

CURRICULUM VITAE
SUSAN B. RACETTE, Ph.D.

PRESENT POSITION:

2014-present Professor of Physical Therapy, Program in Physical Therapy
Professor of Medicine, Department of Medicine
Washington University School of Medicine, St. Louis, MO

EDUCATION:

<u>Dates</u>	<u>Degree</u>	<u>Institution</u>	<u>Field</u>
1984-1988	B.S.	Bucknell University Lewisburg, PA	Major: Biology Minor: Biochemistry
1988-1994	Ph.D.	University of Chicago Chicago, IL	Nutritional Biology
1994-1997	Fellowship	Washington U School of Medicine St. Louis, MO	Exercise Physiology

PRIOR ACADEMIC POSITIONS / EMPLOYMENT:

<u>Date(s)</u>	<u>Position</u>	<u>Institution / Departments</u>
1997-2001	Research Instructor	Washington University School of Medicine Department of Medicine
2000-2001	Instructor	Washington University School of Medicine Program in Physical Therapy
2001-2009	Assistant Professor	Washington University School of Medicine Program in Physical Therapy and Department of Medicine
2009-2014	Associate Professor	Washington University School of Medicine Program in Physical Therapy and Department of Medicine

HONORS AND AWARDS:

1988 Elected an Associate Member, Sigma Xi, The Scientific Research Society
2002-present Fellow, The Obesity Society

UNIVERSITY COMMITTEES:

Washington University School of Medicine

1999-2011 Center for Applied Research Sciences (CARS) Advisory Committee:
Investigator and Protocol Reviewer
2000-present Nutrition Obesity Research Center (NORC, 5P30DK056341-13):
Investigator & Grant Reviewer
2004-2008 Human Research Protection Office, Review Committee: Member
2005-present Diabetes Research Center (DRC, 5P30DK020579-38): Member
2008-present Institute for Clinical and Translational Sciences: Member & Mentor

- 2008-present Institute for Public Health: Scholar
- 2008-present WUSM Wellness Council: Member
- 2011-present Center for Diabetes Translation Research (CDTR, 5P30DK092950-03): Member
- 2011-present Transdisciplinary Research in Energetics and Cancer (TREC, U54CA155496): Internal Advisory Board Member
- 2014-present Programs to Increase Diversity among Individuals Engaged in Health-Related Research (PRIDE, R25 HL105400): Leadership Committee Member
- 2014-present Barnes-Jewish Hospital Foundation (BJHF)/Washington University Institute of Clinical and Translational Sciences (ICTS) Clinical and Translational Research Proposal Review Committee

Washington University in St. Louis, Danforth Campus

- 2007 “Health, Fitness, Recreation & Sport” Strategic Planning Committee

BJC HealthCareSM

- 2004-2008 Health Literacy Advisory Committee: Member

PROFESSIONAL SOCIETIES AND ORGANIZATIONS:

- American Diabetes Association – Member
- American Heart Association – Member
- American Society for Nutrition – Member
- Sigma Xi Scientific Research Society – Member
- The Obesity Society – Fellow

INVITED PRESENTATIONS:

- July 1993 University of Chicago, Clinical Nutrition Research Unit. Invited Debate Moderator: *Moderate Obesity: To Treat or Not to Treat?* Chicago, IL
- Nov 1997 Institute of Food Technologists & the American Dietetic Association Joint Meeting. Invited Speaker: “Diabetes, Obesity, and the Role of Lifestyle Intervention.” St. Louis, MO
- June 2003 American Physical Therapy Association 2003 Annual Conference; Educational Session Speaker, “Obesity and its Implications for Physical Therapy.” Washington, DC
- Nov 2003 University of Illinois at Urbana-Champaign, Department of Kinesiology. Invited Speaker “Assessment of Free-Living Energy Expenditure with DLW: Advantages and Pitfalls” Champaign, IL
- Nov 2004 Association for Advancement of Behavior Therapy, Annual Conference, Symposium Speaker, “Caloric Restriction and Aging.” Theme: *Calorie Restriction: Beneficial or Harmful for Health?* New Orleans, LA

- May 2005 National Institutes of Health, National Institute on Aging; Annual Meeting of Grantees. Speaker, “Washington University CALERIE (Comprehensive Assessment of Long-term Effects of Reducing Intake of Energy) Study – Phase I.” Bethesda, MD
- Mar 2007 General Clinical Research Center National Annual Meeting, National Association of GCRC Bionutritionists. Invited Keynote Speaker. “Current Trends in Obesity Research.” Washington, DC
- June 2007 American Diabetes Association, 67th Scientific Sessions, Invited Symposium Speaker, “Is Weight Loss or Fitness More Important to Improve Insulin Action?” Symposium: *Type 2 Diabetes – the Importance of Physical Activity*. Chicago, IL
- Feb 2009 Visiting Scholar - Purdue University, Department of Foods and Nutrition, Ingestive Behavior Research Center. “Weekend, Holiday, and Freshman Indulgences – What are the Consequences?” West Lafayette, IN
- April 2011 Keystone Symposium. Invited Speaker and Session Chair, “Human Responses to CR: The CALERIE Project.” Theme: *Metabolic Responses to Extreme Conditions*. Big Sky, MT
- Sep 2013 Dale Schoeller Symposium: Energy Balance and Obesity Prevention. Invited Speaker, “Caloric Restriction.” Department of Nutritional Sciences, University of Wisconsin, Madison, WI

RESEARCH PROJECTS:

Governmental (chronological based on start date)

- T32 HL007456 (Wilfley, DE) NIH / NHLBI 07/01/80 - 08/31/15
“Nutrition–Behavioral Cardiovascular Disease Prevention”
Role: Mentor
- T32 HD007434 (Mueller, MJ) NIH / NICHD 07/01/93 - 04/30/16
“Doctoral Training Program in Movement Science”
Role: Mentor
- R01 HL050420-13 (Ostlund, RE) NIH / NHLBI 05/01/94 - 03/31/10
“Regulation of Intestinal Cholesterol Absorption”
Role: Co-Investigator
- P60 AG013629 Pilot Study (Racette, SB) NIH / NIA 09/01/98 - 08/31/01
“Effects of Endurance Exercise Training on Glucose Tolerance and Insulin Action in Elderly Men and Women”
Role: Principal Investigator
Washington University Claude D. Pepper Older Americans Independence Center
P60 AG013629 (Hollosozy, JO), NIH / NIA, 09/30/95 – 08/31/02
- R01 DK57461-04 (Racette, SB) NIH / NIDDK 09/30/99 - 08/31/04
“Weight Control in Peri- and Early Postmenopausal Women”
Role: Principal Investigator
- P30DK056341 (Klein, S) NIH / NIDDK 09/30/99 - 03/31/16
“Washington University Nutrition Obesity Research Center”

Role: Investigator

- U01 AG20487-07 (Holloszy, JO) NIH / NIA 09/30/01 - 08/31/11
“Caloric Restriction and Aging in Humans”
Role: Co-Investigator
- R01 AG20076-01 (Holloszy, JO) NIH / NIA 07/01/02 - 08/31/07
“Is DHEA Replacement Therapy Beneficial?”
Role: Co-Investigator
- R01 DP000092-04 (Racette, SB) CDC 09/30/04 - 09/29/08
“Worksite Opportunities for Wellness”
Role: Principal Investigator
- 5R25 HL085040-02 (Rao, DC) NIH / NHLBI 08/01/06 - 06/30/10
“Genetic Epidemiology of Cardiovascular Disease and Risk Factors”
Role: Mentor
- ICTS Pilot Study (Wilfley, DE) NIH / NCRR 02/01/08 - 01/31/10
“A Randomized Controlled Trial for Parents of Young Overweight Children”
Role: Co-Investigator
Washington University Institute of Clinical and Translational Sciences
5UL1 RR024992-02 (Polonsky, KS), NIH / NCRR, 09/17/07 – 5/31/12
- K01DK080886-01 (Weiss, EP) NIH / NIDDK 04/01/08 - 03/31/13
“Caloric Restriction, Exercise, and Glucoregulation in Humans”
Role: Scientific Advisor
- 850815 (Pontzer, HD) NSF 05/01/09 - 04/30/11
“Metabolic Cost of Living in Human Foragers”
Role: Co-Principal Investigator
- R25 HL105400 (Rao, DC) NIH / NHLBI 09/30/10 - 09/29/19
“PRIDE Summer Institute in Cardiovascular Genetic Epidemiology”
Role: Mentor
- U54CA155496 (Colditz, G) NIH / NCI 06/15/11 - 05/31/16
“A Multilevel Approach to Energy Balance and Cancer Across the Lifecourse”
Part of the Transdisciplinary Research in Energetics and Cancer (TREC) Center
Sub-Project: Education/Training and Outreach Programs (Gehlert, SJ)
Role: Mentor
- 1R01 HL108160-01 (Ostlund, RE) NIH / NHLBI 01/01/12 - 12/31/15
“Reverse Cholesterol Transport in Humans”
Role: Co-Investigator
- Q215F120077 (White, ML) US Dept of Education 08/01/12 - 7/31/15
“AIM for Fitness”
Role: Co-Principal Investigator of Washington University Subcontract
- U54 CA155496 Pilot Project NIH / NCI 06/01/14 - 05/31/14
“Urban public schools: influence of environment on child weight status and health indices”

Role: Principal investigator of Pilot Project
Main Project: “Transdisciplinary Research on Energetics and Cancer (TREC)”
Washington University Principal Investigator: Graham Colditz, MD, DrPH

- RWJF 72091 (Johnson, CA) Robert Wood Johnson Foundation 09/01/14 - 08/31/15
“Play Across St. Louis: Presence and Condition of Publicly Accessible Parks, Facilities,
and Playgrounds”
Role: Collaborator
- (Racette, SB) City of St. Louis Department of Health 04/01/15 - 02/29/16
“Obesity Surveillance in St. Louis”
Role: Principal Investigator
- K01 HL127278 (Hardy, DS) NIH/NHLBI 01/01/16 - 12/31/21
“Searching for missing heritability for cardiometabolic outcomes by race”
Role: Mentor

Non-Governmental (*chronological based on start date*)

- Mini-Grant #2003-002 (Deusinger, SS) Longer Life Foundation 07/01/03 - 12/31/04
“Influence of Exercise and Dietary Patterns on Weight Gain Throughout College”
Role: Co-Investigator
- Young Investigator Award (Fahnestock, PA) NARSAD 03/01/06 - 5/31/08
“Effects of Antipsychotic Medications on Energy Intake and Expenditure”
Role: Co-Investigator
- Ann A. Hertzler Research Grant (Sheer, A) Am Dietetic Assoc 06/01/07 - 05/31/08
“Communication to Consumption - Does One Influence the Other?”
Role: Co-Investigator
- IPH 0309-02 (Racette, SB) WU Institute for Public Health 06/24/09 - 12/31/12
“Nourishing an Urban Community: Phase I”
Role: Principal Investigator
- Research Division Pilot Award (Racette, SB) WUSM PT 06/01/10 - 05/31/11
“Nourishing an Urban Community: Physical Activity Interventions for SLPS Students”
Role: Principal Investigator
- DCDC (Peterson, L) Diabetic Cardiovascular Disease Center 09/01/10 - 12/31/12
“Nutritional Therapy for Diabetic Cardiomyopathy”
Role: Co-Investigator
- Community/University Health Research Partnerships (Racette, SB) 10/01/10 - 04/30/13
“Nourishing an Urban Community II”
Role: Co-Principal Investigator
- Research Division Multi-Institutional Research Award (Racette, SB) 06/01/14 - 05/31/16
Washington University Program in Physical Therapy
“Cardiovascular Risk Factors Among School-Children in Missouri, Alabama and Texas”
Role: Principal Investigator

FEDERAL GRANT & PROGRAM REVIEWS (National & International):

- 2002 NIH / National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), Special Emphasis Panel. Grant Reviewer
- 2003 NIH / Center for Scientific Review. Grant Reviewer
- 2004-2005 NIH / Community Level Health Promotion (CLHP) Study Section. Grant Reviewer
- 2006 U.S. Army Research Institute of Environmental Medicine: Military Nutrition Division. Program Reviewer for American Institute of Biological Sciences
- 2007 NIH / National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). Grant Reviewer
- 2007 CDC Dissertation Research Review Panel. Grant Reviewer
- 2007 NIH / Clinical and Integrative Diabetes and Obesity (CIDO) Study Section. Grant Reviewer
- 2008 U.S. Army Research Institute of Environmental Medicine: Military Nutrition Division. Panel Member for American Institute of Biological Sciences
- 2008 CDC / National Center for Chronic Disease Prevention and Health Promotion. Grant Reviewer
- 2009 NIH / National Heart, Lung, and Blood Institute (NHLBI). Grant Reviewer
- 2010 Health Research Board (Ireland), Health Research Awards. Grant Reviewer
- 2010 Research Grants Council (RGC) of Hong Kong. External Reviewer
- 2011 U.S. Army Research Institute of Environmental Medicine: Military Nutrition Division. Program Reviewer for American Institute of Biological Sciences
- 2011 CDC / National Center for Chronic Disease Prevention and Health Promotion, Affordable Care Act (ACA): Childhood Obesity Research Demonstration. Grant Reviewer
- 2012 The Netherlands Organisation of Health, Research and Development (Zon Mw), Prevention Program. Grant Reviewer
- 2013 Research Grants Council (RGC) of Hong Kong, China. External Reviewer
- 2014 Diabetes UK, Research Committee. External Grant Reviewer
- 2015 Biotechnology and Biological Sciences Research Council (BBSRC). Grant Reviewer
- 2016 NIH / National Institute on Minority Health and Health Disparities (NIMHD), Special Emphasis Panel. Grant Reviewer

JOURNAL REVIEWER FOR:

- *American Journal of Clinical Nutrition*
- *American Journal of Preventive Medicine*
- *Applied Physiology, Nutrition, and Metabolism*
- *BMC Pediatrics*
- *BMC Public Health*
- *European Journal of Applied Physiology*
- *International Journal of Obesity*
- *Journal of the Academy of Nutrition and Dietetics*
- *Journal of Adolescent Health*
- *Journal of Occupational and Environmental Medicine*

- *Nutrition Journal*
- *Obesity*
- *Physiology & Behavior*
- *PLoS One*
- *Preventive Medicine*

TEACHING:

- 1995-2002 Guest Lecturer, Human Physiology Class & Laboratory, Biology Department, Washington University in St. Louis
- 1995-present Lecturer, Several courses in the Doctoral Physical Therapy (DPT) and Post-Professional DPT curricula, Program in Physical Therapy, Washington University School of Medicine
- 2003 Small Group Leader, Health Promotion and Disease Prevention, Medical School Curriculum, Washington University School of Medicine
- 2003 Course Master, Bioenergetics course, Movement Science PhD Program, Washington University School of Medicine
- 2003 – 2008 Co-Course Coordinator and Lecturer, Exercise Physiology course, Program in Physical Therapy, Washington University School of Medicine
- 2007 Guest Lecturer, Nutrition Specialty Week for Dietetic Interns, Saint Louis University
- 2008, 2011 Guest Lecturer, Health Education: Methods, Planning and Evaluation course. Division of Health Behavior, Washington University School of Medicine
- 2009 Guest Lecturer, Occupational Health and Stress, Organizational Studies Program, School for Professional Studies, St. Louis University
- 2009-present Course Master and Lecturer, DPT Exercise Physiology course, Program in Physical Therapy, Washington University School of Medicine
- 2010-present Lecturer, Biology of Aging course, University College, Washington University in St. Louis
- 2011 Guest Lecturer, Graduate MPH course, Brown School of Social Work, Washington University in St. Louis
- 2013, 2016 Lecturer, Physical Medicine and Rehabilitation Resident Didactic Series, Washington University School of Medicine

BIBLIOGRAPHY:

a. Peer Reviewed Manuscripts (*chronological*)

- 1) Schoeller DA, Racette SB. A review of field techniques for the assessment of energy expenditure. *J Nutr.* 1990 Nov; 120 Suppl 11:1492-5. Review. PubMed PMID: 2243294.
- 2) Racette SB, Schoeller DA, Luke AH, Shay K, Hnilicka J, Kushner RF. Relative dilution spaces of ²H- and ¹⁸O-labeled water in humans. *Am J Physiol.* 1994 Oct; 267(4 Pt 1):E585-90. PubMed PMID: 7943308.
- 3) Racette SB, Schoeller DA, Kushner RF. Comparison of heart rate and physical activity recall with doubly labeled water in obese women. *Med Sci Sports Exerc.* 1995 Jan; 27(1):126-33. PubMed PMID: 7898328.

- 4) Racette SB, Schoeller DA, Kushner RF, Neil KM, Herling-Iaffaldano K. Effects of aerobic exercise and dietary carbohydrate on energy expenditure and body composition during weight reduction in obese women. *Am J Clin Nutr.* 1995 Mar; 61(3):486-94. PubMed PMID: 7872211.
- 5) Racette SB, Schoeller DA, Kushner RF, Neil KM. Exercise enhances dietary compliance during moderate energy restriction in obese women. *Am J Clin Nutr.* 1995 Aug; 62(2):345-9. PubMed PMID: 7625341.
- 6) Kushner RF, Racette SB, Neil K, Schoeller DA. Measurement of physical activity among black and white obese women. *Obes Res.* 1995 Sep; 3 Suppl 2:261s-265s. PubMed PMID: 8581785.
- 7) Vukovich MD, Arciero PJ, Kohrt WM, Racette SB, Hansen PA, Holloszy JO. Changes in insulin action and GLUT-4 with 6 days of inactivity in endurance runners. *J Appl Physiol.* 1996 Jan; 80(1):240-4. PubMed PMID: 8847309.
- 8) Racette SB, Coppack SW, Landt M, Klein S. Leptin production during moderate-intensity aerobic exercise. *J Clin Endocrinol Metab.* 1997 Jul; 82(7):2275-7. PubMed PMID: 9215306.
- 9) Racette SB, Kohrt WM, Landt M, Holloszy JO. Response of serum leptin concentrations to 7 d of energy restriction in centrally obese African Americans with impaired or diabetic glucose tolerance. *Am J Clin Nutr.* 1997 Jul; 66(1):33-7. PubMed PMID: 9209166.
- 10) Hickner RC, Fisher JS, Hansen PA, Racette SB, Mier CM, Turner MJ, Holloszy JO. Muscle glycogen accumulation after endurance exercise in trained and untrained individuals. *J Appl Physiol.* 1997 Sep; 83(3):897-903. PubMed PMID: 9292478.
- 11) Arciero PJ, Vukovich MD, Holloszy JO, Racette SB, Kohrt WM. Comparison of short-term diet and exercise on insulin action in individuals with abnormal glucose tolerance. *J Appl Physiol.* 1999 Jun; 86(6):1930-5. PubMed PMID: 10368358.
- 12) Greiwe JS, Hickner RC, Hansen PA, Racette SB, Chen MM, Holloszy JO. Effects of endurance exercise training on muscle glycogen accumulation in humans. *J Appl Physiol.* 1999 Jul; 87(1):222-6. PubMed PMID: 10409578.
- 13) Fisher JS, Hickner RC, Racette SB, Binder EF, Landt M, Kohrt WM. Leptin response to insulin in humans is related to the lipolytic state of abdominal subcutaneous fat. *J Clin Endocrinol Metab.* 1999 Oct; 84(10):3726-31. PubMed PMID: 10523021.
- 14) Hickner RC, Racette SB, Binder EF, Fisher JS, Kohrt WM. Suppression of whole body and regional lipolysis by insulin: effects of obesity and exercise. *J Clin Endocrinol Metab.* 1999 Nov; 84(11):3886-95. PubMed PMID: 10566624.
- 15) Hickner RC, Racette SB, Binder EF, Fisher JS, Kohrt WM. Effects of 10 days of endurance exercise training on the suppression of whole body and regional lipolysis by insulin. *J Clin Endocrinol Metab.* 2000 Apr; 85(4):1498-504. PubMed PMID: 10770188.
- 16) Racette SB, Horowitz JF, Mittendorfer B, Klein S. Racial differences in lipid metabolism in women with abdominal obesity. *Am J Physiol Regul Integr Comp Physiol.* 2000 Sep; 279(3):R944-50. PubMed PMID: 10956252.
- 17) Racette SB, Weiss EP, Obert KA, Kohrt WM, Holloszy JO. Modest lifestyle intervention and glucose tolerance in obese African Americans. *Obes Res.* 2001 Jun; 9(6):348-55. PubMed PMID: 11399781.
- 18) Racette SB, Davis AO, McGill JB, Klein S. Thiazolidinediones enhance insulin-mediated suppression of fatty acid flux in type 2 diabetes mellitus. *Metabolism.* 2002 Feb; 51(2):169-74. PubMed PMID: 11833043.

- 19) Ostlund RE Jr, Racette SB, Okeke A, Stenson WF. Phytosterols that are naturally present in commercial corn oil significantly reduce cholesterol absorption in humans. *Am J Clin Nutr.* 2002 Jun; 75(6):1000-4. PubMed PMID: 12036805.
- 20) Ostlund RE Jr, Racette SB, Stenson WF. Effects of trace components of dietary fat on cholesterol metabolism: phytosterols, oxysterols, and squalene. *Nutr Rev.* 2002 Nov; 60(11):349-59. Review. PubMed PMID: 12462517.
- 21) Spilburg CA, Goldberg AC, McGill JB, Stenson WF, Racette SB, Bateman J, McPherson TB, Ostlund RE Jr. Fat-free foods supplemented with soy stanol-lecithin powder reduce cholesterol absorption and LDL cholesterol. *J Am Diet Assoc.* 2003 May; 103(5):577-81. PubMed PMID: 12728215.
- 22) Ostlund RE Jr, Racette SB, Stenson WF. Inhibition of cholesterol absorption by phytosterol-replete wheat germ compared with phytosterol-depleted wheat germ. *Am J Clin Nutr.* 2003 Jun; 77(6):1385-9. PubMed PMID: 12791614.
- 23) Peterson, LR, Herrero P, Schechtman KB, Racette SB, Waggoner AD, Kisrieva-Ware Z, Dence C, Klein S, Marsala J, Meyer T, Groper RJ. Effect of obesity and insulin resistance on myocardial substrate metabolism and efficiency in young women. *Circulation.* 2004 May 11; 109(18):2191-6. Epub 2004 May 3. PubMed PMID: 15123530.
- 24) Evans EM, Racette SB, Peterson LR, Villareal DT, Greiwe JS, Holloszy JO. Aerobic power and insulin action improve in response to endurance exercise training in healthy 77-87 yr olds. *J Appl Physiol.* 2005 Jan; 98(1):40-5. PubMed PMID: 15591302.
- 25) Racette SB, Deusinger SS, Strube MJ, Highstein GR, Deusinger RH. Weight changes, exercise and dietary patterns during freshman and sophomore years of college. *J Am Coll Health.* 2005 May-Jun; 53(6):245-51. PubMed PMID: 15900988.
- 26) Racette SB, Weiss EP, Hickner RC, Holloszy JO. Modest weight loss improves insulin action in obese African Americans. *Metabolism.* 2005 Jul; 54(7):960-5. PubMed PMID: 15988708; PubMed Central PMCID: PMC1636500.
- 27) Racette SB, Evans EM, Weiss EP, Hagberg JM, Holloszy JO. Abdominal adiposity is a stronger predictor of insulin resistance than fitness among 50-95 year olds. *Diabetes Care.* 2006 Mar; 29(3):673-8. PubMed PMID: 16505525.
- 28) Evans EM, Rowe DA, Racette SB, Ross KM, McAuley E. Is the current BMI obesity classification appropriate for black and white postmenopausal women? *Int J Obes.* 2006 May; 30(5):837-43. PubMed PMID: 16418761.
- 29) Racette SB, Weiss EP, Villareal DT, Arif H, Steger-May K, Schechtman KB, Fontana L, Klein S, Holloszy JO; Washington University School of Medicine CALERIE Group. One year of caloric restriction in humans: feasibility and effects on body composition and abdominal adipose tissue. *J Gerontol A Biol Sci Med Sci.* 2006 Sep; 61(9):943-50. PubMed PMID: 16960025.
- 30) Weiss EP, Racette SB, Villareal DT, Fontana L, Steger-May K, Schechtman KB, Klein S, Holloszy JO; Washington University School of Medicine CALERIE Group. Improvements in glucose tolerance and insulin action induced by increasing energy expenditure or decreasing energy intake: a randomized controlled trial. *Am J Clin Nutr.* 2006 Nov; 84(5):1033-42. PubMed PMID: 17093155; PubMed Central PMCID: PMC1941677.
- 31) Villareal DT, Fontana L, Weiss EP, Racette SB, Steger-May K, Schechtman KB, Klein S, Holloszy JO. Bone mineral density response to caloric restriction-induced weight loss or exercise-induced weight loss: a randomized controlled trial. *Arch Intern Med.* 2006 Dec 11-25; 166(22):2502-10. Erratum in: *Arch Intern Med.* 2007 Mar 12; 167(5):452. PubMed PMID:

17159017.

- 32) Weiss EP, Racette SB, Villareal DT, Fontana L, Steger-May K, Schechtman KB, Klein S, Ehsani AA, Holloszy JO; Washington University School of Medicine CALERIE Group. Lower extremity muscle size and strength and aerobic capacity decrease with caloric restriction but not with exercise-induced weight loss. *J Appl Physiol*. 2007 Feb; 102(2):634-40. PubMed PMID: 17095635.
- 33) Evans EM, Racette SB, Van Pelt RE, Peterson LR, Villareal DT. Effects of soy protein isolate and moderate exercise on bone turnover and bone mineral density in postmenopausal women. *Menopause*. 2007 May-Jun; 14(3 Pt 1):481-8. PubMed PMID: 17213752; PubMed Central PMCID: PMC2366994.
- 34) Fontana L, Villareal DT, Weiss EP, Racette SB, Steger-May K, Klein S, Holloszy JO, and the Washington University School of Medicine CALERIE Group. Calorie restriction or exercise: effects on coronary heart disease risk factors. A randomized controlled trial. *Am J Physiol Endocrinol Metab*. 2007 Jul; 293(1):E197-202. PubMed PMID: 17389710.
- 35) Arif H, Racette SB, Villareal DT, Holloszy JO, Weiss EP. Comparison of methods for assessing abdominal adipose tissue from magnetic resonance images. *Obesity*. 2007 Sep; 15(9):2240-4. PubMed PMID: 17890492.
- 36) Racette SB, Deusinger SS, Strube MJ, Highstein GR, Deusinger RH. Changes in weight and health behaviors from freshman through senior year of college. *J Nutr Educ Behav*. 2008 Jan-Feb; 40(1):39-42. PubMed PMID: 18174103.
- 37) Riordan MM, Weiss EP, Meyer TE, Ehsani AA, Racette SB, Villareal DT, Fontana L, Holloszy JO, Kovács SJ. The effects of caloric restriction- and exercise-induced weight loss on left ventricular diastolic function. *Am J Physiol Heart Circ Physiol*. 2008 Mar; 294(3):H1174-82. PubMed PMID: 18162561.
- 38) Weiss EP, Villareal DT, Racette SB, Steger-May K, Premachandra BN, Klein S, Fontana L. Caloric restriction but not exercise-induced reductions in fat mass decrease plasma triiodothyronine concentrations: a randomized controlled trial. *Rejuvenation Res*. 2008 Jun; 11(3):605-9. PubMed PMID: 18593278; PubMed Central PMCID: PMC2649744.
- 39) Racette SB, Weiss EP, Schechtman KB, Steger-May K, Villareal DT, Obert KA, Holloszy JO. Influence of weekend lifestyle patterns on body weight. *Obesity*. 2008 Aug; 16(8):1826-30. PubMed PMID: 18551108.
- 40) Lin X, Ma L, Racette SB, Anderson Spearie CL, Ostlund RE Jr. Phytosterol glycosides reduce cholesterol absorption in humans. *Am J Physiol Gastrointest Liver Physiol*. 2009 Apr; 296(4):G931-5. PubMed PMID: 19246636; PubMed Central PMCID: PMC2670661.
- 41) Racette SB, Deusinger SS, Inman CL, Burlis TL, Highstein GR, Buskirk TD, Steger-May K, Peterson LR. Worksite Opportunities for Wellness (WOW): effects on cardiovascular disease risk factors after 1 year. *Prev Med*. 2009 Aug-Sep; 49(2-3):108-14. PubMed PMID: 19576927.
- 42) Racette SB, Spearie CA, Phillips KM, Lin X, Ma L, Ostlund RE Jr. Phytosterol-deficient and high-phytosterol diets developed for controlled feeding studies. *J Am Diet Assoc*. 2009 Dec; 109(12):2043-51. PubMed PMID: 19942022; PubMed Central PMCID: PMC2833354.
- 43) Racette SB, Lin X, Lefevre M, Spearie CA, Most MM, Ma L, Ostlund RE Jr. Dose effects of dietary phytosterols on cholesterol metabolism: a controlled feeding study. *Am J Clin Nutr*. 2010 Jan; 91(1):32-8. PubMed PMID: 19889819; PubMed Central PMCID: PMC2793103.
- 44) Racette SB, Cade WT, Beckman LR. School-based physical activity and fitness promotion.

- Phys Ther.* 2010 Sep; 90(9):1214-8. PubMed PMID: 20810388; PubMed Central PMCID: PMC3367160.
- 45) Lin X, Racette SB, Lefevre M, Spearie CA, Most M, Ma L, Ostlund RE Jr. The effects of phytosterols present in natural food matrices on cholesterol metabolism and LDL-cholesterol: a controlled feeding trial. *Eur J Clin Nutr.* 2010 Dec; 64(12):1481-7. PubMed PMID: 20808333.
 - 46) Grucza RA, Krueger RF, Racette SB, Norberg KE, Hipp PR, Bierut LJ. The emerging link between alcoholism risk and obesity in the United States. *Arch Gen Psychiatry.* 2010 Dec;67(12):1301-8. PubMed PMID: 21135330; PubMed Central PMCID: PMC3110764.
 - 47) Rochon J, Bales CW, Ravussin E, Redman LM, Holloszy JO, Racette SB, Roberts SB, Das SK, Romashkan S, Galan KM, Hadley EC, Kraus WE; CALERIE Study Group. Design and conduct of the CALERIE study: comprehensive assessment of the long-term effects of reducing intake of energy. *J Gerontol A Biol Sci Med Sci.* 2011 Jan; 66(1):97-108. PubMed PMID: 20923909; PubMed Central PMCID: PMC3032519.
 - 48) Martin CK, Das SK, Lindblad L, Racette SB, McCrory MA, Weiss EP, DeLany JP, and Kraus WE; CALERIE Study Team. Effect of calorie restriction on the free-living physical activity levels of non-obese humans: results of three randomized trials. *J Appl Physiol.* 2011 Apr; 110(4):956-63. PubMed PMID: 21292847; PubMed Central PMCID: PMC3075130.
 - 49) Pieper C, Redman L, Racette S, Roberts S, Bhapkar M, Rochon J, Martin C, Kraus W, Das S, Williamson D, Ravussin, E. Development of adherence metrics for caloric restriction interventions. *Clin Trials.* 2011 Apr; 8(2):155-64. doi: 10.1177/1740774511398369. PubMed PMID: 21385788; PubMed Central PMCID: PMC3095229.
 - 50) Lin X, Racette SB, Lefevre M, Ma L, Spearie CA, Steger-May K, Ostlund RE Jr. Combined effects of ezetimibe and phytosterols on cholesterol metabolism: a randomized, controlled feeding study in humans. *Circulation.* 2011 Aug 2; 124(5):596-601. PubMed PMID: 21768544; PubMed Central PMCID: PMC3304455.
 - 51) Pontzer H, Raichlen DA, Wood BM, Mabulla AZ, Racette SB, Marlowe FW. Hunter-gatherer energetics and human obesity. *PLoS One.* 2012 7(7):e40503. PubMed PMID: 22848382; PubMed Central PMCID: PMC3405064.
 - 52) Heuett WJ, Miller BV III, Racette SB, Holloszy JO, Chow CC, Periwal V. Bayesian functional integral method for inferring continuous data from discrete measurements. *Biophys J.* 2012 Feb 8; 102(3):399-406. PubMed PMID: 22325261; PubMed Central PMCID: PMC3274809.
 - 53) Racette SB, Das SK, Bhapkar M, Hadley EC, Roberts SB, Ravussin E, Pieper C, DeLany JP, Kraus WE, Rochon J, Redman L; CALERIE Study Group. Approaches for quantifying energy intake and % calorie restriction during calorie restriction interventions in humans: the multicenter CALERIE study. *Am J Physiol Endocrinol Metab.* 2012 Feb; 302(4):E441-8. PubMed PMID: 22127229; PubMed Central PMCID: PMC3287353.
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- 58) Wong WW, Roberts SB, Racette SB, Das SK, Redman LM, Rochon J, Bhapkar MV, Clarke LL, Kraus WE. The doubly labeled water method produces highly reproducible longitudinal results in nutrition studies. *J Nutr*. 2014. 144(5):777-83.
- 59) Butler CE, Clark BR, Burlis TL, Castillo JC, Racette SB. Physical activity for campus employees: a university worksite wellness program. *J Phys Act Health*. 2014 Jun 4. [Epub ahead of print] PubMed PMID: 24905703.
- 60) Jarvandi S, Schootman M, Racette SB. Breakfast intake among adults with type 2 diabetes: influence on daily energy intake. *Public Health Nutr*. 2014. Dec 22:1-7. Epub ahead of print. PMID: 25529061.
- 61) Lin X, Racette SB, Ma L, Wallendorf M, Spearie CA, Ostlund RE. Plasma biomarker of dietary phytosterol intake. *PLoS One*. 2015. 10(2):e0116912. PMID: 25668184. PMCID: PMC4323197.
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- 65) Racette SB, Lin X, Ma L, Ostlund RE Jr. Natural Dietary Phytosterols. *JAOAC Int*. 2015. 98(3):679-84. PMID: 26086252.
- 66) Castillo JC, Clark BR, Butler CE, Racette SB. Support for Physical Education as a Core Subject in Urban Elementary Schools. *Am J Prev Med*. 2015 Nov; 49(5):753-6. PMID: 26143954.
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- 68) Lin X, Ma L, Racette SB, Swaney WP, Ostlund RE Jr. Preparation of Intravenous Cholesterol Tracer Using Current Good Manufacturing Practices. *J Lipid Res*. 2015 Dec; 56(12):2393-8. PMID: 2641679.
- 69) Tabak RG, Sinclair KA, Baumann AA, Racette SB, Sebert Kuhlmann A, Johnson-Jennings MD, Brownson RC. A review of diabetes prevention program translations: use of cultural adaptation and implementation research. *Transl Behav Med*. 2015 Dec;5(4):401-14. Epub 2015 Sep 16. PMID: 26622913.
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print]. PMID: 26652763

b. Invited Publications (chronological)

- 1) Book Review: Racette SB. *Trends in Endocrinology and Metabolism* 9(3): 162-164, 1998. Review of: International Textbook of Diabetes Mellitus. Second Edition. Eds KGMM Alberti, P Zimmet, RA DeFronzo; Hon ed H Keen. Chichester, John Wiley, 1997.
- 2) White Paper: Racette SB. Use of waist circumference to assess health risk. Longer Life Foundation (an RGA-Washington University Research Partnership), 2003.
- 3) “Update”: Racette SB, Deusinger SS, Deusinger RH. Obesity: overview of prevalence, etiology, and treatment. *Phys Ther*. 2003 Mar; 83(3):276-88. Review. PubMed PMID: 12620091.
- 4) Special Issue on “Preventive Sports Medicine”: Racette, SB. Creatine supplementation and athletic performance. *J Ortho Sports Phys Ther*. 2003 Oct; 33(10):615-21. Review. PubMed PMID: 14620790.
- 5) Continuing Education Series: Deusinger SS, Deusinger RH, Racette SB. The obesity epidemic: Health consequences and implications for physical therapy. *PT Magazine*, Continuing Education Series No. 31, June 2004.
- 6) Editorial: Evans EM, Racette SB. Menopause and risk for obesity: how important is physical activity? *J Women’s Health (Larchmt)*. 2006 Mar; 15(2):211-3. PubMed PMID: 16536685.

c. Abstracts (Slide & Poster Presentations at National and Local Meetings)

- 1) Racette S, Schoeller D, Luke A, Hnilicka J, Kushner R. Effect of adiposity on relative dilution spaces of ²H and ¹⁸O labeled water in humans. Experimental Biology Meeting, *FASEB J* 5(4): A555, 1991.
- 2) Racette S, Schoeller D, Kushner R, Marcis L. Effect of carbohydrate and aerobic exercise during weight reduction. Experimental Biology Meeting, *FASEB J* 6(5): A1648, 1992.
- 3) Schoeller D, Racette S, Neil K, Kushner R. Underestimation of energy intake among women during dietary restriction. NAASO Obesity Society Meeting, *Obes Res*, 1992.
- 4) Racette S, Schoeller D, Kushner R. TDEE measurements in obese women: comparison of heart rate monitoring and physical activity recall questionnaires with doubly labeled water. Experimental Biology Meeting, *FASEB J* 7(4): A649, 1993.
- 5) Racette S, Schoeller D, Kushner R. Aerobic exercise: an important component of obesity treatment. *Obes Res*, 1993.
- 6) Schoeller D, Racette S, Neil K, Kushner R. Aerobic exercise during weight loss: effect on energy expenditure and energy intake. *NIH Conference on Obesity & Physical Activity*, 1994.
- 7) Arciero P, Vukovich M, Kohrt W, Racette S, Holloszy J. Effects of 10 days of exercise on insulin action in obese men and women with mild NIDDM. American College of Sports Medicine Meeting, *Med Sci Sports Exerc* 27(5) Suppl: S130, 1995.
- 8) Schoeller DA, Kushner R, Racette S, Shay K-J. Midwesterners do not defend body weight. *FASEB Summer Research Conference on Obesity*, 1995.
- 9) Holloszy JO, Racette SB, Jackson P. Prevention of NIDDM in centrally obese African Americans. *NIDDK Meeting: Diabetes Research in Minority Populations*, NIH, Bethesda, MD, 1995.
- 10) Schoeller DA, Luke A, Stetson B, Racette S, Cooper R, Kushner R. Reduced precision of self-reported energy intake in a minority population. Experimental Biology Meeting, *FASEB*

J 10(3): A561, 1996.

- 11) Weiss EP, Racette SB, Kohrt WM. Hydrostatic weighing with head above water in obese African Americans: a validation study. American College of Sports Medicine Meeting, *Med Sci Sports Exerc* 28(5) Suppl: S195, 1996.
- 12) Hickner RC, Racette SB, Binder E, Klein S, Kohrt W. The effect of 10 days of endurance training on the antilipolytic response to insulin in non-obese women. American Diabetes Association Meeting, *Diabetes* 45 (Suppl 2): 324A, 1996.
- 13) Hickner RC, Fisher JS, Hansen PA, Racette SB, Mier CM, Turner MJ, Holloszy JO. Muscle glycogen accumulation in trained and untrained individuals. Experimental Biology Meeting, *FASEB J* 11(3): A214, 1997.
- 14) Racette SB, Weiss EP, Obert KA, Hickner RC, Kohrt WM, Holloszy JO. Prevention of NIDDM in centrally obese African Americans. American Diabetes Association Meeting, *Diabetes* 46 (Suppl 1): 372A, 1997.
- 15) Hickner RC, Racette SB, Binder EF, Fisher JS, Kohrt WM. Whole-body and regional suppression of lipolysis by insulin: effect of training status and obesity in women. American College of Sports Medicine Meeting, *Med Sci Sports Exerc* 30(5) Suppl: S211, 1998.
- 16) Racette SB, Weiss EP, Obert KA, Kohrt WM. Intensive vs. conventional weight loss program in African Americans with IGT or type 2 DM. American Diabetes Association Meeting, *Diabetes* 47 (Suppl 1): A312, 1998.
- 17) Fisher JS, Hickner RC, Racette SB, Binder EF, Kohrt WM. Leptin response to insulin in humans is related to the lipolytic state of abdominal subcutaneous fat. Experimental Biology Meeting, *FASEB J* 13(4) Suppl: A370, 1999.
- 18) Hickner RC, Racette SB, Binder EF, Fisher JS, Kohrt WM. Effects of exercise training on the suppression of whole-body and regional lipolysis by insulin. American College of Sports Medicine Meeting, *Med Sci Sports Exerc* 31(5) Suppl: S53, 1999.
- 19) Greiwe JS, Hickner RC, Hansen PA, Racette SB, Chen MM, Holloszy JO. Effects of endurance exercise training on muscle glycogen accumulation in humans. American College of Sports Medicine Meeting, *Med Sci Sports Exerc* 31(5) Suppl: S54, 1999.
- 20) Racette SB, Weiss EP, Obert KA, Kohrt WM, Holloszy JO. Modest lifestyle intervention improves insulin action and glucose tolerance in obese African Americans. American College of Sports Medicine Meeting, *Med Sci Sports Exerc* 31(5) Suppl: S69, 1999.
- 21) Racette SB, Davis AO, McGill JB, Klein S. Troglitazone enhances insulin-mediated suppression of fatty acid flux in type 2 diabetes mellitus. American Diabetes Association Meeting, *Diabetes* 49 (Suppl 1): A301, 2000.
- 22) Racette SB, Johnston BD, Obert KA, Peterson LR. Weight Control in Peri- and Early Postmenopausal Women. *NIH Office of Research on Women's Health, 10th Anniversary; Celebrating a Decade of Progress: Embracing Challenges for the 21st Century*: page 41, 2000.
- 23) Deusinger SS, Racette SB, Strube MJ, Highstein GR, Deusinger RH, Henry J, Traugher M. Changes in weight and exercise habits in college freshmen. NAASO Obesity Society Meeting. *Obes Res* 8 (Suppl 1):110S, 2000.
- 24) Racette SB, Evans EM, Greiwe JS, Holloszy JO. Endurance exercise training improves insulin action in 78+ year-old men and women. American College of Sports Medicine Meeting, *Med Sci Sports Exerc* 33(5) Suppl: S290, 2001.
- 25) Deusinger SS, Racette SB, Highstein GR, Strube MJ, Deusinger RH. BMI and Exercise Habits of College Freshmen and Sophomores. Longer Life Foundation of the Longer Life

Center, Washington University School of Medicine, Division of Health Behavior Research, 2002.

- 26) Deusinger SS, Racette SB, Strube MJ, Highstein GR, Deusinger RH. Weight gain and health habits during freshmen and sophomore years of college. *Physical Therapy*, 2003.
- 27) Peterson LR, Waggoner AD, Herrero P, Racette S, Marsala J, Meyer T, Klein S, Davila-Roman VG, Gropler RJ. Increasing body mass index is associated with decreased myocardial efficiency in young women. *J Am Coll Cardiol*, 41(6) Suppl: 156A, 2003.
- 28) Peterson LR, Waggoner AD, Herrero P, Racette S, Meyer R, de las Fuentes L, Klein S, Davila-Roman VG, Gropler RJ. Glucose intolerance and obesity alter myocardial metabolism in young women. *J Am Coll Cardiol* 41(6) Suppl: 428A, 2003.
- 29) Racette SB, Evans EM, Villareal DT, Holloszy JO. Fitness and abdominal fat predict insulin action in old adults. American College of Sports Medicine Meeting, *Med Sci Sports Exerc* 35(5) Suppl: S68, 2003.
- 30) Racette S, Johnston BD, Obert K, Evans E, Peterson L. Is weight gain inevitable during perimenopause? NAASO Obesity Society Meeting. *Obes Res* 11 (Suppl): A99, 2003.
- 31) Deusinger S, Kalisiak B, Rosoff J, Racette S, Strube M. Weight-based discrimination in health professions students. NAASO Obesity Society Meeting. *Obes Res* 11 (Suppl): A127, 2003.
- 32) Evans EM, Ross KM, Racette SB. BMI standards in midlife and older postmenopausal women. *10th Measurement and Evaluation Symposium: Measurement Issues and Challenges in Aging Research*, Champaign-Urbana, IL, 2003.
- 33) Deusinger SS, Racette SB, Strube MJ, Highstein GR, Deusinger RH. Influence of Exercise and Dietary Patterns on Weight Gain Throughout College. Longer Life Foundation Advisory Board Meeting. November, 2003.
- 34) Evans EM, Van Pelt RE, Racette SB, Villareal DT, Holloszy JO. Soy protein enhances body composition in postmenopausal women. Experimental Biology Meeting, *FASEB J*, 18, #583.7, 2004.
- 35) Kraus WE, Moon A, McCrory M, Racette S, Heilbronn L, Dutta C, CALERIE Physical Activity Committee. An accelerometer analysis and modeling program written for excel that permits assessment of missing data and comparison with 7-day PAR and doubly labeled water. Presented at the scientific meeting: "Objective Monitoring of Physical Activity: Closing gaps in the science of accelerometry." {Sponsored by Get Kids in Action, a partnership between the University of North Carolina at Chapel Hill and The Gatorade Company} December 2004.
- 36) Racette S, Deusinger S, Strube M, Highstein G, Deusinger R. Changes in weight and health behaviors from freshman to senior year of college. NAASO Obesity Society Meeting. *Obes Res*, 13 (Suppl): A122, 2005.
- 37) Racette S, Deusinger S, Killion K. Assessing and targeting health risks among healthcare employees: A model program. NAASO Obesity Society Meeting. *Obes Res*, 13 (Suppl): A208, 2005.
- 38) Evans EM, Villareal DT, Racette SB, Holloszy JO. Soy Protein Isolate and Moderate Exercise Independently and Additively Impact Bone Turnover but not Bone Mineral Density in Postmenopausal Women. *6th International Symposium on the Role of Soy in Preventing and Treating Chronic Disease*, Chicago; 2005.
- 39) Racette, SB; Deusinger, SS; Inman, CL; Burlis, T; Highstein, GR; Thompson, PA. Worksite Opportunities for Wellness (WOW): a novel worksite program to promote physical activity.

International Congress on Physical Activity and Public Health, Atlanta; 2006.

- 40) Racette SB, Deusinger SS, Inman CI, Highstein GR, Thompson PA. Worksite Opportunities for Wellness (WOW): a Promising Approach for Improving BMI and Fitness Among Employees. American College of Sports Medicine Meeting. *Med Sci Sports Exerc* 38(5) Suppl: S120, 2006.
- 41) Racette SB, Deusinger SS, Inman CI, Burlis, T, Highstein GR. Worksite Opportunities for Wellness (WOW): Improvements in BMI and Cardiovascular Disease Risk Factors After 1 Year. NAASO Obesity Society Meeting. *Obes Res*, 14 (Suppl), 2006.
- 42) Weiss EP, Racette SB, Villareal DT, Fontana L, Steger-May K, Schechtman KB, Klein S, Ehsani AA, Holloszy JO. Effects of Exercise- or Caloric Restriction-Induced Weight Loss on Muscle Size and VO₂max. *ACSM Conference on Integrative Physiology of Exercise*. Indianapolis, IN; September 2006.
- 43) Fahnestock P, Racette S, Wong W, Haupt D, Schweiger JA, Westerhaus E, Stevens A, Flavin KS, Yingling M, Newcomer JW. Feasibility of quantifying activity energy expenditure and caloric intake by doubly-labeled water in treated patients with schizophrenia. *American College of Neuropsychopharmacology Conference*. Hollywood, FL; December 2006.
- 44) Racette SB, Weiss EP, Schechtman KB, Steger-May K, Holloszy JO. Influence of weekend lifestyle patterns on body weight. Experimental Biology Meeting. *FASEB J*. 21:111.5, 2007.
- 45) Racette SB, Phillips KM, Ma L, Ostlund RE. Phytosterol quantification in DASH and other popular diets. Experimental Biology Meeting. *FASEB J*. 21:542.8, 2007.
- 46) Bales CW, McCrory M, Zheng J, Champagne C, Gilhooly C, Hannah J, Racette S, Martin C, Obert K, Das S, DeLany J, Mandel S, Rochon J, Roberts S, Schechtman K. Quality of self-selected diets of non-obese participants in a randomized controlled trial of caloric restriction (CR): the CALERIE study. Experimental Biology Meeting. *FASEB J*. 21:350.5, 2007.
- 47) Racette SB, Weiss EP, Villareal DT, Holloszy JO. Insulin-Resistant and Insulin-Deficient Phenotypes in Adults Aged 48-94 Years with Abnormal Glucose Tolerance. *American Diabetes Association 67th scientific sessions*, Abstract #1315-P, Chicago, 2007.
- 48) Racette SB. Worksite Opportunities for Wellness (WOW): Sustained improvements in disease risk factors after 2 years. *Worklife 2007 National Symposium: Protecting and Promoting Worker Health*. Bethesda, MD; September 2007.
- 49) Racette S, Deusinger S, Inman C, Burlis T, Highstein G, Steger-May K. Worksite Opportunities for Wellness (WOW): Improvements in Dietary and Physical Activity Patterns During 1 Year of Intervention. NAASO Obesity Society Meeting. *Obesity* 15(Suppl): A164, 2007.
- 50) Racette S, Deusinger S, Inman C, Burlis T, Highstein G, White N, Buskirk T. Worksite Opportunities for Wellness (WOW): Effects on Cardiovascular Disease Risk Factors During a 2-Year Period. NAASO Obesity Society Meeting. *Obesity* 15 (Suppl): A223, 2007.
- 51) Racette S, Lin X, Ma L, Spearie C, Lefevre M, Ostlund R. Dietary Phytosterols in Low Dose Increase Cholesterol Excretion and Reduce LDL Cholesterol. *Atherosclerosis Supplements*, 9(1): 255, 2008.
- 52) Glade A, Racette S, Huelsing J. Assessing changes in anthropometrics and other physical fitness measures in response to a four-week residential weight loss camp. *Missouri Physical Therapy Association Meeting*, 2008.
- 53) Racette SB, Deusinger SS, Chandler LP, Stack J, Crane JP. Worksite Health Promotion: Assessing Risk and Raising Awareness Through Mini Health Fairs. *Obesity Society Annual Meeting*. *Obesity* 17 (Suppl 2): S144, 2009.

- 54) Racette SB, Lin X, Lefevre M, Anderson Spearie C, Ma L, Ostlund RE. Dietary Plant Sterols and Cholesterol Metabolism: A Controlled Feeding Study. *Obesity Society Annual Meeting. Obesity* 17 (Suppl 2): S259, 2009.
- 55) Clark R, Koster DN, Royer N, Weimer B, Williams A, Castillo J, Racette SB. Nourishing an Urban Community. *Gephardt Institute for Public Service*, Faces of Hope Conference, Washington University, St. Louis, MO. April 2010.
- 56) Ostlund RE, Lin X, Racette SB, Ma L, Fitzgerald R, Anderson Spearie C, Moreau R. Biological Activity of Phytosterol Glycosides. *American Oil Chemists' Society (AOCS) Annual Meeting*, Phoenix, AZ. May 2010.
- 57) Racette SB, Clark BR, White ML, Royer NK. Nourishing an Urban Community: Assessing Health Risk Among Public School Students. *Obesity Society Annual Scientific Meeting. Obesity* 18 (Suppl 2): S222, 2010.
- 58) Atkins M, Bagchi D, Racette S, Clark R. Nourishing an Urban Community: Gardening and Nutrition at The Learning Tree Intergenerational Center. *Gephardt Institute for Public Service*, Faces of Hope Conference, Washington University, St. Louis, MO; April 2011.
- 59) Tran IT, Clark RB, Kim MJ, Racette SB. Recess physical activity in children: indoor versus outdoor recess and a multi-component intervention. *National Predoctoral Clinical Research Training Program Annual Meeting*, Washington University School of Medicine, St. Louis, MO. May 2011.
- 60) Castillo JC, Clark BR, Racette SB. Evaluation of In-school Physical Activity and CVD Risk Factors in Urban Children. *National Predoctoral Clinical Research Training Program - Annual Meeting*. Mayo Clinic, Rochester, MN. May 2012.
- 61) Butler CE, Clark BR, Racette SB. Physical Activity for Campus Employees (PACE): A pilot study of the impact of a worksite wellness program on physical activity and cardiovascular disease risk factors. *National Predoctoral Clinical Research Training Program - Annual Meeting*. Mayo Clinic, Rochester, MN. May 2012.
- 62) Deusinger SS, Racette SB. Teaching the Obligation of Health Promotion and Prevention: Novel Classroom and Community Activities. *American Physical Therapy Association (APTA) 2012 Conference & Exposition*, June 2012.
- 63) Tran IT, Clark BR, Kim MJ, Racette SB. Physical Activity During Indoor and Outdoor Recess in School Children. *The Obesity Society Annual Scientific Meeting*, San Antonio, TX. September 2012.
- 64) Redman L, Das SK, Bhapkar M, Racette SB, Fontana L, Kraus WE, Wong WW, Roberts S, Ravussin E. Equations For Estimating Energy Requirements in Normal Weight and Overweight Men and Women. *The Obesity Society Annual Scientific Meeting*, San Antonio, TX. September 2012.
- 65) Racette SB, Clark BR, Tran IT, Kim MJ. Physical Activity of Urban Elementary School Children During Recess in 3 Locations. *Washington University Institute for Public Health, 5th Annual Conference*, St. Louis, MO. October 2012.
- 66) Butler C, Clark BR, Burlis T, Racette S. Impact of a Worksite Wellness Program on Physical Activity and Cardiovascular Disease Risk Factors. *American Physical Therapy Association (APTA) Combined Sections Meeting*, San Diego, CA. January 2013.
- 67) Castillo J, Clark BR, Burlis T, Racette S. Evaluation of in-school physical activity and cardiovascular disease risk factors in urban children. *American Physical Therapy Association (APTA) Combined Sections Meeting*, San Diego, CA. January 2013.
- 68) Deusinger SS, Racette SB. Teaching the Obligation of Health Promotion and Prevention:

- Novel Classroom and Community Activities. *Washington University School of Medicine Education Day*, St. Louis, MO. April 2013
- 69) Butler C, Clark BR, Burlis T, Racette S. Impact of a Worksite Wellness Program on Physical Activity and Cardiovascular Disease Risk Factors. *Missouri Physical Therapy Association (MPTA) Spring 2013 Meeting*, St. Louis, MO. April 2013.
 - 70) Castillo J, Clark BR, Burlis T, Racette S. Evaluation of in-school physical activity and cardiovascular disease risk factors in urban children. *Missouri Physical Therapy Association (MPTA) Spring 2013 Meeting*, St. Louis, MO. April 2013.
 - 71) Jarvandi S, Racette S, Schootman M. Effect of Macronutrient Composition of Breakfast on Total Daily Intake of Calories among Adults with Type 2 Diabetes. *Society for the Study of Ingestive Behavior (SSIB) 21st Annual Meeting*. New Orleans, LA. July-August 2013.
 - 72) Airhart S, Anderson-Spearie C, Jiang H, Cade T, Racette S, Novak E, Farmer M, Coggan A, Ory D, Schaffer JE, O'Connor R, Bashir A, Waggoner AD, Dávila-Román VD, Peterson LR. A diet rich in medium-chain fatty acids (MCFA) decreases plasma ceramides, sphingomyelins, and acylcarnitines and preserves cardiac function compared with a Western diet in type 2 diabetes (T2DM). *Society for Heart and Vascular Metabolism (SHVM) Eleventh Annual Scientific Sessions*. Cambridge, MD. September-October 2013.
 - 73) Racette SB, Uhrich ML, Metzger M, Clark BR. AIM for Fitness: Baseline Results from an Urban Public School District's Physical Education Program Grant. *Washington University Institute for Public Health 2013 Annual Conference*, St. Louis, MO. October 2013.
 - 74) Jarvandi S, Racette S, Schootman M. Effect of Macronutrient Composition of Breakfast on Total Daily Intake of Calories among Adults with Type 2 Diabetes. *Washington University Institute for Public Health 2013 Annual Conference*, St. Louis, MO. October 2013.
 - 75) Racette SB, Inman CL, Castillo JC, Clark BR. Impact of Recess and Physical Education on Heart Rate in Urban Public School Children. *The Obesity Society Annual Scientific Meeting*, Atlanta, GA. November 2013.
 - 76) Racette SB, Uhrich ML, Metzger M, Clark BR. AIM for Fitness: Baseline Results from an Urban Public School District's Physical Education Program Grant. *The Obesity Society Annual Scientific Meeting*, Atlanta, GA. November 2013.
 - 77) Das SK, Roberts S, Ravussin E, Racette S, Kraus W, Saltzman E, Bhapkar M, Rochon J, Redman L. Body composition changes with calorie restriction: results from the CALERIE trial. *Experimental Biology Meeting. FASEB J.* 28:371.6. April 2014.
 - 78) Hardy DS, Racette S, Foley M, Xu H, Steffen L. Association between FTO Rs9939609 polymorphism with BMI and physical activity on metabolic syndrome in Whites and African Americans with and without diabetes. *American Diabetes Association 74th scientific sessions*, San Francisco, CA. June 2014.
 - 79) Racette SB, Dill TC, White ML, Castillo JC, Uhrich ML, DuPont NC, Clark BR. Moderate-to-Vigorous Physical Activity of Urban Public School Children Assessed with Continuous Heart Rate Monitoring. *Washington University Institute for Public Health 2014 Annual Conference*, St. Louis, MO. October 2014. Received "Outstanding Poster Award" and was presented at the National Council Meeting October 22, 2014.
 - 80) Hardy DS, Stallings DT, Garvin JT, Gachupin FC, Xu H, Racette SB. Anthropometric Predictors of Type 2 Diabetes among White and Black Adults. *American Diabetes Association 75th scientific sessions*, Boston, MA. June 2015.
 - 81) Racette SB. Collaborative approaches to enhance fitness of urban public school students in St. Louis. *Siteman Cancer Center and Institute for Public Health Prevention & Control*

Research Program Fall Symposium, St. Louis, MO. September 2015.

- 82) Racette SB, Uhrich ML, White ML, DuPont NC, Clark BR. Prevalence of obesity and severe obesity among urban public elementary school children in St. Louis, MO: 2008-2015. *The Obesity Society Annual Scientific Meeting*, Los Angeles, CA. November 2015.
- 83) Gachupin FC, Joe JR, Shirali R, Racette SB. American Indian Youth Wellness Initiative. *American Heart Association Epi|Lifestyle 2016 Scientific Sessions*, Phoenix, AZ. March 2016.
- 84) Hardy DS, Mersha T, Xu H, Racette SB. Role Of A Genetic Risk Score With Dietary Intake And Physical Activity In Relation To Metabolic Syndrome. *American Heart Association Epi|Lifestyle 2016 Scientific Sessions*, Phoenix, AZ. March 2016.

MENTORING:

- 2004-2005 Dissertation Committee Member for: Timothy E. Meyer, PhD Candidate
Movement Science Program, Washington University in St. Louis
Dissertation Title: “Diastolic Function in Health and Disease”
- 2007 T32 Mentor for: Ashley Glade, DPT Student
Program in Physical Therapy, Washington University School of Medicine
Project Title: “Assessing Changes in Body Composition, Physiologic,
Functional and Quality of Life Measures in Response to a Four-Week
Residential Weight Loss Camp”
Washington University Institute of Clinical and Translational Sciences
Predoctoral Clinical Research Training
5T32 RR023255-02 (Piccirillo, J), NIH / NCRR, 09/20/05–06/30/10
- 2009 Dissertation Proposal Reviewer for: Lynn Monahan Couch, MPH, RD,
LDN; PhD Candidate
Department of Nutritional Sciences
University of Medicine and Dentistry of New Jersey (UMDNJ)
Dissertation Title: “Weight Gain Prevention for First Year College Students
Using Peer Nutrition Educators”
- 2010 – 2012 Thesis Advisor for: Irene T. Tran, DPT / MSCI Student
Program in Physical Therapy, Washington University School of Medicine
MSCI Thesis Title: “Nutrition and Physical Education Intervention to
Promote Health and Wellness in St. Louis Public Schools”
Washington University Institute of Clinical and Translational Sciences
Predoctoral Clinical Research Training
TL1 RR024995 (Evanoff, B), NIH / NCRR, 09/17/07-05/31/12
- 2011 – 2013 Thesis Advisor for: Carling E. Butler, DPT / MSCI Student
Program in Physical Therapy, Washington University School of Medicine
MSCI Thesis Title: “Physical Activity for Campus Employees: A University
Worksite Wellness Program”
Washington University Institute of Clinical and Translational Sciences
Predoctoral Clinical Research Training
TL1 RR024995 (Evanoff, B), NIH / NCRR, 09/17/07-05/31/12
- 2011 – 2013 Thesis Advisor for: Jacqueline C. Castillo, DPT MSCI Student
Program in Physical Therapy, Washington University School of Medicine

- MSCI Thesis Title: “Pedometer-Determined In-School Physical Activity in Urban Elementary Children”
 Washington University Institute of Clinical and Translational Sciences
 Predoctoral Clinical Research Training
 TL1 RR024995 (Evanoff, B), NIH / NCRR, 09/17/07-05/31/12
- 2012-2013 PRIDE Mentor for: Uriyoan Colon-Ramos, ScD, MPA; Assistant Professor, Department of Global Health, School of Public Health and Health Services, George Washington University
 PRIDE Summer Institute in Cardiovascular Genetic Epidemiology
 PRIDE: Programs to Increase Diversity Among Individuals in Health-Related Research
 R25 HL105400 (Rao, DC), NIH / NHLBI, 09/30/10 – 09/29/14
- 2013-present PRIDE Mentor for: Francine C. Gachupin, MPH, CIP, PhD; Assistant Professor, Arizona Health Sciences Center, The University of Arizona
 PRIDE Summer Institute in Cardiovascular Genetic Epidemiology
 PRIDE: Programs to Increase Diversity Among Individuals in Health-Related Research
 R25 HL105400 (Rao, DC), NIH / NHLBI, 09/30/10 – 09/29/14
- 2013-present PRIDE Mentor for: Dale S. Hardy, RD, CDE, PhD; Assistant Professor College of Allied Health Sciences, Georgia Regents University
 PRIDE Summer Institute in Cardiovascular Genetic Epidemiology
 PRIDE: Programs to Increase Diversity Among Individuals in Health-Related Research
 R25 HL105400 (Rao, DC), NIH / NHLBI, 09/30/10 – 09/29/14
- 2013 Apprenticeship Mentor for: Tiffany C. Dill, MPH; OTD Candidate Program in Occupational Therapy, Washington University School of Medicine
- 2013 Internship Mentor for: Monica Metzger, MSIBS Candidate Division of Biostatistics, Washington University School of Medicine
- 2013-2014 Dissertation Committee Member for: Cara Ocobock, MA; PhD Candidate Department of Anthropology, Washington University in St. Louis
 Dissertation Title: “Measuring and predicting daily energy expenditure of highly active humans in natural environments”
- 2014 Internship Mentor for: Nicholas C. DuPont, MSIBS Candidate Division of Biostatistics, Washington University School of Medicine
- 2015-2016 Master’s Thesis Mentor for: Rohan Shirali, MA Candidate, Department of Mathematics, Washington University in St. Louis

INVITED PRESENTATIONS AT WASHINGTON UNIVERSITY:

- June 2002 Applied Physiology Reunion Meeting: A tribute to John Holloszy. “Overview of Applied Physiology Human Aging Research.” Washington University School of Medicine, St. Louis, MO

- Mar 2005 Foundation for Physical Therapy Continuing Education Series Symposium. “Current Obesity Research.” Theme: *Metabolic and Musculoskeletal Implications of Obesity*. Washington University School of Medicine, St. Louis, MO
- Feb 2006 American Medical Association - Medical Student Regional Conference. “Lifestyle Change.” Washington University School of Medicine, St. Louis, MO
- Sep 2007 Program in Physical Therapy Alumni Day Symposium. “Side-Stepping Sarcopenia: What to Chew for a Stronger You.” Theme: *Exercise & Nutrition: Prescription for Sarcopenia*. Washington University School of Medicine, St. Louis, MO
- Sep 2009 Washington University Institute for Public Health, National Council Dinner. “Nourishing an Urban Community.” St. Louis, MO
- Oct 2010 Washington University Institute for Public Health, 3rd Annual Conference. Panelist. *What Hurts, What Works, and What Have We Learned in Eliminating Health Disparities?* Washington University School of Medicine, St. Louis, MO
- Sep 2011 Washington University School of Medicine Human Research Protection Office, Community-Engaged Research Conference. Round Table Discussion Leader and Think Tank Facilitator. *Community-Engaged Research: Exploring the Unique Community-Academic Relationship*. Washington University School of Medicine, St. Louis, MO
- Dec 2012 15th Annual Contemporary Women's Health Issues. “Nutrition and Wellness.” Theme: *In The Mood - Women's Wellness and Feeling Well*. Sponsored by Washington University School of Medicine Continuing Medical Education. St. Louis, MO
- Sep 2013 Program in Physical Therapy Alumni Day Symposium. “Physical Activity and Cardiometabolic Risk Among Youth in Urban Public Schools.” Theme: *Exercise in the Prevention of Chronic Disease*. Washington University School of Medicine, St. Louis, MO
- Oct 2014 National Food Day Panel, Washington University School of Medicine
- Feb 2015 GlobeMed 5th Annual Public Health Banquet Invitee, Washington University – Danforth Campus
- Sep 2015 Prevention & Control Research Program Fall Symposium. “*Collaborative Approaches to Enhance Fitness of Urban Public School Students in St. Louis.*” Washington University School of Medicine.

OTHER PROFESSIONAL & COMMUNITY ACTIVITIES:

- 2000 St. Louis Community College at Meramec, Continuing Education Program: Guest Lecturer
- 2001 Physical Therapy Community Meeting: Invited Speaker, “Role of Exercise in the Prevention / Management of Obesity & Diabetes”, St. Louis, MO
- 2004 Red Hot Mamas® Menopause Management Education Program: Invited

Speaker, St. Louis, MO
 2004-2007 Clayton School District Nutrition Committee: Member
 2005-2006 St. Louis Healthy Youth Partnership (HYP): Committee Member
 2007-2010 Girls on the Run: Assistant Coach
 2009-present St. Louis Public School District, Health and Wellness Council: Member
 2009-2014 Lou Fusz Soccer Club, United Elite Girls' Team: Treasurer
 April 2012 First Annual St. Charles County Workplace Wellness Summit: Invited
 Speaker, "Striving to Improve Cardiovascular Health." St. Charles, MO
 May 2012 Delmar Gardens Family Workplace Wellness Symposium: Invited Speaker,
 "Workplace Wellness." Town & Country, MO
 July 2012 Nerinx Hall High School Cross Country Team Summer Camp: Speaker,
 "Nutrition for Runners." Webster Groves, MO
 2014 The Obesity Society, Abstract Review Committee for Annual Conference
 2014-present City of St. Louis Department of Health, *Healthy Eating, Active Living*
 (HEAL) Partnership: Member