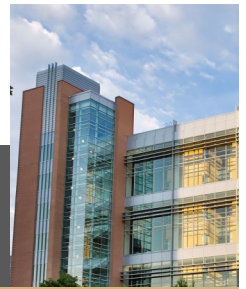


# NORC News October 2024



## Announcements

- NORC Renewal submitted!
- Darleen Sandoval appointed to Associate Director of the NORC
- NORC posts its "Plan to Enhance Diverse Perspectives" [here](#).

## Upcoming NORC Sponsored Speakers

Thursday, Oct 24th  
**Ellen Demerath, PhD**  
Nutrition Seminar

**Click Here** to request support from the Colorado NORC for a speaker you'd like to have on campus.

## Save the Date!

- **Annual NORC/AHWC Appreciation Event**  
Friday, December 13th

## 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

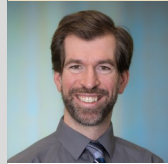
**Not yet a member of the Colorado NORC?**  
Email your CV/BioSketch to:  
[norc@cuanschutz.edu](mailto:norc@cuanschutz.edu)

## From the Director NORC Competitive Renewal



The Colorado NORC (P30 DK048520) competitive renewal was submitted earlier this month!! A big thanks goes to Caro Henauw and Olivia Schmidt for their administrative support, the NORC Executive Committee for their work on the core and program components, and our institutional supporters: Department of Pediatrics, School of Medicine, and the Department of Medicine. A big thanks also goes out to our key campus partners, including the Anschutz Health and Wellness Center and the Colorado Clinical Translation Science Institute. The Colorado NORC supports a research base of 125 Member faculty, 26 Associate trainees, and 47 Associate educators and scientists, with a nutrition/obesity-relevant funding portfolio of \$65 million. The current funding portfolio of our research base includes 106 R01s, 17 U/P-level team science projects, 5 K24/26 mentoring awards, 24 K-level career development awards, and 21 foundation awards. With exceptional leadership and institutional support, our cores and programs have been highly productive over the past 5 years, and they continue to adapt to the changing needs of our community. Best wishes to the entire NORC team for a favorable review and the opportunity to continue their work in facilitating nutrition and obesity research in the coming years.

## Faculty Highlight: Ryan Marker, PhD



Dr. Ryan Marker is an Assistant Professor in the Department of Physical Medicine and Rehabilitation, a member of the University of Colorado Cancer Center, and leads the BfitBwell Cancer Exercise Program at the Anschutz Health and Wellness Center. His research aims to improve both the effectiveness and accessibility of exercise interventions for survivors of cancer, with a focus on survivors from underserved populations. This work involves innovations in exercise program delivery methods and investigations of individual physiologic responses to exercise, facilitating future exercise personalization. He recently received an R01 from the NCI, "Effects of a Telehealth Exercise Program for Rural Cancer Survivors with Cancer-related Fatigue Including Integrated Longitudinal Assessments of Objective Physical Function and Fatty Acid Oxidation", to perform an efficacy trial of a telehealth exercise intervention designed specifically for rural survivors of cancer. This project integrates the remote collection of blood samples to investigate how exercise-associated changes in fatty acid oxidation are related to changes in cancer-related fatigue.

Ryan spends the majority of his free time wrangling and playing with his four- and six-year-old boys, but occasionally finds time to go for a run or read a good sci-fi/fantasy book.



## 2024 NORC Awards Nominations OPEN!

The 2024 Annual NORC Award Nominations are now open! Nominations are accepted via SurveyMonkey for each category from any faculty, trainee, or staff member who is affiliated with the Colorado NORC.

Award Categories include Outstanding:

- [Graduate Student](#)
- [PhD Instructor/Fellow](#)
- [MD Instructor/Fellow](#)
- [Research and Education Support Staff](#)
- [Faculty Member](#)
- [Mentor](#)

Click on each category to complete a nomination or see the attached NORC Awards Instruction document with more details and links. This is your chance to acknowledge the fantastic people we have in the NORC research base!!

Deadline for nominations is **10/31/2024** and awards will be announced/given at the annual AHWC/NORC December Employee Appreciation event.



## 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  
Organizer: Ed Melanson
- **Physical Activity MADness**  
3rd Tuesday at 10am  
Organizer: Ana Pinto
- **Molecular Metabolism**  
4th Thursday at 4pm  
Organizers: Amy Keller & Kimberly Bruce
- **Skeletal Muscle 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

## Colorado 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](#)
- [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 \(UCCC\)](#)

## NORC News: October 2024

### Colorado NORC Retreat

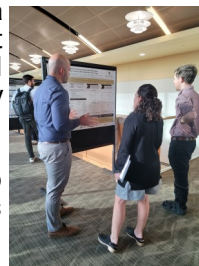
Krugman Conference Hall | October 14th



The annual **Colorado NORC Retreat** provides its members an opportunity to learn about what is happening within the Colorado NORC and beyond, as well as network with other members. This year's guest speakers included Tara TeSlaa, PhD with UCLA David Geffen School of Medicine and Lisa Goldman Rosas, PhD, MPH with Stanford School of Medicine. We also had two INSPIRE Scholars providing talks: Mary Latimer, PhD and Nadejda Bozadjieva-Kramer, PhD. Our poster winners were: 1st

place - Giacomo Rubini, 2nd place - Molly McGuckin, 3rd place - Gabriel Medrano. This year provided one of our biggest turnouts yet, with roughly 95 attendees.

We are looking forward to next year's retreat and are always aiming to improve this event but we need your feedback. If you attended this year's retreat, please complete [this feedback survey](#).



**WIELD panel Discussion:**  
October 23rd | 12-1pm CDT

### Navigating the Storm: Divorce & Career Responsibilities in Tough Times

Divorce is such a personal and painful topic to discuss, yet also needed. Our goal is to create a "safe place" where women can: receive support and know they are not alone, find out how others have coped with divorce, gain advice on navigating divorce, and understand how to best support a colleague, mentor, or trainee going through a divorce. Scan the QR Code to register for this WEILD panel discussion.



WOMEN  
INSPIRING AND  
ELEVATING  
LEADERSHIP IN  
DIABETES



### Study Highlight

BEACON Study - Sarah Wherry, PhD



Sarah Wherry, PhD, with CU-AMC's Department of Medicine, Division of Geriatric Medicine, published the following article in Sept 2024: [The Bone, Exercise, Alendronate, and Caloric Restriction \(BEACON\) Trial Design and Methods](#). Two other NORC members co-authored this publication, which provides the overview for an ongoing NIH-funded clinical trial in collaboration with Wake Forest University that is investigating strategies to minimize the bone loss that occurs when older adults lose weight. Recruitment is ongoing, and all participants will receive a 1-year dietary weight loss program; one group will undergo

an exercise intervention three times per week and take either a bisphosphonate osteoporosis medication or placebo. Another group will undergo the same dietary intervention without a structured exercise component and take either a bisphosphonate osteoporosis medication or placebo.



This study is looking for men and women who are at least 60 years old and who would benefit from a weight loss program, who are not currently taking insulin or osteoporosis medications, and who are living with low bone mass (osteopenia). Bone density testing is provided by the study to determine if someone has low bone mass. Interested individuals can visit [BEACONStudy.org](#) to learn more and complete the pre-screener or can contact the CU-AMC study team directly at [BEACONStudy@cuanschutz.edu](mailto:BEACONStudy@cuanschutz.edu).



[CUNORC.ORG](http://CUNORC.ORG)



[@ColoradoNORC](https://twitter.com/ColoradoNORC)

Have questions or an idea for the next NORC News?

Email our Program Administrator:

[Olivia.Schmidt@cuanschutz.edu](mailto:Olivia.Schmidt@cuanschutz.edu)

