



Institute for Women's Health

Texas Woman's University

Spring 2007

DIRECTOR

Nancy DiMarco, Ph.D.

GRANT COORDINATOR

Eve Essery, Ph.D.

RESEARCH ASSOCIATE

Josh Wooten, M.S.

GRADUATE ASSISTANTS

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

Jamecia Finnie

Shirley Tejada

John Witt

ADMINISTRATIVE STAFF

Meagan Pickle

PRINCIPAL RESEARCH TEAM

C. (Barney) Sanborn, Ph.D.

Shannon Rich, Ph.D.

Anna Love, Ph.D.

David Nichols, Ph.D.

JoAnn Engelbrecht, Ph.D.

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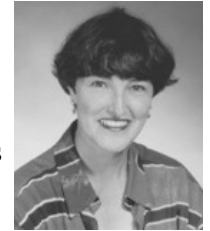
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INSERT:

Being Smart with Physical Activity

NOTES FROM THE DIRECTOR

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



One of the major components of the IWH mission is **education**. This next month, the Institute for Women's Health will initiate two programs to educate our community at the university and in the city. The first program is the **Community Nutrition Classes** jointly sponsored by the Department of Nutrition and Food Sciences, the IWH and the Office of Lifelong Learning. The instructor is Mary Kuhfeldt, MS, RD, a graduate of TWU. She is a strong advocate of educating consumers so they can begin to make better dietary choices to prevent or manage diseases such as diabetes and obesity. Mary promises to help individuals lose their fear of wanting to lose weight by helping them gain insight, confidence, and a sense of empowerment from the information she will be presenting. Classes begin February 6, 2007. See "Upcoming Events" below for more information.

The second education program provided by the IWH this spring is the **Lunch and Learn** series featuring TWU faculty and researchers who will share their expertise on health-related issues affecting all Americans. These brown bag lunch-time sessions will begin Monday, March 12 with a session on Omega-3 Fatty Acids.

We look forward to these exciting opportunities and hope to see you at one of our education sessions.

UPCOMING EVENTS

Community Nutrition Classes:

Members of the DFW community are invited to enroll in nutrition classes that are being offered by the IWH, Office of Lifelong Learning, and Department of Nutrition and Food Sciences. Classes include "*A Healthy Diabetic is NOT an Oxymoron*" and *Gain the Edge, Lose the Weight*. For more information, go to: <http://www.twu.edu/o-ll/nutrition.html>.

Spring Seminar Series:

The IWH and the Department of Biology will co-sponsor two Spring seminars. Date TBD. The presenters are IWH Summer Stipend Awardees: Dr. Junehee Kwon and Dr. Anne Stiles. Please check our website for more information about these presentations.

Presentations:

Dr. Nancy DiMarco
Iodine: Is lack of this mineral contributing to the obesity epidemic?
Fort Worth Dietetic Association Spring Seminar, April 27

Dr. Eve Essery and Dr. Shannon Rich
Nutrition from infancy to adolescence
Conference on Parent Education,
University of North Texas, February 9

Power of a Healthy Woman:

Conference and health fair for the general public, Texas Woman's University, September 22
Check our website for updates and registration information.



RESEARCH UPDATE

Exercise and Cholesterol Metabolism Study:

Seven participants are currently involved in this research project that assesses the acute effects of aerobic exercise on lipid and lipoprotein metabolism in women who are sedentary and obese. Participants are still being recruited for this study. The study is anticipated to be completed in the Fall semester of 2007.

Growing with EASE:

Growing with EASE is a transdisciplinary research project investigating the impact of nutrition, physical activity, and psychology on the risk of overweight and obesity in preschool children and their parents. Research associated with this project will be conducted at Immaculate Conception Church and two Denton preschools during the Spring semester of 2007.

Healthy Bones and GEMINI Projects:

These projects investigate the impact of nutrition and physical activity on bone mineral density of children. This fall, data from Healthy Bones and GEMINI projects were used to develop two abstracts for national presentations. One Healthy Bones manuscript is near completion, and an additional manuscript using this data is in the planning stages.

LIFEWAVE™ Weight Loss Study:

This study is investigating whether wearing transdermal patches increases fat loss during exercise. Sixteen participants have completed the study. An additional 14 participants will be recruited for the study. The study is anticipated to be completed in the Spring semester of 2007.

Pauline Beery Mack Study:

This study investigates the dietary, activity, and lifestyle factors that influence the bone mineral density of adults. To date, 20 individuals who participated in the original Pauline Beery Mack Study 50 years ago have completed follow-up assessments at the IWH. An additional 20 participants will complete analyses in the Spring semester.

Pioneer Project:

The Pioneer Project initiative will lead to improved health promotion and chronic disease prevention for women. The data of over 350 participants is currently being audited for future analyses. One Pioneer Project manuscript was submitted last semester and another manuscript will be submitted in the Spring. This data will also be presented at a regional conference in the Spring of 2007.

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.

PUBLICATIONS

Nichols, D.L., Sanborn, C.F., & Essery, E.V. (Accepted). Bone density in athletic women: An update. *Sports Medicine*.

Essery, E., DiMarco, N., Rich, S., & Nichols, D. (Accepted). Mothers report using less pressure in child feeding situations following a weekly newsletter intervention. *Journal of Nutrition Education and Behavior*.

PUBLICATIONS SUBMITTED

DiMarco, N.M., Dart, L., & Sanborn, C.F. Development of an animal model of the female athlete triad. Submitted to *Journal of Applied Physiology*.

Khoo, L., & Sanborn, C.F. Data processing of a women's health longitudinal study. Submitted to *Journal of Practical Assessment, Research, and Evaluation*.

Rich, S., Essery, E., Sanborn, C., DiMarco, N., Morales, L., & Huettig, C. Predictors of body size stigmatization in preschool children. Submitted to *Obesity*.

Wooten, J.S., Biggerstaff, K.D., & Anderson, C. Response of peak lipoprotein particle diameter and relative cholesterol distribution following a single bout of aerobic exercise in women. Submitted to *Metabolism*.

PUBLICATIONS IN PROGRESS

Khoo, L., & Sanborn, C. F. Women's health baseline study: The Pioneer Project. To be submitted to *Women and Health* in March 2007.

Nichols, D., Sanborn, C., Essery, E., DiMarco, N., McKay, H., Dalsky, G., et al. Impact of curriculum based bone loading and nutrition education program on bone accrual of children. To be submitted to *Journal of Pediatrics* in February 2007.

Rich, S., Essery, E., Sanborn, C., DiMarco, N., Kerns, A., Nichols, D., et al. Impact of parental stress on child feeding practices and fruit and vegetable intake. To be submitted to *Journal of Nutrition Education and Behavior* in March 2007.

Rich, S., Love, A., Finnie, J., & Tyrus, B. Eating dysfunction and self esteem: A multifaceted relationship mediated by ethnicity. To be submitted to *Journal of American College Health* in January 2007.

Rich, S., Love, A., Finnie, J., Smith, S., & Tyrus, B. Barriers to healthy weight behaviors among ethnically diverse young women. To be submitted to the *American Journal of Health Behaviors* in January 2007.

Wooten, J.S., Biggerstaff, K.D., Ben-Ezra, V., & Hammer, S. Independent and combined effects of aerobic exercise and omega-3 fatty acids on lipid and lipoprotein metabolism. To be submitted to *Journal of Applied Physiology* in March 2007.

Wooten, J.S., Biggerstaff, K.D., & Ben-Ezra, V. Responses of lipoprotein particle size and lipoprotein-cholesterol distributions to aerobic exercise. To be submitted to *Sports Medicine* in April 2007.

BOOKS

Shephard, R.J., Alexander, M.J.L., Cantu, R.C., Nieman, D.C., Sanborn, C.F., & Shrier, I. (2006). *Yearbook of Sports Medicine 2005*. Philadelphia: Mosby, Inc.

Shephard, R.J., Alexander, M.J.L., Cantu, R.C., Nieman, D.C., Sanborn, C.F., & Shrier, I. (In press). *Yearbook of Sports Medicine 2006*. Philadelphia: Mosby, Inc.

BOOK CHAPTERS

Biggerstaff, K.D., & Wooten, J.S. (In press). Hyperlipidemia and dyslipidemia, In Ehrman, J., Gordon, P., Visich, P. & Keteyian, S. (Eds.), *Clinical Exercise Physiology*. Human Kinetics: Champaign, IL.

Essery, E., DiMarco, N., & Rich, S. (In press). Nutrition and early childhood education, In *Early Childhood Education*. Greenwood Publishing: Westport, CT.

Rich, S., Sanborn, C., Essery, E., & DiMarco, N. (In press). Obesity, In *Early Childhood Education*. Greenwood Publishing: Westport, CT.

PRESENTATIONS

Essery, E., & Rich, S. Nutrition from infancy to adolescence: An update. To be presented as a Special Interest Session at the Parent Education Annual Conference, Denton, TX, February 8-9, 2007.

Khoo, R., & Sanborn, C. Women's health baseline study: Perception versus reality. To be presented at the SSSA Southwestern Women's and Gender Studies Association, Albuquerque, NM, March 14-17, 2007.

Essery, E., Nichols, D., Sanborn, C., & DiMarco, N. Does participation in organized sports impact calcium intake, physical activity, or television viewing of children? Submitted for presentation at the American College of Sports Medicine Annual Meeting, New Orleans, LA, May 30-June 2, 2007.

Tejada, S., Essery, E., Nichols, D., Sanborn, C., Martin, J., & Coviak, C. Follow-up assessment of bone mineral density in middle schools girls and boys. Submitted for presentation at the American College of Sports Medicine Annual Meeting, New Orleans, LA, May 30-June 2, 2007.

AWARDS AND ACCOMPLISHMENTS

- Dr. DiMarco received the 2007 Distinguished Scientist Award from the Texas Dietetic Association.
- Graduate research assistant, Jamecia Finnie, was accepted into UTMB Medical School in Galveston, Texas.

IN THE NEWS AT THE IWH

- Dr. DiMarco visited the Wellesley Center for Women (WCW) November 28-29, 2006 to learn more about the operations of this women's research institute.
- The IWH assisted in the coordination of TWU participation in the Denton County Heart Walk at Texas Motor Speedway in September 2006. TWU had the largest contingent from any other group with 75 walkers.
- Dr. DiMarco was quoted in the Denton Record Chronicle on Saturday, October 28, 2006 in the article: "School officials clarify food program rules: Initiatives move to restrict types of sodas, snacks."

FACULTY FEATURE

Anna Love, Ph.D.

Dr. Love is an Assistant Professor in the Department of Health Studies at TWU. She is also a member of the Principal Research Team at the IWH. Her major areas of interest are women's health, particularly the minority population; the use of technology in delivering health messages; and conditions within the Metabolic Syndrome including obesity, diabetes, and cardiovascular disease. She is currently a member of the Obesity Research Cluster at the IWH. Dr. Love was originally affiliated with the IWH as a graduate student and her involvement has continued throughout her professional career. Dr. Love holds an office in the IWH in HDB 013B.



STUDENT SPOTLIGHT

Joshua Wooten, M.S.

Joshua Wooten is a doctoral candidate in Exercise Physiology in the Department of Kinesiology. He is also a Research Associate at the IWH. His research interests involve the influence of exercise and diet on lipid and lipoprotein metabolism to reduce the risk of cardiovascular disease in women. Mr. Wooten is currently conducting a study investigating the acute effects of aerobic exercise on lipid and lipoprotein metabolism in women who are sedentary and obese. He has been an asset to the IWH since he began working at the institute in the summer of 2006. Mr. Wooten expects to complete his doctoral degree in the Fall of 2007. Mr. Wooten's office is located in HDB 017A.



STUDENT RESEARCH SUPPORTED BY THE IWH

Doctoral Dissertations:

Joyce Curry: Fifty year follow-up of longitudinal changes of bone mineral density
Joshua Wooten: The acute effects of aerobic exercise on lipid and lipoprotein metabolism in women who are sedentary and obese

Master's Theses:

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
Meme Stephens: Nutritional changes over 50 years: Pauline Beery Mack study
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

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VISIT US ONLINE:

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

CONTACT INFORMATION:

TWU-IWH
P.O. Box 425876
Denton, TX 76204-5876
Phone: (940) 898-2792
Fax: (940) 898-2793
Location: HDB 013

This newsletter is published quarterly by the IWH as a research and information update for the general public and IWH volunteers, researchers, and supporters.

Send comments to:
Eve Essery, Ph.D.
TWU-IWH
P.O. Box 425876
Denton, TX 76204-5876

Reviewers
Nancy DiMarco, Ph.D., R.D.
Josh Wooten, M.S.

Editor
Eve Essery, Ph.D.