

CURRICULUM VITAE SUMMARY

Wayne W. Campbell, PhD, DFASN, Professor of Nutrition Science, Purdue University

National Leadership

- Member of the U.S. federal government 2018 Physical Activity Guidelines Advisory Committee and the 2015 Dietary Guidelines Advisory Committee. One of only three scientists to have served on both a PAGAC and a DGAC.
- Invited panelist for 18 scientific review committees of five federal agencies: National Institutes of Health; U.S. Department of Agriculture; National Aeronautics and Space Administration; Federal Aviation Administration; U.S. Army Research Institute of Environmental Medicine.
- Editorial board member for five journals: Critical Reviews in Food Science and Nutrition, Nutrition Reviews, Nutrition Research, American College of Sports Medicine's Health & Fitness Journal, and the Journal of Strength & Conditioning Research.

Administration Leadership and Service

- Director of the Indiana Clinical Research Center and Bionutrition Services Core at Purdue University (2008-2015), which are components of the NIH-supported Indiana Clinical and Translational Sciences Institute, Indiana University School of Medicine, Indianapolis, IN.
- Service on three National Institutes of Health Clinical Research Center Advisory Boards (Purdue, University of Arkansas for Medical Sciences, and Penn State).
- Long-standing service to the American Society for Nutrition, including leadership as Chair of the Energy and Macronutrient Metabolism Research Interest Section, and service on advocacy and science policy, scientific programming, symposia advisory, and membership committees.
- Founding member of the Ingestive Behavior Research Center (IBRC), Purdue University.
- Chair of department and college-level faculty affairs committees; member of Purdue University Senate; Purdue Human Research Institutional Review Board (IRB); Chair/member of 17 university, college, or department-level search and screen committees and numerous other university-level (administrator review, curriculum, research advisory & grievance) and college-level (promotion, tenure, & honorary awards; research advisory) committees.

Research

- Distinguished Fellow of the American Society for Nutrition (DFASN). Thirty-five-year career conducting clinical research integrating nutrition and exercise to promote health and successful aging among adults. Current important topics of interest include assessing the effects of healthy dietary patterns, protein-rich foods, and physical activity on cardiometabolic disease risk factors, body composition, and emerging topics (e.g., gut microbiota and nutrimentalomics). In addition, determining dietary protein needs of adults and the metabolic and physiological responses to varied protein intakes and sources.
- As of March 21, 2025, 218 published peer-reviewed manuscripts, reviews, and book chapters; 24,404 total Google Scholar citations (9875 since 2020); h-index = 81 (48 since 2020); i10-index = 195 (145 since 2020).
- As of December 8, 2024, external grant awards total \$30,740,944, including \$17,780,942 as principal investigator, co/multi-principal investigator, or co-investigator responsible for funding management.
- 170 scientific presentations: 85 national and international invited symposia/seminars, 48 university-based seminars and 37 community talks.

Student Mentoring and Teaching

- Mentor/Major Professor to 10 post-doctoral scientists and 79 students: 22 PhD, 7 Masters, 26 undergraduate honors, and 24 research interns and independent study students.
- Outstanding Graduate Faculty Mentor Award (2020), Purdue College of Health and Human Sciences
- Undergraduate Honors Mentor Award (2008), Purdue College of Consumer and Family Sciences
- Developed courses in Geriatric Nutrition (taught 7 years) and Current Topics in Nutrition, Fitness, and Health (taught 23 years; capstone course for Nutrition, Fitness and Health majors)
- Co-developer of multiple graduate research special topics courses (e.g. nutrition and sleep quality; neurological control of appetite) and research seminar courses in Ingestive Behavior.

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Academic Degrees and Training:

- 1993-1997 **Post-doctorate**, Nutrition and Exercise Physiology, Noll Physiological Research Center, The Pennsylvania State University, University Park, PA.
1987-1993 **Doctor of Philosophy**, Nutritional Sciences, Tufts University, Boston, MA.
1984-1987 **Master of Science**, Nutritional Sciences, University of Maryland, College Park, MD.
1980-1984 **Bachelor of Science (Cum Laude)**, Nutritional Sciences (major) and Chemistry (minor), University of Delaware, Newark, DE.

Professional Experience:

- 2007-present **Professor**, Dept. Nutrition Science, Purdue University, West Lafayette, IN.
2003-2007 **Associate Professor**, Dept. Foods and Nutrition, Purdue University, West Lafayette, IN.
2000-2003 **Assistant Professor**, Dept. Foods and Nutrition, Purdue University, West Lafayette, IN.
1997-2000 **Assistant Professor**, The Donald W. Reynolds Department of Geriatrics, College of Medicine, University of Arkansas for Medical Sciences, Little Rock, AR.
1997-2000 **Assistant Professor**, Department of Dietetics and Nutrition, College of Health Related Professions, University of Arkansas for Medical Sciences, Little Rock, AR.
1998-2000 **Graduate School Faculty member**, University of Arkansas for Medical Sciences, Little Rock, AR.
1993-1997 **Research Associate**, Noll Physiological Research Center, The Pennsylvania State University, University Park, PA.
1997-1998 **Faculty member**, Graduate Program in Nutrition, College of Health and Human Development, The Pennsylvania State University, University Park, PA.
1995-1997 **Adjunct Faculty member**, Department of Kinesiology, College of Health and Human Development, The Pennsylvania State University, University Park, PA.
1987-1993 **Graduate Research Assistant**, Human Physiology Laboratory, USDA Human Nutrition Research Center on Aging at Tufts University, Boston, MA.
1985-1987 **Graduate Research Assistant**, Vitamin and Mineral Laboratory, USDA Human Nutrition Research Center, Beltsville, MD.

Professional Honors:

- 2025 Distinguished Fellow of the American Society for Nutrition (DFASN). Established in 1952, the ASN Distinguished Fellow designation is the highest honor bestowed by the Society in recognition of significant discoveries and distinguished careers in nutrition.
2024 Robert H Herman Memorial Award, American Society for Nutrition Foundation. This award is given to a senior investigator whose research has contributed importantly to the advancement of clinical nutrition, particularly the biochemical and metabolic aspects of human nutrition.
2020 Outstanding Graduate Faculty Mentor Award, College of Health and Human Sciences, Purdue University
2018 Pfizer Consumer Healthcare Nutritional Sciences Award, American Society for Nutrition Foundation, National Scientific Achievement Award for senior investigators.

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- 2016-2018 Appointed by the U.S. Secretary of Health and Human Development to the 2018 Physical Activity Guidelines Scientific Advisory Committee
- 2016 Research Excellence Award, Center on Aging and the Life Course, Purdue University
- 2013-2015 Appointed by the U.S. Secretaries of Agriculture and Health and Human Development to the 2015 Dietary Guidelines Scientific Advisory Committee
- 2012 Career Research Achievement Award, College of Health and Human Sciences, Purdue University
- 2008-2013 Purdue University Faculty Scholar
- 2009 Undergraduate Honors Mentor Award (inaugural recipient), College of Consumer and Family Sciences, Purdue University.
- 2005, 2007 Seed for Success ("Acorn") Award, Purdue University, for research grantsmanship.
- 2000 University of Delaware, Presidential Citation for Outstanding Achievement.
- 1996 First Independent Research Support and Transition (FIRST) Award recipient, awarded by the National Institutes of Health, Bethesda, MD.
- 1992 Kraft General Foods Predoctoral Fellowship recipient, awarded in conjunction with the 1992 FASEB Conference, Anaheim, CA.
- 1992 American Institute of Nutrition/Procter and Gamble Graduate Student Research Awards Competition winner, held in conjunction with the 1992 FASEB Conference, Anaheim, CA.
- 1987-1991 USDA Fellowship in Nutrition Sciences, Jean Meyer USDA Human Nutrition Research Center on Aging at Tufts University, Boston, MA.
- 1980-1984 Graduated Cum Laude from the University of Delaware. Selected for Dean's list four semesters.
- 1980 John Bodnarik memorial award for outstanding school citizenship, Pennsbury High School, Fairless Hills, PA.

Professional Affiliations:

- 2006-2015 Member and Fellow of The Obesity Society.
- 1994-present Member and Distinguished Fellow of the American Society for Nutrition (formerly the American Institute of Nutrition and the American Society for Clinical Nutrition).
- 1994-2012, 2019 Member of the American College of Sports Medicine.

Professional Activities:**National Research Panels**

- 2024 Review panelist for NIH "Kidney, Endocrine, and Digestive Disorders" study section, October 17-18, 2024 (virtual).
- 2021 Review panelist for NIH, Special Emphasis Panel/Scientific Review Group 2021/10 ZRG1 EMNR-H (55) R. Nutrition for Precision Health Metabolomics and Clinical Assay Center applications. July 13, 2021 (virtual).
- 2020 Review panelist for NIH, NCI Program Project (P01) Review III [2020/05 ZCA1 SRB-5 (M1) P], February 6-7, 2020.
- 2018 Review panelist for the NIH "Integrated Metabolic Topics" [ZRG1-EMNR-B(02)M] Study Section, November 2, 2018.
- 2016-2018 Member of the 2018 Physical Activity Guidelines Advisory Committee, United States Department of Health and Human Services.
- 2016-2017 Member of the Advisor Council on Nutrition and Healthy Food Choices, Foundation for Food and Agriculture Research (foundationfar.org).
- 2013-2015 Member of the 2015 Dietary Guidelines Advisory Committee, United States Departments of Health and Human Services and Agriculture.
- 2014 Peer review panelist for the USDA Office of Scientific Quality Review (OSQR); National Program (NP) 107 Human Nutrition Panel 9: Epidemiology (2014).
- 2011 Review panelist for Special Emphasis Panel/Scientific Review Group 2011/105 EMNR-P (02) M meeting, February 22-23, 2011.

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- 2010 Review panelist for Special Emphasis Panel/Scientific Review Group 2010/10 ZRG1 BDA-M (02) M meeting, June 24, 2010.
- 2010 Review panelist for Special Emphasis Panel/Scientific Review Group 2010/05 ZRG1 BDA-A (02) M meeting, March 23, 2010.
- 2009 Review panelist for NIH RFA OD-09003 challenge Grants Panel 15, 2009/10 ZRG1 EMNR-C (58) R. June 5, 2009.
- 2009 Review panelist for NIH Special Emphasis Panel/Scientific Review Group for Interventions to remediate age-related cognitive decline, ZAG1 ZIJ-5 (M1), February 19, 2009.
- 2008 Review panelist for the Neurological, Aging, and Musculoskeletal Epidemiology Study Section, National Institutes of Health, October 6-7, 2008.
- 2008 Review panelist for the National Aeronautics and Space Administration (NASA) and National Space Biomedical Research Institute (NSBRI), Research and Technology Development to Support Crew Health and Performance in Space Exploration Missions, Muscle/Exercise Panel. Washington, DC, January 24, 2008.
- 2006 Review panelist for the U.S. Army Research Institute of Environmental Medicine (USARIEM) research program on biophysics and Biomedical Modeling, November 13-14, 2006.
- 2005 Member of the National Institutes of Health, National Institute of Diabetes & Digestive & Kidney Diseases, Special Emphasis Panel for Clinical Nutrition Research Units, ZDK1 GRB-1 (M2), March 9-11, 2005.
- 2004 Review panelist for the National Aeronautics and Space Administration (NASA) Human Health in Space Exercise Physiology Program [Biomedical Model Systems Program, Biomedical Research and Countermeasures Program, and National Space Biomedical Research Institute], Washington, DC. December 2, 2004.
- 2003 Review panelist for the Office of Scientific Quality Review, Nutrition Program, Agricultural Research Service, United States Department of Agriculture, Beltsville, MD. October, 2003.
- 2003 Speaker and panelist for the Federal Aviation Administration, Civil Aerospace Medical Institute workplace urine specimen validity testing colloquium. February 4-6, 2003, Saddlebrook Resort, Tampa, FL.
- 2000 Member of the National Institutes of Health Center for Scientific Review Special Emphasis Panel (ZRG1 NMS 01 B), Bethesda, MD. March 27-28, 2000.

NIH Clinical Research Center Activities

Advisory Boards

- 2008-2015 Member of the Indiana Clinical Research Center Advisory Committee, Indiana University School of Medicine, Indianapolis, IN.
- 1999-2000 Member of the GCRC Advisory Committee, The University of Arkansas for Medical Sciences, Little Rock, AR.
- 1995-1997 Member of the GCRC Advisory Committee, The Pennsylvania State University, University Park, PA.

Research Leadership

- 2000-Present Leader of the Laboratory for Nutrition, Exercise, and Aging, Department of Nutrition Science, Purdue University.
- 2008-2015 Director of the Indiana Clinical Research Center at Purdue University, that is a component of the NIH-supported Indiana Clinical and Translational Sciences Institute, Indiana University School of Medicine, Indianapolis, IN.
- 2008-2015 Director of the Indiana Clinical Research Center Bionutrition Core.
- 1999-2000 Director of the GCRC Body Composition Core Laboratory, The University of Arkansas for Medical Sciences, Little Rock, AR.

Journal Editorial Boards

- 2024-present Member of Editorial Advisory Board: Critical Reviews in Food Science and Nutrition
- 2017-2021 Member of Board of Review Editors: Nutrition Research.
- 2006-2018 Contributing Editor: Nutrition Reviews.
- 1996-2000 Editorial Board member: American College of Sports Medicine's Health and Fitness Journal.
- 1995-1997 Editorial Board member: Journal of Strength and Conditioning Research.

Professional Society Committee Assignments

- 2018-2021 Member, American Society for Nutrition Committee on Advocacy and Science Policy.
- 2015-2017 Member, American Society for Nutrition Scientific Program Committee.
- 2007-2008 Member, American Society for Nutrition Symposia Advisory Committee.
- 2006-2009 Chair-elect, Chair, and Past-Chair, Energy and Macronutrient Metabolism Research Interest Section, American Society of Nutrition.
- 2006-2007 Member of the American Society of Nutrition Membership Committee.
- 2006 Member of the American Society of Nutrition, Energy and Macronutrient Research Interest Section, 2006 Student Abstract Competition Committee.
- 2005-2006 Member of the American Society of Nutrition, Energy and Macronutrient Research Interest Section, Steering Committee.
- 2002-2005 Member of the ASNS/ASCN/SINR Membership Committee.
- 2002-2003 Member of the American Society for Clinical Nutrition 2003 Annual Meeting Planning Committee.
- 1995-1996 Member-at-Large of the Executive Committee, Mid-Atlantic Regional Chapter of the American College of Sports Medicine
- 1996 Chairman, Research Committee, Mid-Atlantic Regional Chapter of the American College of Sports Medicine.

Other National Activities

- 6/12/23 Member of a Technical Expert Panel for the U.S. Agency for Healthcare Research and Quality (AHRQ) Evidence-based Practice Center (EPC) project on "Dietary Protein Intake Requirements," systematic review on "Daily dietary protein intake and amino acid requirement throughout the life course."
- 2/2023 Juror, American Society for Nutrition (ASN), Senior Investigator in Nutritional Science Award, ASN Foundation.
- 11/2022 Steering Committee Co-chair and speaker, National Dairy Council, Nutrition and Wellness Science Forum: Exploring the Journey to Healthy Aging, November 8-9, 2022, Washington, DC.
- 8/2017-2020. Member of a Data and Safety Monitoring Board (DSMB) for protocol titled, "Phase 1 studies to evaluate the safety, tolerability, and pharmacokinetics of β -nicotinamide mononucleotide, a nutraceutical, in healthy young men. Principal Investigator: Shalender Bhasin, MB, BS, Professor of Medicine, Harvard Medical School.
- 6/2014-2018. Member of the NIH Data and Safety Monitoring Board (DSMB) for protocol 4R44 AG034722: Nutritional intervention for age-related muscular function and strength losses Phase II: Study 2 a placebo-controlled, double-blind study of the effects of HMB and vitamin D in elderly men and women.
- 4/4/16 Co-chair and speaker, American Society for Nutrition symposium on 'Red and processed meats and health: controversies for dietary guidance.' 2016 Experimental Biology meeting, San Diego, CA.
- 4/28/14 Co-chair and speaker, American Society for Nutrition symposium on 'Optimizing protein quantity and distribution to improve health outcomes.' 2014 Experimental Biology meeting, San Diego, CA.
- 8/2/13 Science Consultant, American Federation for Aging Research (AFAR) and International Life Sciences Institute (ILSI), Working Group on Optimal Protein Intake for Older Adults, Washington, DC.
- 2013 Guest editor, Nutrition Today special issue: Hydration and Health – 4th hydration for health scientific conference proceedings. July/Aug 2013, 48 (Suppl. 4): S1-S42.
- 9/2012 Member, Planning Committee, 2013 Protein Summit 2, Organizational meeting, Rosemont, IL, 9/27/2012.
- 2012 Co-chair and speaker, American Society for Nutrition Symposium, *Macronutrients as tools to counter age-related changes in skeletal muscle*. Experimental Biology 2012, San Diego, CA, April 20-25, 2012.

- 2009 Co-chair, American Society for Nutrition Symposium, *Eating patterns and energy balance: A look at eating frequency, snacking, and breakfast omission*. Experimental Biology 2008, New Orleans, LA, April 18-22, 2009.
- 2000 Member of the planning committee for the 11th International Conference on the Biochemistry of Exercise: Molecular Aspects of Physical Activity and Aging, June 4-7, 2000, Little Rock, AR.

Research and Scholarship:

Prof. Campbell's research program at Purdue University is dedicated to evaluating and understanding how nutrition and exercise can be used as effective tools to positively affect the metabolism, health and functional well-being of people as they progress through the life course. His current research primarily focuses on:

- 1) Assessing the effects healthy eating patterns and protein-rich foods on cardiometabolic disease risk factors and indices of well-being, including microbiota and perceived wellbeing.
- 2) Dietary protein source, quantity, and patterning on body composition responses to anabolic and catabolic stimuli (exercise training and dietary energy restriction, respectively);
- 3) Dietary protein needs of older adults

Publications:

As of March 21, 2025, 218 published peer-reviewed manuscripts, reviews, and book chapters; 24,404 total Google Scholar citations (9875 since 2020); h-index = 81 (48 since 2020); i10-index = 195 (145 since 2020).

Original Research

186. Lu P, Reisdorph N, Hendricks AE, Reisdorph R, Quinn K, Armstrong M, Michel C, Doenges KA, Frank DN, **Campbell WW**, Hill EB, Krebs NF, Tang Y, Lin D, Tang M. Food Chem. 2025 Mar 27;482:144024. doi: 10.1016/j.foodchem.2025.144024. Online ahead of print. PMID: 40179560, impact factor 8.5.
185. Giosuè A, Skantze V, Hjorth T, Hjort A, Brunius C, Giacco R, Costabile G, Vitale M, Wallman M, Jirstrand M, Bergia R, **Campbell WW**, Riccardi G, Landberg R. Association of the glucose patterns after a single non-standardized meal with the habitual diet composition and features of the daily glucose profile in individuals without diabetes. Am J Clin Nutr. 2025 Feb;121(2):246-255. doi: 10.1016/j.ajcnut.2024.11.028. Epub 2024 Nov 28. doi: 10.1016/j.ajcnut.2024.11.028. PMID: 39615596, impact factor 6.5.
184. Wang Y, Cross TL, Lindemann SR, Tang M, **Campbell WW**. Healthy Dietary Pattern Cycling Affects Gut Microbiota and Cardiovascular Disease Risk Factors: Results from a Randomized Controlled Feeding Trial with Young, Healthy Adults. Nutrients. 2024 Oct 25;16(21):3619. doi: 10.3390/nu16213619. PMID: 39519452, impact factor 4.8.
183. Arentson-Lantz EJ, Von Ruff Z, Connolly G, Albano F, Kilroe SP, Wachter A, **Campbell WW**, Paddon-Jones D. Meals Containing Equivalent Total Protein from Foods Providing Complete, Complementary, or Incomplete Essential Amino Acid Profiles do not Differentially Affect 24-h Skeletal Muscle Protein Synthesis in Healthy, Middle-Aged Women. J Nutr. 2024 Dec;154(12):3626-3638. doi: 10.1016/j.tjnut.2024.10.010. Epub 2024 Oct 11. PMID: 39396760, impact factor 3.7.
182. Hill ER, Wang Y, Davis EM, **Campbell WW**. Healthy dietary patterns with and without meat improved cardiometabolic disease risk factors in adults: A randomized crossover, controlled feeding trial. Nutrients. 2024 Aug 3;16(15):2542. doi: 10.3390/nu16152542, PMID: 39125421, impact factor 4.8.
181. Uffelman CN, Harold R, Hodson ES, Chan NI, Foti D, **Campbell WW**. Effects of consuming white button and oyster mushrooms within a healthy Mediterranean-style dietary pattern on changes in subjective indexes of brain health or cognitive function in healthy middle-aged and older adults. Foods. 2024 Jul 23;13(15):2319. doi: 10.3390/foods13152319. PMID: 39123511, impact factor 4.7.
180. Hjort A, Bergia RE, Vitale M, Costabile G, Giacco R, Riccardi G, **Campbell WW**, Landberg R. Low- vs high-glycemic index Mediterranean-style eating patterns improved some domains of health-related quality of life but not sleep in adults at risk for type 2 diabetes: The MEDGICarb randomized controlled trial. J

- Nutr. 2024 Sep;154(9):2743-2751. doi: 10.1016/j.tjnut.2024.07.005. Epub 2024 Jul 14. PMID: 39004223, impact factor 3.7.
179. Carroll CC, Campbell NWC, Lewis RL, Preston SE, Garrett CM, Winstone HM, Barker AC, Vanos JM, Stouder LS, Reyes C, Fortino M, Goergen CJ, Hass ZJ, **Campbell WW**. Greater protein intake emphasizing lean beef does not affect resistance training-induced adaptations to skeletal muscle and tendon in older women: A randomized controlled feeding trial. *J Nutr* 2024 *J Nutr*. 2024 Jun;154(6):1803-1814. doi: 10.1016/j.tjnut.2024.04.001. Epub 2024 Apr 9. PMID: 38604504, impact factor 3.7.
178. Hill EB, Tang M, Long JM, Kemp JF, Westcott JL, Hendricks AE, Reisdorph NA, **Campbell WW**, Krebs NF; mini-MED Trial Team. Mini-MED: study protocol for a randomized, multi-intervention, semi-controlled feeding trials of a Mediterranean-amplified vs. habitual Western dietary pattern for the evaluation of food-specific compounds and cardiometabolic health. *Trials*. 2024 Feb 2;25(1):101. doi: 10.1186/s13063-024-07939-8. PMID: 38302990, impact factor 2.0.
177. Costabile G, Bergia RD, Vitale M, Hjorth T, **Campbell W**, Landberg R, Riccardi G, Giacco R. Effects on cardiovascular risk factors of a low- vs high-glycemic index Mediterranean diet in high cardiometabolic risk individuals: MEDGI-Carb study. *Eur J Clin Nutr*. 2024 May;78(5):384-390. doi: 10.1038/s41430-024-01406-y. Epub 2024 Jan 24. PMID: 38267533, impact factor 3.6.
176. Uffelman CN, Schmok JN, Campbell RE, Hartman AS, Olson MR, Anderson NL, Reisdorph NA, Tang M, Krebs NF, **Campbell WW**. Consuming Mushrooms When Adopting a Healthy Mediterranean-style Dietary Pattern does not Influence Short-term Changes in Most Cardiometabolic Disease Risk Factors in Healthy Middle-aged and Older Adults. *J Nutr*. 2024 Feb;154(2):574-582. doi: 10.1016/j.tjnut.2023.12.026. Epub 2023 Dec 20. PMID: 38135005, impact factor 4.2.
175. Hill EB, Reisdorph RM, Rasolofomanana-Rajery S, Michel C, Khajeh-Sharafabadi M, Doenges KA, Weaver N, Quinn K, Sutliff AK, Tang M, Borengasser SJ, Frank DN, O'Connor LE, **Campbell WW**, Krebs NF, Hendricks AE, Reisdorph NA. Salmon Food-Specific Compounds and Their Metabolites Increase in Human Plasma and Are Associated with Cardiometabolic Health Indicators Following a Mediterranean-Style Diet Intervention. *J Nutr*. 2024 Jan;154(1):26-40. doi: 10.1016/j.tjnut.2023.10.024. Epub 2023 Oct 31. PMID: 37918675, impact factor 4.200.
174. Connolly G, Wang Y, Bergia RE, Davis EM, Byers AW, Reed JB, **Campbell WW**. Whey Protein Supplementation and Type 2 Diabetes Mellitus Risk Factors: An Umbrella Systematic Review of Randomized Controlled Trials. *Curr Dev Nutr* 2023 Oct 14;7(12):102017. doi: 10.1016/j.cdnut.2023.102017. PMID: 38076400, impact factor 4.800.
173. Skantze V, Hjorth T, Wallman M, Brunius C, Dicksved J, Pelve EA, Esberg A, Vitale M, Giacco R, Costabile G, Bergia RE, Jirstrand M, **Campbell WW**, Riccardi G, Landberg R. Differential Responders to a Mixed Meal Tolerance Test Associated with Type 2 Diabetes Risk Factors and Gut Microbiota-Data from the MEDGI-Carb Randomized Controlled Trial. *Nutrients* 2023; Oct 15;15(20):4369. doi: 10.3390/nu15204369. PMID: 37892445, impact factor 5.900.
172. Vitale M, Costabile G, Bergia RE, Hjorth T, **Campbell WW**, Landberg R, Riccardi G, Giacco R. The effects of Mediterranean diets with low or high glycemic index on plasma glucose and insulin profiles are different in adult men and women: Data from MEDGI-Carb randomized clinical trial. *Clin Nutr* 2023; 42:2022-2028. <https://doi.org/10.1016/j.clnu.2023.08.016>, PMID: 37651979, impact factor 6.300.
171. Uffelman CN, Doenges KA, Armstrong ML, Quinn K, Reisdorph RM, Tang M, Krebs NF, Reisdorph NA, **Campbell WW**. Metabolomics Profiling of White Button, Crimini, Portabella, Lion's Mane, Maitake, Oyster, and Shiitake Mushrooms Using Untargeted Metabolomics and Targeted Amino Acid Analysis. *Foods*. 2023 Aug 8;12(16):2985. doi: 10.3390/foods12162985. PMID: 37627983, impact factor 5.561.
170. Connolly G, and **Campbell WW**. Poultry Consumption and Human Cardiometabolic Health-Related Outcomes: A Narrative Review. *Nutrients*. 2023 Aug 11;15(16):3550. doi: 10.3390/nu15163550. PMID: 37630747, impact factor 5.900.
169. Connolly G, Hudson JL, Bergia RE, Davis EM, Hartman AS, Zhu W, Carroll CC, **Campbell WW**. Effects of Consuming Ounce-Equivalent Portions of Animal- vs. Plant-Based Protein Foods, as Defined by the

- Dietary Guidelines for Americans on Essential Amino Acids Bioavailability in Young and Older Adults: Two Cross-Over Randomized Controlled Trials. *Nutrients*. 2023 Jun 25;15(13):2870. doi: 10.3390/nu15132870. Impact factor 5.900.
168. **Campbell WW**, Deutz NEP, Volpi E, Apovian CM. Nutritional interventions: Dietary protein needs and influences on skeletal muscle of older adults. *J Gerontol A Biol Sci Med Sci*. 2023 Jun 16;78(Supplement_1):67-72. doi: 10.1093/gerona/glad038. PMID: 37325954. Impact factor 6.591
167. Uffelman CN, Chan NI, Davis EM, Wang Y, McGowan BS, **Campbell WW**. An assessment of mushroom consumption on cardiometabolic disease risk factors and morbidities in humans: a systematic review. *Nutrients*. 2023 Feb 21;15(5):1079. doi: 10.3390/nu15051079. PMID: 36904079, impact factor 5.717
166. Wang Y, Lindemann SR, Cross TL, Tang M, Clark CM, **Campbell WW**. Effects of adding lean red meat to a U.S.-style healthy vegetarian dietary pattern on gut microbiota and cardiovascular risk factors in young adults: a crossover randomized controlled trial. *J Nutr*. 2023 153(5):1439-1452. doi: 10.1016/j.tjnut.2023.03.013. PMID: 36921804, impact factor 4.735
165. Wang Y, Uffelman CN, Bergia RE, Clark CM, Reed JB, Cross TL, Lindemann SR, Tang M, **Campbell WW**. Meat consumption and gut microbiota: a scoping review of literature and systematic review of randomized controlled trials in adults. *Adv Nutr*. 2023 Mar;14(2):215-237. doi: 10.1016/j.advnut.2022.10.005. Epub 2022 Dec 19. PMID: 36822879, impact factor 11.567
164. Connolly G, Clark CM, Campbell RE, Byers AW, Reed JB, **Campbell WW**. Poultry consumption and human health: How much is really known? A systematically searched scoping review and research perspective. *Adv Nutr*. 2022 Dec 22;13(6):2115-2124. doi: 10.1093/advances/nmac074. PMID: 36351778, impact factor 11.567
163. Hill ER, O'Connor LE, Wang Y, Clark CM, McGowan BS, Forman MR, **Campbell WW**. Red and processed meat intakes and cardiovascular disease and type 2 diabetes mellitus: An umbrella systematic review and assessment of causal relations using Bradford Hill's criteria. *Crit Rev Food Sci Nutr*. 2022 Sep 26;1-18. Online ahead of print. PMID: 36154543, impact factor 11.208.
162. Wright CS, Hill ER, Reyes Fernandez PC, Thompson WR, Gallant MA, **Campbell WW**, Main RP. Effects of dietary protein source and quantity on bone morphology and body composition following a high-protein weight-loss diet in a rat model for postmenopausal obesity. *Nutrients*. 2022; 14(11):2262. PMID 3568464, impact factor 5.429.
161. Wang Y, Hill ER, **Campbell WW**, O'Connor LE. Plant- and animal-based protein-rich foods and cardiovascular health. *Curr Atheroscler Rep*. 2022 Apr;24(4):197-213, Published online: 25 March 2022. PMID 35332443, impact factor 5.113
160. Bergia RE, Giacco R, Hjorth T, Biskup I, Zhu W, Costabile G, Vitale M, **Campbell WW**, Landberg R, Riccardi G. Differential Glycemic Effects of Low- versus High-Glycemic Index Mediterranean-Style Eating Patterns in Adults at Risk for Type 2 Diabetes: The MEDGI-Carb Randomized Controlled Trial. *Nutrients*. 2022 Feb 8;14(3):706. PMID: 35277067, impact factor 5.429
159. Krishnan S, O'Connor LE, Wang Y, Gertz ER, **Campbell WW**, Bennett BJ. Adopting a Mediterranean-style eating pattern with low, but not moderate, unprocessed, lean red meat intake reduces fasting serum trimethylamine N-oxide (TMAO) in adults who are overweight or obese. *Br J Nutr*. 2021 Nov 26;1-21. PMID: 34823615, impact factor 3.718
158. Jun S, Cowan AE, Dwyer JT, **Campbell WW**, Thalacker-Mercer AE, Gahche JJ, Bailey RL. Dietary Protein Intake Is Positively Associated with Appendicular Lean Mass and Handgrip Strength among Middle-Aged US Adults. *J Nutr*. 2021 Dec 3;151(12):3755-3763. PMID: 34494110, impact factor 4.798
157. Sutliff AK, Saint-Cyr M, Hendricks AE, Chen SS, Doenges KA, Quinn K, Westcott J, Tang M, Borengasser SJ, Reisdorph RM, **Campbell WW**, Krebs NF, Reisdorph NA. Lipidomics-Based Comparison of Molecular Compositions of Green, Yellow, and Red Bell Peppers. *Metabolites*. 2021 Apr 14;11(4):241. PMID: 33919953, impact factor 4.754
156. Hudson JL, Zhou J, **Campbell WW**. Adults Who Are Overweight or Obese and Consuming an Energy-Restricted Healthy US-Style Eating Pattern at Either the Recommended or a Higher Protein Quantity

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Campbell WW. Book review: *Nutrition for Sport and Exercise, 2nd edition.* Am J Clin Nutr 69:578-579, 1999.

Lago D, Hansen P, Achterberg C, **Campbell W**, Smiciklas-Wright H, Davey S, Pearson J. *Well at Home* community development manual and video. Sponsored by the Pennsylvania Department of Health, Bureau of Preventive Health Programs, 1996.

Grantsmanship:

Guide for Grant Funding Information

1. Agency/Title of grant; 2. Duration of funding; 3. Total amount of award; 4. Role on project; 5. If Co-PI, for how much of the total funding are you responsible

Current Awards:

External:

1. Mushroom Council: Effects of Vitamin D-Enriched Mushrooms on Immune Function and Inflammatory Status in Adults; 2. Two (2) years (9/15/2022 - 12/31/2024); 3. Total amount of award: \$321,620; 4. Principal Investigator; 5. NA.

1. Mushroom Council: Nutrimetabolomics and human health promotion of mushrooms; 2. Four (4) years (09/15/2020 – 12/31/2024); 3. Total amount of award: \$562,690; 4. Principal Investigator; 5. NA.

1. Mushroom Council: Immunity, Inflammation, and Health Promotion of Mushrooms; 2. Three (3) years (01/01/2021 – 12/31/2024; 3) \$91,940; 4: Principal Investigator; 5) NA

Past Awards:

External:

1. National Institutes of Health, 1 R21 DK128715-01A1: Swallowable smart capsule for targeted gastrointestinal microbiome sampling; 2. Two (2) years (6/13/2022 – 5-31-2024); 3. Total amount of award: \$397,826; 4. Multi-Principal Investigator; 5. \$26,296.

1. National Institutes of Health, 1R01DK113957: Predicting health outcomes from Mediterranean diet via metabolomics of foods and biospecimens; 2. Five (5) years (06/09/2018 – 03/31/2024); 3. Total amount of award: \$3,225,141; 4. Multi-Principal Investigator; 5. Purdue University sub-award \$206,040.

1. Foundation for Meat & Poultry Research & Education: Effects of proportioning meats and plant-based protein-rich foods within the U.S. Healthy Eating Pattern on cardiovascular disease risk factors; 2) Three (3) years (04/01/2020 – 09/30/2023); 3) \$300,895; 4) Principal Investigator; 5) NA

1. Colorado State University, Subcontract of the National Cattlemen's Beef Association grant; Three (3) years (05/01/2019 – 8/31/2022; 3) \$162,171; 4) Co-Principal Investigator; 5) NA

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1. National Cattlemen's Beef Association: Effect of incorporating lean beef into a protein-rich diet during resistance training program on skeletal muscle and connective tissue strength and quality in older women; 2. Two (2) years (3/1/2020 - 8/31/2022); 3. Total amount of award: \$324,442; 4. Co-Principal Investigator; 5. Campbell Lab portion \$149,737.

1. U.S. Whey Protein Research Consortium: Whey protein supplementation effects on type 2 diabetes mellitus risk factors: systematic reviews of clinical trials; 2. One (1) year (5/10/2021 – 12/31/2022); 3. \$77,715; 4. Principal Investigator; 5. NA

1. National Cattlemen's Beef Association: The influence of red meat intake on inflammation and immune response biomarkers in human adults; 2. One (1) year (01/01/2021 – 08/31/2022); 3. \$54,712; 4. Principal Investigator; 5. NA

1. National Pork Board and American Egg Board: Effects of consuming ounce equivalent portions of fresh pork versus nuts, beans, and eggs, as defined by the Dietary Guidelines for Americans on essential amino acid substrate availability for protein anabolism; 2. Three (3) years (08/01/2018 – 08/31/2021); 3. \$269,579; 4. Principal Investigator; 5. NA

1. National Cattlemen's Beef Association: The effects of including beef in a plant-based eating pattern on cardiometabolic disease risk factors and overall consumer satisfaction; 2. Three (3) years (09/01/2018 – 09/30/2021); 3. \$204,370; 4. Principal Investigator; 5. NA

1. North Dakota Beef Commission, National Pork Board, and Foundation for Meat and Poultry Research and Education: Effects of consuming unprocessed and processed beef on the gut microbiome in young adults; 2. Three and one-half (3.5) years (01/01/2018 – 09/30/2021); 3. \$225,000; 4. Principal Investigator; 5. NA

1. Barilla Corporation: Effects of incorporating low glycemic refined grains into a Mediterranean-style dietary pattern on cardiometabolic and emotional well-being; 2. One and one-half (1.5) years (01/01/2018 – 12/01/2021); 3. \$873,561; 4. Principal Investigator; 5. NA

1. National Chicken Council: Nutritional composition, dietary intakes and human health effects of chicken meat; 2) One (1) year (11/01/2019 – 10/31/2021; 3) \$81,213; 4) Principal Investigator; 5) NA

1. University of Texas Medical Branch: A meal-based comparison of protein quality, complementary proteins and muscle anabolism; 2) Three (3) years (09/01/2018 – 03/31/2021; 3) \$12,347; 4) Co-Investigator; 5) \$12,347

1. National Cattlemen's Beef Association: Dietary meat and cardiovascular disease: An Assessment of Causality; 2. 10 months (02/06/2019 – 12/31/2019; 3. \$54,486; 4. Principal Investigator; 5. NA

1. National Pork Board: Effects of red meat on type 2 diabetes risk factors and markers of chronic inflammation: A systematic review and meta-analysis of randomized controlled trials; 2. One (1) year (05/01/2018-04/30/2019); 3. \$48,074; 4. Principal Investigator; 5. NA

1. National Cattlemen's Beef Association and American Egg Board: Effects of higher consumption of protein-rich animal foods with the USDA Healthy U.S.-Style Eating Pattern on sleep quality and cardio-metabolic health in overweight/obese adults during diet-induced weight loss; 2. Two (2) years (01/2017 – 01/2019); 3. Total amount of award: \$359,838; 4. Principal Investigator; 5. NA

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1. American Egg Board: Effects of an egg-based high protein meal on vasodilation and vasoconstriction-related biomarkers during acute exercise-induced hypertension; 2) One (1) year (09/01/2017 – 08/31/2018); 3. Total amount of award: \$20,000; 4. Principal Investigator; 5. NA

1. National Cattlemen's Beef Association: Dietary red meat - definitions and intakes in America; 2. One (1) year (01/2017 – 10/2017); 3. Total amount of award: \$20,000; 4. Principal Investigator; 5. NA

1. National Dairy Council: Effect of whey protein supplementation on body composition in adult women: systematic review and meta-analysis of literature; 2) one (1) year (10/2016-9/2017); 3) \$65,000; 4) Principal Investigator; 5) NA

1. American Egg Board: Acute effect of an egg-based high protein meal on the hypertensive response to exercise; 2) One (1) year (07/2016 – 07/2017); 3. Total amount of award: \$20,000; 4. Principal Investigator; 5. NA

1. American Egg Board: Effects of dietary protein patterning on weight loss and resistance training-induced changes in body composition, skeletal muscle, and indices of metabolic syndrome; 2. Four (4) years (2013-2016); 3. Total amount of award: \$90,000; 4. Principal Investigator; 5. NA

1. American Egg Board: Effects of egg consumption on carotenoid absorption from co-consumed, non-egg products; 2. Four (4) years (2013-2016); 3. Total amount of award: \$204,979; 4. Principal Investigator; 5. NA

1. Egg Nutrition Center, The Impact of egg consumption on carotenoid and vitamin D bioavailability in pre- and post-menopausal women; 2. Three (3) years (2015-2017); 3. Total amount of award \$150,000; 4. Principal Investigator; 5. NA

1. National Cattlemen's Beef Association: Effects of incorporating red meat into a Mediterranean-style dietary pattern on cardiometabolic and emotional well-being; 2. Three (3) years (2015-2017); 3. Total amount of award \$333,775; 4. Principal Investigator; 5. NA

1. National Pork Board: Effects of incorporating red meat into a Mediterranean-style dietary pattern on cardiometabolic and emotional well-being; 2. Three (3) years (2015-2017); 3. Total amount of award \$50,000; 4. Principal Investigator; 5. NA

1. The National Institute of Food and Agriculture (NIFA), USDA Predoctoral Fellowship training grant entitled, 'Interdepartmental Nutrition Program at Purdue Fellowship Application in the Discipline of Human Nutrition and the Area of Obesity and Diet' (Award Number: 2011-38420-20038, ASAP Account Number: 38420200383842010000; 2. Five (5) years (2011-2015); 3. Total amount of award: \$234,000; 4. Principal Investigator; 5. NA

1. National Pork Board: Effects of pork vs. chicken/fish in a DASH diet on blood pressure regulation in older adults with hypertension; 2. Five (5) years (2011-2015); 3. Total amount of award: \$110,701; 4. Principal Investigator; 5. NA

1. The Egg Nutrition Center: Relative effects of chronic consumption of egg protein at breakfast with and without fiber on brain neural activation, appetite, glycemic and lipemic control and self-selected energy intake; 2. Four (4) years (2012-2015); 3. Total amount of award: \$215,231; 4. Principal Investigator; 5. NA

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1. Dairy Research Institute: Impact of fluid milk on post-meal glycemia and insulinemia in overweight/obese adults with normal or impaired glucose tolerance or type 2 diabetes; 2. Three (3) years (2013-2015); 3. Total amount of award: \$460,391; 4. Principal Investigator; 5. NA

1. National Cattlemen's Beef Association: Effects of dietary protein patterning on weight loss and resistance training-induced changes in body composition, skeletal muscle, and indices of metabolic syndrome; 2. Three (3) years (2013-2015); 3. Total amount of award: \$90,000; 4. Principal Investigator; 5. NA

1. National Pork Board: Effects of dietary protein patterning on weight loss and resistance training-induced changes in body composition, skeletal muscle, and indices of metabolic syndrome; 2. Three (3) years (2013-2015); 3. Total amount of award: \$135,700; 4. Principal Investigator; 5. NA

1. Ingredient: Effects of Resistant Starch on Post-prandial Glycemic and Insulinemic Responses; 2. Two (2) year (2013-2014); 3. Total amount of award: \$246,865; 4. Principal Investigator; 5. NA

1. Dairy Management, Inc: Effects of dietary protein patterning on weight loss and resistance training-induced changes in body composition, skeletal muscle, and indices of metabolic syndrome; 2. Three (3) years (2013-2015); 3. Total amount of award: \$90,000; 4. Principal Investigator; 5. NA

1. Indiana University/NIH: Indiana Clinical & Translational Science Institute; 2. Seven (7) years (2008-2015); 3. Total amount of award: \$806,728 per year; 4. Co-Investigator; 5. \$339,889/year

1. Dairy Research Institute: Dietary Protein Intake and Source and Body Composition in US Adults Aged 50 and Older; 2. Two (2) years (2014-2016); 3. Total amount of award: \$60,000; 4. Principal Investigator; 5. NA

1. The Dairy Research Institute: Effects of milk protein concentrate on blood pressure, inflammation, muscle composition, and metabolic health in overweight/obese adults; 2. Three (3) years (2011-2014); 3. Total amount of award: \$630,797; 4. Principal Investigator; 5. NA

1. American Egg Board: Effect of Increased Protein Intake on Systemic Inflammation, Metabolic Health and Whole Muscle Outcomes in Overweight/obese older adults; 2. Two (2) years (2011-2012); 3. Total amount of award: \$199,995; 4. Principal Investigator; 5. NA

1. American Egg Board: Effect of Increased, Egg-based Protein Intake on Muscle Composition, Metabolic Health and Systemic Inflammation in Obese, Older Adults; 2. Three (3) years (2011-2013) Total amount of award: \$164,855; 4. Principal Investigator; 5. NA

1. National Pork Board and National Cattlemen's Beef Association: Increased protein intakes from predominantly meat versus soy protein/pulses-based foods: effects on daily and postprandial appetite during energy restriction-induced weight loss; 2. Three (3) years (2009-2011); 3. Total amount of award: \$214,228; 4. Principal Investigator; 5. NA

1. National Institute of Health 1 R01 AG021911-01A2: Food Rheology and Exercise in Aging Humans; 2. Eight (8) years (2005-2012, includes 2-year no-cost extension); 3. Total amount of award: \$1,561,393; 4. Principal Investigator; 5. NA; This grant includes \$121,322 awarded as a 3-year Diversity Supplement to support April Stull.

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1. US Whey Consortium: Influences of whey protein on body composition, glucose metabolism, and appetite in middle-aged adults at risk for the metabolic syndrome; 2. Five (5) years (2007-2011, includes 1.5-year no-cost extension); 3. \$1,137,251; 4. Principal Investigator; 5. NA

1. United States Department of Agriculture 07-51110-03804 (PI: C. Santerre) Fish Consumption That Will Reduce Mercury Intake While Optimizing Long-Chain Omega-3 Fatty Acid Intake; 2. Four (4) years (2007 – 2010); 3. \$599,972; 4. Co-investigator; 5. \$73,175.

1. United State Department of Agriculture 08-35200-18707 (PI: M. Ferruzzi) Dietary Lipid as Primary Modulator of Carotenoid Bioavailability from Vegetables; 2. Four (4) years (2007 – 2010); 3. \$494,590; 4. Co-investigator; 5. \$199,899.

1. National Institutes of Health 1 UL1 RR025761-01: Indiana Clinical and Translational Science Institute; 2. Six (6) years (2008-2013); 3. Total amount of award \$4,233,755; 4. Co-investigator and Director of the Indiana Clinical Research Center and Bionutrition Core at Purdue University; 5. \$1,255,870.

1. National Institutes of Health 1T32AG025671-01A2 (PI: K Ferraro) Interdisciplinary Research on Aging and the Life Course; 2. Three (3) years (2009-2011); 3. \$352,000; 4. Co-investigator, Faculty Trainer; 5. NA

1. National Pork Board and American Egg Board: Protein intake, weight loss, meal patterning, and appetite in overweight men; 2. Two (2) years (2006-2009); 3. \$300,000; 4. Principal Investigator; 5. NA

1. National Institutes of Health 1 R01 DK063185-01A2: Food Rheology and Feeding in Lean and Obese Humans; 2. Five (5) years (2004-2008); 3. \$987,368; 4. Co-investigator; 5. unknown

1. National Institute of Health 1 R01 DK066108-01A1: Calcium, dairy and body fat in adolescents; 2. Four (4) years (2004-2007); 3. \$1,283,915; 4. Co-Investigator; 5. unknown

1. Dairy Management, Inc.: Calcium, dairy, and body fat in adolescents; 2. Four (4) years (2004-2007); 3. \$226,630; 4. Co-Investigator; 5. unknown

1. National Pork Board: Dietary pork, appetite and weight loss in humans; 2. Four (4) years (2004-2007, includes 1-year no-cost extension); 3. \$268,466; 4. Principal Investigator; 5. NA

1. Army Natick Research and Development Laboratory: Testing of slow energy release foods in humans for improved activity levels; 2. Three (3) years (2005-2007); 3. \$249,357; 4. Principal Investigator; 5. NA

1. United States Department of Agriculture 03-35200-13779: Dietary protein intake and muscle gene expression; 2. Four (4) years (2003-2006, includes 1-year no-cost extension); 3. \$299,517; 4. Principal Investigator; 5. NA

1. National Cattlemen's Beef Association: Beef intake, weight loss and bone mineral density in postmenopausal women; 2. One (1) year (2005); 3. \$39,050; 4. Principal Investigator; 5. NA

1. National Institutes of Health R03 AG022185: Physical Activity and Toll-like Receptor 4; 2. Two (2) years (2003-2004); 3. \$72,921; 4. Co-investigator; 5. \$18,230

1. American Heart Association 0350612Z: Physical Activity and Toll-like Receptor 4; 2. Three (3) years (2003-2005 includes 1-year no-cost extension); 3. \$110,000; 4. Co-investigator (PI, Michael Flynn, Ph.D.); 5. \$27,500

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1. National Cattlemen's Beef Association: Effect of dietary beef on weight loss-induced changes in immune function, indicators of zinc and iron status, and body composition, in older women; 2. Three (3) years (2001-2003); 3. \$190,000; 4. Principal Investigator; 5. NA

1. American Egg Board: Protein intake, resistive training, and muscle size in older people; 2. Four (4) years (2002-2005; includes 1-year no-cost extension); 3. \$197,810; 4. Principal Investigator; 5. NA

1. National Institutes of Health, Purdue University Botanicals Research Center: Pilot Research Grant: Pinitol supplementation in humans: effects on blood and urine inositol concentrations and whole-body and muscle glucose metabolism; 2. Two (2) year (2002-2003); 3. \$46,600; 4. Principal Investigator; 5. NA

1. United States Department of Agriculture 1998-35200-11579: Do elderly women have a higher protein requirement than young women?; 2. Four (4) years (1998-2001) Extended to 2002; 3. 151,000; 4. Principal Investigator; 5. NA

1. National Institutes of Health 1 R01 AG15750: Dietary protein requirements of elderly men and women; 2. Five (5) years (1999-2003); 3. \$1,218,612; 4. Principal Investigator; 5. NA

1. National Institutes of Health 1 R29 AG13409: Weight loss and resistance training in older women; 2. Six (6) years (1996-2001); 3. \$498,470; 4. Principal Investigator; 5. NA

1. National Cattlemen's Beef Association: Effect of dietary beef on resistance training-induced changes in body composition and muscle size of older men; 2. Two (2) years (1998-1999); 3. \$115,462; 4. Principal Investigator; 5. NA

1. National Institutes of Health 1 RO1 AG11811: Protein, energy and exercise: effects on senescent muscle; 2. Six (6) years (1993-1998); 3. \$659,805; 4. Project manager (WJ Evans, PI); 5. unknown

1. Nutrition 21 (San Diego, CA): Chromium Supplementation and Resistance Training Effects on Body Composition and Glucose Metabolism in Older Men and Women; 2. Two (2) years (1995-1996); 3. \$90,000; 4. Principal Investigator; 5. NA

1. Pennsylvania Department of Public Health ME 94-315: Health Promotion Among the Old: Increasing Physical Activity and Good Nutrition Among the Rural Elderly; 2. Two (2) year (1995-1996); 3. \$150,000; 4. Co-investigator; 5. \$10,000

1. Kraft General Foods Predoctoral Fellowship: Protein requirements during progressive resistance training in older subjects; 2. One (1) year; 3. \$5,000; 4. Principal Investigator; 5. NA

Teaching Experience:

Courses:

Purdue University

2000-present	Instructor, Topics in Nutrition, Fitness and Health (NUTR 48800, Fall & Spring semesters, 3 credits)
2022-present	Instructor, Introduction to Nutrition Science (NUTR 10700, Fall semester, 1 credit)
2016-2020	Instructor, Undergraduate Seminar in Foods and Nutrition (NUTR 495, Spring semesters, 1 credit)
2016	Co-coordinator, Special Topics in Ingestive Behavior: Sleep Quality, Diet and Health (NUTR 61600, 3 credits)

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- 2016 Instructor, Undergraduate Seminar in Foods and Nutrition (NUTR 49500, Spring semesters, 1 credit)
- 2014, 2018/19 Co-coordinator, Interdepartmental Nutrition Program seminar (NUTR 695, 0/1 credit)
- 2011 Co-Instructor, Diet Selection and Planning (F&N 330, Fall semester, 3 credits)
- 2006-2012 Instructor, Geriatric Nutrition (F&N 580, Spring semester, 2 credits)
- 2005-2006 Co-instructor, Ingestive Behavior Research Seminar (F&N 590f, Fall Semester, 1 credit)
- 2001-2005 Co-instructor, Geriatric Nutrition (F&N 580, Spring semester)
- 2000-2001 Co-Instructor, Practicum in Nutrition, Fitness, and Health (F&N 415, Fall and Spring semesters)

Previous Institutions

- 1999 Co-instructor, Nutrition in Health, Wellness and Sports (graduate course, Spring semester), Department of Dietetics and Nutrition, the University of Arkansas for Medical Sciences, Little Rock, AR.
- 1996 Instructor, Graduate Independent Study course, Protein Metabolism (Spring semester), Kinesiology Department, The Pennsylvania State University, University Park, PA.
- 1991 Teaching Assistant, Exercise Physiology (graduate course, Spring semester), Tufts University School of Nutrition Science and Policy, Boston, MA.
- 1987 Teaching Assistant, Vitamin Nutrition and Metabolism (graduate course, Spring semester) Nutritional Science Program, University of Maryland, College Park, MD.
- 1984 Teaching Assistant, Introduction to Chemistry (Fall semester), Chemistry Department, University of Maryland, College Park, MD.
- 1983-1984 Teaching Assistant, Nutrition in Nursing (Fall and Spring semesters), Department of Food and Nutrition, University of Delaware, Newark, DE.

Class Lectures:

- Fall 2022 Two lectures on Human Dietary Guidance in NUTR 330 (Diet Selection and Planning).
- Fall 2021 Lecture on Human Clinical Research Approaches in NUTR 10700 (Introduction to Nutrition Science).
- Fall 2020 Lecture on Dietary Guidelines in NUTR 590 (Food Policy).
- Fall 2016 - 2019 Lecture on Dietary Guidelines in NUTR 105.
- April 2016 Presented two lectures on Appetite, Exercise and Aging in HK46900: Exercise Testing and Prescription for Special Populations (April 25 and 27)
- Nov. 2015 Lecture on Diet and Weight Loss to NUTR 61200 obesity class fall
- June 2015 Presented lecture to students in NUTR 330, Diet Selection and Planning. Topic: 2015 Dietary Guidelines.
- March 2012 IBRC Special Topics Course. Coordinated 4-week discussion on appetite and the brain and hosted Prof. Tim Moran for IBRC/INP seminar April 6, 2012.
- 4/27/11 Presented lecture to students in Introduction to Nutrition (F&N 315). Topic: Nutrition and Aging.
- Fall 2005 – 2014 Presented lecture to students in Human Obesity course (F&N 590O). Topic: Energy Expenditure (Bi-annual)
- Fall 2005 - 2014 Presented lecture to students in F&N 105. Topic: Diet, Exercise, and Health.
- 4/19/06 Presented lecture to students in Research Seminar on Aging and the Lifecourse (SOC 677). Topic: Integrative Research in Nutrition, Exercise, and Aging.
- 2/8/05 Presented lecture to students in Research Seminar on Aging and the Lifecourse. Topic: "Macronutrient intake and food rheology: effects on appetite, food intake, glucose metabolism, and body composition."
- 11/20/03 Presented lecture to students in Interdisciplinary Perspectives in Aging course. Topic: "Nutrition and Exercise to Counteract Sarcopenia."
- 3/27/02 Presented lecture to students in F&N 580. Topic: Countermeasures to Sarcopenia.
- 3/25/02 Presented lecture to students in F&N 580. Topic: Sarcopenia.

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3/22/02-2009	Presented lecture to students in HPER 422. Topic: Body composition techniques. This lab-based class is repeated each fall and spring semester.
2/25/02	Presented lecture to students in HPER 422. Topic: Use of the Muscle Biopsy Technique in Human Clinical Research.
2/13/02	Presented lecture to F&N 580 Nutrition & Aging class. Topic: Dietary energy and protein in aging.
4/19/01	Presented tour of Stone Hall clinical research lab and scientific lecture on body composition assessment methods to students in HPER 422, Design and analysis of adult fitness programs, Purdue University.
2/7/00	Presented tour and scientific lecture at the UAMS Nutrition, Metabolism and Exercise Laboratory to the UAMS dietetic internship students.
10-5-98	UAMS, graduate <i>Nutrition and Metabolism: Macronutrients</i> course, Department of Dietetics and Nutrition. Lecture topic: <i>Carbohydrate Metabolism</i> .
9-10-98	UAMS, graduate <i>Assessment of Nutritional Status</i> course, Department of Dietetics and Nutrition. Lecture topic: <i>Body composition techniques and methods of assessment</i> .
6-24-98	Presented scientific discussion and tour of Nutrition, Metabolism and Exercise Laboratory to University of Central Arkansas Dietetics intern students.
9/1997	UAMS, graduate Nutrition Assessment course, Department of Dietetics and Nutrition. Lecture topic: <i>Body composition techniques and methods of assessment</i> .
2/1997	The Pennsylvania State University, graduate course in 'Exercise, Nutrition, and Health.' Lecture topic: <i>Protein metabolism and Exercise</i> .
10/1994	The Pennsylvania State University, graduate course in 'Advanced Exercise Physiology.' Lecture topic: <i>Effects of acute exercise on thermogenesis and energy requirements</i> . Lecture repeated 4/1997.
12/1992	Tufts University, graduate course in 'Proteins and Carbohydrates.' Lecture topic: <i>In vivo measurements of protein turnover using stable isotopes</i> .

Student Mentoring:**Post-graduate Research Associates (8 total)**

Cassi Uffelman, PhD	September 2023 – March 2024. Current Position: Systematic Review Analyst, Agriculture, Food and Nutrition Evidence Center, Texas A&M, Fort Worth, TX.
Gavin Connolly, PhD	June 2023 – August 2023. Current Position: Postdoctoral Scientist, Metabolism and Healthy Aging Research Center (MHARC), Department of Medicine, Cedars-Sinai Medical Center, Los Angeles, CA.
Robert Bergia, PhD	May 2020 – July 2021. Current Position: Research Scientist, Archer-Daniels-Midland Company, Peoria, IL
Joshua Hudson, PhD	August 2018 – December 2019. Current Position: not known.
Jung Eun Kim, PhD, RD	October 2012 – July 2017. Current Position: Assistant Professor, Department of Chemistry, Food Science & Technology Programme, National University of Singapore.
Travis Conley, PhD.	September 2008 – September 2012. Current Position: Clinical Trial Manager, Pharmaceutical Product Development, LLC.
Cheryl Armstrong, PhD, RD.	March 2008 – September 2011. Current Position: Director, Purdue Clinical Research Center, West Lafayette, IN; affiliated with the NIH-sponsored Indiana Clinical and Translational Sciences Institute.
Heather Leidy, Ph.D.	March 2005-December 2007. Current Position: Associate Professor of Pediatrics, Department of Nutritional Sciences, Department of Pediatrics, The University of Texas at Austin, Austin, TX.
Brian K. McFarlin, Ph.D.	January 2004-June 2004. Current Position: Associate Dean for Undergraduate Studies, Professor, Kinesiology, Health Promotion, and Recreation, Director, Applied

Physiology Laboratory, College of Education, University of North Texas, Denton, TX.

Mark D. Haub, Ph.D. July 1998-August 2000. Current position: Professor, Department of Food, Nutrition, Dietetics and Health, Kansas State University, Manhattan, KS.

Doctor of Philosophy Mentor (21 graduated and 1 current)

Luz Comboni Ph.D. 08/2022 – Present. Dept. Nutrition Science, Purdue University

Cassi Uffelman Ph.D. 8/19-8/23 Dept. Nutrition Science, Purdue University

Graduation, August 2023, with degree in Nutrition Science.

Dissertation: *The unique properties of dietary mushrooms and their effects on cardiometabolic disease risk factors in adults.*

Gavin Connolly Ph.D. 8/18-5/23 Dept. Nutrition Science, Purdue University

Graduation, May 2023, with dual-title degree in Nutrition Science and Gerontology.

Dissertation: *the effects of dietary protein on postprandial essential amino acids bioavailability as a substrate for protein anabolism in young and older adults and on cardiometabolic health-related outcomes*

Erica Hill Ph.D. 8/18-8/22 Dept. Nutrition Science, Purdue University

Graduation, August 2022, with degree in Nutrition Science and Area of Specialization in Ingestive Behavior.

Dissertation: *The effects of red meat intake on cardiometabolic disease outcomes in adults*

Yu Wang Ph.D. 8/17-22 Dept. Nutrition Science, Purdue University

Graduation, August 2022, with PhD degree in Nutrition Science and Areas of Specialization in Ingestive Behavior and Applied Statistics.

Dissertation: *The effects of red meat consumption within a healthy dietary pattern on cardiovascular risk: The importance of gut microbiota*

Gretchen Wiese Ph.D. 8/20-5/21 Discontinued. Dept. Nutrition Science, Purdue University

Robert Bergia, III Ph.D. 8/15-5/20 Dept. Nutrition Science, Purdue University

Graduation, May 2020, with dual-title degree in Nutrition Science and Gerontology.

Dissertation: *Relations and effects of dietary protein and body composition on cardiometabolic health*

Lauren O'Connor Ph.D. 8/14-5/18 Dept. Nutrition Science, Purdue University

Graduate, August, 2018, with degree in Nutrition Science and Area of Specialization in Ingestive Behavior.

Dissertation: *The effects of consuming red meat on indexes of cardiometabolic health and personal well-being*

Joshua Hudson Ph.D. 8/14-5/18 Dept. Nutrition Science, Purdue University

Graduate, August, 2018, with degree in Nutrition Science and Area of Specialization in Ingestive Behavior.

Dissertation: *Effects of within-day dietary protein distribution on changes in plasma amino acid concentrations and body composition*

Christian Wright Ph.D. 8/12-8/17 Dept. Nutrition Science, Purdue University

Graduate, August, 2017, with degree in Nutrition Science and Area of Specialization in Ingestive Behavior.

Dissertation: *The effect of dietary protein on bone health in overweight and obese adults during energy restriction.*

Akua Amankwaah Ph.D. 8/11-8/17 Dept. Nutrition Science, Purdue University

Graduate, August, 2017, with degree in Nutrition Science and Area of Specialization in Ingestive Behavior.

Dissertation: *Dietary macronutrient intake and changes in body composition: impact on indices of cardio-metabolic health in overweight/obese adults.*

Jia Li Ph.D. 8/12-8/17 Dept. Nutrition Science, Purdue University

Graduate, August, 2017, with degree in Nutrition Science and Area of Specialization in Statistics.

Dissertation: *Understanding the effects of carbohydrate type and amount of intake on glucose homeostasis.*

Susan Komanetsky Ph.D. 8/11-8/17 Dept. Nutrition Science, Purdue University

Co-mentor with Kee-Hong Kim, Ph.D. Associate Professor, Department of Food Science.

Graduate, August, 2017, with degree in Nutrition Science.

Dissertation: *Effects of methylglyoxal on adipocyte metabolism: cellular adaptation to a high glycemic environment.*

Jing Zhou Ph.D. 8/10-5/16 Dept. Nutrition Science, Purdue University
Graduate, May, 2016, with degree in Nutrition Science and Area of Specialization in Statistics.
Dissertation: *Higher protein intake with energy restriction in overweight/obese adults: effects on body composition, metabolic health, and indices of sleep.*

Richard (Drew) Sayer Ph.D. 8/11-12/15 Dept. Nutrition Science, Purdue University
Graduate, December, 2015, with degree in Nutrition Science and Area of Specialization in Ingestive Behavior.
Dissertation: *Dietary and exercise effects on neural responses to visual food stimuli in overweight and obese adults.*

Minghua Tang Ph.D. 8/07-5/12 Dept. Nutrition Science, Purdue University
Graduate, May 2012, with degree in Nutrition Science, with a graduate certificate in applied statistics
Dissertation: *Dietary protein needs of octogenarian women and effects on body composition and health in adults with weight loss.*

Eileen Weinheimer Ph.D. 8/06-5/11 Dept. Foods & Nutrition, Purdue University
Graduate, May 2011, with degree in Foods and Nutrition, and minor in Gerontology.
Dissertation: *Effects of whey protein supplements and exercise training on body composition and indices of metabolic syndrome in middle-aged overweight and obese adults.*

John Apolzan Ph.D. 8/03-5/09 Dept. Foods & Nutrition, Purdue University
Graduate, May 2009, with degree in Foods and Nutrition, minor in Gerontology, and Area of Specialization in Ingestive Behavior.
Dissertation: *The effects of exercise training status on appetitive, metabolic, and endocrine responses in older adults.*

Anna Thalacker-Mercer Ph.D. 8/02-8/07 Dept. Foods & Nutrition, Purdue University
Graduate, August, 2007, with degree in Foods and Nutrition
Dissertation: *The effects of dietary protein and age on albumin and the skeletal muscle transcript profile.*

April Stull Ph.D. 8/02-8/07 Dept. Foods & Nutrition, Purdue University
Graduate, August, 2007, with degree in Foods and Nutrition and minor in Gerontology
Dissertation: *Relationships among inositols, glucose tolerance, insulin sensitivity, and tyrosine phosphorylation of the insulin receptor.*

Anne Mahon Ph.D. 3/03-8/06 Dept. Foods & Nutrition, Purdue University
Graduate, August, 2006, with degree in Foods and Nutrition
Dissertation: *Moderate protein intake: effects on body composition and metabolic risk factors and comparison of body composition assessment methods.*

Heidi Iglay Ph.D. 8/01-5/06 Dept. Foods & Nutrition, Purdue University
Graduate, May 2006, with dual-title degree in Foods and Nutrition/Gerontology.
Dissertation: *The influence of protein intake during resistance training on body composition and glucose metabolism in older men and women.*

Master of Science Mentor (7 total, 5 graduated)

Emily Hodson 8/2022 – present. Master of Science, Dept. Nutrition Science, Purdue University
Jacqueline Schmok 8/2023 – present. Master of Science, Dept. Nutrition Science, Purdue University
Caroline Clark Master of Science, Dept. Nutrition Science, Purdue University
Thesis: *Poultry consumption and human health: How much is really known? A systematically searched scoping review and research perspective.*
Graduate, May 2021.

Vanessa Kobza Master of Science, Foods and Nutrition, Purdue University.
Graduate, August 2011.

	Thesis: <i>Association of plasma 25-hydroxyvitamin D with indices of glucose tolerance and metabolic syndrome in middle-aged and older adults.</i>
Hannah Morse	Master of Science, Clinical Nutrition, University of Arkansas for Medical Sciences, Graduate, December 1999. Thesis: <i>Do elderly women have a higher protein allowance than that of the Recommended Dietary Allowance?</i>
Amanda Wells	Master of Science, Clinical Nutrition, University of Arkansas for Medical Sciences, Graduate, May 2000. Thesis: <i>Iron status and iron bioavailability of older men during resistance training: beef containing vs. lacto-ovo vegetarian diets.</i>
Laura E. Murray	Master of Science, The Graduate Program in Nutrition. The Pennsylvania State University, Graduate, May 1998. Thesis: <i>Effects of resistance training and dietary intake on the iron status of older men and women."</i>

Doctorate Dissertation Committee

Mun Sun (Julia) Choi	Ph.D., Fall 2021 - present
Monica Ramakrishnan	Ph.D./ Nutrition Science, Purdue University, Graduation: May 2023
Evan Reister	Ph.D., Nutrition Science, Purdue University, Graduation: May 2021
Ethan Braun	Ph.D., Nutrition Science, Purdue University, Graduation: Discontinued INP: March 2019
Steve Douglas	Ph.D., Nutrition Science, Purdue University, Graduation: May 2019
Jessica Gwin	Ph.D., Nutrition Science, Purdue University, Graduation: May 2018
Mary Brauchla	Ph.D., Nutrition Science, Purdue University, Graduation: August 2015
Katherine Osei-Boadi	Ph.D., Nutrition Science, Purdue University, Graduation: May 2014
Shellen Goltz	Ph.D., Food Science, Purdue University, Graduation: May 2012
Tusarebecca Schap	Ph.D., Nutrition Science, Purdue University, Graduation: May 2012
Kara Egan	Ph.D., Nutrition Science, Purdue University
Heather Hutchins	Ph.D., Nutrition Science, Purdue University, Graduation: August 2011
Melissa Markofski	Ph.D., Health and Kinesiology, Purdue University. Graduation: May 2010
Amy Devitt-Maicher	Ph.D., Foods and Nutrition, Purdue University. Graduation: May 2006
Craig Johnson	Ph.D., Statistics, Purdue University, Graduation: May 2004
Brian McFarlin	Ph.D., Health and Kinesiology, Purdue University. Graduation: December 2003
Thomas Tittelbach	Ph.D, Foods and Nutrition, Purdue University. Graduation: August 2001
Laura Gerace	Ph.D., Graduate Program in Nutrition. Graduation: December 1998
Lyndon J.O. Joseph	Ph.D., Graduate Program in Physiology. Graduation: December 1999

Master of Science Thesis Committee

James Foster	Master of Science, Nutrition Science, Graduation, 05/2022
Anna Barker	Master of Science, Health and Kinesiology, Graduation, 05/2022
Kassidy Sharp	Master of Science, Nutrition Science, Graduation, 05/2020
Wei-Chieh Mu	Master of Science, Nutrition Science, Purdue University, Graduation, 8/2017
Kelly Wagner	Master of Science, Nutrition Science, Purdue University, Graduation, 8/2015
Xin Yang	Master of Science, Animal Science, Purdue University, Graduation, 12/2014
Weston Brander	Master of Science, Health Sciences, Purdue University, Graduation, 05/2013
Alicia Stube	Master of Science, Food Science, Purdue University. Graduation, 12/2010
Rajni Singh	Master of Science, Foods and Nutrition, Purdue University. Graduation, 5/2008
Angela Kohurt	Master of Science, Food Science, Purdue University. Graduation: 8/2007
Marvin Barton	Master of Science, Graduate Program in Nutrition, The Pennsylvania State University. Graduation: 12/1997

Master of Science, Graduate Program in Nutrition, The Pennsylvania State University.
Graduation: 8/1997

Undergraduate Honors (26 total)

- Madyson Foster Spring 2023 – Spring 2024. Thesis: *Effects of Adding Lean Red Meat to a U.S.-Style Healthy Vegetarian Dietary Pattern on Fasting Plasma Trimethylamine N-oxide (TMAO) in Young Adults: Results from a Crossover Randomized Controlled Trial*
- Nok In (Felicia) Chan Fall 2022 – Spring 2025. Thesis: *Does Consuming Mushrooms with a Healthy Mediterranean-style Dietary Pattern Affect Indexes of Brain Health in Adults?*
- Jacqueline Schmok Fall 2022 – Spring 2023. Thesis: *Effects of mushroom types and amounts on postprandial plasma glucose, insulin, and triglyceride responses in middle-aged and older adults: a titration experiment.*
- Chloe Garrett Fall 2022 - Spring 2023. Thesis: *Effects of dietary protein quantity and food source on cardiometabolic disease risk factors in postmenopausal women performing resistance training.*
- Jane Hennessy BS in Human Nutrition and Dietetics, University of Dublin, Ireland, spring 2017. Thesis: *Adopting, abandoning and re-adopting healthy eating patterns send cardiovascular risk factors on a rollercoaster ride.*
- Lexie Buchs BS (Dietetics), Dept. Nutrition Science, Graduation May 2015
Thesis: *Effects of dietary protein and aerobic exercise on functional connectivity in brain reward centers: a resting-state fMRI study.*
- Kristin Clark BS (Dietetics), Dept. Nutrition Science, Graduation May 2014
Thesis: *Effects of whey protein supplementation on dietary compensation and muscle energetics in elderly adults*
- Kathryn Sands BS (Nutrition Science), Dept. Nutrition Science, Graduation May 2013
Thesis: *Effects of short-term protein supplementation on muscle work efficiency in elderly adults*
- Anne Langan BS in Human Nutrition and Dietetics, University of Dublin, Ireland, spring 2013. Thesis: *Effects of beverage vs. solid nutritional supplements and resistance exercise training on appetite, dietary intake, body mass and body composition in older adults.*
- Amy Craddock BS in Human Nutrition and Dietetics, University of Dublin, Ireland, fall 2012.
Thesis: *Thyroid status, insulin sensitivity and glucose tolerance in overweight and obese adults: a 36-week exercise intervention*
- Jacqueline Hogan BS, Dept. Nutrition Science, May 2012
Thesis: *Effect of protein source (animal versus vegetable) and quantity on indices of mood, tryptophan and large neutral amino acids*
- Hailey Wilson BS, Dept. Nutrition Science, May 2012
Thesis: *The effects of quantity and source of protein on postprandial appetite and plasma amino acid profile*
- Aoibheann Mcmorrow BS in Human Nutrition and Dietetics, University of Dublin, Ireland, fall 2010.
Thesis: *The effect of whey protein supplementation in conjunction with exercise training on bone mineral density and bone mineral content in overweight and obese middle-aged adults*
- Bláthnaid O'Connell BS in Human Nutrition and Dietetics, University of Dublin, Ireland, fall 2009.
Thesis: *Water turnover assessment in overweight adolescents.*
- Sarah Thomas Dept. Foods and Nutrition, Graduation May 2009.
Thesis: *Effects of dietary protein and meal frequency on appetite during weight loss.*
- Derek Laan Dept. Foods and Nutrition, Graduation May 2009.
Thesis: *Effects of aerobic and resistance exercise on appetite and energy intake in young physically active adults.*

Fiona Byrne	BS in Human Nutrition and Dietetics, University of Dublin, Ireland, fall 2008. Thesis: <i>Aerobic and resistance exercise: acute effects on appetite and energy intake in younger and older adults</i>
Amanda Sands	BS with highest distinction in Nutrition Science, Graduation May 2008. Thesis: <i>Consumption of the slow digesting waxy maize leads to blunted plasma glucose and insulin response but does not influence energy expenditure or appetite.</i>
Nisha Metha	School of Management, Graduation August 2006 Thesis: <i>Effects of dietary macronutrient distribution on postprandial appetite and endocrine responses in overweight women during weight loss.</i>
Stephanie Teiken	BS with highest distinction in Neurobiology and Physiology, Dept Biology, Graduation May 2006 Thesis: <i>Effects of isoenergetic solid vs. liquid meal-replacements on hunger, satiety, and appetite hormones in older adults.</i>
Megan Diaz	BS with highest distinction in Dietetics and Nutrition, Fitness and Health, Dept Foods & Nutrition, Graduation May 2006. Thesis: <i>Chromium picolinate and conjugated linoleic acid: effects on diet and exercise-induced changes in metabolic and cardiovascular health indexes in overweight women.</i>
Karina Bolaños	BS in Dietetics and Nutrition, Fitness and Health, Dept. Foods & Nutrition. Graduation December, 2004 Thesis: <i>Effects of dietary protein quantity and source during weight loss on appetite and perceptions of well-being in postmenopausal women.</i>
Mandi Bossingham	BS with highest distinction in Dietetics and Nutrition, Fitness and Health, Dept. Foods & Nutrition. Graduation May 2004. Thesis: <i>Influence of age and sex on hydration status in humans.</i>
Sandy Sun	Bachelor of Science in Nutrition, The Schreyer Honors College. The Pennsylvania State University. Graduation: May, 1997. Thesis: "Energy requirements of elderly women."
Zackary Taylor	Dept. Kinesiology, The Pennsylvania State University, Spring 1997 Project: "Effect of food intake on body density measured by hydrostatic weighing."
Stephanie J. Teets	The Pennsylvania State University Scholars Program, Kinesiology. Graduation: May, 1996. Thesis: "Examination of glucose metabolism, insulin sensitivity, and resistance training."

Research Internship Students

Ashley Karshen	March/April 2012, Engagement rotation for Coor. Prog. in Diet., Purdue University
Justin Spraglin	Summer 2009. Summer Research Opportunity Program, Purdue University
Kyle Summer	Summer/Fall 2008. Dept. Health & Kinesiology Intern, Purdue University
Stephanie Tieken	Summer 2005, Howard Hughes Undergraduate Fellow, Purdue University
Rebecca Schuster	Summer 2004, Howard Hughes Undergraduate Fellow, Purdue University
Randon Hall	Summer 2003, MARC/AIM Summer Research student at Purdue University
Jeremy Hinton	Summer 2000, Medicine, University of Arkansas for Medical Sciences
Jody Engel	Spring 1999, Kinesiology, University of Central Arkansas
Amanda Wells	Fall 1998, Spring 1999, Clinical Nutrition, University of Arkansas for Medical Sciences
Sandy Sun	Howard Hughes Summer Undergraduate Research Fellowships Program, 1997
Keisha Monderson	Spring 1996, Exercise and Sport Science, The Pennsylvania State University
Michelle Anderson	Fall 1996, Kinesiology, The Pennsylvania State University

Independent Study Students

Anna Garrison	Spring 2021, Dept. Nutrition Science, Purdue University
Jennifer McCane	Spring 2005, Dept. Foods & Nutrition, Purdue University

Wayne W. Campbell, Ph.D.

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Angie Venderley	Spring 2004, Dept. Foods & Nutrition, Purdue University
Natalie Cox	Spring 2003, Dept. Foods & Nutrition, Purdue University
Hannah Morse	Summer&Fall 1998, Clinical Nutrition, University of Arkansas for Medical Sciences
Christopher P. Speck	Spring 1995. Exercise Science, The Pennsylvania State University
Samir M. Parekh	Fall 1994, Spring 1995. Nutrition, The Pennsylvania State University
Marlene Sorg	Spring 1996, Exercise Science, The Pennsylvania State University
Deborah Welsby	Spring 1996, Exercise Science, The Pennsylvania State University
Clancy Cash	Fall 1996, Nutrition, The Pennsylvania State University
Sharon Weisenstein	Fall 1996, Spring 1997, Nutrition, The Pennsylvania State University
Jeffery Otis	Fall 1996, Kinesiology, The Pennsylvania State University

Abstracts Presented at National Conferences

2025 Conference of Research Workers in Animal Diseases, Chicago, IL, January 18-21, 2025.

Molly McClurg, Enrique Doster, Cory Wolfe, Noelle Noyes, Lee Pinnell, Keri Norman, Emily Rice, Adam Byers, Eric Davis, Harrison M. Cottingham, Mahesh Nair, Keith Belk, **Wayne W. Campbell**, Paul Morley. Are antimicrobial resistance genes transferred to consumers through beef consumption?

2024 American Society for Nutrition Conference, Chicago, IL. (abstracts published in *Current Developments in Nutrition* Vol. 8, Supplement 2: July 2024)

Connolly G, Garrett CM, Shin Y, Reed JB, **Campbell WW**. Poultry Consumption May Not Be Associated with Type 2 Diabetes Mellitus Morbidity: A Systematic Review and Meta-Analysis of Prospective Cohort Studies.

Hodson E, Uffelman CN, Harold RB, Foti D, **Campbell WW**. Does Consuming Mushrooms With a Healthy Mediterranean-Style Dietary Pattern Affect Subjective Indexes of Brain Health and Well-Being in Middle-Aged and Older Adults?

Yerke A, Baer D, Novotny JA, Maki K, Petersen K, Shao J, Vinyard B, **Campbell W**, Fleming J, Kris-Etherton P, O'Connor LE. Protocol for the Metabol(om)ic Response to Omnivorous Dietary Patterns Using Randomized Controlled Feeding Trials (MET-OMNIV) Research Consortium and Dataset.

Comboni LM, Davis EM, McClurg M, Belk K, Nair P, Morley P, **Campbell WW**. Reproducibility of Adopting a Healthy Dietary Pattern Twice on Cardiometabolic Disease Risk Factor Responses in Adults: Informing Nutrition for Precision Health.

Hill EB, Schaefer C, Glime G, Kemp JF, Garvey K, Shandas R, Harris JK, Occhipinti KA, Frank DN, Robertson CE, Hendricks AE, Tang M, Reisdorph NA, **Campbell WW**, Krebs NF. Minimally-Invasive Measurement of Small Intestinal and Stool Microbiomes in Humans Reveals Distinct Community Structure and Composition: A Novel Tool for Dietary Studies.

Schmok JN, Shin Y, Raber BA, **Campbell WW**. U.S.-Style Healthy Dietary Patterns with moderate amounts of lean red meat and plant-based protein foods promote cardiovascular health: a randomized controlled trial

2023 American Society for Nutrition Conference, Boston, MA. (abstracts published in *Current Developments in Nutrition* Vol. 7 Supplement issue: July 2023)

Campbell NWC, Preston SE, ... **Campbell WW**, Carroll C. Effect of dietary protein quantity and source on resistance training-induced changes in skeletal muscle strength, size, and quality in older females.

Connolly G, Wang Y, Bergia RE, Davis EM, Byers AW, Reed JB, **Campbell WW**. Whey protein supplementation and type 2 diabetes mellitus risk factors: An umbrella systematic review of randomized controlled trials.

Connolly G, Yant Y, Bergia RE, Davis EM, Byers AW, Reed JB, **Campbell WW**. Whey Protein Supplementation and Type 2 Diabetes Mellitus Risk Factors: An Umbrella Systematic Review of Randomized Controlled Trials.

Uffelman CN, Doenges KA, Armstrong ML, Quinn K, Tang M, Krebs NF, Reisdorph NA, **Campbell WW**. What's in a Mushroom? Dietary Mushroom Metabolomics Profiling Using Untargeted Metabolomics and Targeted Amino Acid Analysis.

Wang Y, Lindemann SR, Cross T-W L, Tang M, **Campbell WW**. Short-Term Effects of Healthy Dietary Pattern Cycling on Gut Microbiota and Cardiovascular Disease Risk Factors.

Campbell WW, Davis EM, Bergia RE, Hartman A, Landberg R, Riccardi G. Impact of dinner meat sources on changes in cardiovascular disease risk factors with a Mediterranean diet: secondary analysis from a randomized controlled trial.

Campbell WW, Campbell RE, Uffelman CN, Wang Y, Hill ER. Online Grocery Ordering System for Experimental Human Nutrition Research with High Participant Dietary Adherence.

Hendricks AE, ... Krebs NF, **Campbell WW**, Reisdorph NA. Untargeted metabolomics of human plasma and foods enable identification of putative health-driven biomarkers.

Hill EB, ... **Campbell WW**, Reisdorph NA, Krebs NF. Food-specific Compounds Act as Putative Biomarkers for Exposure to and Effect of Plant Foods Consumed within a Mediterranean Diet Intervention.

Glime G, Tang M, **Campbell WW**, Krebs N. Study Protocol of a Double-Blind, Randomized Controlled Trial To Determine the Effects of Blueberry on Gut Microbiota, Inflammation and Innate Immunity in Weaning Infants.

2022 American Society for Nutrition Conference, Online.

Uffelman CN, Wang Y, Davis EM, Chan N, **Campbell WW**. Effects of Mushroom Consumption on Cardiometabolic Disease Risk Factors: A Systematic Review of Randomized Controlled Trials. *Current Developments in Nutrition* Vol. 6 Supplement p51 Published in issue: June 2022

Hill ER, Wang Y, Davis EM, **Campbell WW**. The Effects of Including Lean, Unprocessed Beef in a Healthy Vegetarian Dietary Pattern on Cardiometabolic Disease Risk Factors. *Current Developments in Nutrition* Vol. 6 Supplement p369 Published in issue: June 2022

Wayne W. Campbell, Ph.D.

April 4, 2025

- Connolly G, Wang Y, Bergia RE, Davis EM, Byers AW, Reed JB, **Campbell WW**. Whey protein supplementation and type 2 diabetes mellitus risk factors: a scoping review of systematic reviews and/or meta-analyses of randomized controlled trials. *Current Developments in Nutrition Vol. 6 Supplement p5* Published in issue: June 2022.
- Connolly G, Hudson J, Bergia R, **Campbell WW**. Effects of consuming ounce-equivalents portions of fresh pork versus nuts, beans, and eggs, as defined by the Dietary Guidelines for Americans on essential amino acid substrate availability for protein anabolism. *Current Developments in Nutrition Vol. 6 Supplement p439* Published in issue: June 2022
- Hill EB, ... Reisdorph NA, Krebs NF, **Campbell WW**. Unique-to-salmon Compounds Increase in Plasma and are Associated with Cardiovascular Health Following a Mediterranean Diet Intervention. *Current Developments in Nutrition Vol. 6 Supplement p286* Published in issue: June 2022
- Hill EB, ... **Campbell WW**, Krebs NF, Reisdorph NA. Foodomics Analysis of a Mediterranean Diet Reveals Food-specific Compounds that are Detected in Human Plasma. *Current Developments in Nutrition Vol. 6 Supplement p368* Published in issue: June 2022
- Peiran L, ... Reisdorph NA, **Campbell WW**, Krebs NF, Lin D, Tang M. Intake of Salmon Fillets Elevates Plasma Astaxanthin Levels in Human Subjects. *Current Developments in Nutrition Vol. 6 Supplement p62* Published in issue: June 2022
- Wang Y, Uffelman CN, Bergia RE, Clark CM, Reed JB, Cross T-W L, Lindemann SR, Tang M, **Campbell WW**. Meat Consumption and Gut Microbiota: A Scoping Review of Literature and Systematic Review of Randomized Controlled Trials in Adults Without Diagnosed Disease. *Current Developments in Nutrition Vol. 6 Supplement p1037* Published in issue: June 2022
- Wang Y, Uffelman CN, Hill ER, Anderson NI, Reed JB, Olson MR, **Campbell WW**. The Effects of Red Meat Intake on Inflammation Biomarkers in Humans: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Current Developments in Nutrition Vol. 6 Supplement p994* Published in issue: June 2022
- Wang Y, Clark CM, Cross T-W L, Lindemann SR, Tang M, **Campbell WW**. Effects of Adding Lean Red Meat to A Vegetarian Diet on Gut Microbiota in Young Adults: A Randomized Controlled Trial. *Current Developments in Nutrition Vol. 6 Supplement p1036* Published in issue: June 2022

2021 American Society for Nutrition Conference; Online.

- Connolly G, Wang Y, Bergia RE, Davis EM, Byers AE, Reed JB, **Campbell WW**. Chicken and Poultry Consumption and Human Health: A Scoping Review of Available Research Literature. *Current Developments in Nutrition Vol. 5 Supplement p9* Published in issue: June 2021.

2020 American Society for Nutrition Conference; Online.

- Wang Y, **Campbell WW**. Adding Unprocessed Lean Red Meat to A Healthy Vegetarian Eating Pattern Does Not Impact Short-Term Improvements in Cardiometabolic Health in Young Adults. Presented at the American Society for Nutrition Conference, Online, June 1-4, 2020.
- Bergia RE III, Zhu W, Landberg R, Riccardi G, **Campbell WW**. Cardiometabolic Health-Promoting Effects of Low- and High-Glycemic Mediterranean-Style Eating Patterns: The MedGI-Carb Randomized Controlled Trial, Presented at the American Society for Nutrition Conference, Online, June 1-4, 2020.
- Hill ER, Wang Y, Clark C, McGowen B, O'Connor LE, **Campbell WW**. Red Meat Intake and Cardiometabolic Disease Risk: An Assessment of Causality Using The Bradford Hill Criteria. Presented at the American Society for Nutrition Conference, Online, June 1-4, 2020.
- Hudson J, Zhou J, **Campbell WW**. Consuming an Energy-restricted US Healthy-Style Eating Pattern Moderate or High in Protein Confers Comparable Changes in Body Composition and Cardiometabolic Health. Presented at the American Society for Nutrition Conference, Online, June 1-4, 2020.
- Hudson J, Zhou J, **Campbell WW**. Adults consuming an Energy-Restricted US Healthy-Style Eating Pattern at Either the Recommended or a Higher Protein Quantity Perceive a Shift from "Poor" to "Good" Sleep. Presented at the American Society for Nutrition Conference, Online, June 1-4, 2020.
- Sutliff A, O'Connor LE, ... **Campbell WW**, Krebs NF, Reisdorph NA. Astaxanthin Levels Are Higher in Fresh Salmon Compared to Canned and Pouch Varieties. *Current Developments in Nutrition Vol. 4 Supplement* Published in issue: June 2020.
- Sutliff A, Hendrick A, ... **Campbell WW**, Krebs NF, Reisdorph NA. Bell Peppers Provide Consistent β -cryptoxanthin Content Independent of Organic Status, Fresh, or Cooked, North American Country of Origin and Season. *Current Developments in Nutrition Vol. 4 Supplement* Published in issue: June 2020.

2019 American Society for Nutrition Conference, Baltimore, MD.

- O'Connor LE, Gifford C, Woerner D, Belk K, **Campbell WW**. How Muscle Foods Are Categorized and Described in Chronic Disease Literature: A Systematic Review and Quantitative Analysis. Presented at the American Society for Nutrition conference, Baltimore, MD, June 8-11, 2019.
- Gertz E, Wang Y, O'Connor L, **Campbell WW**, Bennett B. A Mediterranean-style Eating Pattern Lower in Lean Red Meat Reduced Plasma Trimethylamine N-Oxide in Adults Classified as Overweight or Obese. Presented at the American Society for Nutrition conference, Baltimore, MD, June 8-11, 2019.
- Bergia R, Wang Y, Hudson J, **Campbell WW**. Protein Intakes Above the Recommended Dietary Allowance Reduce Fat Mass Irrespective of Energy Balance and Resistance Training Status: A Systematic Review and Meta-analysis. Presented at the American Society for Nutrition conference, Baltimore, MD, June 8-11, 2019.
- Connolly G, Hudson J, Paddon-Jones D, **Campbell WW**. Females Achieve Higher Plasma Amino Acid Concentrations Than Males After Consuming a 20-gram Whey Protein Supplement but Not a 30-gram Protein Meal. Presented at the American Society for Nutrition conference, Baltimore, MD, June 8-11, 2019.
- Hudson J, Wang Y, Bergia R, **Campbell WW**. The Protein Recommended Dietary Allowance Is Adequate to Retain Lean Body Mass: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. Presented at the American Society for Nutrition conference, Baltimore, MD, June 8-11, 2019.
- Wang Y, Hudson J, Bergia R, **Campbell WW**. Protein Intakes Greater Than vs. at the RDA Differentially Affect Lean Body Mass Change to Purposeful Catabolic and Anabolic Stressors: A Systematic Review and Meta-analysis. Presented at the American Society for Nutrition conference, Baltimore, MD, June 8-11, 2019.
- Riddle E, Thalacker-Mercer A, **Campbell WW**. Higher Protein Diets Oppose Changes in Skeletal Muscle Transcriptome with Age. Presented at the American Society for Nutrition conference, Baltimore, MD, June 8-11, 2019.
- O'Connor L, Kim JE, Zhu W, Clark C, **Campbell WW**. Effects of Total Red Meat Consumption on Glycemic Control and Inflammation: A Systematically Searched Meta-analysis and Meta-regression of Randomized Controlled Trials Presented at the American Society for Nutrition conference, Baltimore, MD, June 8-11, 2019.
- Reisdorph N, Tang M, Doenges K, Reisdorph R, Tooker B, Quinn K, **Campbell W**, Krebs N. A novel, step-wise nutrimentalomics approach reveals small molecule-associated changes in a DASH-diet study. Presented at the American Society for Mass Spectrometry conference, Atlanta, GA, June 2-6, 2019.

- Athiarayanan SJ, Adams RN, Hallberg SJ, McKenzie AL, Bhanpuri NH, **Campbell WW**, Phinney S, Volek JS, McCarter JP. Effectiveness of a continuous care intervention for type 2 diabetes management: a 2-year follow-up. Presented at The Obesity Society 2018 ObesityWeek conference, Nashville, TN, November 11-15, 2018.
- Bergia RE 3rd, **Campbell WW**, Kim JE. Acute effect of an egg-based high-protein meal on the hypertensive and endothelial responses to exercise. American Society for Nutrition conference, Boston, MA, June 9-12, 2018.
- Bergia RE 3rd, Hudson J, **Campbell WW**. Effect of whey protein supplementation on body composition changes in women: a systematic review and meta-analysis. American Society for Nutrition conference, Boston, MA, June 9-12, 2018.
- Hudson J, Kim JE, Paddon-Jones D, **Campbell WW**. Evenly distributing daily protein intake does not differentially influence weight loss- and resistance training-induced improvements in cardiometabolic health. American Society for Nutrition conference, Boston, MA, June 9-12, 2018.
- Campbell WW**. Effect of whey protein supplementation on body composition in adult women. International Whey Conference, Chicago, IL, September 17-20, 2017.
- Anguah KOB, **Campbell WW**, McCabe GP, McCrory, MA. Effects of Lentil Physical form and Digestive Enzyme Availability on Postprandial Mood Responses. FASEB J April 2017 31:798.10. Experimental Biology, Chicago, IL, April 22-26.
- Bergia RE, Kim JE, **Campbell WW**. Differential Relationship between Thigh and Calf Intramuscular Adipose Tissue Depots and Muscle Compartments with Indices of Cardio-metabolic Health. FASEB J April 2017 31:794.14. Experimental Biology, Chicago, IL, April 22-26.
- O'Connor LE, Wright AJ, Paddon-Jones D, **Campbell WW**. Daily Red Meat Intake does not Affect Improvements in Cardiovascular Disease Risk Factors Induced by Consuming the USDA's Healthy Mediterranean-Style Eating Pattern. FASEB J April 2017 31:966.9. Experimental Biology, Chicago, IL, April 22-26.
- Devarshi PM, Jones AD, **Campbell WW**, Taylor EM, Henagan TM. Effects of Acute Aerobic Exercise on Whole Genome Nucleosome Maps and Gene Expression in Skeletal Muscle of Lean Vs Overweight/Obese Men. FASEB J April 2017 31:943.3. Experimental Biology, Chicago, IL, April 22-26.
- Campbell WW**, O'Connor, Li J, Sayer RD, Wright AJ. Adopting, Abandoning, and Re-adopting Healthy Eating Patterns Sends Cardiovascular Disease Risk Factors on a Rollercoaster Ride. FASEB J April 2017 31:447.2. Experimental Biology, Chicago, IL, April 22-26.
- Wright CS, Main RP, **Campbell WW**. Effects of Dietary Protein Source and Amount on Bone Quantity and Body Composition following a High-Protein Weight-Loss Diet in a Rat Model of Postmenopausal Obesity. FASEB J April 2017 31:443.7. Experimental Biology, Chicago, IL, April 22-26.
- Hudson JL, Bergia RE, **Campbell WW**. Effects of Consuming Protein-rich Supplements Between or With Meals on Changes in Body Composition with Resistance Training: A Systematic Review of Randomized Controlled Trials. FASEB J April 2017 31:443.5. Experimental Biology, Chicago, IL, April 22-26.
- Hudson JL, Paddon-Jones D, **Campbell WW**. Consuming A Whey Protein Supplement Two Hours After A Low Protein Breakfast Preserves Amino Acid Availability. FASEB J April 2017 31:164.5. Experimental Biology, Chicago, IL, April 22-26.
- Kim JE, **Campbell WW**. Dietary Cholesterol Contained in Whole Eggs is Not Well Absorbed and Does Not Affect Plasma Total Cholesterol Concentration in Men and Women: Results from Two Randomized Controlled Crossover Trials. FASEB J April 2017 31:137.4. Experimental Biology, Chicago, IL, April 22-26.
- Hudson JL, Kim JE, Paddon-Jones D, **Campbell WW**. Evenly Re-distributing Daily Dietary Protein Intake Does Not Augment Changes in Body Composition and Cardio-metabolic Health Indexes. FASEB J April 2017 31:31.7. Experimental Biology, Chicago, IL, April 22-26.
- Campbell WW**. Dietary interventions, including functional foods, to promote lean body mass: high-protein diets. Presented at International Conference and Exhibition on Nutraceuticals and Functional Foods 2016, Orlando, FL, October 11, 2016.
- Amankwaah A, Kim JE, **Campbell WW**. Body Composition Changes in Weight-Stable Overweight and Obese Middle-Aged Adults Who Performed Exercise Training for 36 Weeks Impact Indexes of Cardio-metabolic Health. Experimental Biology, San Diego, CA, April 2-6, 2016.
- Li J, Wright CS, **Campbell WW**. Carbohydrate Intake Affects Weight Loss Related Improvements in Glycemic Control: Results from a Systematic Review and Regression Analysis. Experimental Biology, San Diego, CA, April 2-6, 2016.
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- Jozsi AC, SL Davey, **WW Campbell**, and WJ Evans. Strength and power changes following resistance training in older and younger women. Am. Coll. Sports Med. Conference, 1997.
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- Joseph LJ, SL Davey, WJ Evans, and **WW Campbell**. The effect of resistance training on serum lipid concentration in older men and women. Experimental Biology Conference, 1997.
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- Campbell WW**, D Cyr-Campbell, JA Weaver, and WJ Evans. Dietary energy requirements of older women. Experimental Biology Conference, 1996.
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Campbell WW, Polansky, NA Bryden, and RA Anderson. Effects of exercise training and chromium on liver glycogen metabolism in the rat. 7th International Biochemistry of Exercise Conference, 1988.

Campbell WW, MM Polansky, NA Bryden, JH Soares, Jr., and RA Anderson (SPON: R Russell). Effects of acute exercise and chromium on liver and muscle glycogen metabolism in the rat. FASEB Conference, 1988.

Campbell WW, MM Polansky, NA Bryden, JH Soares, Jr., and RA Anderson. Effects of exercise training and chromium (Cr) on liver and muscle glycogen metabolism in the rat. FASEB Conference, 1987.

Invited Scientific Presentations, Lectures and Discussion Panels:

- 02/25/25 Invited Speaker, International Workshop on Human Dietary Protein Needs and Benefits: A Critical Assessment of Postulated Propositions. The workshop was developed by the Indiana University School of Public Health-Bloomington. Rosemont, IL, February 25-26, 2025. *Presentation title: Can Dietary Protein Benefits Be Optimized Equally Effectively with Plant and Animal Proteins?*
- 02/21/25 Invited Speaker, Indiana University-Indianapolis, Department of Kinesiology seminar series. *Presentation title: Dietary Protein Needs and Influences on Muscle with Aging: Are Higher Intakes Helpful?*
- 10/16/24 Keynote speaker, The Charles Cowell Lecture Series, Department of Health and Kinesiology, Purdue University. *Presentation title: Dietary protein, exercise, and aging influences on muscle.*
- 04/02/24 Keynote speaker, The Russell Klein Memorial Nutrition Research Symposium, The Ohio State University. *Presentation title: The impacts of animal vs. plant protein sources on human health.*
- 02/21/24 Invited discussant, National Dairy Council, symposium "Undercover Nutrition: a symposium decrypting food and dairy matrix science." Washington, DC, February 21-22, 2024.
- 09/14/23 Invited Speaker, Department of Dietetics and Nutrition, University of Arkansas for Medical Sciences, Little Rock, AR. Online event. *Presentation title: Dietary Protein Needs and Influences on Muscle with Aging: Views from the Past, Present, and Future.*
- 07/21/23 Invited Discussant, American Society for Nutrition 2023 Conference, "Exploring the animal protein food matrix: more than the sum of its parts" (sponsored satellite program), Boston, MA.
- 12/09/22 Invited Speaker, Georgia State University Nutrition, Kinesiology, and Health Lecture Series. Online event. *Presentation title: How do dietary protein quantity, quality, and timing influence skeletal muscle with Aging?*
- 11/09/22 Speaker and Session Coordinator, Metabolic Health and Dietary Patterns session, Nutrition and Wellness Science Forum: Exploring the Journey to Healthy Aging. Washington, DC, November 8-9, 2022. *Presentation title: Metabolic Health and Dietary Patterns.*
- 10/18/22 Invited Speaker, University of Alabama at Birmingham Nutrition Obesity Research Center (NORC) Seminar Series. *Presentation title: Dietary protein quantity, quality, and timing influences on skeletal muscle with aging.*
- 06/01/22 Invited Speaker, Boston Claude Pepper Older American Independence Center, Pepper Seminar on Protein Supplementation in Older Adults. Online event. *Presentation title: Dietary protein quantity, quality, and timing influences on muscle with aging.*
- 03/22/22 Invited Speaker, National Institute on Aging, National Institutes of Health, Virtual Workshop: Development of function promoting therapies: public health need, molecular targets, and drug development. March 20-23, 2022. *Presentation title: Dietary protein quantity, quality, and timing influences on muscle with aging.*
- 2/11/21 Invited speaker, Department of Dietetics and Nutrition seminar series, University of Arkansas for Medical Sciences, Little Rock, AR. Online event. *Presentation title: Complementary plant and animal protein-rich foods, healthy eating patterns and human health.*

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- 2/20/20 Invited speaker, University of Colorado School of Medicine, Anschutz Medical Campus, Aurora, CO. *Presentation title: Dietary Guidance for Healthy Eating Patterns and Protein-Rich Foods.*
- 1/23/20 Invited speaker, South Dakota Academy of Family Physicians annual meeting, Deadwood, SD. *Presentation title: Adopting a Mediterranean Diet For Health.*
- 11/14/19 Invited speaker for an International Life Sciences Institute North American Future Foods Conference, Washington, DC. *Presentation title: Nutrition Challenges and Opportunities Associated with Alternate Protein Sources for Future Foods.*
- 6/10/19 Invited speaker for an American Society for Nutrition satellite session on 'Pulses: emerging nutrient dense sources of dietary protein for well-being,' Baltimore, MD. *Presentation title: Complementary plant and animal protein-rich foods, healthy eating patterns and human health.*
- 5/28/19 Invited presenter, International Life Sciences Institute Protein Committee webinar. *Presentation title: Does Dietary Protein Quality Matter in a Well-Nourished Older North American Population?*
- 4/12/19 Invited speaker for the Texas Academy of Nutrition and Dietetics meeting, Arlington, TX, April 12, 2019. *Presentation title: Mediterranean Eating Patterns and Prevention of Heart Disease.*
- 4/2/19 Invited speaker and discussant, 'Nutrition Research Mini-Summit on the Health Benefits of Mushrooms,' hosted by the Mushroom Council, Scottsdale, Arizona, April 2-3, 2019.
- 12/4/18 Invited speaker, webinar hosted by the New York State Academy of Nutrition and Dietetics, December 4, 2018 at 1:00pm EST. *Presentation title: Can a Mediterranean diet with lean meats reduce cardiovascular risk?*
- 11/15/18 Invited speaker, The Obesity Society 2018 ObesityWeek conference, Nashville, TN. November 15, 2018, at 11am-12pm EST. *Presentation title: Debate: "One person's meat is another person's poison: meat-based vs. plant-based diet for obesity (pro-meat perspective).*
- 10/4/18 Invited speaker, North American Meat Institute, Washington, DC. *Presentation title: Red Meat in Healthy Eating Patterns.*
- 10/4/18 Invited discussant, Scientific Summit: a new look at dairy foods and healthy eating patterns, hosted by the National Dairy Council, Washington, DC.
- 9/27/18 Invited speaker, American Society for Nutrition continuing education webinar on Protein's role in bone health: does protein type and amount matter? *Presentation title: Dietary Protein and Food and Nutrition Guidance.*
- 7/17/18 Invited speaker, 2018 Institute of Food Technologists national meeting, July 15-18, 2018, Chicago, IL. *Presentation title: Eating less red meat: the evidence behind the recommendation.*
- 7/11/18 Invited speaker, webinar hosted by the National Cattlemen's Beef Association. July 11, 2018 at 12:00pm MDT. *Presentation title: Getting to the meat of the Mediterranean diet: How a Mediterranean-Style eating pattern with lean red meat can support heart health.*
- 6/26/18 Invited speaker, American Meat Science Association, 71st Reciprocal Meat Conference, June 24-27, 2018, Kansas City, MO. *Presentation title: U.S. dietary Guidelines for Health: Getting to the Meat of the Matter.*
- 6/10/18 Invited speaker, North American Chinese Society for Nutrition, annual meeting held in conjunction with the American Society for Nutrition meeting, June 9-12, 2018. Boston, MA. *Presentation title: Dietary protein and protein-rich foods: effects on body composition changes with weight loss.*
- 4/10/18 Invited speaker, 11th Annual Nutrition, Endocrinology and Food Sciences Graduate Student Conference, Rutgers University, New Brunswick, NJ. *Presentation title: Are Recommended Dietary Allowances for protein accurate and relevant for older adults?*
- 9/19/17 Invited speaker, International Whey Conference, Chicago, IL. *Presentation title: Effect of whey protein supplementation on body composition in adult women.*
- 11/29/16 Invited discussant, 2016 National Swine Research Forum, hosted by the U.S Pork Center of Excellence, November 29-30, 2016, Omaha, NE.
- 10/11/16 Invited speaker, International Conference and Exhibition on Nutraceuticals and Functional Foods 2016, Orlando, FL. *Presentation title: Dietary interventions, including functional foods, to promote lean body mass: high-protein diets.*

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- 10/26/16 Invited speaker and panelist, Protein Think Tank hosted by National Cattlemen's Beef Association, Chicago, IL. Presentation title: *Opportunities and challenges for optimizing protein in healthy meals.*
- 5/25/16 Panelist, Innovation and Technology Panel: The Pantry Now Versus Your Grandmother's Pantry, Global Midwest Alliance, Chicago, IL.
- 4/19/16 Invited speaker, Grocery Manufacturers Association forum session on "Dietary Guidelines: lessons learned and implication for the future," Chicago, IL. Presentation title: *Dietary Guidance and the Future of Red Meats.*
- 3/23/16 Invited speaker, Infant Nutrition Council of America. Presentation provided via conference call. Topic: *Dietary Guidelines Process and Initiatives.*
- 3/10/16 Invited speaker, Russell Nutrition Symposium: "The New U.S. Dietary Guidelines Nutritional Perspectives and Public Health Consequences." New Jersey Institute for Food, Nutrition, and Health, Rutgers University. Presentation title: *2015 Dietary Guidelines for Americans: what's the beef?*
- 10/28-29/15 Invited speaker, The Institute of Medicine, Food and Nutrition Board, National Academies of Sciences, Washington, DC. Meeting the dietary needs of older adults: a workshop. Presentation title: *Muscle Health: Protein.*
- 10/22/15 Invited speaker, 2015 Cornell Nutrition Conference for Feed Manufacturers., East Syracuse, New York. Presentation title: *Update on the new U.S. dietary standards.*
- 5/6/15 Invited speaker, School of Exercise and Nutritional Sciences, San Diego State University, San Diego, CA. Presentation to the Student Nutrition Organization titled, *2015 Dietary Guidelines Advisory Committee report: A scientific foundation for nutrition policy.*
- 3/28/15 Speaker, symposium on 'Nutritional Approaches for Osteosarcopenic Obesity: Interrelationships between Bone, Muscle, and Fat.' 2015 Experimental Biology meeting, Boston, MA. Presentation title: *Dietary protein intake during weight loss: does it impact bone, muscle and fat comparably?*
- 2/6/15 Invited speaker, Cattle Industry Annual Convention; San Antonio, TX. Presentations to policy and research committees on *Inclusion of Meat in Healthy Diets and the Dietary Guidelines Advisory Committee process.*
- 5/5/14 Invited speaker, symposium on 'Assessment of protein nutritional quality: digestibility and bioavailability,' The 105th American Oil Chemists Society meeting & expo, San Antonio, TX, USA. Presentation title: *Dietary protein consumption to promote human health.*
- 4/28/14 Co-chair and speaker, symposium on 'Optimizing protein quantity and distribution to improve health outcomes.' 2014 Experimental Biology meeting, San Diego, CA. Presentation title: *Protein and dietary guidance (then and now).*
- 9/24-26/13 Invited speaker, Purdue Ingestive Behavior Research Center International Conference on Eating Patterns, Diet Quality, and Energy Balance. Presentation title: *Exercise patterns, diet quality and energy balance.*
- 10/5-7/13 Invited speaker, symposium on 'Aging and amino acid metabolism: from physiopathology to therapy with a special emphasis on safe intake', The 13th International Congress on Amino Acids, Peptides and Proteins (ICAPP), Galveston, Texas, USA. Presentation title: *Essential amino acid requirements of elderly people.*
- 12/7/12 Invited speaker, International Conference on Sarcopenia Research, Orlando, FL. Presentation title: *The effects of diet and exercise on sarcopenic obesity.*
- 11/12/12 Invited speaker, Department of Nutrition and Metabolism, The University of Texas Medical Branch, Galveston, TX. Presentation title: *Dietary protein, body composition, and weight control.*
- 9/13/12 Speaker and discussant, American Association for Retired Persons and the American Federation for Aging Research seminar on optimal nutrition in older adults. Chicago, IL. Presentation title: *Protein intake for muscle mass and function.*
- 4/25/12 Chair and speaker, American Society for Nutrition late-breaking symposium on "macronutrients as tools to counter age-related changes in skeletal muscle." 2012 Experimental Biology meeting, San Diego, CA. Presentation title: *Energy balance and macronutrient distributions: Must obese older adults compromise skeletal muscle while losing weight to improve health?*

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- 3/28/12 Invited speaker, American College of Sports Medicine Health & Fitness Summit, Las Vegas, NV. Presentation: *Stronger, Healthier Boomers: the roles of resistance training and high-quality protein.*
- 2/28/12 Invited seminar speaker, School of Health Sciences, Purdue University. Presentation title: *Nutrition and Exercise: Tools to Promote Successful Aging.*
- 12/19/11 Invited speaker, Indiana Cooperative Extension Educators state-wide staff development program. Presentation title: *Dietary protein and body weight: controversies, debate and consensus.*
- 9/27/11 Invited speaker, 2011 Food & Nutrition Conference & Expo (FNCE), American Dietetic Association, San Diego, CA. Session title: *Bone and Diet: New Connections for Healthy Weight and Well-Being.*
- 9/19/11 Invited speaker and discussant, PepsiCo and the AARP/AFAR Health Promotion Institute, Seminar on Optimal Nutrition in Older Adults, September 13th, Chicago, IL. Presentation title: *"Protein intake for muscle mass and function."*
- 8/12/11 Invited speaker, National Strength & Conditioning Association, 2011 Nutrition Symposium, Abbott Laboratories, Columbus, OH, August 12-13, 2011. Presentation title: *"Dietary energy and protein and exercise effects on weight control, body composition and health in older adults."*
- 4/14/11 Invited speaker, Indiana Dietetic Association, Indianapolis, IN. Presentation title: *"Dietary Protein and Body Weight: Controversies, Debate, and Consensus."*
- 3/21/11 Invited speaker, American Heart Association, Industry Nutrition Advisory Panel meeting, Atlanta, GA. Presentation title: *"Dietary Protein and Body Weight: Controversies, Debate, and Consensus."*
- 12/7/10 Invited speaker and discussant, ASN, IFT, and IFIC grant writing webinar at the interface of food science and nutrition, focused on proposal writing tailored to USDA. Presentation title: *Solving Problems at the Interface of Food Science and Nutrition.* Co-presentation with Prof. Mario Ferruzzi.
- 4/27/10 Invited speaker, American Society for Nutrition Symposium on "Weight Management: How Much Protein Is Enough? 2010 Experimental Biology meeting, Anaheim, CA. Presentation title: *A Focus on Purposeful Weight Loss in Older Adults.*
- 9/15/08 Faculty Lecturer, National Extension Association of Family and Consumer Sciences Aging Successfully pre-conference workshop, Indianapolis, IN. Presentation title: *Nutrition and Exercise: Tools to Counter Obesity, the Metabolic Syndrome, and Sarcopenia.*
- 9/8/08 Invited speaker, EuroWhey conference, Paris, France. Presentation title: *Effects of high-protein diets on lean body mass preservation, metabolism, well-being and kidney function in weight loss.*
- 7/19/08 Invited speaker, Gatorade Sports Science Institute symposium on "Protein Nutrition for Health and Performance", Huntington Beach, CA. Presentation title: *Manipulation of protein intake and exercise in the preservation of lean muscle and prevention of sarcopenia.*
- 6/25/08 Invited speaker, Symposium on "Consume Issues: Diet and Health", 61st Reciprocal Meat Conference, American Meat Science Association, Gainesville, FL. Presentation title: *Uses of dietary protein to help combat obesity and sarcopenia.*
- 11/1/07 Invited speaker, Symposium on "Nutritional modulators of physical function and aging", held by the International Academy of Nutrition and Aging at the Jean Mayer USDA Human Nutrition Research Center on Aging, Tufts University, Boston, MA, November 1-2, 2007. Presentation title: *Dietary protein, aging, and body composition: is it all down hill from here?*
- 5/1/2007 Invited speaker, Symposium on "Protein metabolism and sarcopenia in the elderly", held by the American Nutrition Society at the 2007 Experimental Biology meeting, April 28-May 2, 2007, Washington, DC. Presentation title: *Dietary protein requirements of older persons.*
- 3/2/07 Invited speaker, University of Southern Indiana, Indiana University School of Medicine-Evansville. Presentation title *"Integrated Diet and Exercise for Successful Aging."*
- 6/26/06 Invited speaker, Symposium on 'Whey protein: physiological effects and emerging health benefits', held at the 2006 Institute of Food Technologists meeting, Orlando, FL, June 24-28, 2006. Presentation title: *"Role of protein on muscle and body composition in elderly people."*
- 2/17/06 Invited speaker, The Department of Human Nutrition seminar series, The Ohio State University, Columbus, OH. Lecture topic: *"Integrative Research in Nutrition, Fitness, and Aging."*

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- 11/12/04 Invited speaker, Human Performance Laboratory seminar series, Ball State University, Muncie, IN. Lecture topic: *"Dietary Protein, Exercise and Aging."*
- 5/12/04 Purdue University Whistler Center for Carbohydrate Research Technical Conference. Lecture Topic: *"Nutrition and Exercise for Healthy Aging."*
- 11/13/03 Invited speaker, Indiana Consultant Dietitians meeting, South Bend, IN. Lecture topic: *"Dietary Protein and Aging."*
- 10/13/03 Invited Speaker, Department of Nutritional Sciences, The Pennsylvania State University, State College, PA. Lecture topic: *"Nutrition, Exercise and Sarcopenia."*
- 9/18/03 Invited speaker, Wyeth Consumer Healthcare, Madison, NJ. Lecture topic: *Nutrition and Exercise to Counter Sarcopenia.*
- 2/5/03 Invited speaker, Workplace urine specimen validity testing colloquium. February 4-6, 2003, Saddlebrook Resort, Tampa, FL. Sponsor: Federal Aviation Administration, Civil Aerospace Medical Institute. Lecture: *Nutrition & Human Differences: Effects of Exercise on urinary chromium, nitrites, and specific gravity.*
- 10/23/02 Invited speaker, Department of Health and Kinesiology Colloquium, Purdue University. Lecture topic: *Dietary Protein, Resistive Training, and Skeletal Muscle in Older Humans.*
- 11/8/01 Invited speaker, Indiana Consultant Dietitians meeting, held in West Lafayette, IN. Lecture topic: *Power up Seniors with protein and exercise.*
- 2/12/01 Invited speaker, Department of Endocrinology, University of Indiana School of Medicine, held at Indiana University Purdue University at Indianapolis, IN. Lecture topic: *Effects of exercise and aging on protein and energy metabolism.*
- 2/9/00 Invited speaker, Central Arkansas District Dietetic Association meeting, held at UAMS Nutrition, Metabolism and Exercise Laboratory. Lecture topic: *Integration of Nutrition and Exercise with Clinical Geriatric Research.*
- 10/30/98 UAMS Endocrine Grand Rounds. Lecture topic: *Nutrition considerations in strength training induced changes in body composition in older people.*
- 10/28/98 UAMS Geriatric Grand Rounds, held at Nutrition, Metabolism, and Exercise Laboratory.
- 10/23/98 Symposia presenter, Central States Chapter, American College of Sports Medicine, 1998 annual meeting, Kansas City, MO. Topic: *Nutrition and exercise considerations in sarcopenia.*
- 10/16/98 Faculty panel presenter, Living Longer, Growing Stronger in Arkansas: 18th Annual Aging Conference, Hot Springs, AR. Topic: *Arkansas Leads the Way-Donald W. Reynolds Center on Aging (COA).*
- 4/7/98 Faculty Lecturer, Arkansas Public Health Association Conference, Hot Springs, AR. Lecture topic: *Exercise and Nutrition.*
- 4/1997 Faculty lecturer, ACSM's Health & Fitness Summit & Exposition, New Orleans, LA, April 17-20. Lecture topics: *Ergogenic properties of chromium: fact of fiction?* and *Energy and protein requirements of older people: effects of sarcopenia and exercise training.*
- 4/1996 New York State Dietetic Association, annual meeting, April 12-13. Lecture topic: *Turning back the clock: the importance of exercise.*
- 5/1995 US Army War College Advanced Course on "Physical Performance and Physical fitness of the Army." Lecture on, *Physiological Aspects of Aging and Human Performance.* Lecture repeated in May, 1996.
- 3/1994 International faculty lecturer, 1994 biology symposium at York University, "Physiological basis of ageing." Lecture topic: *Energy metabolism in aged skeletal muscle during exercise.*
- 11/1992 International faculty lecturer, First Scandinavian Congress in Sports Medicine, Holmenkollen, Oslo, Norway, lecture topic, *Exercise in the elderly.*

Additional Scientific Presentations and Lectures:

- 10/20/23 Invited Speaker, Purdue University Center on Aging and the Life Course Symposia. *Presentation topic: The Nexus of Dietary and Physical Activity Guidance for Older Americans.*
- 05/22/23 Invited Speaker, National Dairy Council, NextGen Scholars Training Program. *Presentation: NextGen Scientist Cohort Program Researcher Spotlight.*

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- 2/24/23 Speaker, Purdue Interdepartmental Nutrition Program seminar series. *Presentation topic: Dietary Protein Needs and Influences on Muscle with Aging: Are Higher Intakes Helpful?*
- 06/02/22 Invited Speaker, The Mushroom Council Nutrition Research Webinar. Virtual event. *Presentation title: Mushroom Nutrition Research: Your Questions Answered.*
- 05/06/22 Invited Speaker, Whey Protein Research Consortium Spring Meeting. Virtual event. *Presentation title: Whey protein supplementation effects on type 2 diabetes mellitus risk factors: systematic reviews of clinical research.*
- 06-14-21 Invited Speaker, National Chicken Council, Board of Directors meeting. Colorado Springs, CO. *Presentation title: Chicken / Poultry Consumption and Human Health: How Much is Really Known?*
- 11/17/20 Invited Speaker, Barilla Science Discovery Symposium: Next Steps. Virtual event. *Presentation title: Nutrimentalomics reveals small molecule-associated changes in DASH- and MED-diet studies.*
- 11/13/20 Invited Speaker, Barilla Science Discovery Symposium: Next Steps. Online event. *Presentation title: Glycemic and cardiometabolic effects of low- versus high-glycemic index Mediterranean-style eating patterns: The MedGI-Carb Trial*
- 5/2/19 Speaker, Purdue Dept. Nutrition May Conference on “What do Americans Really Eat” And is it Feasible to Meet the Dietary Guidelines? *Presentation topic: Muscle Foods: Changes in Consumption and Dietary Guidance.*
- 9/14/18 Speaker, Purdue Interdepartmental Nutrition Program seminar series. *Presentation topic: Are Recommended Dietary Allowances for protein accurate and relevant for older adults?*
- 5/3/18 Speaker, Purdue Dept. Nutrition May Conference on Public Health: Guidance and Practice. *Presentation topic: Sharing a firsthand perspective of the Dietary and Physical Activity Guidelines Committees.*
- 2/23/18 Speaker, Purdue Dept. Nutrition Corporate Affiliates meeting. *Presentation topic: Are dietary and physical activity guidelines for Americans scientifically supported?*
- 9/21/17 Speaker, National Dairy Council, Whey Protein Advisory Panel meeting, Chicago, IL. *Presentation topic: Toned – Not Bulky: Effect of whey protein supplementation on body composition in adult women.*
- 11/11/16 Invited speaker, Purdue Dept. Nutrition Science Corporate Affiliates Program and Women’s Global Health Institute symposium on sustainability. *Presentation Topic: Foundation for Food and Agriculture - Opportunities in Nutrition and Healthy Food Choices.*
- 2/26/16 Organizer and Speaker for a symposium on dietary protein requirements for the Purdue Department of Nutrition Science Corporate Affiliates Program: *Presentation Topic: Dietary protein needs of older adults.*
- 1/21/16 Invited seminar speaker, Department of Animal Science, Purdue University, West Lafayette, IN. *Presentation: Dietary protein impacts skeletal muscle health in older humans.*
- 11/6/15 Invited discussant, Purdue University Center on Aging and the Life Course colloquium. *Topic: Designing interventions for optimal aging.*
- 5/14/15 Invited speaker, Department of Nutrition Science, Purdue University, West Lafayette, IN, symposium on *Nutrition Currency from Policy to Practice*. *Presentation: An insider report on the Dietary Guidelines for Americans 2015.*
- 3/13/15 Invited Speaker, DuPont Advisory Committee meeting, Washington, DC. *Presentation: Nutrition Policy and Impact of the 2015 Dietary Guidelines.*
- 3/12/15 Invited Speaker and consultant to Kraft Foods, Chicago, IL. *Presentation: New paradigms in protein requirements and protein quality.*
- 2/27/15 Organizer and Speaker for a symposium on the 2015 Dietary Guidelines Process, Purdue Department of Nutrition Science Corporate Affiliates Program. *Topic: Dietary Guidelines Advisory Committee experiences and perspectives.*
- 7/12/14 Scientific presentation to the Purdue Musculoskeletal and Mineral Working Group. *Topic: Bone and Diet: protein intake effects on muscle and bone during weight loss.*

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- 7/21/11 Scientific presentation to the Pork Safety, Quality and Human Nutrition Committee, National Pork Board. Topic: *Dietary protein effects on body composition, appetite and health.*
- 6/29/11 Invited speaker, Glaxo-Smith-Kline Protein Science Workshop, London, UK, June 28-29, 2011. Presentation title: *Protein nutrition and appetite control.*
- 2/11/11 Faculty Discussant, Purdue University Center on Aging and the Life Course. Topic: *"The place of post-doctoral fellowships in career development."*
- 12/17/10 Faculty Presenter, Indiana CTSI Retreat, "Advancing the Science of Translational Medicine", Topic: *Overview of CTSI Bionutrition activities and capabilities.*
- 9/24/10 Faculty lecturer, Purdue University Department of Foods and Nutrition Corporate Affiliates Program. Lecture topic: *Dietary Protein and Body Weight: Controversies, Debate, and Consensus.*
- 1/23/09 Faculty Discussant, Purdue University Center on Aging and the Lifecourse. Topic: Interdisciplinary Research.
- 4/18/08 Faculty Lecturer, Purdue University Center on Aging and the Lifecourse. Topic: Nutrition and Exercise Countermeasures to Sarcopenia.
- 10/17/07 Faculty lecturer, Purdue Extension Educators Conference, Purdue University. Topic: *Exercise and Nutrition Countermeasures to Sarcopenia.*
- 9/28/07 Faculty lecturer, Department of Foods and Nutrition, Corporate Affiliates Program. Topic: *Higher Protein Diets to Combat Sarcopenia.*
- 9/25/06 Purdue University Center on Aging and the Lifecourse 10th anniversary symposium. Panelist for discussion on academic development and publishing.
- 2/2/06 Faculty lecturer, Purdue University Department of Foods and Nutrition Corporate Affiliates Program. Lecture topic: *Influence of dietary calcium and dairy on postprandial thermogenesis and macronutrient oxidation in adolescents.*
- 1/6/05 Scientific Advisory Board presentation, Experimental and Applied Sciences Corp. (EAS). Lecture topic: *Macronutrient Intake and Food Rheology: Effects on Appetite, Food Intake, Glucose Metabolism, and Body Composition.*
- 9/25/03 Faculty lecturer, Purdue University-University of Alabama Botanical Center for Age Related Diseases workshop on Methods for In Vivo and Clinical Studies for Botanicals Research Training Session. Lecture and one-hour laboratory topic: *Human Body Composition.*
- 9/6/02 Seminar speaker, Interdepartmental Nutrition Program and Department of Foods and Nutrition Corporate Affiliates Program, Purdue University. Lecture topic: *Protein Needs of Older Humans: An Update.*
- 5/10/02 Faculty lecturer, Department of Foods and Nutrition symposium on Strategies to Improve your Mood, Performance, and Health, Purdue University. Lecture topic: *Macronutrients and Supplements for Athletes and Non-Athletes.*
- 5/4/01 Faculty lecturer, Department of Foods and Nutrition symposium on Nutrition and Exercise for Successful Aging, Purdue University. Lecture topic: *Protein and Energy Needs of Older People: Does Exercise Matter?*
- 2/18/99 Research seminar presenter, the Arkansas Children's Hospital Research Institute, and the Arkansas Children's Nutrition Center, Little Rock, AR. Lecture topic: *Effects of diet and resistance training on protein metabolism and requirements, body composition and skeletal muscle in older people.*
- 2/9/99 *Exercise and Aging* teleconference, sponsored by the UAMS Reynolds Department of Geriatrics, the Central Arkansas Veterans Healthcare System Geriatric Research, Education and Clinical Center, and the Oklahoma Geriatric Education Center.
- 9/16/98 Faculty Lecturer, "Nutrition & Aging XIII: Nutrition, Exercise and Aging" conference, Little Rock, AR. Lecture topic: *Protein Requirements of the Elderly.*
- 11/1996 Mid-Atlantic Regional Chapter of the American College of Sports Medicine, annual meeting, November 8-10. Symposium, Physical Activity, Nutrition, and Aging. Lecture topic: *Impact of physical activity on energy and protein requirements of older adults.*
- 7/1995 Faculty lecturer, Nutrition and Exercise Institute, The Pennsylvania State University, July 21-23. Lecture topic: *Protein and energy requirements in the elderly.*

- 6/1995 Symposium, Protein metabolism and exercise. 1995 Am. Coll. Sports Med. Conference. Lecture topic: *Overview of protein metabolism: methods used for the assessment of protein requirements and protein requirements through the life cycle.*
- 7/1994 Sport Science for Coaches and Trainers, Summer conference at The Pennsylvania State University, Lecture topic: *Protein and Performance.*
- 4/1992 Symposium, Aging and body composition: technological advances and physiological interrelationships. 1992 FASEB Conference. Lecture topic: *Musculoskeletal mass and function in the elderly.*
- 4/1992 American Institute of Nutrition/Procter and Gamble Graduate Student Research Awards Competition, FASEB Conference. Presentation titled: *Protein turnover in young and older men related to fat free mass and muscle mass.*
- 4/1991 Harvard Medical School and New England Deaconess Hospital, 'Current advances in nutritional medicine and disease prevention.' Presented an interactive workshop titled, *Individualizing an exercise program.*

Community Service Presentations:

- 4/19/17 Purdue Retirees Association. Presentation on "Eating healthy for a better retirement: foundations of the Dietary Guidelines for Americans."
- 9/2/11 Indiana Area Five Agency on Aging Senior Games, Logansport, IN. Presentation on the importance of exercise and diet for healthy muscles.
- 8/5/10 Lafayette Urban Ministries Summer Camp 2010 – "Science – Exploring the Possibilities." Presentation to three groups of 8-10 year-old campers on "The ins and outs of energy – balancing calories between food and exercise". Hanging Rock Christian Assembly Camp, West Lebanon, Indiana.
- 9/25/09 Purdue University President's council Back-to-Class Seminar presentation on *Get Better with Age: Research Shows How to Combat Loss of Muscle Mass.*
- 7/6/09 Purdue Retirees Association. Presentation on Healthy Aging.
- 4/29/09 Purdue Retirees Association. Presentation on Nutrition, Exercise, and Sarcopenia.
- 9/18/08 University Place Retirement Community, West Lafayette, IN. Presentation on Nutrition and Exercise as tools to prevent and treat sarcopenia.
- 5/21/08 Mary L. Matthews Club, discussion about nutrition and exercise for seniors.
- 2/9/08 Purdue University President's Council Seminar presentation on Exercise and Nutrition for older persons. Mollenkoph Back-to-Class weekend, Naples, FL.
- 1/26/08 Westminster Village Retirement Community Men's Club, West Lafayette, IN. Presentation and discussion on the benefits of nutrition and exercise for older people.
- 10/5/07 Purdue University President's Council Seminar presentation on *Exercise and Nutrition: Effects on Body Composition in Older People.*
- 5/18/06 Battleground Elementary School 2nd grade class presentation on Food Guide Pyramid and healthy eating and exercise behaviors for children.
- 4/7/06 School of Consumer and Family Sciences and CFS Alumni Association, Felker series lecturer. Presentation on *Integrative Nutrition, Exercise, and Aging Research.*
- 2/6/06 Sagamore Council Cub Scouts, troop 3311. Presentation to Wolf Cubs den on healthy snacks.
- 4/20/05 Sycamore Council Girl Scouts. Presentation to troop on healthy eating for girls.
- 1/24/05 Sagamore Council Boy Scouts, troop 3311. Presentation to Tiger Cubs den on physical activity and exercise.
- 1/11/05 Sagamore Council Boy Scouts, troop 3311. Presentation to Tiger Cubs den on healthy eating and Food Guide Pyramid.
- 10/15/04 School of Consumer and Family Sciences, Festive Friday and Homecoming presentation titled, *Couches and Calories: Weighing the Issues of Obesity.*
- 9/22/04 Purdue University Retirees Association. Living to 100 – In Style! Symposium at University Inn, West Lafayette, IN. Presentation title: Nutrition and Exercise: Strong Tools for Strong Seniors.

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- 3/4/04 Lafayette/West Lafayette Kiwanis. Presentation on “Have you lost it and do you care? Strength training for Seniors.”
- 1/21/04 Purdue University Community Relations Advisory Committee, West Lafayette, IN. Hosted group at Department of Foods and Nutrition and lead discussion on Nutrition, Exercise and Aging Research.
- 4/3/03 Wabash Area Lifetime Learning Association, West Lafayette, IN. Presentation on “Senior Nutrition.”
- 3/26/03 Hoosier Hospitality Conference, Indianapolis, IN. Presentation on “Healthy Lifestyles versus Obesity.
- 9/27/02 School of Consumer and Family Sciences, Back-to-class alumni presentation titled, *Age Healthfully with good nutrition and exercise.*
- 3/19/99 Senior Programs of Arkansas (SPARK) meeting, Presentation of nutrition and exercise research efforts by Donald W. Reynolds Department of Geriatrics.
- 3/11/99 Conway Rotary Club, Conway, AR. Presentation on “Exercise, Nutrition and Aging Research at UAMS and the VA.
- 2/4/99 Shepherd’s Center of Southwest Little Rock, AR. Presentation on “Exercise, Nutrition and Aging,” in conjunction with the organization’s ‘Adventures in Learning’ program.
- 1/7/99 American Association of Retired Persons, Chapter 2362, Little Rock, AR. Presentation on “Healthy Aging with Exercise and Nutrition.”
- 5/27/98 Outlook Pointe Assisted Living Community, Sherwood, AR. Presentation to community health professionals on “Beating the Clock: Can Exercise Slow the Aging Process.”
- 4/29/98 Walton Life Fitness Center, Bentonville, AR. Presentation on “The importance of strength training for seniors” to Walton Life Fitness Center staff, members and invited community health providers.
- 2/24/98 ‘February Fabulous Geriatrics’ program, held at the Rivermarket, Little Rock, AR, and co-sponsored by the American Association of Retired Persons and the city of Little Rock, AR. Presentation on “*Healthful exercise and nutrition for seniors*”.
- 2/1997 The Pennsylvania State University, continuing education workshop on, “Fitness and Nutrition for Women.” Presented a 3-hour lecture/workshop on strength training.
- 11/1995 Centre County, Pennsylvania, chapter of the American Association of Retired Persons, community presentation on the benefits of strength training for seniors.
- 4/1995 Centre County Senior Center, community presentation on initiating a strength training program for frail elderly people.
- 7/1993 Summit Quest Regional Health and Fitness Center, Bedford, PA. Lecture on wellness and aging.
- 1/1993 Massachusetts Institute of Technology, Adult Health Education Series, two-part lecture/workshop on, *An introduction to weightlifting for adults of all ages.*
- 4/1992 Massachusetts Institute of Technology, Adult Health Education Series, lecture/workshop on, *An introduction to walking for health and fitness by adults of all ages.*

University Activities:**Purdue****Purdue Committees:**

- 7/1/2022 – 6/30/2023 Member, Steering Committee, Center on Aging and the Life Course.
- 7/1/2019-6/30/2021 Member of the Purdue University Institutional Review Board (IRB), Office of the Executive Vice President for Research and Partnerships.
- 7/2013-6/2016 Representative to Purdue University Senate.
- 10/2015-6/2016 Member, Purdue University Senate Nominating Committee.
- May 2012 Member, grant review committee, Bindley Bioscience Center Research Fellows and Scholars Initiative.
- 9/2011-2/2012 Member, Search and Screen Committee to hire an Assistant Vice President for Research – Regulatory Affairs, Office of the Vice President for Research.
- 11/2011 Consultant/Discussant on University-wide undergraduate honors college initiative.
- 2-11-2013 Member, F&A Working Group, Office of the Vice President for Research.
- 2005-2016 Member, Ingestive Behavior Research Center Steering Committee.

- 9/04-1/06 Member, Search and Screen Committee to hire a Director of the Regenstrief Center for Healthcare Engineering.
8/01-5/05 Member of the Gerontology Program Steering Committee.
9/00-2007 Member of the Ismail Center Research Committee.

College of Health and Human Sciences Committees:

- 7/2021-6/2023 Member, College AREA Committee (promotion, tenure, and honorary awards committee)
7/2021-6/2023 Member, College Research Advisory Committee
3/2011-6/2013 Chairman, College of Health and Human Sciences Faculty Affairs Committee.
2011 Chairman, College of Health and Human Sciences Dean-appointed faculty/staff committee to evaluate Administrative Head of the Department of Nutrition Science.
9/2010-12/2010 Member, Search and Screen Committee to hire an Associate Dean for Research and Graduate Programs, College of Health and Human Sciences.

Department of Nutrition Science Committees:

- 8/2021-6/2023 Member, Interdepartmental Nutrition Program Executive Committee
8/2021-6/2023 Chair, Space Utilization/Safety Committee
2018-2020 Member, Outreach Committee
2018-2019 Member, Undergraduate Teaching Committee

Search and Screen Committees

- 09/2022-6/2023 Member, Search and Screen Committee to hire assist./assoc. professor in Department of Nutrition Science.
09/2021-5/2022 Chair, Search and Screen Committee to hire assist./assoc. professor in Department of Nutrition Science.
9/2020-05/2021 Member, Search and Screen Committee to hire assoc./full professor in Department of Nutrition Science, with service as director of the Purdue Clinical Research Center.
9/2014-8/2015 Member, Search and Screen Committee to hire continuing lecturer in Department of Nutrition Science to support teaching classes in Nutrition, Fitness, and health major.
7/2014 Faculty reviewer for Nutrition Science graduate student teach assistant award.
1/2013-8/2013 Chair, Search and Screen Committee to hire continuing lecturer in Department of Nutrition Science to support teaching classes in Nutrition, Fitness, and health major.
9/2012-5/2013 Chair, Search and Screen Committee to hire tenure-track faculty in Department of Nutrition Science, Appetite, Metabolism, and Obesity signature area.
Fall 2011 Member, Search and Screen Committee to hire an instructor for Nutrition, Fitness, and Health undergraduate major, Department of Nutrition Science.
Fall 2010-2011 Chair, Department of Foods and Nutrition Undergraduate Evaluation Task Force.
2/2011-6/2011 Chair, Search and Screen Committee to hire tenure-track faculty in Department of Foods and Nutrition, Diet, Energy Balance and Fitness signature area.
9/2003-5/2007 Member, Search and Screen Committee to hire Gastrointestinal Physiology/Nutrition faculty member in Department of Foods and Nutrition.
9/2000-5/2001 Chair, Search and Screen Committee to hire Continuing lecturer in Nutrition, Fitness, and Health in the Department of Foods and Nutrition.
9/2000-3/2001 Member of the Search and Screen committee to hire professional staff member to teach F&N 415, advise F&N undergraduate students majoring in Nutrition, Fitness and Health, and provide nutrition support to the athletics teams at Purdue.

Other Committees

- 4/2013 HATCH review committee member for Nana Gletsu-Miller.

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- 2011-2013 Member, Department of Nutrition Science Teaching Subcommittee on undergraduate curriculum re-structuring.
- 9/2010-8/2012 Chair, Department of Nutrition Sciences Faculty Affairs Committee. Responsible for Department name change; Department Head review; and updating promotion and tenure documents for research and clinical faculty.
- 9/2002-10/2003 Member of the Discovery and Engagement committees for the USDA CSREES Fall 2003 evaluation of the Department of Foods and Nutrition.
- 5/2002 Member of the organizing committee for the "Strategies to Improve Your Mood, Performance, and Health: Do Diet and Supplements Help?" symposium, Department of Foods and Nutrition, May 10, 2002.
- 5/2001 Member of the organizing committee for the "Nutrition and Exercise for Successful Aging" symposium, Department of Foods and Nutrition, May 4, 2001.

Gerontology Program:

- 2023 Member of the Organizing Committee for the Center on Aging and the Life Course symposium "*The Nexus of Nutrition and Physical Activity for Optimal Aging*", held on October 20, 2023.
- 2009 Member of Organizing Committee for Center on Aging and the Life Course symposium "The Aging Brain", September 11, 2009.
- 3/01 Scientific reviewer of proposals for the Purdue University Gerontology Program Pilot Grants, 2001.

Other Search and Screen Committees

- 09/21-05/22 Member, Search and Screen Committee to hire assist./assoc. professor in Purdue Libraries and School of Information Studies.
- 10/06-6/09 Member, Search and Screen Committee to hire a clinical faculty member in the Department of Health and Kinesiology to direct the Ismail Center for Health, Exercise, and Nutrition.
- 9/04-1/05 Member, Search and Screen Committee to hire faculty member in the Department of Psychological Sciences.
- 9/03-5/04. Member, Search and Screen Committee to hire Exercise Physiology/Gerontology faculty member in Department of Health and Kinesiology.

UAMS

- 9/99-6/00 Faculty member of the "Committee for Allocation of Graduate Student Research Funds (CAGSRF). UAMS Graduate School.
- 1/20/99 Internal review committee member for Dr. Kathy Richard's proposal titled, *The effect of activity, exercise and sleep hygiene on sleep*, submitted for external funding, UAMS College of Nursing.
- 12/12/98 Faculty interviewer of prospective medical students, UAMS College of Medicine.
- 8/24/98 Scientific presentation and tour of Nutrition, Metabolism, and Exercise Laboratory given to UAMS Dietetic Internship students.
- 5/1/98 Scientific reviewer for The Research Fund Allocation Subcommittee of the Research Committee in the UAMS College of Medicine.
- 2/20/98 Faculty assistant at Donald W. Reynolds Department of Geriatrics booth, UAMS-sponsored Arkansas Senior Expo, Benton, AR.
- 2/18/98 Faculty attendee, UAMS medical student geriatrics interest group meeting, UAMS campus.
- 10/1997 Guest Faculty lecturer, NUTR 5032 Assessment of Nutritional Status, UAMS Department of Dietetics and Nutrition, topic: *Body Composition Assessment and Energy Metabolism*.