

Milken Institute School of Public Health

THE GEORGE WASHINGTON UNIVERSITY

Curriculum Vitae

1. Personal Information

Loretta DiPietro
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New Haven, CT 06511

Department of Exercise and Nutrition Sciences
Milken Institute School of Public Health
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2. Education and Postgraduate Training:

Southern Connecticut State University	BS, Health Education	1979
Southern Connecticut State University	MS, Exercise Physiology	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 Health, The George	2008-2017

Associate Fellow	Washington University 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 – Sothern 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-
USDHHS – 2018 Physical Activity Guidelines Advisory Committee Chair, Aging Sub-Committee	2016-2018
American College of Sports Medicine Citation Award	2017
Milken Institute School of Public Health Outstanding Faculty Achievement Award	2017

5. Grants Awarded or Pending:

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

GATES FOUNDATION. R. Rimal 10% \$1,761,643 12/01/17-11/30/20
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.
 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

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

NIH/NIDDK R01 DK100916 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

Pending

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: Co-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:

Agency/Grant No./Title	P.I.	% Effort	Direct Costs	Year
NIDDK U01 <u>RCU for Lifestyle Interventions in Overweight and Obese Pregnant Women.</u>	E. Thom	5%	\$2,000,000	09/01/11-08/31/15

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 <u>Physical Activity: Using Concept Mapping to Sustain Participation in Youth Sport.</u>	A Visek		\$70,000	09/01/11-08/31/14
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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 <u>Energy Expenditure from Exergaming in Pre-school Children.</u>	K. McDonnell	15%	\$150,000	09/01/11-08/31/12
			\$125,000	09/01/12-08/31/13

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 <u>Energy expenditure and metabolic control among T1D youth</u>	R Streisand		\$78,192	09/01/11-08/31/12
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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 type1 diabetes.

Role: Mentor

NIA R21 AG 03550 <u>Post-meal Exercise and Glycemic Control in Aging</u>	L. DiPietro	10%	\$125,000	12/01/08-11/30/09
			\$150,000	12/01/09-11/30/12

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. Dr. DiPietro is the Principal Investigator on the award.

Role: PI

American Cancer Society				
MRS-04-006-01-CPPB	M. Irwin	10%		01/01/04-12/31/06

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
			\$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>	6/15/92-5/31/93
			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>	9/19/97-3/30/98
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
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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:

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 Reseach.*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.
 55. Mirza N, Palmer M, O'Connell J, and **DiPietro L.** Independent benefits of meeting the 2008 Physical Activity Guidelines to insulin resistance in obese Latino children. *J of Obesity.* doi:10.1155/2012/516350. 2012.
 56. **DiPietro L,** Yeckel CW, and Gribok A. Responses to psychophysical stress and 24-h glycemic control in healthy older people. *J Aging Research.* doi:10.1155/2012/803864. 2012.
 57. Miller TA, Vaux-Bjerke A, McDonnell K, and **DiPietro L.** Can e-gaming be useful for achieving recommended levels of moderate-to-vigorous intensity physical activity in inner-city children? *Games for Health Journal.* Vol. 2, No. 2: 96-102, 2012.
 58. **DiPietro L,** Gribok A, Stevens M, Hamm LF, and Rumpler W. Three 15 min bouts of moderate post-meal walking significantly improves 24h glycemic control in older people at

- risk for impaired glucose tolerance. *Diabetes Care*. 36:1-7, 2013
60. Shuval K, Kohl HW, III, Bernstein I, Cheng D, Gabriel KP, Barlow CE, Yinghui L, and **DiPietro L**. Sedentary behaviour and physical inactivity assessment in primary care: the Rapid Assessment Disuse Index (RADI) study. *Br J Sports Med*. doi:10.1136/ bjsports-2013-092901.
 61. Visek AJ, Achrati SM, Manning H, McDonnell K, Harris B S, and **DiPietro L**. The Fun Integration Theory: Towards sustaining children and adolescents sport participation. *J Phys Act Health*. 10.1123/jpah.2013-0180. Published online 2014 April 17. doi: 10.1123/jpah.2013-0180 PMID: PMC4201634.
 62. Gutierrez JL, Gribok A, Rumpler W, Chandran A, and **DiPietro L**. A Single Bout of Resistance Exercise Does Not Promote Excess Post-Exercise Energy Expenditure in Untrained Young Men with a Family History of Diabetes. *Int J Sport Nutr Exer Metabol*. 2015; 25: 20 -26. doi: <http://dx.doi.org/10.1123/ijsnem.2013-0244>.
 63. Harris-Love MO, Adams B, Hernandez HJ, **DiPietro L**, Blackman MR. Disparities in the Consequences of Sarcopenia: Implications for African American Veterans. *Frontiers in Physiology*. *Front Physiol* 2014 7;5:250. Epub 2014 Jul 7.
 64. Shuval K, **DiPietro L**, CS, Skinner, Barlow CE, Morrow J, Goldstein R, Kohl HW. Sedentary behavior counselling: the next step in lifestyle counselling in primary care. Pilot findings from the Rapid Assessment Disuse Index (RADI). *Br J Sports Med* 2014 Oct 13;48(19):1451-5. Epub 2012 Sep 13.
 65. Mackey, E.R., Schweitzer, A., Hurtado, M.E., Hathway, J., **DiPietro, L.**, Lei, K.Y., & Klein, C.J. The feasibility of an email-delivered intervention to improve nutrition and physical activity behaviors in African-American college students. *J of American College Health*. 2015 Jan 22:1-9. Epub 2015 Jan 22.
 66. Chandran A, Brown D, Danoff J, **DiPietro L**. Using the Inverse Maximum Ratio- Λ as a technique to quantify surface uniformity. *Communications in Statistics – Simulation and Computation*. doi: 10.1080/03610918.2014.948194.
 67. Frogmar B, Westerman B and **DiPietro L**. The Value of Athletic Trainers as Physician Extenders in Ambulatory Settings. *J Allied Health*. 44:169-176, 2015.
 68. Frogmar B, Westerman B, and **DiPietro L**. Hiring Patterns of Athletic Trainers as Physician Extenders in Ambulatory Settings. *Int J Athletic Training*. 20:39-42, 2015
 69. Kahn M, Robien K, and **DiPietro L**. Maternal leisure-time physical activity and risk of preterm birth: A systematic review of the literature. *JPAH*. doi: <http://dx.doi.org/10.1123/jpah.2015-0495>.
 70. Ismail C, Zabal J, Hernandez HJ, Woletz P, Manning H, Teixeira C, **DiPietro L**, Blackman MR, Harris-Love M. Diagnostic ultrasound estimates of muscle mass and muscle quality discriminate between women with and without sarcopenia. *Frontiers in Physiology*. *Striated Muscle Physiology*. October 2015 | <http://dx.doi.org/10.3389/fphys.2015.00302>.
 71. Gribok A, Rumpler W, and **DiPietro L**. Kinetics of post-exercise excess CO₂ production and substrate oxidation in two dysglycemic and euglycemic older women: A case study. *Diabetes Case Rep*. 2016,1: 107. doi: 10.4172/dcrs.10000107.
 70. Chandran A, Brown D, **DiPietro L**, and Danoff J. Applying the inverse maximum ratio- Λ to 3-dimensional surface. *Communications in Statistics – Simulation and Computation*. 2016; 45:1129-1142.

72. 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. *Am J Sports Med.* 2016;12: 3237-3242.
73. Fulstone D, Chandran A, Barron M, and **DiPietro L**. Continued sex-differences in the rate and severity of knee injuries among collegiate soccer players: The NCAA Injury Surveillance System, 2004-2009. *Int J Sports Med.* 2016;37: 1150-1153.
74. **DiPietro L**, Jin Y, Talegawkar S, and Matthews CE. The joint associations of sedentary time and physical activity on mobility disability risk in older people: The NIH-AARP Diet and Health Study. *J Gerontol. Med Sci.* 2017; doi:10.1093/gerona/glx122.
75. Napolitano MA, Whiteley JA, Mavredes MN, Faro J, **DiPietro L**, Hayman LL, Neighbors C, and Simmens, S. Using social media to deliver weight loss programming to young adults: Design and rationale for the Healthy Body Healthy U (HBHU) Trial. *Contemporary Clinical Trials.* (In Press).
76. Chandran A, Barron M, Westerman B, and **DiPietro L**. Multifactorial Examinations of Sex-Differences in Head Injuries and Concussions among Collegiate Soccer Players: NCAA ISS, 2004-2009. *Injury Epidemiology.* 2017 4(1). doi: 10.1186/s40621-017-0127-6.
77. Sylvetsky AC, Jin Y, Mathieu K, **DiPietro L**, Rother KI, Talegawkar SA. Low-Calorie Sweeteners: Disturbing the Energy Balance Equation in Adolescents? *Obesity* (Silver Spring). 2017 Oct 31. doi: 10.1002/oby.22005. [Epub ahead of print].
78. Nagaraj N.C., Vyas, A.N., McDonnell, K.A., **DiPietro, L.** (2017). Understanding Health, Violence, and Acculturation Among South Asian Women in the US. *Journal of Community Health*, 1-9. DOI. 10.1007/s10900-017-0450-4.
79. Chandran, A., **DiPietro, L.**, Young, H., Elmi, A. Evaluating methods for utilizing time loss data in sports settings using a sample of U.S. collegiate soccer-related injury observations. *Injury Epidemiology.* [Under review].

B. Chapters and Invited Review Papers

1. Manfredi TG, **DiPietro L**, Gavin M: Pulmonary and cardiac adjustments of orthopedic patients to a mask-flipper-snorkel aquatic therapeutic exercise program. In: *Clinical Sports Medicine*, R.C. Cantu (ed.). Callamore Press: DC Health and Co., Lexington, MA, 1983.
2. Pescatello LS and **DiPietro L**. Physical activity in older adults: an overview of health benefits. *Sports Medicine* 15:353-364, 1993.
3. **DiPietro L**. Physical activity, body weight, and adiposity: an epidemiologic perspective. In: *Exer. Sport Sci. Rev.* J.O. Holloszy (ed.). Williams and Wilkins: Baltimore, MD. 23: 275-303, 1995.
4. **DiPietro L** and Seals DR. Introduction to exercise in older adults. In: *Perspectives in Exercise and Sports Medicine. vol. 8: Exercise in Older Adults.* D.R Lamb, C.G. Gisolfi, and E.R Nadel (eds.). Cooper Pub. Group: Carmel, IN, pp. 1-10, 1995.
5. **DiPietro L**. Habitual physical activity in women. In: *Perspectives in Exercise and Sports Medicine. vol. 9: Exercise and the Female.* O. Bar-Or, D.R. Lamb, and P. Clarkson (eds.).Cooper Pub. Group: Carmel, IN, pp 7-40,1996.

6. **DiPietro L.** The epidemiology of physical activity and physical function: translating behavior into performance. *Med Sci Sports Exerc.*28:596-600,1996.
7. Mack GW, Stachenfeld NS, and **DiPietro L.** Altered osmotic and volume control of thirst with aging. In: *Hydration throughout life.* MJ Amaud (ed.). John Libbey Eurotext. 1998, pp. 127- 136.
8. **DiPietro L.** Physical activity in the prevention of obesity: current evidence and research issues. *Med. Sci. Sports. Exerc.* 31:542-546,1999.
9. Gannon B, **DiPietro L.**, and Poehlman ET. Does lower energy expenditure in african americans explain race differences in overweight? *Int. J. Obesity.* 24:4-13,2000.
10. Gill TM, **DiPietro L.**, and Krumholz HM. The role of exercise testing and safety monitoring for older persons starting an exercise program. *JAMA.* 284:342-349,2000.
11. **DiPietro L.** and Dziura J. Exercise: a prescription to delay the effects of aging. *Physician Sports Med.* 28:77-78; 2000.
12. **DiPietro L.** Physical activity in aging: changes in patterns and their relations to health and function. *J Gerontol: Med. Sci.* 56A:1-10,2001.
13. Dziura J and **DiPietro L.** The importance of body weight maintenance in successful aging. In: RE Andersen, (ed.), *Obesity: Etiology, Assessment, Treatment, and Prevention.* Human Kinetics, Champaign, IL. 2003, pp. 141-154.
14. Saris WHM, Blair SN, van Baak MA, Eaton SB, Davies PSW, **DiPietro L.**, Fogelholm M, Rissanen A, Schoeller D, Swinburn B, Tremblay A, Westerterp KR, and Wyatt H. How much physical activity is enough to prevent unhealthy weight gain? Outcome of the 1st Stock Conference and Consensus Statement. *Obesity Reviews.* 4:101-114,2003.
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17. **DiPietro L.** Physical activity, fitness, and aging. In: *Physical activity and health.* C Bouchard, SN Blair, and W Haskell (eds). Human Kinetics Publishers, Champaign, IL. pp. 271-286, 2006.
18. Loucks AB, Stachenfeld NS, and **DiPietro L.** The Female athlete triad: do female athletes need to take special care to avoid low energy availability? Contrasting Perspective. *Med Sci Sports Exerc.* 38:1694-1700, 2006.
19. **DiPietro L.** Physical activity, fitness, and aging. In: *Physical activity and health.* C Bouchard, SN Blair, and W Haskell (eds). 2nd Edition. Human Kinetics Publishers, Champaign, IL. pp. 303-316, 2012.
20. Freedson P, Buchner DM, Pate R, Hatfield B, **DiPietro L.**, Dzewaltowski DA, Gavin T, Nessler J. Integrating Public Health in Kinesiology: Instruction, Academic Programs, Research, and Outreach. *Kinesiology Reviews.* 2015, 4, 355 – 369.
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C. Invited Editorials/Commentaries

1. **DiPietro L.** Exercise Training and Fat Metabolism after Menopause: Implications for

- Improved Metabolic Flexibility in Aging. *J Appl Physiol*. 109:1569-1570, 2010.
2. **DiPietro L.** Physical Activity in Public Health: The Challenges Ahead. *J Phys Act Health*. 9:2-4, 2012.
 3. **DiPietro L,** Fiatarone Singh M, Fielding R, and Nose H. Successful Aging. *J Aging Research*. doi:10.1155/2012/438537, 2012.
 4. **DiPietro, L.** Physical activity in older people. Commentary, Institute of Medicine, Washington, DC, 2015. www.iom.edu/PAandolderpeople.
 5. **DiPietro L.** Corporate-sponsored obesity research: is sugar really coating the truth? *J Phys Act Health*. 12:745-746, 2015.
 6. **DiPietro L.** Physical activity policies are healthy public policies. National Physical Activity Plan Alliance Commentaries on Physical Activity and Health. 2016;2. <http://www.physicalactivityplan.org/>.
 7. Andersen BL, Mota J, and **DiPietro L.** Update on the global pandemic of physical inactivity. *The Lancet* July 27, 2016. [http://dx.doi.org/10.1016/S0140-6736\(16\)30960-6](http://dx.doi.org/10.1016/S0140-6736(16)30960-6).
 8. **DiPietro L,** Gribok A, and Rumpler W. A Time for Exercise: the Exercise Window. *J Appl Physiol*. 1 January 2017 Vol. 122 no. 1, 210-213 DOI: 10.1152/jappphysiol.00938.2016.
 9. Arem H and **DiPietro L.** Physical activity on the weekend: Can it wait until then? *JAMA Internal Medicine*. January 9, 2017. doi:10.1001/jamainternmed.2016.8050.
 10. **DiPietro L.** A silent spring? *J Phys Act Health*. 2017, 14, 81 -82.
 11. **DiPietro L.** High intensity interval training in older people: No pain and lots of gain. *Exerc Sports Sci Revs*. 2017.

D. Letters

- DiPietro L** and Stachenfeld NS. The medicalization of the female athlete. *Med. Sci Sports Exerc*. 29:1669-1671, 1997.
- DiPietro L** and Stachenfeld NS. The female athlete triad revisited (letter). *Med Sci Sports Exerc*. 37:1643, 2005.
- DiPietro L** and Stachenfeld NS. The female athlete triad myth (letter). *Med Sci Sports Exerc*. 38:795,2006.
- DiPietro L** and Stachenfeld NS. Response: Refutation of the myth of the female athlete triad (letter). *Br J Sports Med*. 41:2007.

E. Textbooks

1. **L DiPietro,** J Deloia, and V Barbiero. *Essentials of Public Health Biology*. R Riegelman (Ed); Jones & Bartlett Learning, Burlington, MA (In press for 2018).

F. Book Reviews

1. **DiPietro L.** Tackling race and sports. A review of the book *Taboo: why black athletes dominate sports and why we're afraid to talk about it*. Jon Entine. Public Affairs, New York, 2000. *Scientific American*. May 2000, pp. 112-114.

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.

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. Lefebber 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.

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.

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: Concepção, 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.

9. University Service:

<u>A. Committee</u>	<u>Role</u>	<u>Level</u>	<u>Institution</u>	<u>Years</u>
EXNS APT Committee	Chair	SPH	The George Washington University	2017-
DEB Search Committee	Member	SPH	The George Washington University	2016
Sanofi Endowed Chair Search	Chair	SPH		2015
PCH Search Committee	Member	SPH	The George Washington University	2015
Laboratory Scientist Search	Member	SPH	The George Washington University	2015

Committee			University	
Redstone Center Advisory Committee	Member	SPH	The George Washington University	2014-
	Member	University		2014-
Citizenship and Leadership Committee			The George Washington University	
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 Environmental and Occupational Health	Member	SPHHS	The George Washington University	2009-2011
Decanal Search-SPHHS	Member	University	The George Washington University	2010
Appointments, Promotions, and Tenure	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-
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	1995-1997

EPH-JB Pierce Laboratory Review Committee	Member	School	Medicine 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

<u>Role</u>	<u>Level</u>	<u>Institution</u>	<u>Years</u>
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B. Administration

Department Chair		SPH	The George Washington University	2008-2017
MPH Program Director		EXNS		2010-

C. Mentoring of GW Faculty

	<u>Product</u>		<u>Institution</u>	<u>Years</u>
Allison Meni, PhD	NIH/NIDDK/K01 Award		GWU-SPH Department of Exercise and Nutrition Sciences	2014-
Melissa Napolitano, PhD	NIH/NIDDK/R01 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

D. Service

<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-

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-
		Health and Social Policy Committee	2016
		Strategic Health Initiative – Aging	2004-
		National Blueprint on Physical Activity and Aging	2006
		Pronouncements Committee	2002-
		Position Stand on Health Effects of Exercise	2004
			2000-
			2001
			1997-
			1999
American Heart Association	Member	Physical Activity Committee –CNPAM	2007-
American Public Health Association	Member	Physical Activity Special Interest Group – Founding member	2010
International Association for Physical Activity and Health	Member		2011-
			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-
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	1993-
	American Journal of Physiology	
	American Journal of Preventive Medicine	
	American Journal of Public Health	
	Diabetes Care	
	International Journal of Obesity	
	Journal of Aging and Physical Activity	
	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	

12. External Activities/Partnerships:

Organization	Role	Product	Year
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	2013-2014
USDHHS-PHS	Member	Energy Balance Sub-Committee for the 2008 Physical Activity Guidelines Action Committee	2007-2010
Oxford Health Alliance, London, UK	Member	Expert Panel for Community Interventions for Health	2007-2008
USDHHS-PHS	Member	Surgeon General’s Report on the Health Effects of Physical Activity	1994-1995

13. Teaching/Learning Portfolio

A. Educational Program Leadership

<u>Role</u>	<u>Program</u>	<u>Years</u>
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 SPH- Department of Exercise Science	Introduction to Biostatistical Methods – EXSC 6204	Instructor	2008-2015
	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-Instructor	2009-2011
	Biological Basis of Disease in Public Health-MPH 6001 (On-line)	Lead Instructor	2013-
	Professional Foundations of Exercise Science EXNS 1103	Co-Instructor	2014-2015
	Design of Healthy Communities – PUBH 6620	Co-Instructor	2016-
Yale University School of Medicine – Department of Epidemiology and Public Health	History of Public Health- PUBH 1102	Instructor	2016
	Biological Basis of Disease in Public Health –PUBH 6001 (residential)	Instructor	2016-
	Physical Activity: Physiology and Epidemiology	Instructor	2006-2008
	Fundamentals of Environmental Health Risk Assessment [Core course]	Instructor	1996-2006
Yale College	Health Promotion and Social Resources in Health	Instructor	1993-1998
	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

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-	Milken Institute School of Public Health	PhD Candidate
Karen Nieves-Lugo, MPH, Ph.D 2016-	The George Washington University, Department of Psychology	Post-doctoral Associate