



**Ludeman Family Center for  
Women's Health Research**

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

# **Application Guidelines for the 2025 Ludeman Center Women's Health Innovation Scholar (WHINS) Program**

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## About the Ludeman Family Center for Women's Health Research

The Ludeman Center envisions a world where all women are healthy and thriving. We transform women's health through leading-edge research, the development of outstanding scientists, and partnership with women, providers, and community to ensure women receive evidence-based, responsive healthcare. Profound sex and gender gaps in research and scientific innovation currently deny women the tools, treatments, and services they need to be healthy and thrive. Our work to champion and conduct scientific research focused on women's health and sex differences will change the future for all women.

## Women's Health Innovation Scholar (WHINS) Description

WHINS is a mentoring, academic and career development training program and funding mechanism that welcomes and incorporates scholars into a network of scientists from across the research spectrum who are focused on women's health and sex differences. WHINS scholars must focus on women's health or sex differences research in cardiovascular disease, diabetes/metabolism or the intersection of mental and physical health. For this award mechanism, a mentor and a career development plan are required. Priorities will include, but will not be limited to proposals that illustrate a pathway for translation to patient care.

The Ludeman Center provides WHINS scholars with up to \$100,000/year in salary support and up to \$25,000 in benefits for two years with a third year being negotiable. The Ludeman Center also provides \$25,000 in annual project support during the funding period. WHINS scholar's departments/divisions must agree to cover salary/benefits gaps as well as \$10,000 in annual project support funds.

## Application Review and Timeline

- The award selection process involves two stages: (1) a **letter of intent** (LOI) to narrow the pool to the applicants and projects most in line with the scope of WHINS; (2) a **full proposal** to select the award recipient(s).
- A letter of intent and full proposal must be submitted that meet all application guidelines; otherwise, applications will be administratively rejected.
- Proposals will be reviewed by independent, scientific experts in a rigorous peer-review process.

<b>CALL FOR LETTER OF INTENT</b>	August 25, 2025
<b>LETTER OF INTENT DUE</b>	September 26, 2025 by 5:00 p.m. MT
<b>INVITATION TO SUBMIT FULL PROPOSAL</b>	By October 3, 2025
<b>FULL PROPOSAL DUE</b>	November 14, 2025 by 5:00 p.m. MT
<b>AWARD NOTIFICATION</b>	By December 12, 2025
<b>PROJECTED START/END DATE</b>	January 2, 2026/December 31, 2027

## Applicant Eligibility

*If eligibility questions remain after reviewing these guidelines, please email [carly.pilius@cuanschutz.edu](mailto:carly.pilius@cuanschutz.edu).*

- Applicants must have an MD, PhD, Pharm D or DO. Eligible candidates should be postdoctoral fellows, instructors, or assistant professors. Clinical scholars must hold an MD, DO or PhD in psychology, have completed their clinical training, and demonstrate a commitment to pursuing a career involving research in women's health and sex differences.
- Applicants who already hold an NIH K or K equivalent as PI are not eligible.
- Applicants who already hold an R grant as PI are not eligible.

- MD/DOs or other types of clinicians are required to commit 75% of their time to research. PhDs who do not practice clinically must commit 100% of their time to research. This arrangement will be confirmed with a letter to the department and division chairs of all accepted WHINS Scholars with clinical obligations. A signed letter from these individuals agreeing to the terms of support is required for this award.
- Applicant's department chair must agree to fund \$10,000 per year of funding awarded (independent of salary gap augmentation).
- Applicant's department chair must commit to providing salary and benefits above the \$125,000 limit from WHINS if there is a salary gap.
- Applicants may have project budget items that include personnel, supplies, travel, training/career development, and equipment. Indirect costs are not allowed.
- Applicants may have research grants from other funding sources during the award period, but there must be clear documentation of mechanisms to avoid scientific and budgetary overlap.
- Applicants may be from any school/college within the University of Colorado Anschutz Medical Campus.

### **Scope of Proposal**

- Proposals must fall within the scope of the Ludeman Family Center for Women's Health Research mission, focused on women's health and sex differences research in the broad areas of cardiovascular disease, diabetes/metabolism, and/or the intersection of mental and physical health.
- Proposals may consist of research across basic, translational and/or clinical research, epidemiological, implementation science or bioinformatics. Thus, there are no restrictions to the type of science or methodology.
- Preference will be given to innovative projects that illustrate a pathway for translation to patient care.

### **Grant Conditions, Reporting and Ludeman Center Affiliation Requirements**

- Signed letter of agreement.
- Progress reports detailing progress-to-date after each year of funding.
- A final report discussing the overall results and outcomes at the conclusion of funding. Report must state findings, expenditures, impact on patient care (if applicable) and publications/presentations which acknowledge Ludeman Center funding.
- No-cost extension requests are allowed upon approval by the Ludeman Center director upon advice from the WHINS program director at the end of the award period for up to one year.
- Publications, presentations and posters featuring results of this funding should acknowledge "Ludeman Family Center for Women's Health Research (Grant #)".
- Weekly meeting between WHINS Scholar and scholar's primary mentor(s).
- Meeting for WHINS Scholar every six weeks with program director and/or senior scientist.
- Meeting for WHINS Scholar every six months with scholar's mentoring team and program leadership.
- WHINS Scholars must participate in at least eight of the monthly in-person Ludeman Center academic and career development trainings.
- Submission of an abstract for the Ludeman Center's Annual Women's Health Research Day during the funding period.
- Biennially, WHINS Scholars will participate in the Ludeman Center National Conference on Women's Health and Sex Differences Research.
- Additional training opportunities may include, but are not limited to;
  - Training in methodologies, e.g., bioinformatics
  - Participate in I-Corps@CCTSI and SPARK education sessions.
- Additional didactic educational opportunities will vary by WHINS Scholar.
- Complete Coursera [Researcher Management & Leadership Training](#) online course. As well as other suggested training courses.

- Annual submission of updated biographical sketch and CV and response to the Ludeman Center Researcher Productivity Survey.
- Occasional presentations to community groups, Ludeman Center supporters or other constituents regarding your work.

## Review Criteria

Criteria to be used for selection of WHINS Scholars include:

1. Evidence of a high level of scholarship/strength of CV
2. Clarity of the vision of both applicant and mentor as to career goals (including timeline for grant applications/publications and translating to patient care or commercial potential)
3. Commitment to research in women's health or sex differences
4. Statement of impact
5. Evidence of innovation in proposed project
6. Strength of science/research plan proposed
7. Clear evidence of career support from the department/division chair during and after the WHINS funding.
8. Strength of mentorship plan
9. Strength of the applicant's ability and proposed project to translate to patient care
10. Ability of the proposed project to eventually form the basis for an independent research program
11. Excellence of the letters of recommendation
12. Excellence of training

Copies of all accepted applications will be made available to all members of the selection committee, and each candidate will be evaluated in detail by at least two members, with written reviews provided. Review assignments will be made by the Ludeman Center director. After full selection committee discussion, priority scores will be assigned, and the scores averaged and ranked. Any selection committee member with a conflict of interest will leave the room during the entire review and discussion of the applicant. Applicants will be notified in writing of the outcome of the review and sent edited written reviews as soon as feasible.

## Application Process

### Full Application Instructions

Full applications are by invitation only, upon acceptance of the LOI. Applicants will be notified by October 3, 2025, if their LOI will advance to a full application.

### Format Instructions

- **PAGE HEADER:** All pages of the application should be numbered; the name of the principal investigator should appear in the upper right-hand corner of each page.
- **FORMAT:** Follow NIH format guidelines: Arial, Helvetica, Palatino Linotype, or Georgia fonts with a font size of 11 points or larger with a minimum of ½ inch margins.
- **ORDER & LENGTH:** The order of the application should be followed, adhering to the maximum number of pages allowed for each subsection indicated in parentheses (see below).
- No appendices allowed.
- Create a **single PDF** for all sections and biographical sketch(es) and email to [carly.pilius@cuanschutz.edu](mailto:carly.pilius@cuanschutz.edu).

## Section Descriptions

- **Cover Page (1 page):** Include a cover page with the PI name, contact information (phone/email), faculty rank, department/division/school, project title and lay summary.
- **Table of Contents (1 page):** Provide a table of contents with page numbers to the corresponding sections. If possible, hyperlink the table of contents to the sections.
- **Personal Statement (1 page):** Describe your overall career goals and your commitment to women's health or sex differences research, outline personal strengths that will ensure success in this endeavor, and state why you and this project should be chosen for the program. Define the translational potential of your proposed project and what you hope to accomplish during this two-year funding period. Describe how support from the Ludeman Center's WHINS program is critical to accomplish your research goals as well as how the program will propel your career forward.
- **Research Experience (2 pages maximum):** A description of the applicant's research experience (2 pages maximum). The section should describe prior projects/experience that demonstrate the applicant's ability to perform clinical, translational, epidemiological or basic research. Please include references (not subject to page limit).
- **Career Development Plan (2 pages maximum):** A description of the applicant's mentoring and training plan. The mentoring plan must identify a primary mentor who is currently a full or associate professor and explain why they have chosen the mentor, what their qualifications are, and how they will work together. The primary mentor must work in one of the areas of focus outlined above, be externally funded through peer-review and author of a pertinent scientific area. The mentoring team must include a mentor who focuses on women's health and/or sex differences research. The training plan must describe a plan for professional activities/responsibilities during the award period and explain how these will contribute to career growth and progression and include strategies, continued education and future research. The training plans of the applicant regarding coursework and other elements needed to help the applicant gain necessary skills in their chosen field and/or to translate their ideas to patient care.
- **Scientific Abstract (0.5 page):** Summarize the research objectives and rationale.
- **Budget and Justification (2 pages):** Outline expenses for the duration of the award and provide written justification.
- **Biographical Sketch(es):** Use the NIH five-page biographical sketch format for the principal investigator and mentor. Include current and previous grant funding.
- **Research Plan (5 pages):** Describe the research plan for the proposed project period.
  - **Specific Aims (1 page):** Describe the specific aims and hypotheses that inform your research project.
  - **Significance (0.5 page):** State the significance of this proposed research with respect to women's health or sex differences research and the potential for clinical impact. Include relevant background research to establish the premise for proposed research.
  - **Innovation (0.5 page):** Describe the innovation proposed in this project, how it may add novel information to the field by using new methodology or scientific innovation. List any invention disclosures, patents or other intellectual property activity related to this project.
  - **Approach (3 pages):** Describe the experimental approach to the research question and how it will be accomplished during the funding period. Include a timeline with deliverables and feasibility, which includes any preliminary studies pertinent to the project, as well as anticipated problems and plans to address these issues. References can take up to one additional page.

- **Literature Cited (no limit):** Use Vancouver or NIH style (numbered citations within text) format.
- **Letters of Recommendation/Support:** One of these letters should come from the applicant's proposed mentor and another should come from the department/division chief (see instructions below). These should be submitted directly to [carly.pilius@cuanschutz.edu](mailto:carly.pilius@cuanschutz.edu).
  - **Mentor Letter:** The proposed primary mentor must write a letter of support for the applicant stating her/his willingness to serve in this role and outlining the mentorship plan including how often they will meet and skills they anticipate sharing. State the relationship with the applicant; mentor experience; importance of the proposed project; strength and potential of the applicant and project to transition to independence, receive follow on funding and/or impact patient care; financial and/or institutional support of the applicant/project during the award years and beyond; and why this program is necessary to forward their career.
- **Division or department chief letter:** A letter from the applicant's department chair or division chief confirming that the applicant will have at least 75% time for MD/DOs or other types of clinicians and 100% for non-clinical PhDs for pursuit of a research program, mentoring support for the applicant and clarifying what start-up funding, laboratory facilities, office space and equipment are dedicated to this project. In addition, this letter should provide assurance that the applicant is entering into a tenure-eligible faculty position and set forth the other means by which the department/division will support the applicant's proposed research program during and after the period of WHINS support. This must include an agreement to support the balance of the scholar's salary and benefits if not fully covered by the WHINS as well as an annual commitment of \$10,000 towards project support for the scholar during the period funded by the WHINS (independent of the salary gap augmentation). Please also describe plans for supporting the applicant now and upon completion of the WHINS award.

## Full Application Submission

Submit the full application as one PDF to [carly.pilius@cuanschutz.edu](mailto:carly.pilius@cuanschutz.edu). Include the name of the applicant and award program in the email subject line. Letters of reference may be included in the application package or submitted directly by the recommenders to [carly.pilius@cuanschutz.edu](mailto:carly.pilius@cuanschutz.edu).

## Questions

*For questions, please email contact Carly Pilius at [carly.pilius@cuanschutz.edu](mailto:carly.pilius@cuanschutz.edu).*