

HEALTH AND HUMAN PHYSIOLOGY

HHP Newsletter

SPRING 2023



IOWA

Health and Human
Physiology

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Community Wellness Practicum Students planned My City. My Health, a health equity conference on April 28, 2023.



**Spring 2023 Newsletter Developed by
HHP Student, Makenzie Homan &
HHP Faculty, Erin Litton MA**



OPENING STATEMENT FROM THE DEO



GARY PIERCE, PHD, FAHA, FAPS

PROFESSOR AND CHAIR, DEPARTMENT OF HEALTH AND HUMAN PHYSIOLOGY
RUSSELL B. DAY AND FLORENCE D. DAY ENDOWED CHAIR IN LIBERAL ARTS AND SCIENCES

Welcome to the Spring 2023 HHP newsletter! As I near the end of my first year as Chair and Department Executive Officer for the Department of Health and Human Physiology (HHP), I continue to be amazed at the enormous accomplishments of our faculty, staff and students. Student enrollments in HHP remain strong and we continue to be the largest undergraduate department at the University of Iowa with a current total enrollment of 2210 students across our 6 majors.

Some exciting initiatives in HHP this spring that continue to move forward include:

New West Campus Health Science Building: A group of HHP faculty and staff, with UI Facilities Management Design & Construction and RDG Architects, continue planning and design for a new building which will be housed on the current Lot 14 parking lot and South Quad building. Groundbreaking is expected in early this summer with tentatively completion date by the end of 2025/early 2026.

New HHP Space in Old Pharmacy Building: Several HHP faculty and the Community Health Collaborative will move into new research/community space on the 1st floor of the old Pharmacy building that has been renovated to accommodate the departments immediate growth needs.

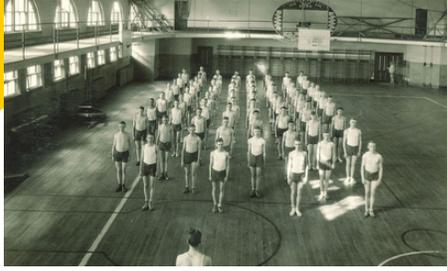
HHP Marketing Campaign: A marketing campaign to highlight HHP strengths and increase our visibility across Iowa, the Midwest, and nationally, is being planned with the CLAS Strategic Communications office.

New Student Success Center: A new Student Success Center space off the HHP lobby on the 1st floor of the Field House is being planned to open for fall semester to give students a location in the Field House to study, collaborate, print, hydrate and come together as a learning community.

New Play Lab: A new Play Lab to be used by Therapeutic Recreation/Child Life faculty and students for teaching, experiential learning and research will be completed by the end of the summer.

1924 to
2023

Health and Human Physiology Department



From Iowa Archives

1924: DEPT. OF PHYSICAL EDUCATION FOR MEN AND DEPT. OF PHYSICAL EDUCATION FOR WOMEN
1927 MEN'S PHYSICAL ED CLASS



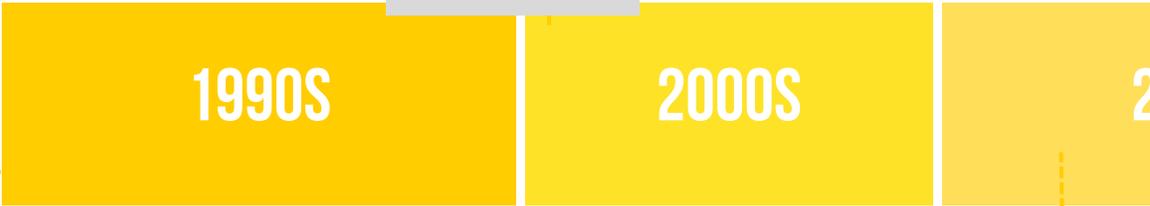
From Iowa Women's Archives



DEPT. OF PHYSICAL CULTURE



1993: DEPT. OF EXERCISE SCIENCE AND DEPT. OF SPORT, HEALTH, LEISURE, AND SPORTS STUDIES



2001: DEPT. OF INTEGRATIVE PHYSIOLOGY, DEPT. OF HEALTH AND SPORT STUDIES, AND PROGRAM IN LEISURE STUDIES

HHP FACULTY



From Iowa Women's Archives

2010: HUMAN PHYSIOLOGY DEPT. W/ HUMAN PHYSIOLOGY BS, HEALTH PROMOTION BA, LEISURE STUDIES BS, ATHLETIC TRAINING BS, GRADUATE MS AND PHD PROGRAMS

A Walk Through Time

A History of the HHP Department at the University of Iowa

1976: DEPT. OF PHYSICAL EDUCATION-FIELD HOUSE, RECREATION EDUCATION PROGRAM, DEPT. OF PHYSICAL EDUCATION AND DANCE

A GROUP OF STUDENTS OUTSIDE OF HALSEY HALL, THE HOME OF WOMEN'S PHYSICAL EDUCATION AND DANCE IN THE 70S



From Iowa Archives

1960S

1970S

1980S

1987: DIVISION OF PHYSICAL EDUCATION WITH DEPTS. OF EXERCISE SCIENCE, LEISURE STUDIES, AND PHYSICAL EDUCATION AND SPORTS STUDIES

2014: HUMAN PHYSIOLOGY DEPT. W/ HEALTH AND HUMAN PHYSIOLOGY BA, HUMAN PHYSIOLOGY BS, SPORT AND REC MANAGEMENT BS, THERAPEUTIC REC BS, ATHLETIC TRAINING BS, GRADUATE MA, MS, AND PHD PROGRAMS

2018-19 ATHLETIC TRAINING CLASS



From HHP Website

2010S

2020S

2021: HUMAN PHYSIOLOGY DEPT. W/ HEALTH AND HUMAN PHYSIOLOGY BA, HUMAN PHYSIOLOGY BS, SPORT AND REC MANAGEMENT BS, THERAPEUTIC REC BS, GRADUATE MA, MS, AND PHD PROGRAMS

2022: HUMAN PHYSIOLOGY DEPT. W/ HEALTH STUDIES BA, HEALTH PROMOTION BS, EXERCISE SCIENCE BS, HUMAN PHYSIOLOGY BS, SPORT AND REC MANAGEMENT BS, THERAPEUTIC REC BS, GRADUATE MA, MS AND PHD PROGRAMS

HHP Dominican Republic Trip: The opportunity to learn about health services delivery in another country

Dr. Gayle Walter, Associate Professor of Instruction, took 15 undergraduate students on a study abroad trip to the Dominican Republic in January 2023. Dr. Walter teaches a course on the U.S. health care system, so the purpose of the experience was to compare health services delivery in the Dominican Republic to the United States. The group traveled throughout the country to visit rural clinics, hospitals, non-profit organizations, and non-governmental organizations that provide both prevention education and treatment. To learn more about the culture in the Dominican Republic, immersive activities included a hike in the mountains, a tour of the historic Colonial Zone, a visit to a coffee plantation, a cultural center to learn dances, and a visit to a chocolate making factory run exclusively by women. According to Dr. Walter, “It was an incredible experience, and not only did we learn about the differences in health services delivery compared to the United States, but also how that delivery varied in different areas of the country we went to. We were greeted warmly by administration and staff everywhere we went. I’m looking forward to taking another group of students next winter.”





STUDENT TESTIMONIALS

“Overall, the Dominican and United States healthcare systems had some very striking differences such as family involvement and level of sanitation that poses many questions about what can be learned and studied from these differences. The program also has given me the opportunity to reflect on my own values regarding my interest in rural medicine and my motivation to increase awareness for ethical consumption. The experience itself was unforgettable, and I know that I will never forget the unique and meaningful experiences I gained on this trip. I know that in the future, as a doctor or researcher or other position in the healthcare field, I will always remember the doctors and staff in the Dominican Republic that were so willing to provide this educational opportunity for us.”

-Selma Domazet

“I am so grateful that I had the opportunity to take part in this study abroad program. I experienced a new culture, enjoyed new cuisine, made new friendships, and learned more about health care in both the US and the DR. Also, spending two weeks immersed in the Spanish language reminded me how much I want to continue strengthening my Spanish skills in the coming years. I believe these language skills will be important for both personal and professional situations in the future.”

-Amber Gehring



EXPERIENTIAL LEARNING SPOTLIGHT: CHC HEALTH TESTING

Through the Community Health Collaborative (CHC), health testing services are available to all members of the community. Students, Faculty and Staff at the University of Iowa, and individuals from all over the state of Iowa utilize these testing services because they offer a unique insight to one's current health and fitness status, performance, and body composition.

The CHC lab, located at E137 Field House, houses all of the equipment to conduct body composition (BodPod), resting metabolic rate (Resting Metabolic Rate Cart), and cardiorespiratory fitness (VO2 Max Tests).

These tests provide a measurement tool to support behavior change in weight management, disease management, health improvement, performance enhancement, and general health improvement.

These tests can provide additional information on an individual's current health status that is not commonly available in healthcare settings.

Outcomes

Over the past semester the CHC has administered 121 tests to 55 clients. We have administered 68 body composition tests and 53 Resting Metabolic Rate tests. Many clients chose to have both their body composition and their resting metabolic rate measured in the same appointment.

Data from our satisfaction survey indicates the large majority of individuals are seeking health tests to improve their overall health and aid in weight management.



Danielle Considine

BS in Health Promotion, 2023

After graduation, I plan on pursuing my Masters of Clinical Nutrition at the University of Iowa. My favorite part of this experience was meeting and interacting with the many clients we tested over the course of the semester. Through this experience, I identified my love for working with individuals and solidified that I wanted to work in a clinical patient care setting.

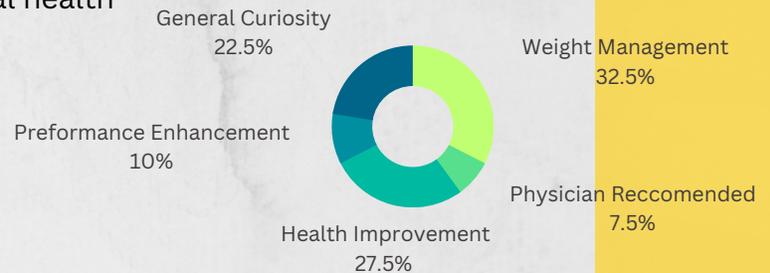


Taylor Marske

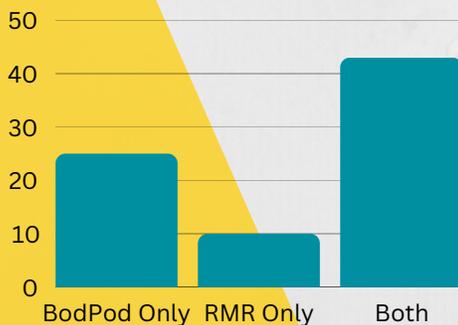
BS in Health Promotion, 2023

I hope to pursue a Masters degree in Public Health sometime in the near future, focusing on either Epidemiology and/or Behavior Health. My favorite part of this experience was learning how to administer body composition and RMR health tests, as well as getting to interact with members of Ulowa and local community members.

Client Reasons For Testing



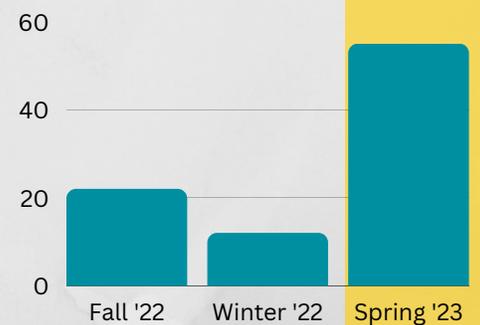
Distribution of Client Tests



A client of the CHC participating in a maximal volume oxygen test



Client Volume Over the Past Year



Student Impact

Students involved in this program are primarily responsible for administering and interpreting these health tests. This process includes explaining testing protocols, administering the tests, interpreting the results, and answering any questions clients may have. Providing clients with instructions and explanations that are easy to understand is also a key part of this process, as a lot of the raw information they receive is difficult to interpret without prior knowledge of specific subjects.

HUMAN PHYSIOLOGY STUDENT SPOTLIGHT: MAKENZIE HOMAN

Makenzie Homan, a Human Physiology major on the pre-med track, graduates Spring 2023 with her Bachelor's Degree. Makenzie is from Independence, Iowa, and graduated from Independence Jr./Sr. High in 2020. Since fall semester of 2020 she has been a student at the University of Iowa, and has gotten widely involved around campus and within the department as shown by her involvement listed below.

Makenzie's favorite class she took while at Iowa was the Advanced Anatomy Laboratory, taught by Prof. Ray Fagenbaum. The opportunity to learn anatomy through a cadaver dissection (as an undergraduate student) was a phenomenal introduction to the level of rigor her future classes will require as she hopes to attend medical school within the coming years. After graduation, Makenzie will be taking a gap year while applying to medical school and is looking forward to having the opportunity to travel.



Department Involvement:

- An inaugural HHP student ambassador, and has continued as a student ambassador each semester since Spring of 2022
- Student editor of the Spring 2023 newsletter
- Panelist at several admitted student days
- Talked with dozens of prospective HHP students and their families at visit day exploring major fairs

Campus Employment:

- Clinical Research Assistant for the Holden Comprehensive Cancer Center
- Campus Tour Guide for Admissions
- Tutor for Student-Athlete Academic Services

Extracurricular Involvement:

- College of Liberal Arts and Sciences student ambassador
- Honor's college member
- Presidential Scholar's Program participant
- Homecoming Council admin member
- Alpha Xi Delta sorority member
- OnIowa! leader
- UIHC ambulatory surgery center volunteer
- Russo Lab volunteer
- Free Mental Health Clinic volunteer
- Iowa food pantry volunteer
- Pen pal project student assistant



— My City. My Health. — Health Equity Conference

After a successful conference in Des Moines in 2022, The Healthy Project, University of Iowa HHP, and Carver College of Medicine brought the My City My Health conference to Iowa City. The health equity conference brings community members together to engage in conversations about health equity, including topics on culture in healthcare, research in health equity, community wellbeing, and community engagement.

Sessions

- Mental and Physical Health Disparities in underserved communities
- Diversity & Equity in Research
- Exploring the Intersection of Culture and Healthcare
- Collaborating for Equity



Founder My City. My Health: Cory Dion Lewis
Better Together 2030: Cady Gerlach

EVENT SUMMARY

The My City My Health conference, on April 28, was successful in bridging the gap between public health professionals, healthcare providers, community-based organizations, nonprofits, and individuals as each panel shared their passionate view on health equity. Participants were able to collaborate with numerous health professionals around the Iowa City area to get involved with their work. Each panel highlighted important aspects of their work in relation to health equity, inspiring others to get connected with one another to collaborate for better health within the Iowa City area.

Faculty oversight of this event included Erin Litton, HHP, and Dr. Nicole Del Castillo, CCOM, and Corey Dion Lewis, the Health Project Founder.



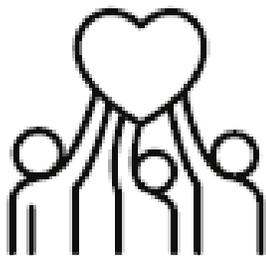
16
Community
Panelists spoke

19
UI Students engaged
in the planning and
development of My
City My Health.

75
Community-
Campus Attendees

101
Meals served to
conference
attendees

83%



Of attendees
Increased
relationships
with community
and campus
partners

88%



Of attendees
would
recommend
MyCity MyHealth
to a friend or
colleague

Data based on 43 satisfaction survey responses



Reflections on the Special Olympics Iowa 2023 Winter Games

In January 2023, the Dept. of Health and Human Physiology saw 48 Hawkeyes travel to Dubuque, IA to help implement the annual Special Olympics Iowa (SOIA) Winter Games. In the 3 weeks leading up to the trip, students participated in Zoom class meetings and collaborated on coursework in Disability Studies, Therapeutic Recreation, and Sport and Recreation Management.

During this experience, students learned how to ski and snowboard, used adaptive ski equipment, honored traditions in the Opening and Closing ceremonies, built community at the dance and pool parties, and networked with professionals in the field. This group of Hawkeyes assisted in making this year's SOIA Winter Games another roaring success.

Students performed a variety of management tasks across 3 sites for the Alpine Ski, Cross Country Ski and Snowshoe events. These tasks included, but were not limited to, setting up and marking the courses, assisting with equipment rentals, staging and timing for the races, engaging with athletes between competitions

and distributing awards in celebration of all 206 Special Olympics competitors.

The instructors of this collaborative course, Professors Anna Jensen, Adrienne Johnson, and Kristina Gordon, would like to thank everyone who helps makes experiential learning opportunities like this possible, as well as Special Olympics Iowa for the meaningful partnership and the fantastic teams of students who worked so hard to help create a positive atmosphere and lasting memories for everyone at the 2023 Winter Games.

Student reflections of the event were extremely positive, and a few are featured here.

"Overall, the winter games were an amazing experience and I was so glad I could be a part of it. It was incredible to not only see myself grow from this experience but also my group and peers. In the future, I will recommend the class and preach how fun it actually is

that changed my outlook tremendously, and I loved every part of it." ~Paige Froelich

"I had an amazing time at the Special Olympics Winter Games. Going into this course, I had absolutely no idea what to expect. I walked away feeling fulfilled and

“ I walked away feeling fulfilled and with an immense amount of knowledge regarding disability and adaptive sports.

because when thinking of school trips, they can be a little daunting. In the end, I was so happy that the instructors pushed me to try things and pushed me out of my comfort zone. Especially at social events like dinners, dance parties, and the water park because it was worth getting more involved outside of the event." ~Haley Gajewski

"I found myself enjoying this experience a lot and I am more than happy to admit that I want to continue with Special Olympics and go to as many events as I possibly can because this was something

with an immense amount of knowledge regarding disability and adaptive sports. As a marketing major, I likely never would have learned what I did, had I not taken this course." ~Madison Hatfield

"The SOIA organization and the people I have met throughout this course and Winter Games, have shown me how to be a great advocate for this community and things I can do to make others more aware of the impact and amount of people reached at these events." ~Bailey Rhodes

Course Information:
Special Olympics Iowa
Winter Games (3
semester hours)
Dept. of Health and
Human Physiology
Course number: DST
4198 - SRM 4197 - TR
4197

Course requirements
fulfilled:
· DST: 3 s.h. of focused
electives for the
Disability Studies
Certificate
· SRM: 3 s.h toward the
SRM Field Experience &
the SRM Event
Management Certificate
· TR Inclusive Recreation
Track: 3 s.h. of
practicum coursework
· TR NCTRC Track: 50
Pre-Internship hours
under Community-
based & CTRS-guided
experience areas



HHP Day of Empowerment

On January 26th, the HHP department held its first "Day of Empowerment." Speakers included DEO Dr. Gary Pierce, Dr. Liz Shannon, and a panel of motivating individuals who shared their journeys of resilience and determination. The event received lots of positive feedback from participants and is expected to become an annual event.



OFFICE OF THE VICE PRESIDENT FOR RESEARCH **DARE TO DISCOVER CAMPAIGN**

FEATURING GRADUATE STUDENT **EMILY ROGERS**

"Emily came to work in my lab from Ireland in 2019 with no prior experience in research. Despite the incredible learning curve, she has adapted very quickly and has excelled... She has been a key lynchpin on our team and our success as a team is in large part because of her." -Nathaniel Jenkins, HHP assistant professor

Background

Emily Rogers is a current Health and Human Physiology Ph.D. candidate here at the University of Iowa. Emily was raised in Togher, Co. Louth, Ireland and earned a Bachelor of Sports Science and Health from Dublin City University in 2017. Rogers grew up a competitive high jumper, and upon graduation from Dublin she earned a scholarship to compete for Oklahoma State University (OSU).

In 2018, Rogers earned her master's degree in applied exercise science from OSU. After the completion of her master's degree, she started her Ph.D., also at OSU, under the supervision of her advisor, Dr. Nathaniel Jenkins. Jenkins joined the University of Iowa HHP Department as an Assistant Professor in August of 2020 which led Rogers to transfer to Iowa to complete her Ph.D. degree and continue to perform research with Jenkins in his Integrative Laboratory of Applied Physiology & Lifestyle Medicine.

Collaboration

In an interview with Rogers for the Dare to Discover Campaign, she stated, "Being involved in research at UI has given me many opportunities to achieve success inside and outside the university. I have been able to secure grant funding for my dissertation project from



the American College of Sports Medicine to answer important questions about the utility of exercise breaks in the workplace to improve the negative effects of prolonged sitting on vascular insulin sensitivity. This success would not be possible without the mentorship and guidance of my dissertation committee members and all the other vascular health, exercise, and physical activity experts in the Department of Health and Human Physiology, who so willingly give their time to help me."

Banner Display

From January to March a banner hung downtown honoring Rogers' impact at Iowa.



HAWKEYES CHALLENGE THE FIELD AT NSF CASE CUP

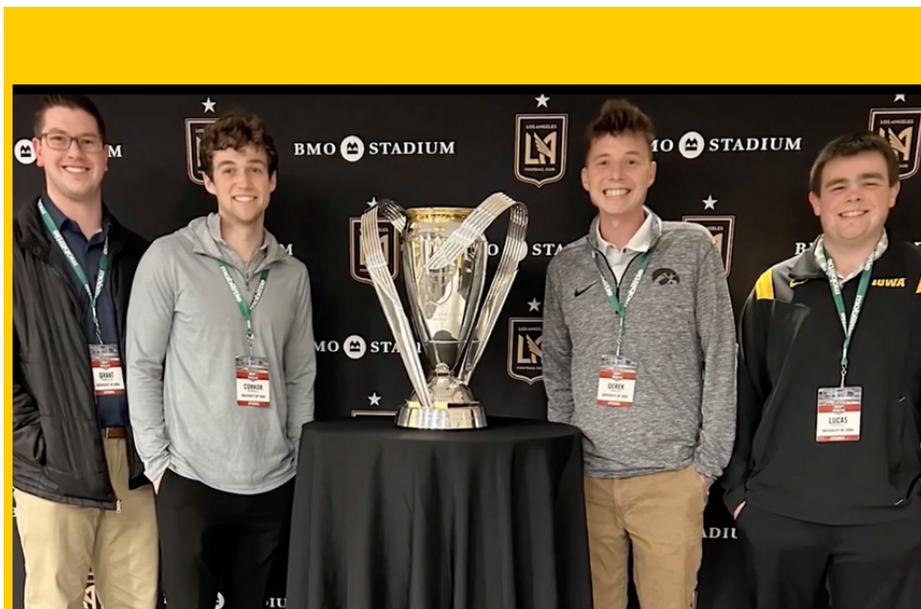
Article from Sport and Recreation Management newsletter

For the fourth time ever, a team of UISRM master's students challenged legacy sport management programs at the National Sports Forum (NSF) Case Cup Competition. Connor Bendull, Derek Ravlin, Lucas Russell, and Grant Smaellie traveled to Los Angeles to compete for the right to be called NSF Case Cup Champions.

Led by UISRM Lecturers, Anna Jensen, Packy Moran, and Jeremy Parrish, the quartet began their 'training camp' over winter break. Through mock challenges and faculty feedback, the squad began to understand the rigors of the competition.

Once the semester began, their participation in the Marketing and Sport Promotion course provided additional learning activities to refine

informational gathering strategies and presentation skills to amplify their ideas in the competition. Then, on Saturday, February 25, Connor, Derek, Lucas, and Grant learned of their charge: maximize NIL opportunities for Learfield Properties with a focus on women's sports and the potential for nationwide rollout.



With charge in hand, the team had 24 hours to research, develop strategy, and construct an impactful presentation to win favor with the judges. While their idea of a branded content-creation focused business center fell short of advancing to the championship round, the competition taught Team UISRM the importance of identifying key performance indicators and performing strategic analyses to bolster recommendations. With the NSF Case Cup Competition complete, the team had the ability to attend the National Sports Forum program alongside industry professionals. Participation in the NSF Case Cup is the only way students can attend the premier event for revenue generators in sport and recreation. Each February, top

sports executives gather at the National Sports Forum to connect, learn, and share. The 27th edition of the event was hosted by the City of Los Angeles at the Hilton Los Angeles Airport Hotel.

NSF educational sessions shared information related to marketing, business development, sponsorship, ticket sales, and/or diversity and inclusion.

Furthermore, attendees received behind-the-scenes tours of SoFi Stadium and BMO Stadium as part of the program. For the UISRM master's students in attendance, it was an exclusive opportunity to jumpstart their professional careers.

Congratulations to Connor, Derek, Lucas, and Grant for competing admirably and representing the UISRM MA program with outstanding professionalism among the top professionals in the industry!

"Receiving the opportunity to compete as part of this team is a memory I will never forget. I cannot recommend the National Sports Forum enough and believe it to be a one-of-a-kind experience for master's students. The forum allows students to make face-to-face connections and gain an advantage in the job market. Thank you UISRM, for the opportunity!"

-Lucas Russel

"The opportunity to attend the National Sports Forum is one I will never forget. The benefits of testing our skills in a lifelike master's competition paired with unbelievable networking to get ahead in the job market, cannot be emphasized enough. This truly was a remarkable experience that I wouldn't have had without the help of UISRM. In particular I'd like to thank Anna Jensen, Packy Moran, and Jeremy Parrish."

-Derek Ravlin



Sports and Recreation Management Advances on a National Stage at NCSSC

Sports fans around the country filled out and updated their basketball post-season tournament brackets. The thrill of victory and agony of defeat in gyms and arenas across the US is provided excitement for millions. Lest not we forget, players hoped that career-best performances would propel them to realizing their dreams as a professional basketball player.

Baylor University's National Collegiate Sports Sales Championship (NCSSC) provided similar excitement for sport management student organizations on campuses across the country. The NCSSC competitors, aspiring revenue-generators in professional sports, were afforded the same opportunity as basketball players to jumpstart their professional careers at the competition.

The championship began during the fall semester, with four members of the Hawkeye Sports Business Association competing in the competition's virtual qualifier rounds. HSBA officers Isabel Martinez and Nathan Escobedo were joined by Hunter Arbogast and Marc Cortez



"The days at NCSSC were some of the most eventful and most insightful that I've had in a while. I sure learned more about myself and more about what the sports sales industry entails! I'm excited to get into the sports industry and learn more." -Isabel Martinez

to put HSBA in 12th position in the Ticket Sales School Rankings. As a result of their individual performances, Isabel and Nathan E. qualified for the in-person Round of 32 that recently took place.

In total, three #SalesHawks, participated in NCSSC's in-person final rounds which were contested in Atlanta, GA at State Farm Arena and hosted by the Atlanta Hawks. Nathan Morse joined Isabel and Nathan E. at the competition's final stages. Nathan M. competed in the Speed Sales Challenge in addition to participating in the event's ancillary activities. While Isabel bowed out of the competition in the Round of 32, Nathan E. advanced to the Round of 16. Results by all three #SalesHawks is impressive as this is the first year the HSBA participated in the competition.

In addition to the competition, the NCSSC offered several educational sessions titled 'The Importance of Integrity', 'Selling Yourself on Mental Health', and 'The Best Sellers are Healthy Sellers'. Also, participants networked with professionals and each other during tours of Mercedes Benz Stadium and State Farm Arena, exploration of the Chick-Fil-A College Football Hall of Fame, and the NCSSC Award Ceremony and Reception.



Nathan Morse
UISRM THIRD YEAR

Isabel Martinez
UISRM FOURTH YEAR

Nathan Escobedo
UISRM FOURTH YEAR

"It was an honor representing the University of Iowa Sport and Recreation Management program and placing amongst the top 16 competitors in the competition. Once again, shout out to Packy Moran for putting the dream team together!" -Nathan Escobedo

"I was able to meet other students like myself throughout the trip, ranging from New York to Washington. These are people I hope to stay connected with since we are the future of the sports industry. Thanks to all the people I met!" - Nathan Morse

2023-2024 Health and Human Physiology Department Scholarship Winners

"Each year, HHP undergraduate and graduate level students are invited to apply for several scholarships made possible by former faculty and graduates of programs currently housed in our department. This year, approximately 200 human physiology, exercise science, health promotion, and health studies majors applied for the scholarship opportunities. Applicants provided academic information along with an essay indicating both why they've chosen to pursue a degree in Health and Human Physiology and why they are a strong candidate for a scholarship. It was clear from the submitted materials how much students enjoy their HHP courses and see the value of their degree.

The availability of scholarships is an important component of student success. Many applicants (and recipients) stated that receiving a scholarship allows them to participate in more learning opportunities both inside and outside the classroom. It also reduces their overall financial burden, giving them time to focus on academic and professional pursuits."

-Prof. Kathy Mellen, Scholarship Chair

The following students are this years' scholarship winners:

C. Pauline Spencer Scholarship: Graduate Student Lauren Steinke and Undergraduate students Lauren McCartney, Justine Spooner, Delaney Hannan, Brooke Trees, and Grace Sindt

Bess Whittaker Scholarship: Undergraduate student Emily Arntzen



Delaney Hannan



Justin Deters

Dr. Margaret Fox Scholarship: Undergraduate student
Mason Dains

Elizabeth Halsey Scholarship: Graduate student Andrea
Babcock and Undergraduate student Farah
Alabdulrazzak

Mary Monroe Bell Scholarship Fund: Graduate student
Kelsey Schwartz

Margaret Osborn Scholarship: Undergraduate student
Ethan Oetken

Dr. Sofi R. Boutros Fund: Undergraduate students Olivia
Johnson, Justin Yem, Laura Flores, and Kallison Rochford

M. Gladys Scott Scholarship Fund: Undergraduate
students Lauren McCartney, Justine Spooner, Emily
Arntzen, and Kathryn Vortherms

Louis E. Alley Scholarship Fund: Graduate student Justin
Deters

Benjamin B. and Clea Mae Brom Scholarship:
Undergraduate students Ella Kilstrom and Hunter Briggs

Ray-Tai & Ray-Fong Chang Scholarship Fund: Graduate
student Justin Deters

Miriam Taylor Scholarship Fund: Graduate student Ruda
Lee and Undergraduate student Breana Bottjen

McCloy Memorial Fund: Graduate student Ryan Allen
and Undergraduate Student Jacie Crutcher

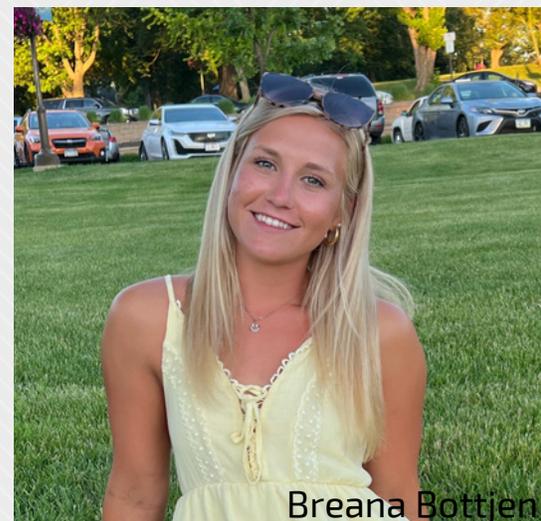
Homewood Memorial Scholarship Fund: Undergraduate
student Breana Bottjen



Olivia Johnson



Hunter Briggs



Breana Bottjen



Hailey Droessler with the completed bags



Iowa students took part in packing the stress relief kits

Project Hope

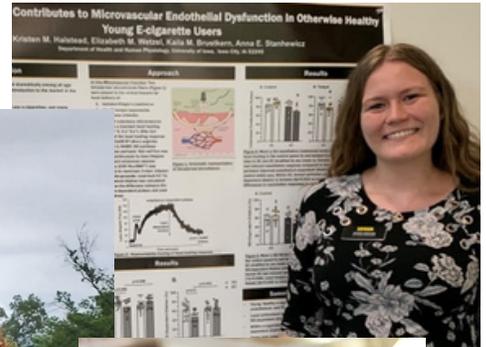
Project HOPE was founded in 2018 by TR student Hailey Droessler. The organization focuses on helping those in need by giving hope in any way we can. Project HOPE has impacted hundreds of people in need and continues to help more. Every year Project HOPE finds a need in the community and fills it with your help. The current project is focusing on improving the wellness and health of

those who are supported by DVIP in Iowa City. Additionally, stress relief kits were delivered to the Child Life Program at UI Stead Family Children's Hospital in Fall 2022. The kits included a mindfulness book, a journal and pen, two fidgets, Play-Doh, stickers, a recipe booklet and a booklet with mindfulness and breathing exercises. The projects goal was to improve mental stress, reduce stress, and improve physical health.

CONGRATULATIONS TO ALL HHP MASTER AND PHD GRADUATES!

Ryan Allen
Nile Banks
Ashley Freeman
Jacob Gallagher
Kristen Halstead
Nathaniel Helwig
Paola Hernandez
Hardik Karla
Tashin Khataei
Virginia Nuckols
Emily Rogers
Rhiannon Angel
Rebecca Bauer
Adrienne Dean
Destiny England
Catherine Freund
Megan Mcelmeel
Allison McManus

Kinsley Parrott
Somayah Fathi
Jordan Amelon
Alex Dickey
Jaden Driskell
Elizabeth Erker
Spencer Gudgel
Jordan Hemphill
Taylor Kryger
Samantha Mannix
Gage Meyers
Robert Moseley
Max Murin
Shelby Reeves
Anastasia Savich
Paige Seiser
Dillon Wolf



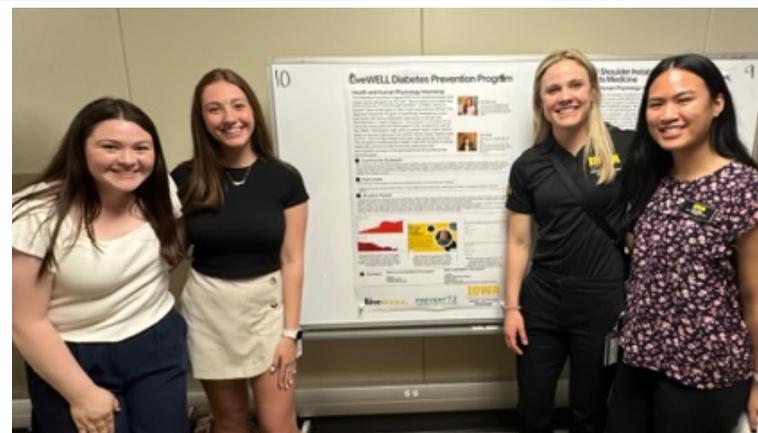
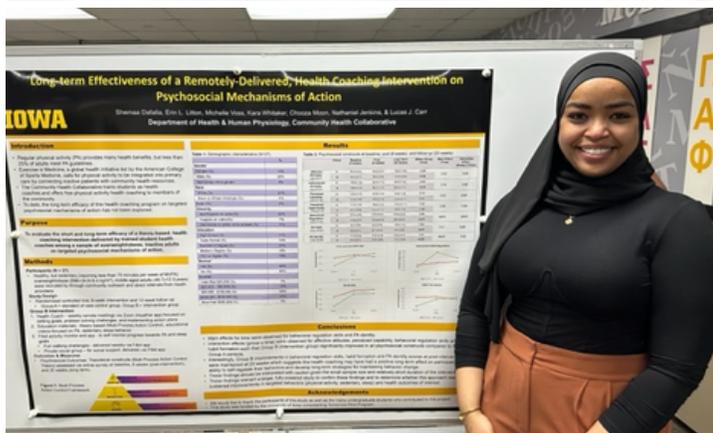
Health and Human Physiology: End of Year Celebration

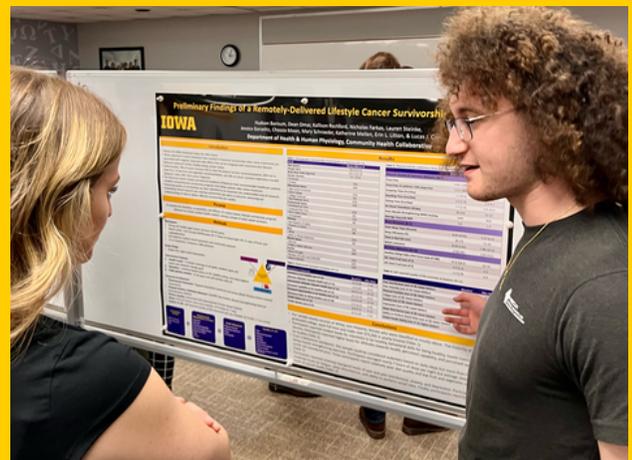
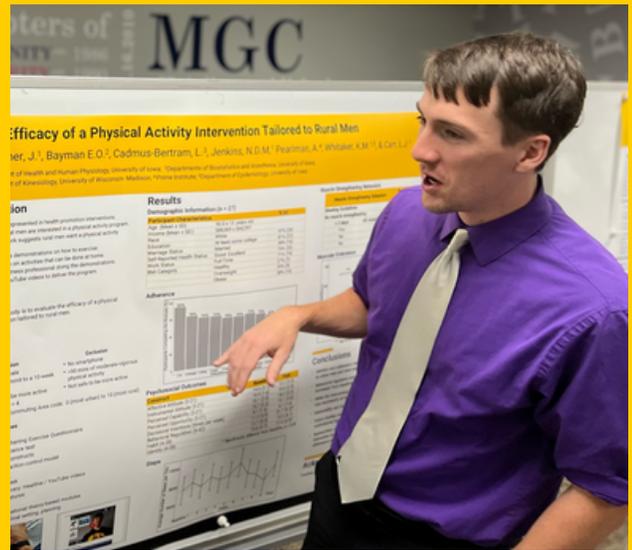
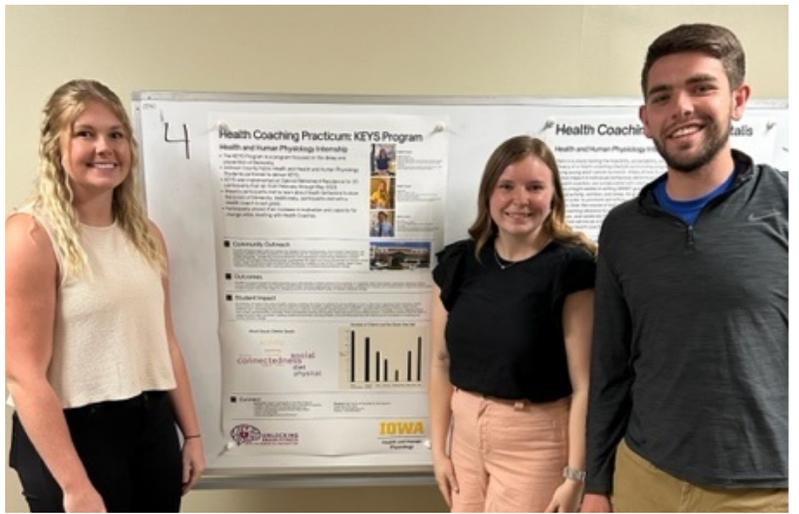
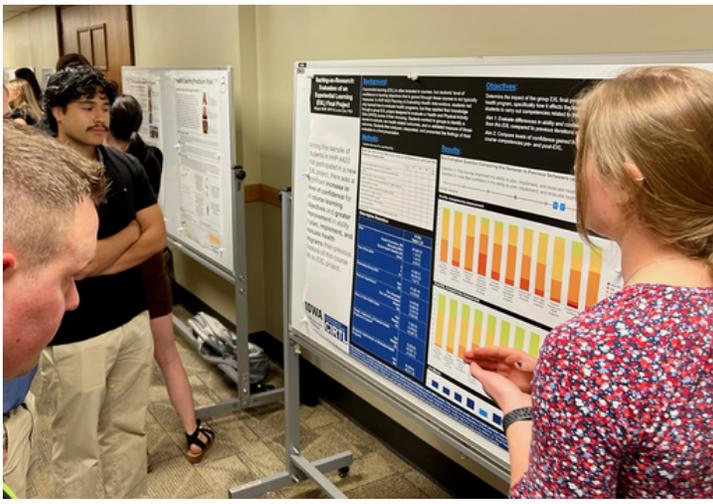
The HHP department hosted their end of the year celebration at the IMU on May 5th as an opportunity for faculty and students to celebrate their accomplishments with one another and engage in thought-provoking workshops and lectures. The day included a workshop session titled "Embedding Exercise is Medicine into UIHC HCCC," four undergraduate honors research presentations, the Louis Alley Lecture, given by Dr. Kathryn H Schmitz, a scholarship award ceremony, and 40 poster presentations from current undergrad and graduate students.



Right to Left: Dr. Lucas Carr, Dr. Kathryn H. Schmitz, and Dr. Jess Gorzelitz

Below: HHP Scholarship Winners!





Pictures of HHP students engaged at HHP End of Year Celebration on Friday, May 5, 2023

RECENT PUBLICATIONS OF TENURE-TRACK/TENURED FACULTY: 2023



Prof. Lucas Carr

The effect of exercise on suicidal ideation and behaviors: A systematic review and meta-analysis of randomized controlled trials. Fabiano N, Gupta A, Fiedorowicz JG, Firth J, Stubbs B, Vancampfort D, Schuch FB, Carr LJ, Solmi M. *J Affect Disord.* 2023 Jun 1;330:355-366. doi: 10.1016/j.jad.2023.02.071. Epub 2023 Mar 4.

University stakeholders largely unaware and unsupportive of university pouring rights contracts with companies supplying sugar-sweetened beverages. Thompson HG, Whitaker KM, Young R, Carr LJ. *J Am Coll Health.* 2023 Feb-Mar;71(2):403-410. doi: 10.1080/07448481.2021.1891920. Epub 2021 Mar 24.



Prof. Jess Gorzelitz

Feasibility and acceptability of home-based strength training in endometrial cancer survivors. Gorzelitz J, Costanzo E, Gangnon R, Koltyn K, Dietz AT, Spencer RJ, Rash J, Cadmus-Bertram L. *J Cancer Surviv.* 2023 Feb;17(1):120-129. doi: 10.1007/s11764-021-00990-3. Epub 2021 Mar 6.

Association of Accelerometer-Measured Physical Activity Level With Risks of Hospitalization for 25 Common Health Conditions in UK Adults. Watts EL, Saint-Maurice PF, Doherty A, Fensom GK, Freeman JR, Gorzelitz JS, Jin D, McClain KM, Papier K, Patel S, Shiroma EJ, Moore SC, Matthews CE. *JAMA Netw Open.* 2023 Feb 1;6(2):e2256186. doi: 10.1001/jamanetworkopen.2022.56186



Prof. Nate Jenkins

Progressive exercise training improves cardiovascular psychophysiological outcomes in young adult women with a history of adverse childhood experiences. Rogers EM, Banks NF, Tomko PM, Sciarrillo CM, Emerson SR, Thomas EBK, Taylor A, Teague TK, Jenkins NDM. *J Appl Physiol (1985).* 2023 Mar 1;134(3):742-752. doi: 10.1152/jappphysiol.00524.2022. Epub 2023 Feb 2.

Metabolic and microvascular function assessed using near-infrared spectroscopy with vascular occlusion in women: age differences and reliability. Rogers EM, Banks NF, Jenkins NDM. *Exp Physiol.* 2023 Jan;108(1):123-134. doi: 10.1113/EP090540. Epub 2022 Nov 24.



Prof. Vitor Lira

Effects of Combined Inorganic Nitrate and Nitrite Supplementation on Cardiorespiratory Fitness and Skeletal Muscle Oxidative Capacity in Type 2 Diabetes: A Pilot Randomized Controlled Trial. Turner KD, Kronemberger A, Bae D, Bock JM, Hughes WE, Ueda K, Feider AJ, Hanada S, de Sousa LGO, Harris MP, Anderson EJ, Bodine SC, Zimmerman MB, Casey DP, Lira VA. *Nutrients.* 2022 Oct 25;14(21):4479. doi: 10.3390/nu14214479

Loss of FoxOs in muscle increases strength and mitochondrial function during aging. Penniman CM, Bhardwaj G, Nowers CJ, Brown CU, Junck TL, Boyer CK, Jena J, Fuqua JD, Lira VA, O'Neill BT. *J Cachexia Sarcopenia Muscle.* 2023 Feb;14(1):243-259. doi: 10.1002/jcsm.13124. Epub 2022 Nov 28.



Prof. Warren Darling

Acuity of Proprioceptive Localization Varies with Body Region. Darling WG, Yem J. *Neuroscience.* 2023 Apr 15;516:100-112. doi: 10.1016/j.neuroscience.2023.02.015. Epub 2023 Feb 24.

Dr. Anna Stanhewicz, Assistant Professor in HHP, was recently recognized with the American Physiological Society Environmental and Exercise Physiology (EEP) Section New Investigator Award which recognizes an outstanding investigator in the early stages of his/her career who has made meritorious contributions to the areas of environmental, exercise, thermal or applied physiology and has contributed as a collegial citizen of the EEP and/or scientific community.





Prof. Gary Pierce

Concomitantly higher resting arterial blood pressure and transduction of sympathetic neural activity in human obesity without hypertension. Holwerda SW, Gangwish ME, Luehrs RE, Nuckols VR, Thyfault JP, Miles JM, Pierce GL. *J Hypertens*. 2023 Feb 1;41(2):326-335. doi: 10.1097/HJH.0000000000003335. Epub 2022 Dec 22.

Sex-specific associations of reservoir-excess pressure parameters with age and subclinical vascular remodeling. Gimblet CJ, Armstrong MK, Nuckols VR, DuBose LE, Holwerda SW, Luehrs RE, Lane AD, Voss MW, Pierce GL. *J Hypertens*. 2023 Apr 1;41(4):624-631. doi: 10.1097/HJH.0000000000003378. Epub 2023 Feb 1.



Prof. Thorsten Rudroff

Fatigue and perceived fatigability, not objective fatigability, are prevalent in people with post-COVID-19. Fietsam AC, Bryant AD, Rudroff T. *Exp Brain Res*. 2023 Jan;241(1):211-219. doi: 10.1007/s00221-022-06518-0. Epub 2022 Dec 3

The challenges of post-COVID-19 fatigue research. Rudroff T. *Front Psychol*. 2023 Mar 27;14:1120928. doi: 10.3389/fpsyg.2023.1120928. eCollection 2023



Prof. Anna Stanhewicz

Microvascular endothelial function following cessation of long-term oral contraceptive pill use: A case report. Turner CG, Stanhewicz AE, Nielsen KE, Wong BJ. *Exp Physiol*. 2023 Jan;108(1):5-11. doi: 10.1113/EP090861. Epub 2022 Nov 30.

Effects of biological sex and oral contraceptive pill use on cutaneous microvascular endothelial function and nitric oxide-dependent vasodilation in humans. Turner CG, Stanhewicz AE, Nielsen KE, Otis JS, Feresin RG, Wong BJ. *J Appl Physiol* (1985). 2023 Apr 1;134(4):858-867. doi: 10.1152/jappphysiol.00586.2022. Epub 2023 Mar 2.



Prof. Erin Talbert

Identification of circulating plasma ceramides as a potential sexually dimorphic biomarker of pancreatic cancer-induced cachexia. Chakedis JM, Dillhoff ME, Schmidt CR, Rajasekera PV, Evans DC, Williams TM, Guttridge DC, Talbert EE. *JCSM Rapid Commun*. 2022 Jul-Dec;5(2):254-265. doi: 10.1002/rco2.68. Epub 2022 Jun 20. PMID: 36591536

Inflammation as a Therapeutic Target in Cancer Cachexia. Clamon G, Byrne MM, Talbert EE. *Cancers (Basel)*. 2022 Oct 26;14(21):5262. doi: 10.3390/cancers14215262



Prof. Kara Whitaker

Contribution of social, behavioral, and contextual exposures to Black-White disparities in incident obesity: The CARDIA study. Song C, Bancks MP, Whitaker KM, Wong M, Carson AP, Dutton GR, Goff DC Jr, Gordon-Larsen P, Gunderson EP, Jacobs DR Jr, Kiefe CI, Lewis CE, Lloyd-Jones DM, Shikany JM, Kershaw KN. *Obesity (Silver Spring)*. 2023 Apr 11. doi: 10.1002/oby.23698. Online ahead of print.

Analysis of Cardiorespiratory Fitness in Early Adulthood and Midlife With All-Cause Mortality and Fatal or Nonfatal Cardiovascular Disease. Pettee Gabriel K, Jaeger BC, Lewis CE, Sidney S, Dooley EE, Carnethon MR, Jacobs DR Jr, Hornikel B, Reis JP, Schreiner PJ, Shikany JM, Whitaker KM, Arynchyn A, Sternfeld B. *JAMA Netw Open*. 2023 Feb 1;6(2):e230842. doi: 10.1001/jamanetworkopen.2023.0842.

Congratulations Dr. Kara Whitaker on the recently awarded Pregnancy 24/7 Offspring Study is a 5-year multi-site observational cohort study funded by the National Institutes of Health for \$3.4 Million.

This project will leverage state-of-the-art, 24-hour activity assessment in each trimester of pregnancy, collected as part of the ongoing Pregnancy 24/7 cohort study and add additional assessments of offspring growth, adiposity, and CVD risk through 24 months. This study will inform future primordial prevention interventions to decrease the risk of offspring obesity and CVD across the lifespan.





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SHA KEERAN
 Founder of Club Kids for a
 and Conference Panelist

"There is no easy way to solve health inequity, but it is important to get people involved. You

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