04
		Total Direct costs (4/1/99-3/31/04)		\$604,898	
Total costs (4/1/99-3/31/04)		\$978,147			

Cutaneous Sensitivity and Aging.

This study examined the interaction between lifestyle factors (smoking and physical activity) on measures of cutaneous sensitivity in older people.

Role: Co-Investigator

NIH P60 AG10469 T Gill 5% \$7,671 8/1/00-7/31/01

Claude Pepper Older

Americans Independence

Center Pilot Funding

Abdominal adiposity, cortisol response, and glycemic control in older people.

This pilot study examined the relation between excess visceral adiposity (measured via CT scan) and stress and glycemic responses to specific challenges in healthy older people.

Role: PI

U48/CCU115802 M Merson 10% \$5,008 9/30/01-9/29/01

10% \$9,297 3/1/01-9/29/01

Meeting Community Needs Across The Prevention Spectrum

This funding supported our Prevention Research Center.

ROLE: Co-investigator

7. Publications: Citations 17,971; h-index 47; i10-index 95

A. Refereed Journals

1. Horwitz SM, Morgenstern H, **DiPietro L**, Morrison CL. Determinants of pediatric injuries. *Amer J Dis Child.* 142:605-611,1988.
2. **DiPietro L**, Anda RF, Williamson DF and Stunkard AJ. Depression and weight change in a national cohort of adults. *Int J Obesity* 16:745-753,1992.
3. **DiPietro L**, Williamson DF, Caspersen CJ and Eaker E. The descriptive epidemiology of selected physical activities and body weight among adults trying to lose weight: Behavioral Risk Factor Surveillance System, 1989. *Int J Obesity* 17:69-76, 1993.
4. **DiPietro L**, Gyulai L, Stunkard AJ and Whybrow PC. Mood and body weight in a women with rapid cycling bipolar disorder: a case report. *J of Psychosom Med.* 55:7-10,1993.
5. **DiPietro L**, Caspersen CJ, Ostfeld AM, and Nadel ER. A survey for assessing physical activity in older adults. *Med Sci Sports Exerc.* 25:628-642, 1993.
6. **DiPietro L**, Anda RF, Williamson DF, and Stunkard AJ. Depressive symptoms and body weight. (letter) *Int J Obesity* 17:485, 1993.
7. **DiPietro L**, Welch GA, Davis DR, Drane JW and Macera CA. Body mass index and the risk of hip fracture among a national cohort of white, postmenopausal women. *Obesity Research* 1:357-363,1993.
8. **DiPietro L**, Ostfeld AM, and Rosner GL. Adiposity and risk of stroke among older adults of low socioeconomic status: the Chicago Stroke Study. *Amer J Public Health* 84:14-19,1994.
9. Pescatello LS, **DiPietro L**, Fargo AE, Ostfeld AM, and Nadel ER. The impact of physical activity and physical fitness on health outcomes in older adults. *J Aging Phys Activity* 2:2-13,1994.
10. **DiPietro L**, Mossberg H-O and Stunkard AJ. A 40-year history of overweight children in

- Stockholm. Lifetime overweight and adult morbidity and mortality. *Int J Obesity*.18:585-590,1994.
11. **DiPietro L**, Stachenfeld NS, GW Mack, and ER Nadel. Adaptations to exercise training in healthy older people (letter). *Med. Sci. Sports Exerc.* 27:941-945,1995.
 12. Pescatello LS, Murphy D, and **DiPietro L**. Accumulated daily movement and indicators of general health in a community-based sample of older adults. *Am J Public Health.* 86:592-593,1996.
 13. Stachenfeld NS, Mack GS, Takamata A, **DiPietro L**, and Nadel ER. Thirst and fluid regulatory responses to hypertonicity in older adults. *Am. J. Physiol.* 271:R757-R765,1996.
 14. **DiPietro L**, Seeman TE, Merrill SS, Berkman LF. Physical activity and measures of cognitive function among a cohort of healthy older adults: the MacArthur Study of Successful Aging. *J. Aging and Phys. Activity*4:364-378,1996.
 15. Stachenfeld NS, **DiPietro L**, Nadel ER, and Mack GW. Mechanisms of attenuated thirst in aging: role of central volume receptors. *Am.J. Physiol.*272:R148-157,1997.
 16. Moyer D, **DiPietro L**, Berkowitz RI and Stunkard AJ. Childhood sexual abuse and precursors of disordered eating in an adolescent population. *Int J Eating Disorders* 21:23-30,1997.
 17. **DiPietro L**, Kohl HW, III, Barlow CE, and Blair SN. Improvements in cardiorespiratory fitness attenuate age-related weight gain in healthy men and women: The Aerobics Center Longitudinal Study. *Int. J. Obesity*.22:55-62,1998.
 18. **DiPietro L**, Seeman TE, Stachenfeld NS, Katz LD, and Nadel ER. Moderate-intensity aerobic training improves glucose responses in aging independent of abdominal adiposity. *J. Amer Geriatr. Soc.* 46:875-879,1998.
 19. Stachenfeld NS, **DiPietro L**, Palter SF and Nadel ER. Estrogen influences osmotic secretion of arginine vasopressin and body water balance in post-menopausal women. *Am. J. Physiol.* 274:R187-R195,1998.
 20. Stachenfeld NS, Mack GW, **DiPietro L**, Morocco TS, Jozsi AC, and Nadel ER. Regulation of blood volume during training in post-menopausal women. *Med. Sci. Sports Exerc.*30:92-98,1998.
 21. Stofan JR, **DiPietro L**, Davis D, Kohl WH, III, and Blair SN. Physical activity patterns associated with cardiorespiratory fitness and reduced mortality: The Aerobics Center Longitudinal Study. *Am J Public Health.* 88:1807-1813, 1998.
 22. Stachenfeld NS, **DiPietro L**, Kokoszka CA, Silva C, Keefe DL and Nadel ER. Physiological variability of fluid-regulation hormones in young women. *J. Appl. Physiol.* 86:1092- 1096, 1999.
 23. **DiPietro L**, Katz LD, and Nadel ER. Excess abdominal adiposity remains correlated with altered lipid concentrations in healthy older women of normal body weight. *Int. J. Obesity.* 23:432- 436,1999.
 24. Krssak M, Petersen KF, Dresner A, **DiPietro L**, Vogel SM, Rothman DL, Roden M, and Shulman GI. Intramyocellular lipid concentrations are correlated with insulin sensitivity in humans: a ¹H NMR spectroscopy study. *Diabetologia*.42:113-116, 1999.
 25. Dvorak RV, Starling RD, Tchernof A, Ades PA, **DiPietro L**, and Poehlman ET. Cardiorespiratory fitness versus physical activity in older individuals: association with

- cardiorespiratory and metabolic risk factors. *J. Clin. Endocrinol. Metab.* 85:957-963,2000.
26. Savoye M, Dziura J, Castle J, **DiPietro L**, Tamborlane WV, and Caprio S. Importance of plasma leptin in predicting future weight gain in obese children: a two-and-a-half-year longitudinal study. *Int. J. Obesity.* 26:1-5,2002.
 27. Petersen KF, Belfroy S, Dufour S, Dziura J, Ariyan C, Rothman DL, **DiPietro L**, Cline GW, and Shulman GI. Reduced mitochondrial oxidative-phosphorylation activity is associated with ectopic fat accumulation and insulin resistance in the elderly. *Science.* 300:1140-42, May 16, 2003.
 28. Stevens JC, Alvarez-Reeves M, **DiPietro L**, Mack GW, and Green BG. Decline in tactile acuity in aging: a study of body site, blood flow, and lifetime habits of smoking and physical activity. *Somatosensory and Motor Research.*20:271-279, 2003.
 29. Dziura J, Kasl SV, and **DiPietro L**. Physical activity reduces diabetes risk in aging independent of body weight change. *J Physical Activity Health.* 1:2004.
 30. Dziura J, Mendez- de Leon C, Kasl SV, and **DiPietro L**. Physical activity attenuates aging-related weight loss: The Yale Health and Aging Project, 1982-1994. *Am J. Epidemiol.*159:1-9, 2004.
 31. **DiPietro L**, Dziura J, and Blair SN. Estimated change in physical activity level (PAL) and prediction of 5-y weight change in middle-aged men: The Aerobics Center Longitudinal Study. *Int. J. Obesity.* 28:1541-1547, 2004.
 32. **DiPietro L**, Dziura J, Yeckel CE, and Neuffer PD. Exercise and improved insulin sensitivity in older women: evidence of the enduring effects of higher intensity training. *J Appl Physiol.* 100:142-149, 2006.
 33. Gulka L, Dziura J, and **DiPietro L**. Age differences in GH response to exercise in women: the role of fitness, BMI, and insulin. *J Physical Activity Health.* 3:124-134, 2006.
 34. Van Wye EH, Dubin J, Blair SN and **DiPietro L**. The effect of weight cycling on long-term weight change in adults: The Aerobics Center Longitudinal Study. *Obesity.*15:731-739, 2007.
 35. Van Wye EH, Dubin J, Blair SN and **DiPietro L**. History of adult obesity does not predict 6-year weight gain in men: The Aerobics Center Longitudinal Study. *Obesity.* 15:1571-1577, 2007.
 36. Yeckel CW, Dziura J, and **DiPietro L**. Abdominal obesity in older women: potential role for disrupted adipose tissue fatty acid reesterification in multi-tissue insulin resistance. *J Clin Endocrinol Metab* 93:1285-1291, 2008.
 37. Irwin ML, Cadmus L, Alvarez-Reeves M, Mierzejewski E, Yu H, **DiPietro L**, Jones B, Knobf T, Chung G, and Mayne ST. Recruitment and retention of breast cancer survivors into a randomized controlled exercise trial: The Yale Exercise and Survivorship Study. *Cancer.* 112 (11 Suppl):2593-2606, 2008.
 38. Knobf MT, Insogna K, **DiPietro L**, Fennie K, and Thompson AS. An aerobic weight-loaded pilot exercise intervention for breast cancer survivors: bone remodeling and body composition outcomes. *Biol Res Nurs.* 10:34-43, 2008.
 39. **DiPietro L**, Yeckel CW and Dziura J. Progressive improvements in glucose tolerance following lower-intensity resistance vs. moderate-intensity aerobic training in older women. *J Physical Activity Health.* 5:854-869, 2008.
 40. Irwin ML, Varma K, Alvarez-Reeves M, Cadmus L, Wiley A, Chung GG, **DiPietro L**,

- Mayne ST, and Yu H. Randomized controlled trial of aerobic exercise on insulin and insulin-like growth factors in breast cancer survivors: The Yale Exercise and Survivorship Study. *Cancer Epidemiol Bio Prev.* 18: 306-313, 2009.
41. Shuval K, Weissbluth E, Brezis M, Araida A, and **DiPietro L.** Individual and socio-ecological correlates of physical activity among Arab and Jewish college students in Israel. *J Physical Activity Health.* 6:306-314,2009.
 42. Irwin ML, Mierzejewski, E, Alvarez-Reese M, Cadmus L, Yu Herbert, Chung GG, Mayne ST, Jones B, Knobf MT, and **DiPietro L.** Effect of aerobic exercise on body fat, lean mass, and bone mineral density in breast cancer survivors: a 6-month randomized controlled trial. *Obesity.* 10:1-8,2009.
 43. **DiPietro L,** Yeckel CW, and Dziura J. Specific relation between abdominal obesity and early-phase hyperglycemia is modulated by hepatic insulin resistance in healthy older women. *Diabetes Care.* 33:1-3, 2010.
 48. Gallagher, D, **DiPietro, L.,** Visek, A., Bancheri, J. and Miller, T.A. The Effects of Concurrent Endurance and Resistance Training on 2,000 Meter Rowing Ergometer Times in Collegiate Male Rowers. *Journal of Strength and Conditioning Research* 24:1208-1214, 2010.
 49. Visek A, Olsen EA, and **DiPietro L.** Factors affecting adherence to a 9-month randomized exercise trial in older women. *J Phys Act Health.* 8:104-110, 2011.
 50. Semanik P, Lee J, Manheim L, **DiPietro L,** Dunlap D, and Chang RW. Relationship between accelerometer-based measures of physical activity and the Yale Physical Activity Survey in adults with arthritis. *Arthritis Care & Research.* 63:1766-1772, 2011.
 51. Goodman ER, Evans WD, Miller TA, and **DiPietro L.** Evidence for school-based physical activity policy needs in Washington, DC: A pilot study. *J Phys Act Health.* 9:124-128, 2012.
 52. Olson EA, Visek AJ, McDonnell KA, and **DiPietro L.** The False Hope Syndrome: thinness expectations and weight cycling in a sample of middle-aged adults. *Eating Behaviors.* Doi:10.1016/j.eatbeh.2011.11013.
 53. Huntsman, H., **DiPietro, L.** Drury, D. and Miller, T.A. Research Note: Development of a Rowing Specific VO₂max Field Test. *Journal of Strength and Conditioning Research.* 25:1774-1779, 2011.
 54. Lentino C, Visek A, McDonnell, KA, and **DiPietro L.** Dog-walking is associated with a favorable risk profile independent of moderate to high volume physical activity. *J Phys Act Health.* 9:414-420, 2012.
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B. Chapters and Invited Review Papers

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C. Invited Editorials/Commentaries

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D. Letters

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G. Published Abstracts (since 2009)

1. Olson EA, Visek A, and **DiPietro L**. Factors affecting adherence to a 9-month randomized exercise trial in older women. *Med. Sci. Sports. Exerc.* 41: 2009.
2. Huntsman, H., **DiPietro, L.** Drury, D. and Miller, T.A. Research Note: Development of a Rowing Specific VO2max Field Test. *Med. Sci. Sports. Exerc.* 42: 2010
3. Goodman ER, Evans WD, Miller TA, and **DiPietro L**. Evidence for school-based physical activity policy needs in Washington, DC: A pilot study. *Med. Sci. Sports. Exerc.* 42: 2010
4. Lentino C, Visek A, McDonnell, KA, and **DiPietro L**. Dog-walking is associated with a favorable risk profile independent of moderate to high volume physical activity. *Med. Sci. Sports. Exerc.* 42: 2010
5. Gallagher, D, **DiPietro, L.**, Visek, A., Bancheri, J. and Miller, T.A. The Effects of Concurrent Endurance and Resistance Training on 2,000 Meter Rowing Ergometer Times in Collegiate Male Rowers. *Med. Sci. Sports. Exerc.* 42: 2010.
6. **DiPietro L**, Palmer M, and Mirza N. Age Modifies the Benefits of MVPA to Insulin Resistance in Obese Latino Children. *Med. Sci. Sports. Exerc.* 43: 2011.
7. Stevens MM, Gribok A, Rumpler W, and **DiPietro L**. Post-meal Exercise and 24-h Glycemic Control in Older People. *Med. Sci. Sports. Exerc.* 43: 2011.
8. DeChino BF, Visek AJ, Bryant CM, and **DiPietro L**. Differences in Psychological Well-Being in Yogis vs. Exercisers. *Med. Sci. Sports. Exerc.* 43: 2011.
9. Chandan A, Westerman, B, and **DiPietro L**. Time trends in Incidence and Severity of Injury among Collegiate Soccer Players in the United States: The National Collegiate Athletic Association Injury Surveillance System, 1990-1996 and 2004-2009. *Med Sci Sports Exerc.* 48: 2016.
10. **DiPietro L**, Fulstone D, Chandran A, and Barron M. Continued sex-differences in the rate and severity of knee injuries among collegiate soccer players: The NCAA Injury Surveillance System, 2004-2009. *Med Sci Sports Exerc.* 48:2016.
11. Chandran A, Barron M, Westerman B, and **DiPietro L**. Sex Differences in Incidence and Severity of Head Injuries among Collegiate Soccer Players: The NCAA Injury Surveillance System, 2004-2009. *Med Sci Sports Exerc.* 49:2017.
12. Chandran, A., Elmi, A., Young, H., and **DiPietro L**. Determinants of Concussion Diagnosis Symptomology, and Resolution Time in U.S. High School Soccer Players. *Med Sci Sports Exerc.* 50; 2018.
13. Day KR, Stevens MM, Rumpler W, and **DiPietro L**. Effects Of 12-weeks Of Post-meal Walking On Glycemic Control And Body Composition In Older Adults. *Med Sci Sports Exerc.* 52; 2020.
14. **DiPietro L**, Malin SK, Barberio M, Heinz E, and Napolitano MA. Hormonal drivers of energy regulation following acute exercise in weight-loss treatment responders vs. non-responders. *Med Sci Sports Exerc.* 55; 2023.
15. Chandran C, Boltz AJ, Lempke LB, Rao N, Alexander AS, Northam W, **DiPietro L**, Collins CL. Determinants of Clinical Presentations and Outcomes following Concussions in High School Sports. *Med Sci Sports Exerc.* 55; 2023.

16. Napolitano MA, Bailey CP, Malin SK, and DiPietro L. Is the maintenance or adoption of physical activity associated with cardiometabolic risk reduction among young adults with overweight and obesity? *Med Sci Sports Exerc.* 55; 2023.

8. Scholarly Presentations by Invitation:

A. Regional

Physical activity and older adults. Region IV U.S. Public Health Service Administration on Aging; Health Promotion Conference: Atlanta, GA. April 12, 1991.

Depression and weight change among a national cohort. The John B. Pierce Laboratory, New Haven, CT. March 23, 1992.

Cardiovascular and anthropometric responses to exercise training in older adults. University of Massachusetts School of Public Health. March 14, 1994.

The effects of exercise on chronic illness. 1995 White House Conference on Aging: Stamford CT. February 11, 1995.

Determinants of physical activity in older people. Diet and Exercise Adherence II Conference. University of Massachusetts School of Public Health and the New England College of Sports Medicine. April 17, 1997.

Controversies in aging research. Noll Laboratory, Pennsylvania State University. April 30, 1997.

Exercise and fat-related mechanisms of insulin resistance in older women. University of Vermont Medical School, Burlington, VT. May 21, 1999.

Can physical activity improve glucose metabolism independent of body weight change in older people? New England ACSM Regional Meeting, Providence, RI, November 9, 2002.

Can physical activity improve glucose metabolism independent of body weight change in older people? Institute for Aerobics Research, Dallas, TX. December 6, 2002.

Can physical activity improve glucose metabolism independent of body weight change in older people? University of Michigan, Ann Arbor, MI. December 19, 2002.

High volume/high intensity exercise is necessary to improve insulin sensitivity independent of body composition in healthy older women. Theo & Alfred M. Landon Center on Aging, University of Kansas Medical Center, Kansas City, KS, February 10, 2005.

Exercise and improved insulin sensitivity in older women: evidence of the enduring benefits of higher-intensity training. The Claude D. Pepper Older Americans Independence Center, Yale University School of Medicine. January 4, 2006.

Translating physical activity science into practice. International Congress on Physical Activity and Public Health. Centers for Disease Control and Prevention. Atlanta, GA April 17-20, 2006.

The role of physical activity in the prevention of unhealthy weight gain. The Rudd Center for Food Policy and Obesity, Yale University. May 17, 2006.

Exercise and improved insulin sensitivity in older women: evidence of the enduring benefits of higher-intensity training. Feinberg School of Medicine, Northwestern University. Aug 4, 2006.

The role of physical activity in the prevention of unhealthy weight gain. Feinberg School of Medicine, Northwestern University. Aug 7, 2006.

The role of physical activity and exercise in successful aging. The George Washington University School of Public Health and Health Services. Washington, DC. September 10, 2007.

Exercise and glucose metabolism in older women: the roles of volume and intensity. University of Delaware, Department of Exercise Physiology Graduate Seminar, November, 2008.

Exercise and glycemic control in healthy aging. Lefebvre Winter Series on Aging. University of Texas Medical Branch, Galveston, TX. February 8, 2011.

The individual in the new public health. TEDx (Foggy Bottom) Talk. The George Washington University. March 23, 2012.

Exercise and glycemic control in aging. University of Maryland School of Public Health, Department of Kinesiology Graduate Seminar. November 12, 2012.

The role of exercise in successful aging. The DiLorenzo Health Clinic, United States Pentagon. January 17, 2013.

Improving Health through Active Design. American Institute of Architects, DC, Washington, DC. October 8, 2014.

Exercise and glycemic control in older people: the roles of volume, intensity, and timing. Brigham Young University, 25th Annual Gerontology Conference. Provo, UT. March 19th, 2015.

Exercise and glycemic control in older people: the roles of volume, intensity, and timing. Oregon State University, College of Public Health and Health Sciences, Department of Kinesiology.

January, 2016.

Aging in Place. Live Google Hangout. Thursday March 31st. Spaces of Health. bit.ly/SOHaging.

Exercise and glycemic control in older people: the roles of volume, intensity, and timing. New England College of Sports Medicine Regional Conference. October 14, 2016.

Exercise and glycemic control in older people: the roles of volume, intensity, and timing. Colorado State University, College of Health and Human Sciences, Department of Health and Exercise Science. November 2016.

The Role of Exercise in Maintaining Metabolic Flexibility and Control in Older People. University of Massachusetts, School of Public Health and Health Sciences, Department of Kinesiology. January 17, 2017.

The Role of Exercise in Maintaining Metabolic Flexibility and Control in Older People. National Institutes of Health-NHLBI. Physical Activity Meeting Group. March 31, 2017.

The Role of Exercise in Maintaining Metabolic Flexibility and Control in Older People. Distinguished Lecture – University of Delaware, College of Health Sciences. April 10, 2017.

Why Physical Activity is the “Best Buy” for Our Health: Insights from the 2018 Physical Activity Guidelines. New England College of Sports Medicine Regional Conference. November 8, 2018.

Exercise dose and timing influence metabolic responses in older age. John B. Pierce Laboratory/Yale University School of Medicine. New Haven, CT. October 15, 2019.

Aging, insulin resistance and the role of physical activity in risk mitigation. The George Washington University School of Medicine and Health Sciences Biomedical Cross-disciplinary Seminar Series. September 30, 2021.

Lifecourse approaches to the prevention of dementia. Mid-Atlantic Regional Conference (MARC) of the American College of Sports Medicine (ACSM). Harrisburg, PA. November 5, 2022.

B. National

Assessment of physical activity in older people. NIH/CDC Expert Panel Meeting on Physical Activity Assessment in Minority Populations. University of South Carolina Arnold School of Public Health. January 18, 1996.

Physical activity in older individuals. 100th Anniversary of the Boston Marathon, American

Medical Athletic Association Meeting. Boston, MA. April 13, 1996.

Epidemiologic studies of exercise in the elderly. American Aging Association Annual Meeting, Philadelphia, PA. October 21, 1997.

Habitual physical activity in women: an epidemiologic perspective. Yale Conference on Women's Health and Fitness, New Haven, CT. May 2, 1998.

Physical activity and body weight regulation. American Public Health Association Annual Meeting, Washington, DC. November 17, 1998.

Physical activity in the prevention of obesity: current evidence and research issues. NIH/ACSM Consensus Conference on Physical Activity in the Prevention and Treatment of Obesity and its Co-morbidities. Indianapolis, IN. February 4, 1999.

Physical activity and weight maintenance in aging. Department of Health and Human Services. US Administration on Aging. Symposium on *Longevity in the New American Century.* Baltimore, MD. March 29, 1999.

Insulin resistance in aging: translating from the field to the laboratory and back. Claude D. Pepper Older Americans Independence Center Annual Meeting, Newport, RI. April 19, 1999.

The epidemiology of physical activity and physical function. American Physiological Society. Integrated Biology of Exercise National Meeting. Portland, ME. September 21, 2000.

Physical activity assessment in older adults: Implications and recommendations. Aging Specialty Conference – Co-chair. American College of Sports Medicine. Indianapolis, IN. October 23, 2000.

Global issues in health promotion among women. Keynote talk. Yale Conference on Women's Health and Fitness. New Haven, CT. October 28, 2000.

Physical activity attenuates aging-related weight loss: The Yale Health and Aging Project, 1982-1994. AGE National Meeting, Madison WI. June 3, 2001.

The role of physical activity in successful aging. The R. Tait McKenzie Lecture. American Association for Health, Physical Education, Recreation, and Dance National Meeting, April 1-5, 2003.

Design and implementation of controlled exercise trials. Centers for Disease Control-University of South Carolina School of Public Health, Sea Pines, SC, September 15, 2004-2007.

Disuse, obesity, and diabetes: the role of too much fuel availability. Centers for Disease

Control-University of South Carolina School of Public Health, Sea Pines, SC, September 14, 2007-2011.

The role of physical activity in successful aging. Centers for Disease Control-University of South Carolina School of Public Health, Sea Pines, SC, September 12, 2012-2014.

The cost of obesity. Public Health is ROI: NPHW Info graphic session. American Public Health Association Annual Meeting. Boston, MA November 3-7, 2013.

Models for integration of kinesiology with public health. American Kinesiology Association Leadership Workshop. The Intersection of physical activity and public health. Charlotte, NC. January 26, 2015.

Physical activity and excessive weight gain during pregnancy. IOM Round Table on Obesity Solutions. August 5, 2018.

The benefits of physical activity to older people. Social Security Administration; National Disability Forum. June 8, 2022.

A call to action for investigators and practitioners: the need for transdisciplinary and multiple-sector approaches for increasing physical activity equity in older adults. American College of Sports Medicine Annual Meeting. Denver, CO. June 2, 2023.

C. International

Physical activity, body weight, and adiposity: an epidemiologic perspective. 1996 International Pre-Olympic Scientific Congress. Dallas, TX. July 11, 1996.

Habitual patterns of physical activity among women living in the United States. Union School of Public Health, Beijing, People's Republic of China. July 31, 2000.

The relation between change in physical activity and prevention of overweight in middle-age. Chinese Academy of Preventive Medicine, Beijing, People's Republic of China. August 2, 2000.

Future directions in physical activity programming in the United States. 2001 Eagle Creek International Colloquium: Cross-cultural perspectives on the role of physical activity in successful aging. Eagle creek, IN. June 27, 2001.

Future directions in physical activity programming in the United States. Programas de Exercício para a Pessoa Idosa: Conceção, Avaliação, e Programação. Câmara Municipal de Leiria e Faculdade de Motricidade Humana, Universidade Técnica de Lisboa. Leiria, Portugal. October 2, 2001.

Population trends in physical activity and obesity: methodological concerns. 1st International Stock Conference on Obesity. International Association for the Study of Obesity. Bangkok, Thailand. March 23, 2002.

Sex differences in life-time physical activity patterns and trends among older people. The International 17th Puijo Symposium: Physical Activity and Health – Gender Differences across the Lifespan. Kuopio, Finland, June 25-28, 2003.

Can physical activity improve glucose metabolism independent of body weight change in older people? Deakin University, Center for Physical Activity and Nutrition, Melbourne, Australia, December, 2003.

The role of physical activity, exercise and sport in successful aging. The 10th World Sport for All Congress. The International Olympic Committee, Rome, Italy, November 11-14, 2004.

Exercise and health promotion in older people. KEYNOTE TALK. Shinshu University International Symposium: Exercise, Genes, and Preventive Medicine. Shinshu University Graduate School of Medicine, Matsumoto, JAPAN. March 28-29, 2007.

Exercise and glucose metabolism in older women: the roles of volume and intensity. Shinshu University International Symposium: Exercise, Genes, and Preventive Medicine. Shinshu University Graduate School of Medicine, Matsumoto, JAPAN. March 16-17, 2009.

Exercise and glucose metabolism in older women: the roles of volume and intensity. International Sports Science Network Forum in Nagano. Katzuomoto, JAPAN. August 3-5, 2010.

Evidence-based exercise strategies for the treatment of frailty. The International 22nd Puijo Symposium: Physical Exercise in Clinical Medicine. Kuopio, Finland, June 25-28, 2014.

Writing Academic Papers. 7th International Society of Physical Activity and Health Congress. Early Career Network Group. London, England, October 14, 2018.

Vigorous-intensity PA/exercise (including high intensity training) during pregnancy: what do we know? 8th International Society of Physical Activity and Health Congress. Vancouver, BC October 2021.

The Role of Movement in Stress and Cognition. Well International Global Research Agenda Webinar. February 8, 2023.

9. University Service:

A. <u>Committee</u>	<u>Role</u>	<u>Level</u>	<u>Institution</u>	<u>Years</u>
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Conflict of Interest/Comm	Member	University	The George Washington University	2021-
Diversity, Inclusion and Equity	Member	SPH	The George Washington University	2021-
THRIVE	UG mentor	University	The George Washington University	2020-2021
SPH APT Committee	Chair	SPH	The George Washington University	2018-
EXNS Search Committee	Chair	Department	The George Washington University	2018-2020
EXNS/GH Search Committee	Member	SPH	The George Washington University	2017-2019
EXNS APT Committee	Chair	Department	The George Washington University	2017-
DEB Search Committee	Member	SPH	The George Washington University	2016
Sanofi Endowed Chair Search	Chair	SPH	The George Washington University	2015
PCH Search Committee	Member	SPH	The George Washington University	2015
Laboratory Scientist Search Committee	Member	SPH	The George Washington University	2015
Redstone Center Advisory Committee	Member	SPH	The George Washington University	2014-2018
Citizenship and Leadership Committee	Member	University	The George Washington University	2014-2016
GW Research Council	Member	University	The George Washington University	2012-2013
Core Course Evaluation for PubH 6001	Chair	SPHHS	The George Washington University	2012-2013
Strategic Planning Working Group-Doctoral Programs	Chair	SPHHS	The George Washington University	2012
Chair Search-Department of Prevention & Community Health	Chair	SPHHS	The George Washington University	2012
Innovative Task Force - Healthy Campus Initiative	Lead	University	The George Washington University	2011-2014
Associate Deans Search	Member	SPHHS	The George Washington University	2011-2012
Chair Search-Department of Health Policy	Chair	SPHHS	The George Washington University	2010-2011
Chair Search-Department of	Member	SPHHS	The George Washington University	2009-2011

Environmental and Occupational Health Decanal Search-SPHHS	Member	University	University The George Washington University	2010
Appointments, Promotions, and Tenure (APT)	Member	SPHHS	The George Washington University	2009-
Task Force for Salary Equity	Member	University	The George Washington University	2009
Research Committee	Member	Medical Center	The George Washington University	2008-2009
Undergraduate Curriculum Committee	Member	Department	The George Washington University	2008-2017
Graduate Student Curriculum Committee	Member	Department	The George Washington University	2008-
Education Committee	Member	Department	Yale University School of Medicine	2005-2008
Long-range Planning Committee	Member	Department	The John B. Pierce Laboratory	2003-2008
Discipline Committee	Member	Department	Yale University School of Medicine	2002-2008
Curriculum Committee	Member	Department	Yale University School of Medicine	1998-2004
Steering Committee	Member	Department	The John B. Pierce Laboratory	1997-1999
Safety Committee	Member	Department	The John B. Pierce Laboratory	1996-2008
Admissions Committee	Member	Department	Yale University School of Medicine	1995-1997
EPH-JB Pierce Laboratory Review Committee	Member	School	Yale University School of Medicine	1995
Strategic Planning Working Group-Student/Global Issues	Member	Department	Yale University School of Medicine	1995
Clinical Epidemiology Sub-Committee of the Social, Preventive & Community Medicine Task Force	Member	School	The University of Pennsylvania School of Medicine	1992

B. Administration

<u>Role</u>	<u>Level</u>	<u>Institution</u>	<u>Years</u>
Department Chair	SPH	The George Washington University	2008-2017
MPH Program Director	EXNS		2010-

<u>C. Mentoring of GW Faculty</u>	<u>Product</u>	<u>Institution</u>	<u>Years</u>
Matt Barberio, PhD	Research Innovation Award	Office of Research Excellence-SPH	2020
Allison Sylvetsky, PhD	NIH/NIDDK/K01 Award	GWU-SPH Department of Exercise and Nutrition Sciences	2014-
Melissa Napolitano, PhD	NIH/NIDDK/R21 Award	GWU-SPH Department of Exercise and Nutrition Sciences	2014-2019
Rebecca Clifton, PhD	NIH/NIDDK RCU Award	GWU-SPH Biostatistics Center	2011-2013
Randi Streisand, PhD	NIH/NIDDK K18 Award	Children's National Medical Center	2011-2013
Amanda Visek, PhD	NIH/NINR K01 Award	GWU-SPHHS Department of Exercise Science	2011-2014
Jean Gutierrez, PhD	CTSI Award	GWU-SPHHS Department of Exercise Science	2012-2013
Pamela Semansik, PhD	NIH/NINR K01 Award	Northwestern University-Feinberg School of Medicine	2003-2006

<u>D. Service</u>	<u>Role</u>	<u>Organization</u>	<u>Years</u>
	Advisor	GWU Women's Rugby Team	2011-2013
	Advisor	GWU Club Sports Council	2010-2012
	Advisor	GWU Ballroom Dancing Club	2009-2010
	Coach	GWU Club Field Hockey Team	2008-2017
	Advisor	SPH Student Organization	2015
	Mentor	THRIVE	2020-

10. Professional Society Membership and Leadership:

<u>Organization</u>	<u>Role</u>	<u>Committee</u>	<u>Year</u>
American College of Sports Medicine	Fellow	Research Review Committee	2002-201
		Health and Social Policy Committee	6
		Strategic Health Initiative – Aging	2004-200
		National Blueprint on Physical Activity and Aging	6
		Pronouncements Committee	2002-200
		Position Stand on Health Effects of Exercise	4
			2000-200
	1	1997-199	

American Heart Association	Member	Physical Activity Committee –CNPAM	9 1990-199 1 2007-201 0
American Public Health Association	Founding member	Physical Activity Special Interest Group –	2011-
International Association for Physical Activity and Health	Member		2006-

11. Editorial Peer Review Activities

<u>Role</u>	<u>Journal</u>	<u>Years</u>
Editor-in Chief	Journal of Physical Activity and Health	2012-2021
Editorial Board	Journal of Physical Activity and Health	2004-2012
Editorial Board	Journal of Aging and Physical Activity	2000-2012
Reviewer	American Journal of Epidemiology American Journal of Physiology American Journal of Preventive Medicine American Journal of Public Health Diabetes Care International Journal of Obesity Journal of American Geriatrics Society Journal of Applied Physiology Journal of Gerontology: Medical Sciences Journal of Physical Activity and Health Medicine and Science in Sports and Exercise Public Health Reports	

12. External Activities/Partnerships:

Organization	Role	Product	Year
President’s Council on Sport, Fitness and Nutrition Scientific Board	Member	Mid-point Report on Physical Activity in Older Adults	2022-2023
World Health Organization (WHO) Physical Activity Guidelines Development Group	Chair, Older Adults Sub-committee	WHO Physical Activity Guidelines	2019-2020

University of Delaware Center for Biomedical Research Excellence in Cardiovascular Health - External Advisory Board	Member		2017-
United States Department of Health and Human Services – 2018 Physical Activity Guidelines Advisory Committee	Chair-Aging Sub-committee	2018 US Physical Activity Guidelines	2016-2018
The Lancet Working Group on Physical Activity	Member	Lancet Series on PA2	2015-
Institute of Medicine Roundtable on Obesity Solutions	Member	Recommendations for workshop	2015
National Council on Youth Sport Safety	Member	Research Committee	2013-2015
Washington DC Age-Friendly Cities Initiative	Member	Strategic Guidelines for Policy	2013-14
Washington, DC VA Medical Center Rehabilitation Research Laboratory	Board Member		2013-
USDHHS-PHS	Member	The Surgeon General’s Task Force for Increasing Walkability	2013-201 4
USDHHS-PHS	Member	Energy Balance Sub-Committee for the 2008 Physical Activity Guidelines Action Committee	2007-201 0
Oxford Health Alliance, London, UK	Member	Expert Panel for Community Interventions for Health	2007-200 8
USDHHS-PHS	Member	Surgeon General’s Report on the Health Effects of Physical Activity	1994-199 5

13. Teaching/Learning Portfolio

A. Educational Program Leadership

<u>Role</u>	<u>Program</u>	<u>Years</u>
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Director MPH – Physical Activity in Public Health 2010-

B. Courses Taught

<u>Institution</u>	<u>Course</u>	<u>Role</u>	<u>Year</u>
The George Washington University, Milken Institute of Public Health - Department of Exercise and Nutrition Sciences	Introduction to Biostatistical and Research Methods –EXSC 6204	Instructor	2008-2015; 2020-
	Principles and Practice of Epidemiology – EXSC 6205	Instructor	2008-2012
	Thesis Seminar –EXSC 6261	Instructor	2009-2012
	Physical Activity: Physiology and Epidemiology – EXSC6208	Instructor	2011-
	Administration of Health Promotion Programs – EXSC 6206	Instructor	2011-2013
	Culminating Experience – 60015.20	Director	2011-
	Policy Approaches to Public Health – PubH 6005	Co-Instruct or	2009-2011
	Biological Basis of Disease in Public Health-MPH 6001 (On-line)	Lead Instructor	2013-2019
	Professional Foundations of Exercise Science EXNS 1103	Co-Instruct	2014-2015
	Design of Healthy Communities – PUBH 6620	Co-Instruct	2016-
	History of Public Health- PUBH 1102	Instructor	2016
	Biological Basis of Disease in Public Health –PUBH 6001 (residential)	Instructor	2016
	Applied Statistical Analysis for EXNS-PUBH6621	Instructor	2018-2021
Women’s Health –PUBH 3199	Instructor	2020-2022	
Yale University School of Medicine – Department of Epidemiology and Public Health	Physical Activity: Physiology and Epidemiology	Instructor	2006-2008
	Fundamentals of Environmental Health Risk Assessment [Core course]	Instructor	1996-2006
	Health Promotion and Social Resources in Health	Instructor	1993-1998
Yale College	Public Health as an Instrument of Social Change	Instructor	2000-2003

University of New Haven Methods in Environmental Epidemiology Instructor 1989-1990

C. Students and Trainees

<u>Level</u>	<u>Number/student</u>	<u>Year</u>
Undergraduate	20 per year	2000-2003
Masters	130 per year	1993-2008
	35 per year	2008-present
Thesis/CE	7 per year	1993-present
PhD/DrPH	3 per year	2012-present

MENTEE TRAINING DATES	INSTITUTION & DEGREE OBTAINED	AND EVIDENCE OF SUCCESS (funding, other awards, etc.)
James Dziura, PhD 1997-2001	Yale University PhD, Post-doctoral Epidemiology	Research Scientist and Head Biostatistician; Yale Center for Clinical Investigation
Danielle Day 1997-1998	Southern CT State Univ BS, MS	PhD, University Colorado Health Science Center; Assistant Prof University of Mass-Lowell
Jauchia Wu, PhD 1997-2001	Yale University MPH and PHD	NASA Training Grant 2000
Sarah Dash, MPH 1999-2001	Yale University MPH	Legislative Assistant to Rep. Rosa DeLauro
Keshia Pollack, PhD 2000-2002	Yale University MPH	PhD Harvard University; Assistant Prof, Johns Hopkins School of Public Health
Gretchen Van Wye 2002-2004	Yale University PhD-Epidemiology	Scientist, New York City Health Dept.
Lauren Gulka 2002-2004	Yale University BS	DDS, Tufts University

Catherine W. Yeckel PhD 2005-2006	Yale University Post-doctoral Associate	Assistant Fellow/Assistant Professor The John B. Pierce Laboratory Department of Epidemiology and Public Health Yale University School of Medicine
Kerem Shuvall, PhD 2007-2008	Yale University Post-doctoral Associate	Assistant Professor University of Texas-Austin School of Public Health
Erin Olson 2008-2009	The George Washington University; MS, Exercise Science	Post-doctoral Fellow Harvard Medical School
Heather Huntsman 2008-2009	The George Washington University; MS, Exercise Science	NFS Fellow Post-doctoral Fellow NIH
Avinash Chandran 2013-2018	Milken Institute School of Public Health, PhD, Epidemiology	Lead Scientist Datalys Institute
Karen Nieves-Lugo, MPH, Ph.D 2016-	The George Washington University, Department of Psychology	Post-doctoral Associate