



Institute for Women's Health

Texas Woman's University

Spring 2008

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NOTES FROM THE DIRECTOR

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

As we officially kick-off the opening of the Exercise and Sports Nutrition Clinic and the Fitness the Wellness and Sport Evaluation Program, the Institute for Women's Health is positioning itself as a major provider of information, assessments, and programs that can improve the health of women and their families. Our clients at the clinic are about half students and half community members and many of them have chosen to participate in our weight management program lasting 12 weeks. We know the choices these individuals are making will impact them now and hopefully will transform their lives for healthier futures. Recent research from the University of Cambridge Institute of Public Health confirms that among 20,244 men and women, ages 45 - 79 who did not smoke, drank moderately, kept physically active and ate at least five servings of fruits and vegetables daily, 14 years could be added to their lives compared to those who did not practice these four habits. The IWH clinic has a goal to help individuals adopt these lifestyle changes, although relatively simple, to have profound effects on their quality of life. If you or someone you know is ready to start making those changes, please give us a call and let us help!



POWER OF A HEALTHY WOMAN SYMPOSIUM:

The Institute for Women's Health in collaboration with the Leadership Institute, Office of Development, Office of Lifelong Learning, Texas Cooperative Extension, and Health Services have teamed to provide a half-day symposium concerning health issues of importance to women in Denton. The symposium will also feature Deborah Kern, a nationally known speaker and TWU alum who will speak about stress management in both a keynote address and breakout session. The other great topics will be obesity, exercise, financial management, and cardiovascular disease. Save Saturday, September 20, 2008, and learn strategies to help you prevent disease and cope with today's stresses.

**Coming
Fall
2008!**

DID YOU KNOW...

Over 180,000 women will be diagnosed with breast cancer in 2008 alone. To find out risk factors for developing breast cancer and early detection steps visit <http://www.nci.nih.gov/cancerinfo/wyntk/breast>.

Women over 19 years need 1000 milligrams of calcium per day, and women over 50 years need 1200 milligrams of calcium per day. Calcium can be found in foods such as spaghetti, cheese, and broccoli. To find out more information about calcium, its impact on the body, and other good sources of calcium visit www.nih.gov and search for "calcium intake."

Cardiovascular disease is the leading cause of death among women in the United States. Related to cardiovascular disease is stroke which is the third leading cause of death among women in the United States. To find out more about heart disease, heart attacks, and strokes visit www.4women.gov/heart.

IN THIS ISSUE:

Notes from the Director	1
Upcoming Events	1
Did You Know	1
Exercise and Sports	
Nutrition Clinic	2
Publications	3
Presentations	3
Accomplishments	4
In The News	4
Faculty Feature	4

Exercise and Sports Nutrition Clinic

On October 8, 2007, the Institute for Women's Health hosted the opening of the Exercise and Sports Nutrition Clinic. Located in the Human Development Building on Texas Woman's University's Denton Campus, the purpose of the clinic is to provide health and fitness assessments to TWU students, faculty, and staff, as well as the Denton community. The program is designed to offer both health-related information and sport performance-related information. Revenues generated from the clinic will be used to continue the evaluation program and to support researchers and students in their research endeavors at the Institute for Women's Health.

All fitness testing will be performed by graduate students from the Exercise and Sports Nutrition Master's program. Students will use the program to develop skills and techniques, while providing a valuable service to the community. Currently 12 graduate students are participating in the program.

The clinic offers two packages that are available to all clients. The Wellness Package provides individuals with information regarding their current fitness level and risk profile for cardiovascular and metabolic diseases. This information can then be used to design an appropriate nutrition and/or exercise program or to monitor the progress of a current nutrition/exercise program. The Sport Package allows athletes at any level to build a physical profile or benchmark. Results from the sport evaluation will be compared to sport-specific norms and standards to identify strengths and weaknesses. In addition, the information provided from the tests can help athletes determine the effectiveness of their current training program.

If you would like more information or to schedule an appointment, please call Carolyn Rogan at 940-898-2799. More information is also available online at www.twu.edu/womenshealth and click on Exercise and Sports Nutrition Clinic.

Individual Services

A few of the services offered by the Exercise and Sports Nutrition Clinic are described below:

- **Cardiorespiratory Fitness:** The assessment of cardiorespiratory fitness will involve a graded exercise test on a treadmill or cycle ergometer to determine peak or maximal oxygen consumption (VO_2 max). VO_2 max is considered the "gold standard" for the determination of fitness level. In addition, the cardiorespiratory fitness test will include the evaluation of resting and exercise electrocardiogram (ECG), heart rate, and blood pressure.
 - **Nutrition Evaluation:** The nutrition evaluation will involve the completion of a food frequency questionnaire and/or three day dietary record. A graduate student in the Exercise and Sports Nutrition program will provide a one-on-one nutritional consultation. All consultations will be supervised by a Registered Dietitian. Analyses will include total caloric, macronutrient, and micronutrient consumption. An update of current dietary recommendations will also be provided.
 - **Weight Management Program:** The weight management program will involve cardiorespiratory fitness, resting metabolic rate, nutrition assessment, muscular endurance, body composition assessment, and blood glucose and lipid panel. The program will include an initial assessment, goal setting, and weekly meetings with professional staff for 12 sessions. Follow-up sessions will also be included.
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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

- Essery, E., DiMarco, N., Rich, S., & Nichols, D. (2008). Mothers report using less pressure in child feeding situations following a weekly newsletter intervention. March/April 2008 *Journal of Nutrition Education and Behavior*.
- 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*.

PUBLICATIONS SUBMITTED

- Nichols, D., Sanborn, C., Essery, E., Clark, R., & Letendre, J. (2007). Impact of curriculum based bone loading and nutrition education program on bone accrual of children. Accepted with revisions to *Pediatric Exercise Science*.
- Smith, J.D., Nichols, D.L., Biggerstaff, K., DiMarco, N. (2007). Assessment of physical activity levels of 3rd and 4th grade children using pedometers during physical education class. Accepted by *ICHPER-SD Journal of Research*.
- Rich, S., Essery, E., Sanborn, C., DiMarco, N., Morales, L. (2008). Predictors of body size stigmatization in preschool children. In final review to *Obesity*.
- Rodriguez, N., DiMarco, N., & Langley, S. Nutrition and Athletic Performance. A Joint Position Statement of the American Dietetic Association, The American College of Sports Medicine, and Dieticians of Canada. To be published 2008, *Journal of American Dietetic Association*.
- Wooten, J.S., Biggerstaff, K.D., & Anderson, C.E. (2008). Response of peak lipoprotein particle diameter and relative cholesterol distribution following a single bout of aerobic exercise in women. Accepted with revisions to *European Journal of Applied Physiology*.
- Wooten, J.S., Biggerstaff, K.D., Ben-Ezra, V., & Hammer, S. (2008). Responses of LDL and HDL particle size and distribution to omega-3 fatty acid supplementation and aerobic exercise. Submitted to *Journal of Applied Physiology*.

SCHOLARLY WORKS IN PROGRESS

- Essery, E., Nichols, D., Sanborn, C., & DiMarco, N. (2008). Impact of school-based nutrition and exercise program on abdominal fat mass of children. To be submitted to *International Journal of Obesity*.

BOOK CHAPTERS

- DiMarco, N., Steinmuller, P. (2008). Marketing Sports Dietetics in *The Competitive Edge* by Kathy King, Lake Dallas, TX, Helm Publishing.
- Nichols, D.L., Sanborn, C.F., & Essery E.V. (2007). Bone density in athletic women: An update. *Sports Medicine*. 37: 1001-1014.
- DiMarco, N. (2008). Carbohydrate requirements for active people/athletes. *Nutrition for Sport and Exercise, 3rd Edition* by Jackie Berning and Leslie Bonci, Aspen Publishing.

PRESENTATIONS

- Rich, S.S. & Essery, E. (2008). Feeding Children: Beyond Dietary Recommendations. Special interest sessions at the Center for Parent Education Annual Conference on Parent Education, Denton, TX.
- Villarreal, M., Wooten, J.S., Black, L., Lubwama, L., Biggerstaff, K., & Ben-Ezra, V. (2008). Association of abdominal and hip fat mass with markers for CHD in Obese Women. Presented at the Texas American College of Sports Medicine Annual Meeting, Odessa, Texas.
- Witt, J., Wooten, J.S., & DiMarco, N. (2008). Effect of Lifewave Patches on Fat Metabolism in Moderately Active Women. To be presented at the American College of Sports Medicine Annual Meeting, Indianapolis, Indiana and Sports, Cardiovascular and Wellness Nutrition Annual Meeting, Boston, Massachusetts.
- Wooten, J.S., FitzGerald, Y., Villarreal, M., Biggerstaff, K., & Ben-Ezra, V. (2008). Acute Response of lipid and lipoprotein metabolism following aerobic exercise in women who are obese. To be presented at the American College of Sports Medicine Annual Meeting, Indianapolis, Indiana.
- Wooten, J.S., FitzGerald, Y., Villarreal, M., Biggerstaff, K., & Ben-Ezra, V. (2008). Acute Response of lipid and lipoprotein metabolism following aerobic exercise in women who are obese. Presented at the Texas American College of Sports Medicine Annual Meeting, Odessa, Texas.

AWARDS AND ACCOMPLISHMENTS

- Dr. DiMarco was named a Fellow of the American College of Sports Medicine in 2008.
- Dr. DiMarco was named to Cambridge Who's Who Among Executive and Professional Women in Dietetics and Nutrition.
- Dr. DiMarco received her twenty-five year service pin from Texas Woman's University in 2007.
- Dr. Wooten received first place in the doctorate category for poster presentations at the TACSM meeting.
- Dr. Wooten received the TWU Outstanding Graduate Student Award for the doctorate category.
- Dr. Wooten successfully defended his dissertation and will graduate in May 2008.
- Mr. Witt finished his research study entitled "Effect of Lifewave™ Patches on Fat Metabolism in Moderately Active Women."
- Dr. Rich was awarded tenure, Fall of 2007.

IN THE NEWS AT THE IWH

- Several IWH faculty and staff members helped provide Christmas gifts to four children by donating to the North Texas Angel Tree Campaign.
- Dr. Wooten and Ms. Rogan provided information about the Exercise and Sports Nutrition Clinic at the City of Denton's Benefits and Wellness Fair in September 2007.
- Dr. DiMarco provided a presentation to the Expanding Your Horizons Youth Conference for students focused on careers in math and science in February 2008 at TWU.
- Dr. Wooten provided a presentation on heart disease and exercise at the Staff Development Day for the City of Denton Public Libraries in February 2008.
- The Institute for Women's Health was a Silver Sponsor of the Sixth Annual Virginia Chandler Dykes Luncheon to honor Mr. T. Boone Pickens in February 2008.
- The IWH and Exercise and Sports Nutrition Clinic will participate in the 7th Annual TWU Well Wednesday Community Health and Wellness Fair on April 2, 2008.
- The IWH will participate in Get Kidz Fit in Dallas in April 2008.
- The IWH will participate in the Family Health Fitness and Safety Event in Denton on May 3, 2008.
- Dr. Wooten will be a panelist for "How to get into graduate school and what to do when I get out." at the 2008 TWU Student Creative Arts and Research Symposium.

FACULTY FEATURE

Carolyn Rogan, M.S.

Ms. Rogan is the Practicum Coordinator for the Exercise and Sports Nutrition Clinic at TWU. As the Practicum Coordinator, she oversees and supervises the Exercise and Sports Nutrition graduate students in their practicum experiences. Ms. Rogan is also responsible for developing syllabi and course materials. She schedules appointments with clients and matches an ESN student to each client. Ms. Rogan's office is located in HDB 011.



STUDENT SPOTLIGHT

Melinda Villarreal

Ms. Villarreal is a Master's student pursuing a degree in Exercise and Sports Nutrition. As a Graduate Research Assistant in the Institute for Women's Health, she maintains the laboratory and laboratory equipment. Ms. Villarreal also assists in the writing and preparation of presentations, manuscripts, and grants, as well as presents research at professional conferences. She is also involved with development of research projects and the collection of data for on-going research projects. Ms. Villarreal is currently working on a project entitled "The impact of menopausal status on the relationship between abdominal fat and hip fat mass and risk factors for coronary heart disease in women who are obese." Ms. Villarreal's office is located in HDB 017A.



VISIT US ONLINE:

www.twu.edu/womenshealth

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

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