

Nutrition Obesity Research Center  
UNIVERSITY OF COLORADO **ANSCHUTZ MEDICAL CAMPUS**

## **NORC News: April 2025**

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## From the Director: Paul MacLean, PhD

Great News!! The Colorado NORC competitive renewal (NIH P30 DK048520) received a favorable score, so we are cautiously optimistic about funding for the next cycle. We continue to work closely with our NIH partners through council review and other administrative screens to ensure this important institutional resource will be supporting nutrition and obesity research in the Rocky Mountain Region in the coming years.

Moving forward, I am happy to announce that Sylvania da Silva Teixeira has been selected as the next Colorado NORC INSPIRE Scholar ([Inter- NORC INSPIRE Program](#)). Dr. da Silva Teixeira was recently awarded an NIH K01 award (HL 174689) to build her independent research program focused on the role of thyroid hormones on cardiovascular health and  $\beta$ -cell function. The NORC's INSPIRE program will help Dr. da Silva Teixeira connect to like-minded researchers at other NORCs across the country.

A big thanks goes out to the NORC leadership team, our NORC members, and our institutional partners, for their work and support in our competitive renewal application.

## Quick Announcements

- The **Energy Balance Assessment Core's (EBAC) application to utilize services** has been revised. For those looking to utilize the resources for energy expenditure, GXT, DXA and HR-pQCT, the application and more details can be found on the EBAC tab on the CCTSI webpage [HERE](#).
- NIH has launched a new website to track policy and procedure changes affecting both proposals and post award administration. The [Implementation of New Initiatives and Policies](#) website includes changes to applications, Training (T) grants, and Fellowship (F) awards that took immediate effect.
  - CU Anschutz's Office of Grants and Contracts has posted this link under a NIH Updates section on the [OGC website](#).

## Faculty Highlight: Noel Mueller, PhD

Dr. Noel Mueller is an Associate Professor in the CU Department of Pediatrics Section of Nutrition and the LEAD Center. Prior to joining CU, Dr. Mueller was Associate Professor in the Department of Epidemiology at Johns Hopkins Bloomberg School of Public Health, and a Core Faculty member in the Welch Center for Prevention, Epidemiology and Clinical Research. Noel obtained his PhD in Epidemiology at University of Minnesota and postdoctoral training at Columbia University.



His epidemiologic research lies at the nexus of nutrition, microbiome, and environmental health science, and aims to generate data to inform the development and testing of interventions to improve health throughout the lifespan. To this end, he has over 100 publications, a book chapter, and invited editorials in JAMA, Cell Host & Microbe, and American Journal of Clinical Nutrition. His work is predominantly funded by the NIH. He has been recognized for his research through the receipt of several national research awards, including the “The Sandra A. Daugherty Award for Excellence in Cardiovascular Disease Epidemiology” and through invited seminars, both nationally and internationally, including invited seminars at the New York Academy of Sciences, the Pediatric Academic Society, the Infectious Diseases Society of America, and the International Diabetes Federation. His research has also reached the general public and gains attention from multiple podcasts and the media, including the New York Times, BBC, CBS News, and NPR. Dr. Mueller is also a Fellow of the American Heart Association, where he is on the Leadership Committee and Obesity Committee. Dr. Mueller also thoroughly enjoys teaching and mentoring the next generation of public health scientists, and he was recently recognized for his efforts with the “Advising, Mentoring, & Teaching Recognition Award” from Johns Hopkins Bloomberg School of Public Health and the “2024 NORC Award for Outstanding Mentor”.

Outside of work, Noel enjoys spending time with his wife (Carlye) and two kids (Cora and Jasper), hiking, biking, skiing, and experiencing live music. Noel also enjoys making ceramics in his free time.

### RESEARCH & GRANTS

## Current Funding Opportunities—Pathway to Stop Diabetes

### New Funding Opportunities of ORDS ADA Pathways to Stop Diabetes

Limited Submission Opportunity | [ADA Pathways to Stop Diabetes](#)

The Office of Research Development and Strategy is seeking internal submissions for the American Diabetes Association (ADA) Pathways to Stop Diabetes program. This call for nominations will prioritize exceptional investigators across the spectrum of diabetes research, spanning basic science through public health research and implementation science. The ideal applicant will propose innovative research with the ultimate goal of improving the lives of people at risk of diabetes or living with the disease - and the pathway to this impact is clear.

Starting in 2024, ADA will accept up to two (2) nominations per institution with one (1) nomination spanning basic through preclinical research and one (1) nomination spanning clinical through public health research. Each nomination can be for either of the Pathway Program Award types: Accelerator Award or Initiator Award.

For additional information about the program such as eligibility, or to submit your internal application, please review the internal RFA below and submit your application using the [InforeadyApplication Link](#).

\*Please note that this is a limited submission opportunity. Internal submissions are due no later than **May 1, 2025**.

[View Internal RFA](#)

## **New R01 Funding for Videoconference Intervention to Increase MVPA in Cancer Survivors**

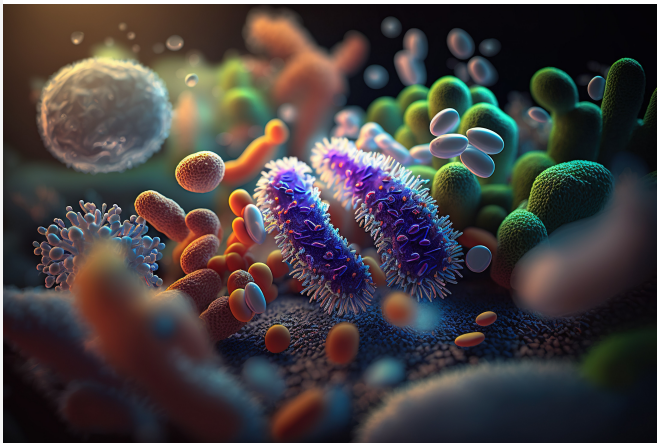




Dr. Heather Leach directs the Physical Activity for Treatment and Prevention (PATP) Lab at CSU, who's overall mission is to determine the best ways to engage individuals in physical activity to help them prevent and/or recover from obesity-related chronic diseases, including cancer. Her program of research centers on the energy expenditure side of the obesity coin (i.e. physical activity), which is integral in preventing and reducing obesity, as well as for helping to manage side effects from cancer treatment(s) and improving survival. Dr. Leach recently received a Notice of Award for her R01 from NCI to support an upcoming trial, ***"Efficacy of a group-based videoconference intervention to increase physical activity in cancer survivors"***. Moderate to vigorous intensity physical activity (MVPA; i.e., aerobic and resistance exercise) has been shown to improve physical function and quality of life for cancer survivors and is associated with reductions in cancer-specific and all-cause mortality. However, recent estimates suggest that only 14% of individuals with a cancer history are engaging in the amount of MVPA considered necessary to achieve these health benefits.



Thus, there is a need for effective and wide-reaching interventions that can help cancer survivors increase MVPA. Supervised group-based interventions are successful in increasing MVPA among cancer survivors, however, delivering these interventions face-to-face can be resource intensive, and present a barrier in terms of access. Virtually supervised PA interventions (i.e., using videoconferencing) can offer the benefits of real-time supervision and social interaction, while retaining the scalability and reach advantages of other remote delivery modalities. To date, there have been no large-scale, randomized controlled trials testing the efficacy of a group-based videoconference intervention to increase MVPA in cancer survivors. This study will examine the effect of a live, synchronous, group-based videoconference intervention compared to an asynchronous (i.e., recorded) control group to increase MVPA and improve health outcomes among cancer survivors and explore behavioral mediators and moderators of intervention effects.



#### **Keynote Speaker:**

**Brandilyn Peters-Samuelson, PhD**

Assoc. Prof. in Epidemiology and Population Health  
Albert Einstein College of Medicine

*"Menopause and the gut microbiome:  
implications for women's health"*

[Register Here](#)

## **NORC Summer Workshop: The Gut Microbiome in Health and Disease**

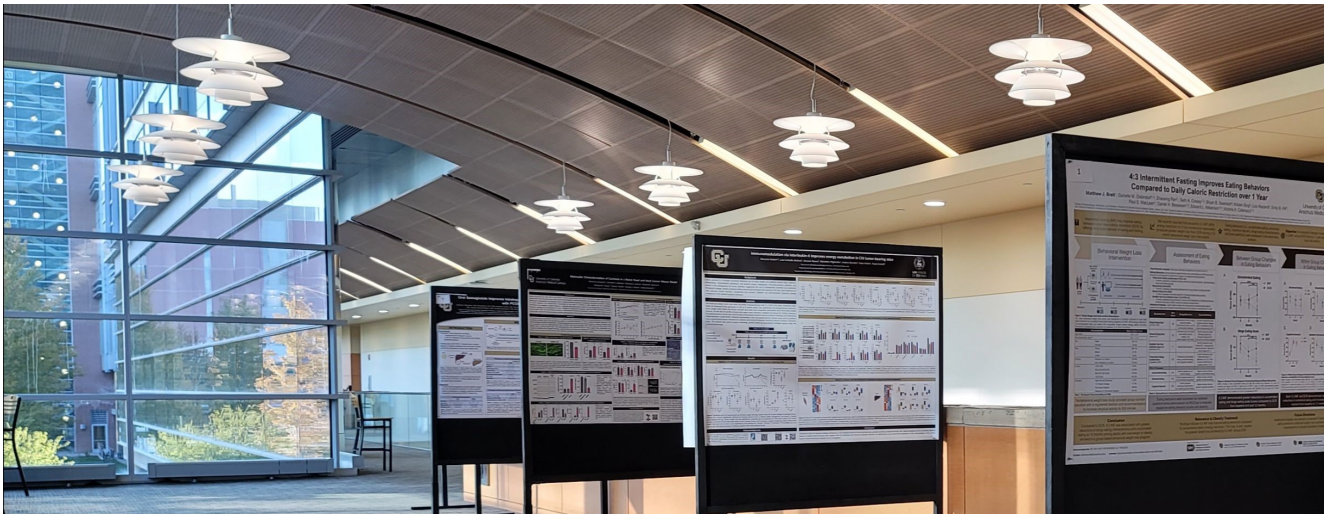
**July 14th, 2025**

**AHSB - Elliman Conference Center**

**8am-4:45pm | 5-7pm Reception**

The 2025 Colorado NORC workshop titled "The Gut Microbiome in Health and Disease" will provide an overview of the association between the gut microbiome and metabolic health outcomes. There will be four main areas covered: Early Life Development, Obesity and Cardio Metabolic Disease, Neural Interactions and Sex Difference, and Effects on Menopause, with speakers from CU Anschutz, CU Boulder, and Colorado State University. A reception will follow the program on the Anschutz Health and Wellness Center's Green Roof.

## **2025 NORC Pilot Program: Accepting Applications**



The Colorado Nutrition and Obesity Research Center (NORC) is requesting applications for pilot and feasibility projects to support new investigators with projects relevant to nutrition or obesity who have no independent NIH (or comparable) funding. The goal of the program is to help junior investigators perform studies that will help them build their independent research program and support their efforts to acquire a career development award (K01, K08, K23, VA CDA2 or similar award) or their first independent R01 award. The program supports a broad range of research on nutrition and obesity, which includes, but is not limited to, the following areas:

- Early life influences affecting long term health
- Women's health and sex differences research
- Exercise, physical (in)activity, or energy expenditure
- Metabolic regulation, dysfunction, and related co-morbidities (diabetes, cancer, CVD)
- Interventions for better health

Proposals related to the science of behavior change, personalized nutrition/medicine, and disease-specific treatments are also encouraged.

Want to learn more? To obtain application instructions and document templates, please email:

**Caro Henauw at [caro.henauw@cuanschutz.edu](mailto:caro.henauw@cuanschutz.edu)**



## Publication Highlight: DRIFT Study

*“The Effect of 4:3 Intermittent Fasting on Weight Loss at 12 Months: A Randomized Clinical Trial”*



Results from the Daily Calorie Restriction versus Intermittent Fasting Trial (DRIFT), a randomized clinical trial performed at the University of Colorado by a research team that included several Colorado NORC investigators (Victoria Catenacci MD, Danielle Ostendorf PhD, Pan Zhaoxing PhD, Seth Creasy PhD, Ann Caldwell PhD, Matt Breit PhD, Dan Bessesen MD, Paul MacLean PhD, and Ed Melanson PhD) were published on March 31st, 2025 in the *Annals of Internal Medicine*. The study findings have already received already numerous press coverages including several national broadcast morning shows highlighting the study. DRIFT compared weight loss generated by 4:3 intermittent fasting (4:3 IMF, 80% energy restriction, 3 days per week with ad libitum intake the other 4 days per week) versus daily caloric restriction (DCR, a standard weight loss approach of restricting calories every day) in n=165 adults with overweight or obesity over 12 months. The targeted weekly energy deficit was designed to be equivalent (34%) in the 4:3 IMF and DCR groups. Comprehensive behavioral support was provided to both groups by the NORC Clinical Intervention and Translation (CIT) Core, and the NORC Energy Balance Assessment Core supported several outcome measures. The study found that 4:3 IMF produced modestly greater weight loss as compared to DCR at 12 months (-7.7 kg in 4.3IMF vs -4.8 kg in DCR). The 4:3 IMF intervention also resulted in greater overall calorie restriction over the 12-month intervention as compared to DCR (assessed using the doubly labeled water intake balance method) and both groups increased physical activity to a similar degree suggesting that the greater weight loss in 4:3 IMF was due to greater adherence to the dietary intervention.

Drs. Catenacci and Ostendorf (co-lead authors) share that “this study has shown that 4:3 IMF can be considered among a range of evidence based dietary weight loss interventions for adults seeking weight loss. As the most effective dietary weight loss strategy for any individual is likely to be the one they can best adhere to over time, having additional evidence based dietary weight loss paradigms for people to choose from may help more people find a strategy that best suits them for achieving long-term weight loss success.”

[View Publication](#)

[View CU Anschutz Highlight](#)

## Upcoming NORC Sponsored Speakers



**4/30/25: Marcus DaSilva Goncalves, MD, PHD**

Director, Systemic Metabolism Research  
NYU Langone Health

Endocrine Grand Rounds at 8am

*"Nutrient Uptake and Metabolism during Weight Loss"*

Endocrine Research Conference at 11am

*"Appetite control and metabolic changes in cancer cachexia"*



Is there someone working  
in the area of obesity or  
nutrition that you'd like to  
see speak on campus? You  
can nominate them for  
NORC sponsorship.

[Nominate a  
Speaker](#)

## NORC Partners

*Thank you to all of our partners for your  
collaboration and support.*

- [Anschutz Health & Wellness Center \(AHWC\)](#)
- [Anschutz Medical Campus](#)
  - [Dept of Orthopedics](#)
  - [Division of Endocrinology](#)
  - [Dept of Pediatrics, Section of Nutrition](#)

## Journal Clubs

*Held Monthly from Sept–May  
More info on journal clubs [HERE](#).*

- **FAT Chat**  
4th Thursday at 3pm  
Organizer: Andrew Libby
- **BAT Chat**  
2nd Monday at 10am



- [Barbara Davis Center \(BDC\)](#)
- [Centers on Aging \(CoA\)](#)
- [Centers for American Indian & Alaska Native Health \(CAIANH\)](#)
- [Colorado Clinical Translation Science Institute \(CCTSI\)](#)
- [LEAD Center](#)
- [Ludeman Center for Women's Health Research](#)
- [Office of Laboratory Animal Research \(OLAR\)](#)
- [Perinatal Research Center](#)
- [UC Cancer Center \(UCCC\)](#)

*Organizer: Ed Melanson*

· **Physical Activity MADness**

3rd Tuesday at 10am

*Organizer: Ana Pinto*

· **Molecular Metabolism**

4th Thursday at 4pm

*Organizers: Amy Keller & Kimberly Bruce*

· **Muscular Skeletal Working Group**

Last Tuesday at 11am

*Organizer: Andrea Bonetto*

· **Bone Think Tank**

2nd Monday at 4pm

*Organizers: Christine Swanson & Sarah Wherry*

· **SuperMito Group**

4th Tuesday at 10:30am

*Organizer: Cecilia Caino*

## Cite the Grant

Did you use any of the Colorado NORC resources to support your published research? Please site the NIDDK Grant Number: **DK048520**

## Membership

**Not yet a member of the Colorado NORC?**

Email your CV/BioSketch to:  
[norc@cuanschutz.edu](mailto:norc@cuanschutz.edu)

**Have questions or an idea for the next NORC News?**

Email our Program Administrator: [Olivia.Schmidt@cuanschutz.edu](mailto:Olivia.Schmidt@cuanschutz.edu)



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