

HEALTH AND HUMAN PHYSIOLOGY

HHP Newsletter

FALL 2022



IOWA

**Health and Human
Physiology**

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HHP Mission

We advance knowledge of health, human physiology, sport, and recreation through teaching, practice, research, and service to impact the health and well-being of people of the State of Iowa and beyond.

HHP Vision

The HHP programs aspire to be nationally and internationally recognized for advancing knowledge and preparing students to be leaders within their respective fields.

Newsletter is created by:

*HHP Faculty Erin Litton, MA, MCHES, NBHWC
and HHP Student Ambassadors;*

Stephanie Petersen, Makenzie Homan, Elayna Ruggio, and Lauren Cooper.



*HHP Students who
serve as Health
Coaches and
Research Assistants
involved in **Sleep
Move Stand
Research** from
the Community
Health
Collaborative*

Gary Pierce, Ph.D.

DEPARTMENT CHAIR AND PROFESSOR



Welcome to the Fall 2022 HHP newsletter! I am honored to be the Chair and Department Executive Officer for the Department of Health and Human Physiology (HHP) as of July 1, 2022. I am excited to lead our talented faculty, students and staff in the coming years towards achieving our departmental strategic plan goals. As we finally come out of the pandemic, there is a lot to be excited about in our department.

We recently submitted our Year 1 report to the College from our 5-year HHP strategic plan that was developed by a committee of HHP faculty. This strategic plan is critical to guide us for many of the strategic decisions we make over the coming four to five years. These strategic goals include numerous specific tasks to help reach our goals in the following 4 areas:

- Research and Discovery
Goal – Advance research, scholarship, and creative activity
- Student Success
Goal 1 – Enhance the quality of undergraduate education
Goal 2 – Enrich graduate education in classroom and experiential learning, and in research and discovery
- Engagement
Goal – Enhance impact of outreach and service
- Diversity, Equity and Inclusion
Goal – Recruit, retain, integrate, and advance high-caliber students, faculty, and staff from diverse populations in the department of HHP

Our faculty consist of 37 full-time tenure-track/tenured and instructional track faculty in HHP, Sport and Recreation Management and Therapeutic Recreation, as well as 8 full or part-time Assistants-in-Instruction faculty who teach our HPAS classes and some laboratory and discussion sections in our courses. We also have 6 part-time Adjunct Professors who teach in multiple areas in the department, thus bringing our instructional power of HHP to 50+ faculty! With my new role as DEO, one of my first goals was to acknowledge current and new leadership roles among the faculty who are performing critical service in developing and growing outstanding curriculum, research and experiential learning opportunities for students in the department.

There have already been many accomplishments, awards, and honors among our students and faculty this semester many of which will be highlighted in this fall/winter 2022 newsletter. There are also many new initiatives underway that you will hear about in the coming months.

Thank you and Go Hawks!

Something Different with HHP

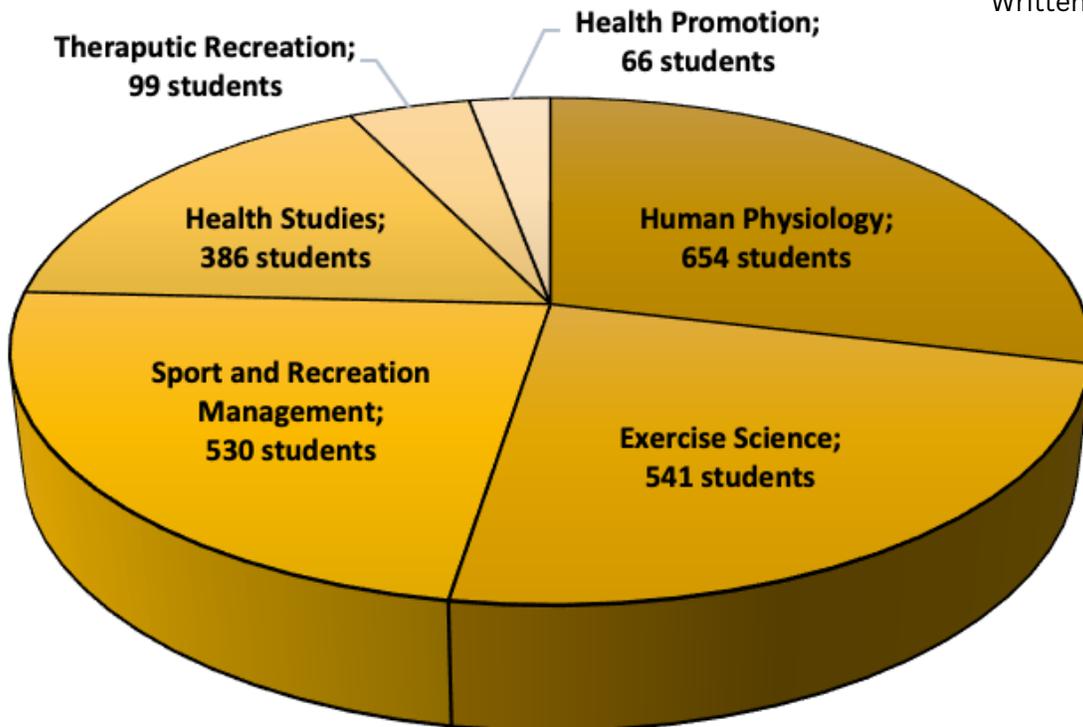


Dr. Lucas Carr

Director of Undergraduate Studies:
BS Exercise Science, BS Health
Promotion, and BA Health Studies

You may have noticed the Department of Health and Human Physiology is a little different but you're not sure what it is. Well, in 2022 we decided to make a change by renaming our undergraduate major in Health and Human Physiology, B.A. (with emphasis areas in Health Promotion, Exercise Science, and Health Studies) – that's a mouthful! Instead of having a single major with so many students (over 800 combined), we felt it was time to create three individual majors, each with its own important purpose and identity. Students can now achieve a B.S. in Exercise Science, a B.S. in Health Promotion, or a B.A. in Health Studies. In addition to giving these majors an identity, another big reason for making this change is the Exercise Science and Health Promotion majors are science-based degrees and are more appropriately recognized as B.S. degrees. The Health Studies, B.A. degree is an open and flexible major that allows students to explore other areas of interest. So when someone asks you "What's your major?" – you can tell them!

Written by Dr. Lucas Carr



Shown is the total Undergraduate HHP enrollment for Fall '22 for all 6 departmental majors (including the redesigned major options)



Student Impact: Sam Lombardi

Hawkeye Visit Days

Sam Lombardi is a third-year student taking part in a practicum this semester where she gets to share the redesigned majors with prospective students and their families. She's majoring in Exercise Science with hopes of becoming a Physical Therapist. She chose her major because of her love for the class material and the preparation it would provide her for grad school. Through her practicum she shares her HHP experiences and why her major is the perfect fit with prospective students. Several visit days were held this semester at which Sam was present at the HHP table with Justin Hagedorn, an HHP advisor she has worked with this semester. Sam was able to field questions from visitors and share with them why Iowa, and specifically the HHP department, may be the perfect place for them to continue their education after high school.



Each of the previous emphasis areas that are now their own majors offer students unique opportunities to help best impact their futures.

Exercise Science BS

Focuses on the body's response to the various effects of exercise

A great option for students interested in pursuing graduate school or health care professions

A mix of collaborative lab-based and lecture style classes

Health Promotion BS

The process of empowering other to improve their well-being

A great option for driven students wanting to make an impact on the health of their communities

A mix of evidence-based curriculum and experiential learning opportunities

Health Studies BA

An overview of the major determinants of health

A great option for students seeking service-oriented careers or graduate school

A flexible curriculum with online course options, internships, and experiential learning

RESEARCH + EXPERIENTIAL LEARNING

Laboratory of Integrative Physiology and Genetics

Dr. Bates works in the lab of Integrative Physiology and Genetics. Her work focuses on Internal Medicine and Pediatrics and has won awards for her work in the following areas:

- Multiple Myeloma
- Respiratory Physiology
- Pediatrics

How to get involved? For more information about the lab's work, collaborations, or joining the lab contact: Melissa Bates at melissa-bates@uiowa.edu



Dr. Bates

Associate Professor of Health and Human Physiology, Internal Medicine, Pediatrics, and Director of Research Operations



Health and Human Physiology

Experiential Learning and Health Coaching

- Support students who are looking to apply their classroom learning to professional experiences for course credit.
- Internships are a fantastic way to get experience in careers that match your academic and personal goals. This allows you to try out your professional interests and build on your classroom knowledge with industry experience

How to get involved? Look for some of the opportunities here: <https://wiki.uiowa.edu/display/HHPInternship/2022-2023+Internships>



Professor Erin Litton

Experiential Learning and Health Coaching

Area of Research: Student Internships and Practicums



Health and Human Physiology

Microvascular Physiology Lab

- The Microvascular Physiology Lab studies the human cutaneous circulation to understand how blood vessels function in health and disease.
- Particularly interested in understanding the mechanisms that control blood vessel function and how those mechanisms change in people who have cardiovascular or metabolic disease, and what the best intervention strategies are to prevent or reverse in these patients

How to get involved? Looking for Undergraduate Research Assistants: volunteer or credit hours
Contact anna-stanhewicz@uiowa.edu if interested



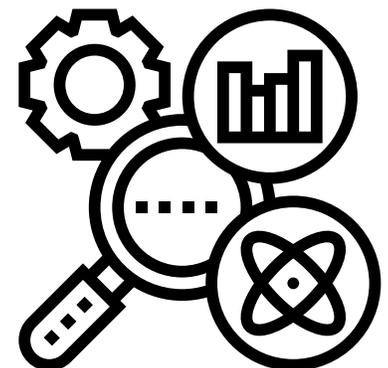
Dr. Stanhewicz

Associate Professor,
Area of research: Cardiovascular Physiology

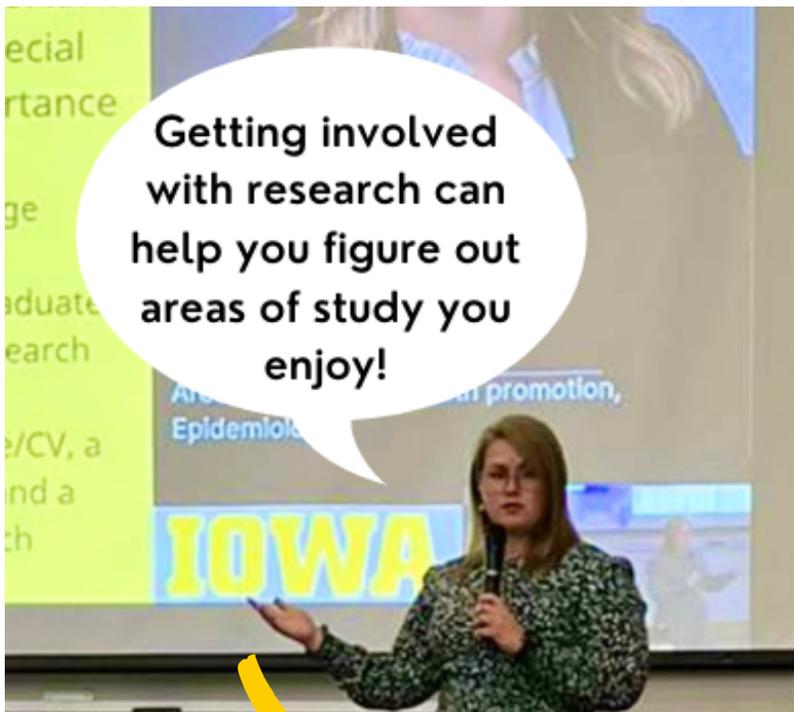
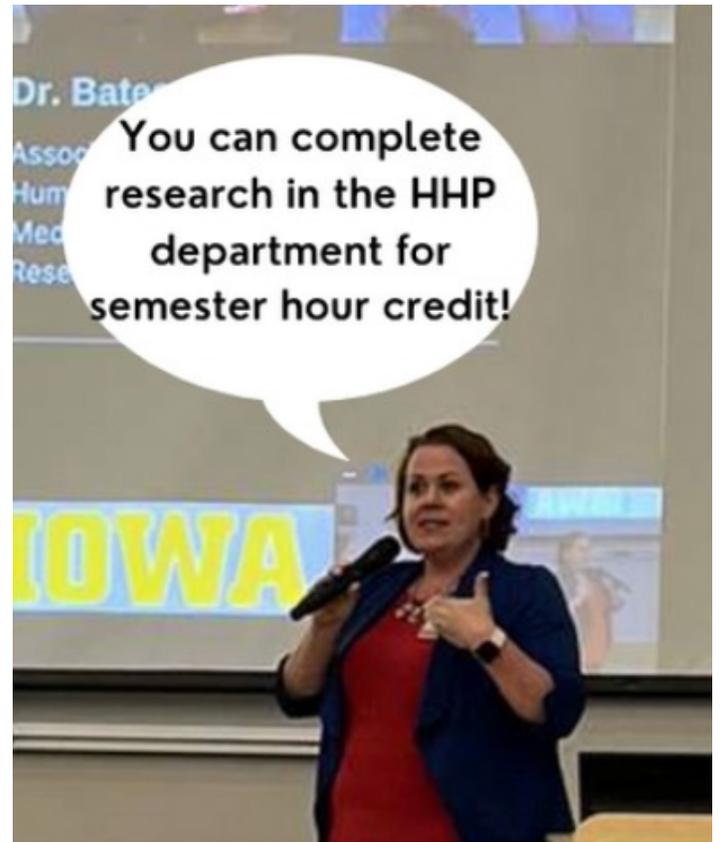


Health and Human Physiology

One of the Social Events that the HHP Student Ambassadors put on was a Research and Experiential Learning event! At this event, Professors were invited to serve on a panel to share their areas of interest and potential student research/experiential learning opportunities that were available to students. Students were given the chance to ask questions and the Professors provided helpful advice and insight! The goal of this event was to give students the opportunity to learn about ways to get involved in Health and Human Physiology while connecting Professors and Students!

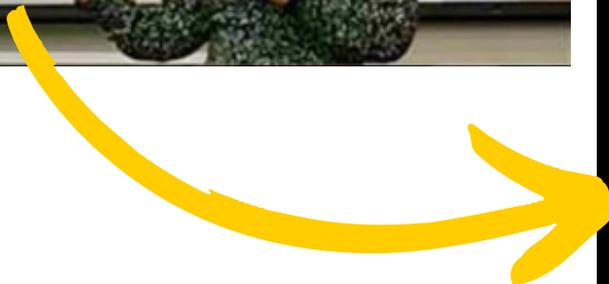


GETTING INVOLVED IN RESEARCH



"The biggest takeaway I had from the panel is that research can look different for everyone. It can be in the lab or a clinical setting and there are so many different studies that you are bound to find one that interests you. I was intrigued by Dr. Gorzelitz's PACS lab where she studies physical activity in cancer survivors. I emailed her about my interest, set up an interview, and will be volunteering in her lab thanks to the panel hosted by the HHP ambassadors!"

**-Lauren Cooper
Health Promotion
Graduating May 2024**



INSPIRING CONNECTIONS

HHP STUDENT SPOTLIGHT

ELLA MUCCIIOLO

STUDENT IMPACT GRANT: WELLNESS LEADERSHIP SUMMIT



Ella Mucciolo

BS Health Promotion

Graduating May 2023

I'm a recipient for the **Student Impact Grant**, which is a grant that financially supports research, travel, service, and outreach projects for UI undergraduate and graduate students. This past spring, I applied and received a \$1,000 grant on behalf of the UI Campus Wellness Leaders (CWL). We used these funds to plan a wellness-related outreach event on campus. Over the summer, Patrick Rossmann and I planned the inaugural **"Wellness Leadership Summit"** for this fall.

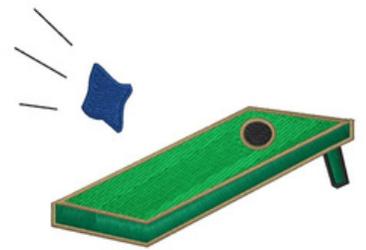
This event was geared towards peer connection, networking, and starting conversations on various wellness topics. We led the event this October, and had a small group that was filled with fruitful conversations about our experiences with topics such as stress management, physical activity, mindfulness, sleep, social connections, etc., and shared resources. It was a great time to learn more about these topics and share our perspectives.

*"Ella put her passion for wellness and health promotion into creating the **Wellness Leadership Summit** and brought together other students to learn and share their knowledge. It was almost a year-long project, from applying for funding, planning logistics, and facilitating the event. It was positively received by everyone who attended and has the potential to grow in the future to support more student leaders promoting campus wellness." -Patrick Rossman (Student Wellness)*

HHP: BUILDING CONNECTIONS FACULTY AND STUDENTS BEAN BAG TOURNAMENT



HHP students, faculty, and staff got the opportunity to participate in some friendly competition and socializing through a corn hole tournament! All were able to connect with other students and faculty.



FACULTY SPOTLIGHT: JESSICA GORZELITZ



Dr. Jessica Gorzelitz joined the University of Iowa as an Assistant Professor of Health Promotion this past August. Gorzelitz's path to where she is today started in her youth when she took an interest in weightlifting which led to her undergraduate education and the earning of her Bachelor of Science in Kinesiology and Exercise Science from the University of Wisconsin-Madison (UW-Madison) in 2013 as a first-generation student. She went on to earn her Master of Science in Epidemiology in 2016 and her Doctor of Philosophy in Kinesiology and Exercise Science in Physical Activity Epidemiology in 2020, both from UW-Madison. After the completion of her PhD, Gorzelitz participated in the

cancer prevention fellowship program through the National Cancer Institute. She worked under Dr. Chuck Matthews, a Senior Investigator, and studied the relationship between physical activity behaviors and the development of cancer. Dr. Gorzelitz completed her work as a fellow this past Summer, prior to starting as a faculty member for the HHP department.

The research Gorzelitz does at the University of Iowa stems from her past experiences. She is the director of the Physical Activity Cancer Survivorship (PACS) Lab and continues to focus her efforts on physical activity and exercise in cancer survivorship, specifically with an interest in women's health and endometrial cancer. In an interview Gorzelitz stated, "Women have been historically excluded from science for years, and women's health outcomes aren't the same as they are for men. I wanted to break those barriers." On campus this semester Gorzelitz has spoken as a guest in several classes, including an introductory level College of Public Health class. During her presentation she talked about exercise as health promotion. She also shared about a study published in 2021 that she helped run which looked specifically at home-based strength training in endometrial cancer survivors. The results of the study were promising and when shared in class, helped to further emphasize the importance of Gorzelitz's research for today's population, especially given the statistic that cancer survivor prevalence rates are expected to increase dramatically in the coming decades.

In addition to the impact Gorzelitz's research is making on students, she has also made a name for herself by earning a one-year \$40,000 Holden Comprehensive Cancer Center American Cancer Society Institutional Research seed grant entitled, "Feasibility, interests and attitudes surrounding home-based comprehensive exercise programs in endometrial cancer survivors."

Outside of the University of Iowa, Gorzelitz is part of the Society for Behavioral Medicine, specifically as a special interest group leader for population health science and for women's health. She is also part of the Moving Through Cancer Task Force which aims to make exercise part of the standard of care when it comes to cancer treatment.



Pictured above: Dr. Jessica Gorzelitz and other attendees at an ACS event on campus

Physical Activity and Cancer Survivorship Lab

"Our lab is focused on physical activity, exercise and muscle strengthening exercise for cancer survivors. Both physical activity and exercise are potent health interventions that are necessary and extraordinarily important for cancer survivors. Aerobic and muscle strengthening exercise is recommended for cancer survivors to reap maximal health benefits. Muscle strengthening exercise is a specific behavior that is related to many patient-relevant outcomes including functional ability, bone health and fall prevention. We focus on the importance of muscle strengthening exercise for survivors to help reduce treatment related symptoms to focus on health through strength."

From the PACS Lab website

Are you a health promotion or physiology student interested in getting involved in research? Dr. Gorzelitz is looking to involve undergraduate, master, and doctoral students in her lab's work.

Interested **undergraduate students** should reach out via email and share what experiences they're hoping to gain from the lab. Undergrad students can earn credit for research hours completed.

Interested **graduate students** should also connect with Jessica via email, and should include a CV/resume and a brief (<350 words) statement of interest in research and long-term career goals.

Dr. Gorzelitz can be reached at jessica-gorzelitz@uiowa.edu.

Therapeutic Recreation: Special Olympic Winter Games



Practicum in TR:

Special Olympics Winter Games

Join us for the Special Olympics Iowa Winter Games Practicum! This is offered as a hybrid course - with online preparation for the on-site field experience to take place at the Special Olympics Iowa Winter Games in Dubuque on Sunday, January 8, 2023 to Wednesday, January 11, 2023.

Winter 2022 Session | TR:4197/DST:4198

3 Semester Hours

\$125 Course Fee

→ REGISTER AT [MYUI.UIOWA.EDU](https://myui.uiowa.edu)

**Special
Olympics**
Iowa



"New Wonderers"

A Support Group for Children of Adult Cancer Patients at UIHC

Virtual Group facilitated by
Kathy Whiteside, BA, CCLS, RWWP and Emily Mozena MA, CCLA, CTRS, RWWP

New Wonderers is a support group program offered in partnership with the Adolescent Young Adult Cancer Program at University of Iowa Hospitals and Clinics and the HHP Child Life Graduate Program. We have offered four 6-week virtual sessions beginning in the Fall of 2021 using the Wonders and Worries curriculum. Our group, New Wonderers, is offered through the Holden Comprehensive Cancer Center in Iowa City, Iowa, and our participants are children of adult cancer patients between the ages of 6-18 years old. We are funded by a private family charitable organization to purchase and send supplies through the mail for each session to the individual participants. One of these groups was dedicated specifically for teens with an adapted curriculum. We have had 20 participants throughout those groups in 2021-2022 and plan to offer more groups starting in 2023. The groups are facilitated by two Registered Wonders and Worries Providers (RWWP), Emily Mozena, Associate Professor of Instruction and Kathy Whiteside, Patient and Family Life Specialist and assisted by child life graduate students. Our program is administratively supported by the Adolescent and Young Adult Cancer program. We rely on hospital staff, such as social workers and nurse practitioners, to provide participant referrals. Living in a rural state, the virtual format allows us to reach participants who may not be able to attend in person, as it would be 2-3-hour commute. This program has met a need in our healthcare community, and we are encouraged and plan to continue to offer these support groups.

Worry Monsters



Therapeutic Recreation and Child Life:



College Community School District Book Drive



Students in the Therapeutic Recreation and Child Life Programs held a book drive and book presentation for a new early education classroom for underserved preschoolers at College Community School District in Cedar Rapids. They blew the classroom's goal of 300 books out of the water with a whopping 554 books collected throughout the month of September.

Associate Professor of Instruction, Adrienne Johnson, along with a group of Therapeutic Recreation students delivered the books on October 5th and were able to engage in a reading session with the preschoolers as part of the book presentation. We enjoyed lots of smiles and sillies during our time with teachers and tots in pre-K!



554 BOOKS COLLECTED

Therapeutic Recreation + Child Life + Physical Therapy=

Can Play Sports



Can Play Sports (previously named Courage League Sports) is a non-profit adaptive sports and recreation organization that offers year-round programming for children and adults who aren't able to go full speed due to a physical, cognitive or emotional disability. By adapting the pace, equipment, or nature of an activity, Courage League can provide a safe and accessible environment where participants can go at their own speed. Our Iowa City location operates in collaboration with students from the University of Iowa Therapeutic Recreation, Child Life and Physical Therapy programs helping to facilitate programming.



The last session of 2022 was Floor Hockey, where the Iowa Heartlanders joined!



2022 UISRM SYMPOSIUM



It is now tradition that the Hawkeye Sport Business Association (HSBA) provides a day of education, networking, and professional development to all University of Iowa Students each fall semester. Monday, September 19 marked the 7th UISRM Symposium and featured the most robust programming to date.

Agenda:

The day began with a celebration of women in athletics through a panel discussion moderated by Sasha Schmid, Head Women's Tennis Coach, Hawkeye Athletics. Joined by Jean Berger (Executive Director, IGHSAU), Lisa Cellucci (Head Women's Field Hockey Coach, Hawkeye Athletics), and Lorenda Holston (Assistant Athletics Director for DEI, Hawkeye Athletics)

UISRM Symposium attendees then had the opportunity to learn from a range of industry professionals through breakout panel discussions. Breakout panel discussion topics included revenue generation, marketing and social media, wellness in sport and recreation, and event management.

Next, panelists and other professionals congregated in the IMU Second Floor Ballroom for a 45-minute networking session with students.

The HSBA offered a new event component: Lightning Interviews.

Finally, the symposium program concluded with four current students (Amy Knoebl, Kate Nelson, Alli Bookin-Nosbisch, and Cameron Bottum) discussing the field experiences they have used to meet their degree requirements.

IOWA

**Sport and Recreation
Management Program**

The UISRM Symposium is not possible without the contributions of many people.

First, thank you to the sport and recreation professionals who provided their time, expertise, and learning opportunities for students.

Secondly, thank you to the UISRM Advisory Board. This collection of dedicated alumni, friends, and supporters of UISRM contributed to the symposium in many ways. In addition to providing recommendations on event programming, many make substantial efforts to attend the event in person, serve as panelists, and participate in networking.

Finally, thank you to the HSBA's Event Management Special Interest Group.



COLLEGE ATHLETICS INFRACTIONS HEARING COMPETITION

The College Athletics Infractions Hearing Competition is co-hosted by the College of Law and the Sport and Recreation Management Program in the College of Liberal Arts and Sciences.

When the National Collegiate Athletic Association (NCAA) investigates major violations of its recruiting rules and other regulations, one option for resolving cases is in a formal hearing before the NCAA Committee on Infractions (COI). The COI is an independent administrative body charged with deciding infractions cases involving NCAA member institutions and their employees. Each COI committee has authority to address prehearing procedural matters, set and conduct hearings or reviews, find facts, conclude violations of NCAA legislation, prescribe appropriate penalties, and monitor institutions on probation. The College Athletics Infractions Hearing Competition closely simulates COI hearings and puts students in the roles of enforcement staff and defense counsel representing schools.

Registration

Registration will remain open until December 8, but the competition will be limited to the first 20 teams that pay the registration fee (\$160 for 2-person teams, \$190 for 3-person teams).

Questions? Email at Law-SportsLawComp@uiowa.edu.



UI LECTURE SERIES WITH HHP PRESENTS

THE PROVIDERS:

FILM SCREENING AND DISCUSSION

CHRIS AND ANN RUGE

The Department of Health and Human Physiology co-sponsored a UI Lecture on October 13, 2022. The UI Lecture showed a viewing of a documentary called *The Providers* with a question-and-answer segment following featuring one of the providers featured in the film, Chris Ruge, and his wife Ann Ruge. Chris is a nurse practitioner and Ann is a certified nurse midwife. The film follows three healthcare providers that bring care to those living on the margins, in a rural American community struggling with a shortage of doctors and the ravages of the opioid epidemic. The event was organized by Professor Gayle Walter.

Dr. Gayle Walter



UNIVERSITY
LECTURE
COMMITTEE *Presents*

Title:
The Providers

Film Screening and Discussion
Featuring Chris and Ann Ruge

Thursday, October 13, 2022 | 6:30 p.m.
Iowa Theater, Iowa Memorial Union

In Collaboration with the University of Iowa:
Carver College of Medicine - CRISP Program, College of Nursing,
College of Public Health - RUPRI, Department of Health and Human Physiology,
Free Medical and Dental Clinic of Iowa City, UI Mobile Clinic, UIHC - Upstream Clinic

The link for the movie: theprovidersdoc.com

HHP FACULTY

AWARDS
GRANTS
NOMINATIONS
PROMOTIONS

Directors of Graduate Studies for HHP:

Prof Kara Whitaker - Health and Human
Physiology graduate programs

Prof. Dan Matheson - Sport and Recreation
Management MA program

Prof. Emily Mozena - Child Life subtrack MS
graduate program



Director of Research Operations:

Prof. Melissa Bates



Teaching Assistant Coordinator:

Prof. Ray Fagenbaum

HHP LEADERS

Congratulations to HHP
Leadership Roles
Announced Fall 2022



Directors of Undergraduate Studies:

Prof. Jennifer Rogers - BS Human Physiology

Prof. Lucas Carr - BS Exercise Science/BS
Health Promotion/ BA Health Studies

Prof. Dan Matheson - BS Sport and
Recreation Management

Prof. Emily Mozena - BA Therapeutic
Recreation



PROF. GAYLE WALTER ELECTED TO NCHEC BOARD OF COMMISSIONERS



Prof. Gayle Walter was recently elected to the Board of Commissioners for the National Commission for Health Education Credentialing (NCHEC). She will serve a 5-year term on the Division Board for Certification of Health Education Specialists (DBCHEs). DBCHEs is comprised of 11 individuals responsible for maintaining and evaluating the certification exams. More specifically, the DBCHEs assures a periodic review and evaluation of certification and examination processes; recommends policies and procedures for administering the CHES® and MCHES® examinations; participates in item-writing workshops; and ensures that NCHEC's competency testing meets acceptable standards.



PBS
NEWS
WEEKEND



PBS NEWS WEEKEND

PROFESSOR DAN MATHESON IN NATIONAL INTERVIEW ON HOW NAME, IMAGE, AND LIKENESS HAS AFFECTED COLLEGE SPORTS!

The NCAA's rule change allowing college athletes to sign paid endorsement deals went into effect in July 2021. Dan Matheson, Director of the Sport and Recreation Management Program at the University of Iowa, joins John Yang to discuss how it's been playing out for student athletes in the year and a half since. Aired 11/26/22

PROFESSOR JEN ROGERS

Congratulations to Prof. Jen Rogers. She is one of approximately 10 faculty from across the country invited to serve on the HAPS (Human Anatomy and Physiology Society) Physiology Learning Outcomes Advisory Board.



The scope of this project is to review recently-developed learning outcomes for one-introductory physiology course, based upon the foundational principles of the core concepts of physiology and competency-based education.

PROFESSOR ALEX VOSS

Prof. Alex Voss was recently recognized in WalletHub's recent article about the Best Cities for Soccer Fans.



Americans finally have found their own soft spot for the world's most beloved professional sport. After what seemed an eternity of low popularity among U.S. fans, soccer – better known as “football” to the international community – has gained admiration and respect here at home...

PROFESSOR BRI SWOPE & DR. GARY PIERCE



Prof Bri Swope was recently recognized with the Distinguished Professor of Instruction award at the 2021-22 CLAS Faculty Awards Ceremony held Monday, Oct. 17, 2022, in the Old Capitol Senate Chambers. The Distinguished Professor and Distinguished Associate Professor of Instruction Award recognizes candidates at the time they are promoted to Associate Professor of Instruction who excel in teaching, institutional and professional service, and their record of publications at the time of advancement.

Prof. Gary Pierce was very honored to receive the Russell B. Day and Florence D. Day Endowed Chair in Liberal Arts and Sciences at the 2021-22 CLAS Faculty Awards Ceremony held on Oct. 17, 2022.



PROFESSOR JESSICA GORZELITZ RECEIVES NATIONAL AND INTERNATIONAL ATTENTION

Assistant Prof. Jess Gorzelitz received a large amount of national and international press on a paper she published in the British Journal of Sports Medicine, one of the top journals in sports medicine. She did interviews with the BBC, NBC news, Time Magazine, and numerous other outlets.



PROFESSORS JESSICA GORZELITZ AND ERIN TALBERT ARE MEMBERS OF EMERGING LEADERS COUNCIL

Assistant Professors Erin Talbert and Jessica Gorzelitz were both recently invited to join Emerging Leaders Council (ELC) of the Holden Comprehensive Cancer Center (HCCC). They were selected each for a 3-year term on the ELC to represent the interests of HCCC early career faculty at the University of Iowa.



PROFESSOR MELISSA BATES SPEAKS ON INCLUSION

HHP Associate Professor Melissa Bates was recently invited by American Physiological Society Executive Director Scott Steen to discuss their recent editorial “Challenges and inclusive practices for LGBTQIA2S+ scientists in the American Physiological Society,” published in the American Journal of Physiology-Heart and Circulatory Physiology. Here’s an excerpt of their conversation: <https://rb.gy/mfvv9d>

Grants



Associate Prof. Lucas Carr received a \$10,000 grant this week from the Creating an Equitable and Just Society Community Feasibility Grant program. This is funding from the P3 Jumpstarting Tomorrow fund. The project is entitled “Developing and Testing a Multilevel Approach to Reduce Organizational Weight Stigma.” Prof Carr also received a \$24,566 grant in July from the University of Iowa Holden Comprehensive Cancer Center to test the “Feasibility, Acceptability and Efficacy of a Remotely-Delivered Lifestyle Survivorship Program for Adolescent and Young Adult Cancer Survivors”.

Congratulations to Assistant Prof. Nate Jenkins for receiving a pilot grant from the UI Injury Prevention Research Center for his project: “Interactions of Adverse Childhood Experiences, Sleep Disruption, and Mechanistic Links to Cardiometabolic Disease Risk in Adolescents and Young Adults.”



Assistant Prof. Anna Stanhewicz received a \$50,000 grant from the UI Fraternal Order of Eagles Diabetes Research Center (that can be renewed for a 2nd year for another \$50K) entitled: “The role of oxidative stress in microvascular insulin resistance following gestational diabetes”.

IOWA PHYSIOLOGICAL SOCIETY PRESIDENT



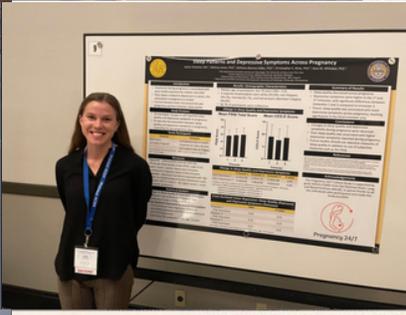
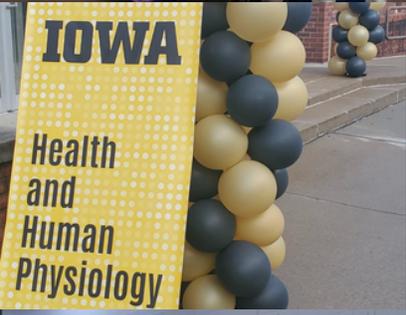
Congratulations to Prof. Vitor Lira who serves as President of the Iowa Physiological Society (IPS), and Profs. Melissa Bates and Jennifer Rogers, who were on the IPS organizing committee, for the recently successful IPS Annual Meeting held on the Univ of Iowa campus on Nov 4 and 5th. Over 70 faculty, trainees and students from UI, Iowa State, Simpson College, Drake Univ, Central College and DMU attended the 1 ½ day meeting in MERF building.

UI Exercise is Medicine Winner!

Congratulations to Profs Lucas Carr, Amy Fletcher, Andrea Short, Kara Whitaker, Nathaniel Jenkins, Kathy Mellen) on a recent award for the UI Exercise is Medicine program. The Midwest chapter of the ACSM recently held an “ActiveU competition” which searched for the most creative and sustainable collegiate program that utilizes the Exercise is Medicine on Campus principle of making physical activity an integral part of personal health care. The University of Iowa was selected as the 2022 winner of this competition! The UI Exercise is Medicine program is supported by the UI Community Health Collaborative which was established in 2018. The CHC is a collaborative effort led by both academic and clinical faculty from the Department of HHP (named above), UI Student Wellness (Trish Welter), UI Campus Recreation (Melanie Cuchna), UI Student Health (Dr. Rebecca Chackalackal) and the University of Iowa Healthcare (Dr. Britt Marcussen, Dr. Tyler Slayman, Dr. Katie Robinson).

**Thanks to Profs.
Erin Litton,
Clay Peterson,
Kathy Mellen,
Amy Fletcher and
HHP students who
represented HHP
with blood
pressure, handgrip
strength and other
testing at the
recent UI Health
Fair on the main
deck of the Field
House.**





Here's what HHP has been up to!

Follow us on Social Media

@UlowaHHP

You can complete research in the HHP department for semester hour credit!

MOBILE CLINIC
An Initiative of The University of Iowa Health Sciences Students

