

TORC DIGEST

UNIVERSITY of HOUSTON
TEXAS OBESITY RESEARCH CENTER

April/ May 2015

Notes from the Interim Director

Search for permanent TORC Director & full Professor of Health and Human Performance. For more information, please click [here](#) or contact Dr. Dan O'Connor at dpoconno@central.uh.edu, 713-743-2377.

Headline Science & News

Dr. Daphne Hernandez Featured in Time Magazine

TORC faculty, Dr. Daphne Hernandez was interviewed for TIME magazine for her research on stress and gender disparities in adolescent weight. Read the full article [here](#).

March Health Fair at the Mexican Consulate

TORC interns hosted a table at the Mexican Consulate's March health fair. Attendees received recipes developed by interns and were able to interact with our team over the What's In Your Drink? display which exemplifies the sugar content of popular beverages.



Dr. Daphne Hernandez & Layne Ressor at the AAHB conference



Intern Cheryl Woolf at the Mexican Consulate Health Fair

TORC Bronze Sponsor of Keeping our Communities Healthy Conference

TORC was a sponsor of the Keeping our Communities Healthy Conference an initiative of Hunger Free Texans. The annual 3 day event is used to increase awareness of food, nutrition, health and wellness initiatives across America that keep our communities healthy. The event was held at NRG Convention Center April 12th-14th. For more information please visit the [event website](#).



15th Annual Scientific Meeting of the American Academy of Health and Behavior

TORC faculty Dr. Daphne Hernandez and PhD student Layne Ressor presented posters at the 15th Annual Scientific Meeting of the American Academy of Health and Behavior in San Antonio. Posters included:

- Layton Reesor, Yanely Alonso, & Daphne C. Hernandez, PhD, MEd “*Examining Markers of Health and Food-Security among Hispanic Women*”
- Layton Reesor, Laura Kabiri, PT, DPT, & Daphne C. Hernandez, PhD, MEd

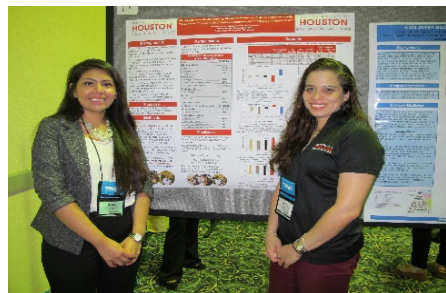
- “Gender differences in Maternal Concerns & Perceptions of Children's Weight”
- Daphne C. Hernandez, PhD, MEd “Hispanic Mothers Lifespan Experiences with Food Hardship & Young Children's Body Composition”

Texas Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo

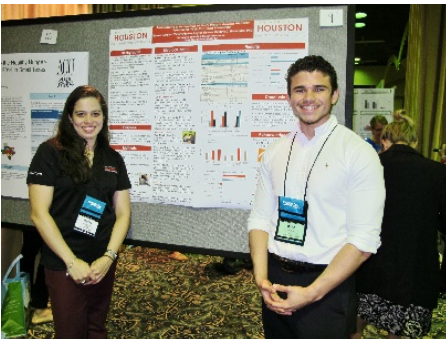
TORC faculty Dr. Daphne Hernandez and students Yanely Alonso, Misha Chishty, Steven Canales, Ngan Ly and Hannah Burch presented posters at the Texas Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo held in Houston April 8th-10th. TORC faculty Dr. Tracey Ledoux presented on the research and development of the Happier Meals video, a tool for parents of young children. To view the video, click [here](#).



Hannah Burch, Dr. Tracey Ledoux & Ngan Ly



Yanely Alonso & Dr. Daphne Hernandez



Dr. Daphne Hernandez & Steven Canales



Misha Chishty & Dr. Daphne Hernandez

Recent Publications

A single bout of dynamic exercise by healthy adults enhances the generation of monocyte-derived-dendritic cells

TORC faculty Drs. Daniel O'Connor, Thomas Lowder & Richard Simpson and colleagues published “A single bout of dynamic exercise by healthy adults enhances the generation of monocyte-derived-dendritic cells” in *Cellular Immunology*.

Identification of Changing Lower Limb Neuromuscular Activation in Parkinson's Disease

during Treadmill Gait with and without Levodopa Using a Nonlinear Analysis Index

TORC faculty Drs. Dan O'Connor, William Paloski and Charles Layne and colleagues published the article "Identification of Changing Lower Limb Neuromuscular Activation in Parkinson's Disease during Treadmill Gait with and without Levodopa Using a Nonlinear Analysis Index" in Parkinson's Disease.

Changes in sensory function and force production in adults with type II diabetes

TORC faculty Dr. Stacey Gorniak and colleague published the article "Changes in sensory function and force production in adults with type II diabetes" in Muscle & Nerve.

Special issue on exercise immunology: current perspectives on aging, health and extreme performance

TORC faculty Dr. Richard Simpson and colleague published the article "Special issue on exercise immunology: current perspectives on aging, health and extreme performance" in Brain, Behavior, and Immunity.

Acute vascular and cardiovascular responses to blood flow-restricted exercise" in Medicine and Science in Sports and Exercise

TORC faculty Dr. Daniel O'Connor and colleagues published "Acute vascular and cardiovascular responses to blood flow-restricted exercise" in Medicine and Science in Sports and Exercise.

Characteristics of Clinical Shoulder Research Over the Last Decade: A Review of Shoulder Articles in The Journal of Bone & Joint Surgery from 2004 to 2014

TORC faculty Dr. Mitzi Laughlin and colleagues published the article "Characteristics of Clinical Shoulder Research Over the Last Decade: A Review of Shoulder Articles in The Journal of Bone & Joint Surgery from 2004 to 2014" in The Journal of Bone and Joint Surgery- American Volume.

Effect of age on basal muscle protein synthesis and mTORC1 signaling in a large cohort of young and older men and women

TORC affiliate Dr. Melissa Markofski and colleagues published the article "Effect of age on basal muscle protein synthesis and mTORC1 signaling in a large cohort of young and older

men and women” in Experimental Gerontology.

A single bout of dynamic exercise enhances the expansion of MAGE-A4 and PRAME-specific cytotoxic T-cells from healthy adults

TORC faculty Drs. Daniel O’Connor and Richard Simpson and colleagues published “A single bout of dynamic exercise enhances the expansion of MAGE-A4 and PRAME-specific cytotoxic T-cells from healthy adults” in Exercise Immunology Review.

Factorial Invariance of the Physical Activity Neighborhood Environment Survey Among Single- Versus Multi-Family Housing Residents

TORC faculty Dr. Daniel O’Connor, TORC affiliate Dr. Rebecca Lee and colleagues published “Factorial Invariance of the Physical Activity Neighborhood Environment Survey Among Single- Versus Multi-Family Housing Residents” in Research Quarterly for Exercise and Sport.

A single bout of dynamic exercise by healthy adults enhances the generation of monocyte-derived-dendritic cells

TORC faculty Drs. Daniel O’Connor, Thomas Lowder and Richard Simpson published “A single bout of dynamic exercise by healthy adults enhances the generation of monocyte-derived-dendritic cells” in Cellular Immunology.

Development of the Policy Indicator Checklist: A Tool to Identify and Measure Policies for Calorie-Dense Foods and Sugar-Sweetened Beverages Across Multiple Settings

TORC faculty, affiliates and students, Drs. Rebecca Lee, Daniel O’Connor, Dennis Kao, Maria Modelska and Hanadi Rifai along with Nate Parker, Allen Hallett and Ousswa Kudia published “Development of the Policy Indicator Checklist: A Tool to Identify and Measure Policies for Calorie-Dense Foods and Sugar-Sweetened Beverages Across Multiple Settings” in the American Journal of Public Health.

Using nonlinear tools to evaluate movement of fragile objects

TORC faculty Dr. Stacey Gorniak and colleague published “Using nonlinear tools to evaluate movement of fragile objects” in the Journal of Applied Biomechanics.

Understanding graft-versus-host disease. Preliminary findings regarding the effects of exercise in affected patients

TORC faculty Dr. Richard Simpson and colleagues published “Understanding graft-versus-host disease. Preliminary findings regarding the effects of exercise in affected patients” in Exercise Immunology Review.

Resistance exercise training-induced decrease in circulating inflammatory CD14+CD16+ monocyte percentage without weight loss in older adults

TORC Affiliate Dr. Melissa Markofski and colleagues published “Resistance exercise training-induced decrease in circulating inflammatory CD14+CD16+ monocyte percentage without weight loss in older adults” in European journal of applied physiology.

Childhood obesity research demonstration project (CORD) special issue published by Childhood Obesity

Childhood Obesity published a special edition issue featuring the Childhood Obesity Research Demonstration (CORD) project funded by the Centers for Disease Control and Prevention for which a team of UH investigators at TORC and TIMES serves as the evaluation center. The evaluation center analyzes data from integrated multilevel, multi-sector public health programs being delivered in three different states. The programs are designed to induce environmental, systems, and policy changes that are intended to impact childhood obesity. The results of the project will be used to make evidence-based recommendations for implementing future programs. TORC faculty, affiliates and students published “Childhood obesity research demonstration project: cross-site evaluation methods.”

Opportunities

UH Department of Health and Human Performance seeks Assistant Professor of Nutrition/Obesity Studies

The Department of Health and Human Performance at the University of Houston is seeking a nutrition/obesity studies specialist (broadly defined) with demonstrable academic skills for an Assistant Professor position. Applicants are sought who can both complement and expand existing research capabilities within the department’s expertise, as well as applicants who can collaborate with individuals across the University’s departments, colleges, and centers, such as the Texas Obesity Research Center. In addition, the successful candidate will demonstrate potential to engage in cooperative research projects with other social-behavioral scientists,

and with medical, community and governmental agencies located in Houston and nationally. The successful candidate is expected to develop and maintain a vigorous scholarly research program that will foster acquisition of external funding, generate high-quality research publications and enhance graduate student recruitment and training. Additional responsibilities include teaching graduate and/or undergraduate courses in nutrition or obesity studies (broadly defined), and perform service to the department, college, university and the profession. Please visit the University of Houston faculty openings for more details, click [here](#).

TORC Faculty Dr. Tracey Ledoux seeking parents with toddlers for a healthy eating habit study

TORC faculty Dr. Tracey Ledoux is seeking parents of 12-36 month-olds to participate in a study which involves the videotaping of meals with toddlers. For more information, click [here](#).

TORC helping to develop a weight management program for women with disabilities

TORC executive committee member Dr. Tracey Ledoux and TORC faculty Dr. Margaret Nosek from Baylor College of Medicine's Center for Research on Women with Disabilities are developing a **weight management program for women with mobility impairments** that will be conducted in the virtual world of Second Life. Eligible women will participate in a 16-session weekly weight loss group online in Second Life. Those who complete the study will be offered a small payment for their participation. Recruitment is starting now! To find out more about the **GoWoman Weight Loss Research Study**, contact Stephanie Silveira at slsilvei@Central.UH.edu or 713-734-9310 and please visit our [website](#).

TORC Faculty Dr. Tracey Ledoux seeking parents with toddlers for a healthy eating habit study

Little Foodies is a feasibility study for a parent focused approach to developing healthy eating behaviors among toddlers. This parent focused group consists of 6 weekly 90 minute classes at UH covering topics such as dealing with picky eating, managing table manner issues, and coping with food refusal. Those who complete the study will be offered a small payment for their participation. For more information, contact Tracey Ledoux, PhD, RD at TALedoux@uh.edu or (713) 743-1870 and please visit our [website](#).

Seeking diabetic and non-diabetic study participants for a project on cognitive-motor function and diabetes

Faculty member Dr. Stacey Gorniak is seeking adults between the ages of 30 and 90 to participate in a study on the effects of diabetes on cognitive and motor functions. She is looking for participants that either have (1) a current diagnosis of Type II Diabetes or (2) no health history of diabetes or related complications. Both groups (diabetic and non-diabetic) are needed to complete the study. Participants will receive a \$60 gift card to Walmart for completing the study. For more information, please contact Dr. Gorniak (sgorniak@uh.edu) via email or by phone at 713-743-4802.

Seeking diabetic and non-diabetic study participants for a project on sensori-motor function and diabetes

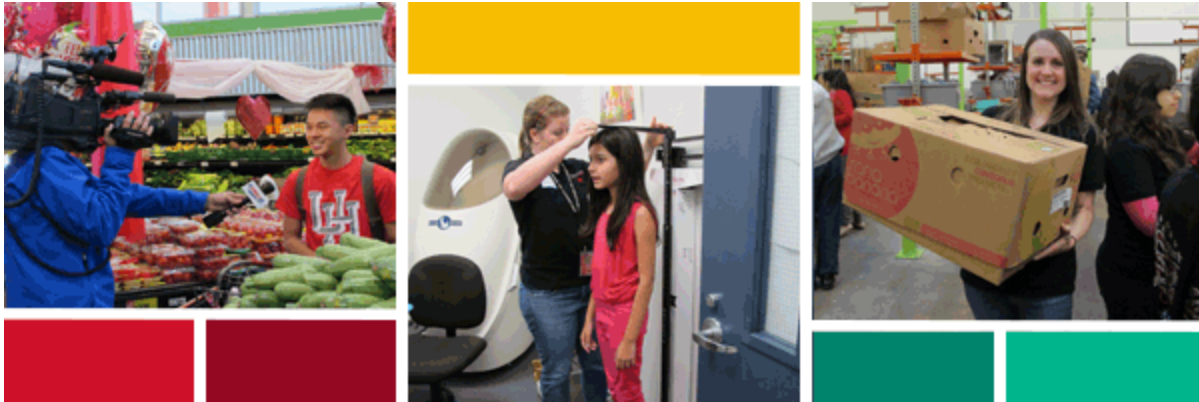
Faculty member Dr. Stacey Gorniak is seeking adults between the ages of 21 and 90 to participate in a study on the effects of diabetes on sensory and motor functions. She is looking for participants that either have (1) a current diagnosis of Type II Diabetes or (2) no health history of diabetes or related complications. Both groups (diabetic and non-diabetic) are needed to complete the study. This study will test hand function during different tests during conditions of daily life and after administration of a local anesthetic. Participants will receive a \$60 gift card to Walmart for completing the study. For more information, please contact Dr. Gorniak (sgorniak@uh.edu) via email or by phone at 713-743-4802.

Seeking Lesbian, Gay, Bisexual or Queer study participants for research on health

TORC Faculty Dr. Lorraine Reitzel is seeking lesbian, gay, bisexual or queer participants 18 years or older who are not currently pregnant or breastfeeding to participate in a health study. Participants will need to visit the University of Houston main campus twice, complete computer administered questionnaires, provide 6 saliva samples and have GPS monitoring for approximately 7 days. For more information, please contact the Fresh Air study at <mailto:lrreitzel@uh.edu> 713-743-6444, 713-743-6444 or click [here](#).

Seeking African American study participants for a mind-body relaxation and stretching program

The Harmony & Health study at The University of Texas MD Anderson Cancer Center is seeking African American men and women to participate in a mind-body relaxation and stretching program. Participants will be compensated for their time and free parking is available. Space is limited, so call today! For more information, please contact the Harmony & Health study at healthyhabitsstudy@mdanderson.org or call 713-745-9962.



If you would like to include your event or other information in this Digest, please send an e-mail to torc@uh.edu by the 21st day of the preceding month.

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