

COLORADO

NORC

Nutrition Obesity Research Center

FROM THE DIRECTOR

Colorado NORC 2022 Awards! Nominations are open for this year's Colorado NORC Awards. Participating is easy, via a simple SurveyMonkey submission, and nominations are accepted from any faculty, trainee, or staff member who is affiliated with the Colorado NORC in some way. Nomination categories include outstanding Graduate Student, PhD Instructor/Fellow, MD Instructor/Fellow, Research Support Staff, Faculty Member, and Mentor. This is your chance to acknowledge the fantastic people we have in the NORC research base. Please see that attachment included with this newsletter email for more details and links to the nomination websites. **Deadline for nominations is 10/31/2022.**

2022 NORC Retreat Our retreat this year was held on October 24th in the Anschutz Health Sciences Building. The event was chaired by Drs. Lyndsey Dubose and Andrew Libby and was attended by faculty, trainees, and staff in the NORC research base. Attendees enjoyed the lunch as the conference began, but the highlight was the networking reception at the end of the day. Dr. John Thyfault from Kansas University Medical Center provided the keynote address, but we also heard from Dr. Kimberly Bruce and a slew of NORC Pilot Awardees throughout the day. A big thanks goes to Dr. Ed Melanson, Kristy Truesdale, and Caro Henauw, as well as our conference chairs, for organizing the successful event.



RACMEM 2022 The 5th Recent Advances and Controversies in the Measurement of Energy Metabolism conference was held in Quebec City, October 6th-9th. A number of NORC members participated in this event, which originated in Denver, CO, in 2008 with the backing of the Colorado NORC. The event was a huge success, and the next RACMEM will be organized by Dr. John Speakman in China in 2025.

ObesityWeek 2022 ObesityWeek® has long been the preeminent conference for researchers and clinicians who are interested in the latest science and evidence-based treatments for obesity. Come join the fun in San Diego November 1st -5th.

October 2022

HIGHLIGHTS

Elizabeth Thomas, M.D.

Dr. Thomas is an Assistant Professor in the Division of Endocrinology, Metabolism and Diabetes, with clinical and research interests in obesity and weight management. She is originally from Denver and received her undergraduate degree in Biology from the University of Michigan and MD



degree from the University of Colorado. She completed Internal Medicine residency at the University of North Carolina and then returned home to complete her Endocrinology fellowship here at the University of Colorado Anschutz Medical Campus. During her research fellowship she worked with Dr. Marc Cornier in the area of appetite and body weight regulation, which led her to study meal patterns and how they affect appetite, body weight, and energy balance. As emerging evidence has highlighted the importance of timing of energy intake on weight regulation and the metabolic benefits of fasting, she became interested in time restricted eating (TRE). Leading a team of scientists, she recently completed a pilot trial of TRE for weight loss in adults with overweight and obesity, which laid the groundwork for a larger randomized trial designed to investigate the effects of early vs. late TRE, as compared to daily caloric restriction, on body weight, cardiometabolic outcomes, physical activity, and sleep. She recently received an 11th percentile score on an R01 award to support this trial and is hoping to receive official notification of funding soon! In addition to establishing her research program, she has clinical responsibilities in both general endocrinology and weight management at the VA Medical Center, and she serves as the Associate Program Director for the endocrinology fellowship program.

Colorado Obesity Medicine Fellowship Training Program

The fellowship program is now entering its 4th year. Applications for this fellowship program are now being accepted. More information about the program can be found here: <http://cunorc.org/obesity-medicine-fellowship/>

CU NORC Website: cunorc.org
Ideas for the next NORCNews? Questions about this content?
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