



Institute for Women's Health

Texas Woman's University

Fall 2006

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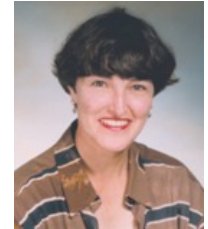
JoAnn Engelbrecht, Ph.D.

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NOTES FROM THE DIRECTOR

Nancy M. DiMarco, Ph.D., R.D., C.S.S.D., L.D.



It is with great excitement that I am writing my first column as the new director of the Institute for Women's Health (IWH). Our research agenda could not be more pressing or clear for the IWH. Our goals for this year include publications of much of our existing data from a number of funded projects, providing research opportunities to the Texas Woman's University (TWU) faculty who are interested in promoting women's health, and lastly, serving the university and community through outreach programs and presentations that advance women's health and well-being.

Some of the projects we are currently working on are highlighted in this issue of our newsletter, such as the *Pauline Beery Mack Fifty Year Follow-Up Study*, the longest longitudinal study observing bone mineral density in the US, the *Growing with EASE Project*, targeting obesity prevention among lower socioeconomic populations, and the *Pioneer Project Longitudinal Study on Women's Health* in which over 300 women have participated.

The IWH was proud to fund four summer stipend winners during 2006 while partnering with the Office of Research and Sponsored Programs. These awards have proven to be a highly productive way to fund up-and-coming researchers at TWU to gather that all important data to fund bigger projects. Each of the stipend winners was provided their summer salaries to provide them time away from teaching to work on their research projects.

The IWH is developing a Women's Health Symposium in conjunction with the Texas Cooperative Extension Office entitled *Power of a Healthy Woman*. The symposium will be offered Fall of 2007 and will feature national speakers and breakout sessions to educate and inform women about prevention of the major lifestyle related diseases.

UPCOMING EVENTS SUPPORTED BY THE IWH

Fall Seminar Series:

The IWH and the Department of Biology will co-sponsor two Fall seminars. Classroom and Faculty Offices (CFO) Building room 203 from 3:00 to 4:00 p.m.

The presenters are IWH Summer Stipend Awardees:

- Friday, November 10 - Dr. Weihang Chai - Identification of novel protein factors essential for telomere maintenance in breast carcinoma cells
- Friday, December 1 - Dr. Ho Soon Michelle Cho - A nursing intervention for the post-mastectomy patient: ABCs to recovery

Power of a Healthy Woman:

Conference and health fair for the general public

Coming Fall 2007

Texas Woman's University

RESEARCH UPDATE

The Pioneer Project

The Pioneer Project is a state-funded initiative to gather data that will lead to improved health promotion and chronic disease prevention for women. The Pioneer Project provides information gathered from 315 (phase 1), 144 (phase 2), and 114 (phase 3) healthy women, ages 19-60. Participants enrolled in the Pioneer Project completed a series of questionnaires to document their medical, family, and reproductive histories, as well as their dietary habits, physical activity, health perceptions, personal habits, and lifestyle. Physical measurements include anthropomorphic characteristics, cardiovascular and pulmonary functioning, bone density, body composition, physical performance, spinal curvature, and fasting serum values. The Pioneer Project data series makes possible scientific studies that link women's medical, behavioral, and nutritional histories with current measures of their health status. Currently, data entry and auditing is being performed on this data and initial manuscripts are in preparation.

Pauline Beery Mack Follow-Up Study

Pauline Beery Mack was a faculty member at TWU from 1952 until 1973. She was a pioneer in the study of bone density. This follow-up study investigates the longitudinal bone mineral density changes of participants who originally participated in research conducted by Pauline Beery Mack (1950's) and Alice Milner, Betty Alford, and Ginger Brewer (1980's). The purpose of this project is to analyze the anthropometric and lifestyle variables on bone mineral density over time. Currently, participants who were involved in the original research project are being recruited to participate in this follow-up study. For more information, see the Call for Participants below.

Summer Stipend Awardees

The IWH was proud to support the research of four TWU faculty members during the summer of 2006. The stipends provided a means for faculty to conduct research in their area of interest over the summer.

Weihang Chai, Ph.D., Department of Biology

Ho Soon Michelle Cho, Ph.D., R.N., College of Nursing

Junhee Kwon, Ph.D., R.D., L.D., Department of Nutrition and Food Sciences

Anne Stiles, Ph.D., R.N., College of Nursing

CALL FOR PARTICIPANTS

Exercise and Cholesterol Metabolism Study

Women, ages 18 to 44 years, who are +30 lbs. overweight and exercise less than 2 times per week are needed for this exercise study. Volunteers must be non-smoking and not currently taking any medication or supplements for birth control, diabetes, cholesterol, hypertension, or weight control. The purpose of the study is to establish the effect of a single exercise session of moderate intensity walking on blood lipid and lipoprotein-cholesterol parameters in women who are sedentary and obese. Stipend. Call Josh, 940-898-2763 or email jwooten2@mail.twu.edu.

LIFEWAVE™ Study

Women (18-55 years old), who exercise at least 60 minutes per week and are low exercise risk, are needed for a study to determine if wearing LIFEWAVE™ patches will cause the body to burn more fat during exercise. The women should not be pregnant, non-lactating, non-smokers, and not taking medications that increase heart rate. Study duration is two weeks and will require two maximal exercise sessions at TWU's Institute for Women's Health Sports Nutrition Laboratory. There is no compensation but participants will receive complimentary lunches before the sessions and will also receive bone mineral analysis results. Call John, 940-898-2799 or email jwitt72@mail.twu.edu.



Pauline Beery Mack Fifty Year Follow-Up Study

The IWH is looking for former participants in the Pauline Beery Mack research study that was conducted at Texas Woman's University from the 1950's-1980's. If you were involved in this bone mineral density study during both the initial study in the late 1950's-early 1960's and the follow-up study done in the late 1970's-early 1980's and would be willing participate in a follow-up study, please call the IWH at 940-898-2792. Participants will receive a complimentary gift card and results of bone mineral analysis.

MISSION:

To enhance the health and well-being of women across the lifespan through research, education, and advocacy.

VISION:

To become one of the foremost comprehensive authorities on the health and well-being of women in all stages of their lives.

JOURNAL PUBLICATIONS

- Huettig, C., Rich, S., Engelbrecht, J., Sanborn, C., Essery, E., DiMarco, N., et al. (2006, May). Growing with EASE: Eating, Activity, and Self-Esteem. *Young Children*, 26-30.
- Mitchell, K., & Pauls, J. (2006). Adolescent Health Study: An analysis of female adolescent sleep duration and mother's educational background on body mass index. *Journal of Women's Health Physical Therapy*, 30, 12-15.
- Mitchell, K., & Pauls, J. (2006). Adolescent Health Study: An analysis of female adolescent sports-related activity patterns on body mass index over time. *Journal of Women's Health Physical Therapy*, 30, 5-9.
- Huettig, C., Levy, L., Rich, S., Sanborn, C., Popejoy, A., Velez, L., et al. (In press). Childhood play experiences of Hispanic parents of preschoolers. *Early Child*.
- Rich, S.S., & Thomas, C. (In press). Body mass index, disordered eating behavior, and acquisition of health information: Examining ethnicity and weight-related issues in a college population. *Journal of American College Health*.
- DiMarco, N. M., Dart, L., & Sanborn, C. F. (In final review). Development of an animal model of the female athlete triad. *Journal of Applied Physiology*.
- Nichols, D.L., Sanborn, C.F., & Essery, E.V. (Accepted). Bone density in athletic women: An update. *Sports Medicine*.

BOOK CHAPTERS

- Essery, E., DiMarco, N., & Rich, S. (In press). Nutrition and early childhood education. *Early Childhood Education*. Westport, CT: Greenwood Publishing.
- Gordon, P.M., Biggerstaff, K.D., & Wooten, J.S. (In press). Hyperlipidemia and dyslipidemia, In Ehrman, J., Gordon, P., Visich, P. & Keteyian, S. (Eds.), *Clinical Exercise Physiology*. Champaign, IL: Human Kinetics.
- Nichols, D., & Swank, C. (In press). Osteoporosis. In Ehrman, J., Gordon, P., Visich, P. & Keteyian, S. (Eds.), *Clinical Exercise Physiology*. Champaign, IL: Human Kinetics.
- Rich, S., Sanborn, C., Essery, E., & DiMarco, N. (In press). Obesity. *Early Childhood Education*. Westport, CT: Greenwood Publishing.

PRESENTATIONS

- DiMarco, N. (2006). Being a sports nutritionist: Where are we going? Presented at the American College of Sports Medicine Annual Meeting, Denver, CO.
- DiMarco, N. & Essery, E. (2006). *Girls Can Do Anything* Summer Camp, The Women's Museum, Dallas, TX.
- Engelbrecht, J., Huettig, C., Rich, S., DiMarco, N., Levy, L., & Velez, L. (2006). Growing with EASE: Eating, Activity, and Self-Esteem. Presented at the 14th Annual Conference on Parent Education, Denton, TX.
- Guillory, E.A., Tyus, B., & Rich, S. (2006). Self esteem and eating dysfunction: Ethnic differences in predictive relationships. Presented at the Association for Psychological Science Annual Meeting, New York, NY.
- Kerns, A., Jones, T., Essery, E., & Rich, S. (2006). Relationships between caregiver stress, perceived health barriers, and child feeding practices. Presented at the Association for Psychological Science Annual Meeting, New York, NY.
- Kwon, J., Bednar, C., & DiMarco, N. (2006). Impact of a school-based coordinated nutrition intervention on selection and consumption of fruits and vegetables of students in K-2. Presented at the School Nutrition Association Meeting in Los Angeles, CA.
- Morales, L., Carmen, V., Frederickson, D., & Rich, S. (2006). Weight stereotyping in preschoolers: Examination of the role of caregiver body dissatisfaction. Presented at the Association for Psychological Science Annual Meeting, New York, NY.
- Rich, S., Steward, C., Campbell, R., & Swenson, K. (2006). Ethnic differences in relationships between media, BMI, and body image concerns. Presented at the Association for Psychological Science Annual Meeting, New York, NY.
- Sanborn, C.F. (2006). Strategies for increasing physical fitness in toddlers to teens. Presented at the American College of Sports Medicine Annual Meeting, Denver, CO.
- Thornton, H.R., Sanborn, C.F., & Rich, S. (2006). Predictors of appearance/weight concerns in a non-college sample of women. Presented at the Association for Psychological Science Annual Meeting, New York, NY.
- Wooten, J.S., Biggerstaff, K.D., & Ben-Ezra, V. (2006). Response of lipoprotein particle diameters and distributions following aerobic exercise and omega-3 fatty acid supplementation. Presented at the American College of Sports Medicine Annual Meeting, Denver, CO.

AWARDS AND ACCOMPLISHMENTS

- Dr. DiMarco received TWU's 2006 Dr. G. Ann Uhlir Endowed Fellowship for Higher Education Administration.
 - Dr. DiMarco earned the Certified Specialist in Sports Dietetics (CSSD) credential from the American Dietetic Association.
 - Dr. Nichols was awarded tenure and promotion in the Fall of 2006.
 - The Growing with EASE Project received the Best Practices Award at the 14th Annual Conference on Parent Education, University of North Texas, February 9-10, 2006.
 - Lay (Rachel) Khoo, M.L.S. received a Pioneer Proud Award for Summer 2006.
 - Dr. Essery was accepted as an Associate Member of the American Society for Nutrition.
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FACULTY FEATURE

Shannon Rich, Ph.D.

Dr. Rich is an Assistant Professor in the Department of Psychology and Philosophy at TWU. She is also a member of the Principal Research Team at the IWH. Recently, Dr. Rich was awarded funding through the Research Enhancement Program (REP) to continue the Growing with EASE (Eating, Activity, and Self-Esteem) program. Growing with EASE is a transdisciplinary research project with representation from the fields of nutrition, kinesiology, family sciences, and psychology. Dr. Rich is also a recent recipient of the Mary Mason Lyon Award. Dr. Rich is the director of the IWH Student Research Lab which is located in HDB 008.



STUDENT SPOTLIGHTS

Lay (Rachel) Khoo, M.L.S.

Rachel Khoo is a doctoral candidate in the School of Library and Information Studies. Ms. Khoo is a graduate research assistant with the IWH. She is currently the Data Manager for the Pioneer Project database. Her research interests include health information retrieval, data mining, and digital libraries. Ms. Khoo expects to complete her doctoral degree in December of 2007. Her career goals include working with digital collections and research development in the digital library domain. Ms. Khoo recently received a Pioneer Proud Staff Award from TWU for going above and beyond her ordinary responsibilities. Ms. Khoo's office is located in HDB 013F.



Jamecia Finnie

Jamecia Finnie is a master's student in the Department of Health Studies at TWU. Ms. Finnie is a graduate research assistant under the direction of Dr. Anna Love. Her research interests include the health promotion of underserved women using creative programs to promote overall wellness. Ms. Finnie is applying to medical school for the fall of 2007. She has stated that, "Being in the IWH and Health Studies program facilitated my own healthy lifestyle changes and continues to challenge my current knowledge and previous set goals concerning my health and the health of others." The Obesity Cluster office is located in the IWH in HDB 013B.



STUDENT RESEARCH SUPPORTED BY THE IWH

Master's Theses:

Melissa Montalbano: The impact of gender and ethnicity on nutrition knowledge, attitudes, and behaviors among fourth and fifth graders in Lewisville, TX (August 2006)

Kara Collins: Relationship of barriers to healthy eating and physical measures in college women

Carolyn Rogan: Relationship between iodine intake and body weight in women

Shannon Smith: Relationships among physical activity levels, physical measures, and barriers to physical activity in college women

Courtney Wilson: Fruit and vegetable consumption: Effect on bone mineral density

John Witt: Effect of LIFEWAVE™ Patches on fat metabolism in recreationally trained women

Jennifer Zell: Relationships between child's fruit and vegetable preferences, parent's fruit and vegetable consumption and body mass index

Doctoral Dissertations:

Joyce Curry: Fifty year follow-up of longitudinal changes of bone mineral density

Sally Hampton: Iodine status in physically active post-menopausal women

Joshua Wooten: The acute effects of aerobic exercise on lipid and lipoprotein metabolism in women who are sedentary and obese

VISIT US ONLINE:

<http://www.twu.edu/womenshealth>

CONTACT

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