

**UNIVERSITY OF ALABAMA - BIRMINGHAM**  
**CURRICULUM VITAE (Updated: January 1, 2016)**

**Name:** Wendy Demark-Wahnefried, Ph.D., R.D.

**Primary Academic Appointment:** Nutrition Sciences

**Present Academic Rank:** Webb Chair in Nutrition Sciences/ Professor (with tenure)

**Specialty Certification and Dates:**

American Dietetic Association  
Registered Dietitian, 1980- present (54985)

**Date of Birth:** January 31, 1956

**Place of Birth:** Detroit, Michigan USA

**Citizen:** Dual Citizen: USA and Canada

**Education:**

<u>High School:</u>	Kimball High School, Royal Oak, MI	1974	College Preparatory
<u>College:</u>	University of Michigan, Ann Arbor, MI	1978	B.S. Nutritional Science/Chemistry
<u>Graduate School:</u>	Texas Woman's University, Houston, TX (Thesis through Baylor College of Medicine)	1980	M.S. Nutrition/Clinical Internship
	Syracuse University, Syracuse, NY	1988	Ph.D. Nutritional Science

**Societies:** Phi Beta Kappa  
Omicron Nu

**Professional Training and Academic Career:**

Syracuse University, Syracuse, NY	Adjunct Faculty	1980 - 90
State University of New York, Syracuse, NY	Adjunct Faculty	1984 - 90
State University College of New York, Cortland, NY	Adjunct Faculty	1988 - 89
Food Communications, Inc, Chicago, IL	Consultant	1991
Duke University Medical Center, Durham, NC	Cancer Control Specialist	1991 - 92
Cancer Prevention Detection and Control Research Dept. of Community and Family Medicine Duke University Medical Center, Durham, NC	Associate	1991 - 93
Dept. of Community and Family Medicine Duke University Medical Center, Durham, NC	Assistant Professor	1993 - 94

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Department of Medicine  
Duke University Medical Center, Durham, NC

Assistant Research Professor

1994 - 97

**Professional Training and Academic Career (continued):**

Stedman Center for Nutritional Studies Duke University Medical Center, Durham, NC	Assistant Professor/Associate Director	1994 - 97
Department of Surgery Duke University Medical Center, Durham, NC	Assistant Research Professor	1997 - 98
Duke Center for Aging and Human Development	Senior Fellow	1998 - 2007
Department of Surgery Duke University Medical Center, Durham, NC	Associate Research Professor	1998 - 2002
Duke Center for Integrative Medicine	Senior Fellow	2001 – 2007
Department of Surgery Duke University Medical Center, Durham, NC	Associate Professor with Tenure	2002 - 2004
Behavioral Division Program of Cancer Prev., Detection. & Control Res. Duke Comprehensive Cancer Center, Durham, NC	Division Leader	2002-2003
Program of Cancer, Prevention & Control Research Duke Comprehensive Cancer Center, Durham, NC	Program Leader	2003-2005
Duke University School of Nursing	Associate Professor	2004-2006
Department of Surgery Duke University Medical Center, Durham, NC	Professor (with tenure)	2004 - 2007
Dept. of Health Behavior & Education School of Public Health University of North Carolina, Chapel Hill, NC	Adjunct Full Professor	2004 - 2007
Duke University School of Nursing	Professor (with tenure) Adjunct Professor	2006 – 2007 2007 - present
Behavioral Science University of Texas-MD Anderson Cancer Center	Professor (with tenure) Adjunct Professor	2007 – 2010 2010 - present
Nutrition Sciences University of Alabama- Birmingham School of Nursing	Webb Chair in Nutrition Sciences Professor (with tenure) Professor (dual appointment)	2010 – present 2012 - present
UAB Comprehensive Cancer Center	Associate Director Cancer Prevention and Control	2010 – present
UAB Center for Aging	Senior Scientist	2010 – present
UAB Center for Exercise Medicine	Senior Scientist	2011 – present
UAB Minority Health/Health Disparities Research Ctr	Senior Scientist	2011-present
UAB Center for Palliative and Supportive Care	Senior Scientist	2012-present
UAB Center for Outcomes and	Senior Scientist	2012-present

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Effectiveness Research and Education (COERE)

**Publications (Refereed Original Papers – exclusive of invited papers):**

1. **Demark-Wahnefried W**, Bowering J, Cohen, P.S. Reduced serum cholesterol with dietary change using fat-modified and oat bran supplemented diets. Journal of the American Dietetic Association 90:223-229, 1990. PMID: 2154513
2. **Demark-Wahnefried W**, Bowering, J. Compliance and attitude scores of hypercholesterolemic subjects on fat-modified and oat bran supplemented diets. Journal of Nutrition Education 23:96-101, 1991.
3. Ripsin C, Keenan J, Jacobs D, Elmer P, Welch R, VanHorn L, Kiang I, Turnbull W, Thye F, Kestin W, Hegsted M, Davidson M, Dugan L, **Demark-Wahnefried W**, Beling, S. Oat products and lipid-lowering: A meta-analysis. Journal of the American Medical Association 267:3317-3325, 1992. PMID: 1317928
4. Robertson CN, **Demark-Wahnefried W**, Aldrich T. Prostate cancer in North Carolina. North Carolina Medical Journal 53:447-451, 1992. PMID: 1407023
5. **Demark-Wahnefried W**, Paulson DF, Robertson CN, Anderson EE, Conaway MR, Rimer BK. Body dimension differences in men with or without prostate cancer. Journal of the National Cancer Institute 84:1363-1364, 1992. PMID: 1495106
6. **Demark-Wahnefried W**, Winer EP, Rimer BK. Why women gain weight with adjuvant chemotherapy for breast cancer. Journal of Clinical Oncology 11:1418-1429, 1993. PMID: 8315439
7. **Demark-Wahnefried W**, Catoe K, Paskett E, Robertson C, Rimer BK. Characteristics of men reporting for prostate cancer screening. Urology 42:269-275, 1993. PMID: 8379027
8. **Demark-Wahnefried W**, Winer EP, Rimer BK. Weight gain in women receiving adjuvant chemotherapy for breast cancer. Topics on Supportive Care in Oncology 12:10-11, 1994.
9. Aldrich T, **Demark-Wahnefried W**, Schildkraut J, Lengerich E, Conlisk E. The National Data Base Report on Prostate Cancer. Cancer 75: 136-138, 1995. PMID: 7804970
10. **Demark-Wahnefried W**, Strigo T, Catoe K, Conaway M, Brunetti M, Rimer BK, Robertson CN. Knowledge, beliefs and prior screening behavior among blacks and whites reporting for prostate cancer screening. Urology 46: 346-351, 1995. PMID: 7660510
11. Campbell MK, Polhamus B, McClelland JW, Bennett K, Kalsbeek W, Coole D, Jackson B, **Demark-Wahnefried W**. Assessing fruit and vegetable consumption in a 5 A Day study targeting rural blacks: the issue of portion size. Journal of the American Dietetic Association 96: 1040-1042, 1996.
12. **Demark-Wahnefried W**, Hars V, Conaway M, Havlin K, Rimer B, McElveen G, Winer E. Reduced rates of metabolism and decreased physical activity in breast cancer patients receiving adjuvant chemotherapy. American Journal of Clinical Nutrition 65: 1495-1501, 1997. PMID: 9129482
13. **Demark-Wahnefried W**, Rimer BK, Winer EP. Weight gain in women diagnosed with breast cancer. Journal of the American Dietetic Association 97: 519-526, 1997. PMID: 9145091
14. **Demark-Wahnefried W**, Lesko SM, Conaway MR, Clark RV, Lobaugh B, Mathias BJ, Strigo TS, Robertson CN, Paulson DF. Serum androgens: associations with prostate cancer risk and hair patterning. Journal of Andrology 18: 495-500, 1997. PMID: 9349747

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15. **Demark-Wahnefried W**, Conaway MR, Robertson CN, Mathias B, Anderson EE, Paulson DF. Anthropometric risk factors for prostate cancer. Nutrition and Cancer 28:302- 307, 1997. PMID: 9343840

**Publications: Refereed Journals (continued):**

16. Campbell M, Symons M, **Demark-Wahnefried W**, Polhamus B, Bernhardt JM, McClelland JW, Washington C. Stages of change and psychosocial correlates of fruit and vegetable consumption among rural African-American church members. American Journal of Health Promotion 12:185-191, 1998. PMID: 10176093
17. **Demark-Wahnefried W**, Hoben K, Graves C, McClelland J, Motsinger B, Symons M, Campbell M, Rimer B. Awareness of cancer-related programs and services among rural African Americans. Journal of the National Medical Association 90:197-202, 1998. PMC2568228
18. King E, Rimer BK, Benincasa T, Harrop C, Amfoh KP, Bonney G, Kornguth P, **Demark-Wahnefried W**, Strigo T, Engstrom P. Strategies to encourage mammography use among women in senior citizens' housing facilities. Journal of Cancer Education 13:108-115, 1998. PMID: 9659630
19. **Demark-Wahnefried W**, Schildkraut JM, Iselin CE, Conlisk E, Kavee A, Aldrich TE, Lengerich EJ, Walther PJ, Paulson DF. Treatment options, selection and satisfaction among black and white men with prostate cancer in North Carolina. Cancer 83:320-330, 1998. PMID: 9669815
20. McClelland J, **Demark-Wahnefried W**, Mustian D, Lashley J, Cowan A, Campbell, M.K. Fruit and vegetable consumption of rural African Americans: baseline survey results of the Black Churches United for Better Health 5 A Day Project. Nutrition and Cancer 30:148-157, 1998. PMID: 9589434
21. **Demark-Wahnefried W**, Hoben K, Hars V, Jennings J, Miller MW, McClelland J. Utility of produce ratios to track fruit and vegetable consumption in a rural community, church-based 5 A Day intervention project. Nutrition and Cancer 33:213-217, 1999. PMID: 10368819
22. Hoffman-Goetz L, Apter DA, **Demark-Wahnefried W**, Goran M, McTiernan A, Reichman M. Possible mechanisms mediating an association between physical activity and breast cancer. Cancer 83:621-628, 1998. PMID: 9690525
23. Schildkraut JM, **Demark-Wahnefried W**, DeVoto E, Hughes C, Laseter JL, Newman B. Environmental contaminants and body fat distribution. Cancer Epidemiology Biomarkers and Prevention 8:179-183, 1999. PMID: 10067817
24. **Demark-Wahnefried W**. Diet and prostate cancer [letter]. Urology 53:241-242, 1999.
25. Conlisk E, Lengerich EJ, **Demark-Wahnefried W**, Schildkraut JM, Aldrich TE. Prostate cancer: demographic and behavioral correlates of stage at diagnosis among blacks and whites in North Carolina. Urology 53: 1194-1199, 1999. PMID: 10367851
26. Campbell MK, **Demark-Wahnefried W**, Symons M, Kalsbeek WD, Dodds J, Cowan A, Jackson B, Motsinger B, Hoben K, Lashley J, Demissie S, McClelland JW. Fruit and vegetable consumption and prevention of cancer: the Black Churches United for Better Health project. American Journal of Public Health 89: 1390-1396, 1999. PMCID: 1508774
27. Thompson B, **Demark-Wahnefried W**, Taylor G, McClelland J, Stables G, Havas S, Feng Z, Topor M, Heimendinger J, Reynolds K, Cohen N. Baseline fruit and vegetable intake among adults in seven 5 a day study centers located in diverse geographic areas. Journal of the American Dietetic Association 99:1241-1248,1999. PMID: 10524389
28. **Demark-Wahnefried W**. Application of behavioral theory within diet-based clinical trials to improve outcome. Cancer Prevention International 3:191-198, 1999.
29. **Demark-Wahnefried W**, Schildkraut JM, Thompson D, Lesko SM, McIntyre L, Schwingl P, Paulson DF, Robertson CN, Anderson EE, Walther PJ. Early onset baldness and prostate cancer risk. Cancer Epidemiology, Biomarkers and Prevention 9:325-8, 2000. PMID: 10750672

**Publications: Refereed Journals (continued):**

30. **Demark-Wahnefried W**, Peterson B, McBride C, Lipkus I, Clipp J. Current health behaviors and readiness to pursue lifestyle change among men and women diagnosed with early stage prostate and breast cancers. Cancer 88: 674-684, 2000. PMID: 10649263
31. **Demark-Wahnefried W**, McClelland J, Jackson B, Cowan A, Hoben K, Campbell MK, Rimer BK. Partnering with African American churches to achieve better health: lessons learned during the Black Churches United for Better Health 5 a day project. Journal of Cancer Education 15:164-167, 2000. PMID: 11019765
32. Campbell MK, Motsinger B, Ingram A, Jewell D, Makarushka C, Beatty B, Dodds J, McClelland J, Demissie S, **Demark-Wahnefried W**. The North Carolina Black Churches United for Better Health Project: intervention and process evaluation. Health Education and Behavior 27: 241-53, 2000. PMID: 10768805
33. McBride CM, Clipp E, Peterson B, Lipkus I, **Demark-Wahnefried W**. Psychological impact of diagnosis and risk reduction among cancer survivors. Psycho-Oncology 9:418-427, 2000. PMID: 11038480
34. Campbell MK, Havas S, Jackson B, Damron D, McClelland J, Anliker J, **Demark-Wahnefried W**, Langenberg P, Cowan A, Feldman R, Motsinger BM. 5-a-Day research with African American churches and the special supplementation program for women, infants and children. NCI Monographs. NIH Publication 01-5019: 151-168, 2001.
35. Hale LP, Price DT, Sanchez LM, **Demark-Wahnefried W**, Madden JF. Zinc alpha-2-glycoprotein is expressed by malignant prostatic epithelium and may serve as a potential serum marker for prostate cancer. Clinical Cancer Research 7:846-853, 2001. PMID: 11309332
36. **Demark-Wahnefried W**, Price DT, Polascik TJ, Robertson CN, Anderson EE, Paulson DF, Walther PJ, Gannon M, Vollmer RT. Pilot study of dietary fat restriction and flaxseed supplementation in men with prostate cancer before surgery: exploring the effects on hormonal levels, prostate-specific antigen, and histopathologic features. Urology 58: 47-52, 2001. PMID: 11445478
37. **Demark-Wahnefried W**, Peterson BL, Winer EP, Marks L, Aziz N, Marcom PK, Blackwell K, Rimer BK. Changes in weight, body composition and factors influencing energy balance among premenopausal breast cancer patients receiving adjuvant chemotherapy. Journal of Clinical Oncology 19:2381-2389, 2001. PMID: 11331316
38. **Demark-Wahnefried W**, Schildkraut JM. Correspondence re: E. Hawk, et al., male pattern baldness and clinical prostate cancer in the epidemiologic follow-up of the First National Health and Nutrition Examination Survey [letter]. Cancer Epidemiology, Biomarkers, and Prevention. 10: 415-416, 2001. PMID: 11319187
39. Stark N, Paskett E, **Demark-Wahnefried W**, Godley P, Carbone E. Prostate cancer as a public health issue in North Carolina. North Carolina Medical Journal 62: 286-291, 2001. PMID: 11570328
40. Lin X, Switzer BR, **Demark-Wahnefried W**. Effect of mammalian lignans on the growth of prostate cancer cell lines. Anticancer Research 21: 3995-4000, 2001. PMID: 11911282
41. **Demark-Wahnefried W**, Kenyon AJ, Eberle P, Skye A, Kraus WE. Preventing sarcopenic obesity among breast cancer patients who receive adjuvant chemotherapy: results of a feasibility study. Clinical Exercise Physiology 4: 44-49, 2002. PMCID: 1557655
42. Rock CL, **Demark-Wahnefried W**. Nutrition and survival after the diagnosis of breast cancer: a review of the evidence. Journal of Clinical Oncology 20: 3302-3316, 2002. PMCID:1557657



43. Lin X, Gingrich JR, Bao W, Li J, Haroon ZA, **Demark-Wahnefried W**. The effect of flaxseed supplementation on prostatic carcinoma in transgenic mice. Urology 60:919-924, 2002. PMID: 12429338

**Publications: Refereed Journals (continued):**

44. American Cancer Society 2001 Nutrition and Physical Activity Guidelines Advisory Committee. American Cancer Society Guidelines for Nutrition and Physical Activity for Cancer Prevention. CA – A Cancer Journal for Clinicians 52: 92-122, 2002. PMID: 11929008
45. Rock CL, **Demark-Wahnefried W**. Can lifestyle modification increase survival in women diagnosed with breast cancer? Journal of Nutrition 132(S):3504S-3507S, 2002. PMID: 12421877
46. **Demark-Wahnefried W**, Clipp EC, McBride C, Lobach D, Lipkus I, Peterson B, Snyder DC, Sloane R, Arbanas J, Kraus WE. Design of FRESH START: A Randomized Trial of Exercise and Diet among Cancer Survivors Medicine & Science in Sports & Exercise 35: 415-424, 2003. PMID: 12618570
47. **Demark-Wahnefried W**, Clipp EC, Morey M, Pieper C, Snyder D, Sloane R, Cohen HJ. Leading the Way in Exercise and Diet (Project LEAD): Intervening to Improve Function Among Older Breast and Prostate Cancer Survivors. Controlled Clinical Trials 24:206-223, 2003. PMID: 12689742
48. Sutton LM, **Demark-Wahnefried W**, Clipp EC. Management of the terminally ill elderly. Lancet Oncology 4:149-157, 2003. PMID: 12623360
49. Ostbye T, McBride C, **Demark-Wahnefried W**, Bastian L, Morey M, Krause K, Brouwer R, Turner B. Interest in healthy diet and physical activity interventions peripartum among female partners of active duty military. Military Medicine 168:320-325, 2003. PMID: 12733678
50. Brown JK, Byers T, Doyle C, Courneya KS, **Demark-Wahnefried W**, Kushi LH, McTiernan A, Rock CL, Aziz N, Bloch AS, Eldridge B, Hamilton K, Katzin C, Koonce A, Main J, Mobley C, Morra ME, Pierce MS, Sawyer KA. Nutrition and physical activity during and after cancer treatment: An American Cancer Society guide for informed choices. CA – A Cancer Journal for Clinicians 53:268-291, 2003. PMID: 14570227
51. **Demark-Wahnefried W** and Rock CL. Nutrition-related issues for the breast cancer survivor. Seminars in Oncology 30: 789-98, 2003. PMID: 14663779
52. **Demark-Wahnefried W**, Robertson CN, Walther PJ, Polascik TJ, Paulson DF, Gannon M, Vollmer R. Pilot study to explore effects of low-fat, flaxseed-supplemented diet on proliferation of benign prostatic epithelium and prostate-specific antigen. Urology 63: 900-904, 2004. PMID: 15134976
53. Evans BR, Peterson B, **Demark-Wahnefried W**. No difference in response rate to a mailed survey among prostate cancer survivors using conditional vs. unconditional incentives. Cancer Epidemiology Biomarkers and Prevention 13:277-278, 2004. PMID: 14973100
54. Affenito S, Lambert-Lagace L, Kerstetter J, **Demark-Wahnefried W**. Position of the American Dietetic Association and Dietitians of Canada: Nutrition and Women's Health. Journal of the American Dietetic Association 104:984-1001, 2004. PMID: 10361541
55. Affenito S, Lambert-Lagace L, Kerstetter J, **Demark-Wahnefried W**. American Dietetic Association. Dietitians of Canada. Nutrition and women's health: position of the American Dietetic Association and Dietitians of Canada. Canadian Journal of Dietetic Practice & Research 65(2):85-9, 2004. PMID: 15217527
56. Snyder DC, Sloane R, Lobach D, Lipkus I, Clipp E, Kraus WE, **Demark-Wahnefried W**. Agreement between a brief mailed screener and an in-depth telephone survey: Observations from the Fresh Start study. Journal of the American Dietetic Association 104:1593-1596, 2004. PMID: 15389420



**Publications: Refereed Journals (continued):**

57. **Demark-Wahnefried W**, Clipp EC, Morey M, Pieper C, Sloane R, Snyder DC, Cohen HJ. Physical function and associations with diet and exercise: Results of a cross-sectional survey among elders with breast or prostate cancer. International Journal of Behavior in Nutrition and Physical Activity 1:16, 2004. PMID:534091
58. Arcasoy MO, Amin K, Vollmer RT, Jiang X, **Demark-Wahnefried W**, Haroon ZA. Erythropoietin and erythropoietin receptor expression in human prostate cancer. Modern Pathology 2005 Mar;18(3):421-30 PMID: 15467711 ([www.modernpathology.org/doi:10.1038/modpathol.3800288](http://www.modernpathology.org/doi:10.1038/modpathol.3800288)).
59. Schildkraut JM, **Demark-Wahnefried W**, Wenham RM, Grubber J, Jeffreys A, Grambow S, Marks J, Moorman PG, Hoyo C, Ali S, and Walther PJ. IGF1 (CA)<sub>19</sub> repeat and IGFBP3 -202 A/C genotypes and the risk of prostate cancer in black and white men Cancer Epidemiology Biomarkers and Prevention 14: 403-308, 2005. PMID: 15734965
60. **Demark-Wahnefried W**, Werner C, Clipp EC, Guill AB, Bonner M, Jones L, Rosoff P. Survivors of childhood cancer and their guardians. Cancer 103:2171-80, 2005. PMID: 15812823
61. Wiygul JB, Evans BR, Peterson BL, Polascik TJ, Walther PJ, Robertson CN, Murphy BC, Albala DM, Paulson DF, **Demark-Wahnefried W**. Supplement-use among men with prostate cancer. Urology 66:161-166, 2005. PMID: 15992901
62. Rosoff PM, Werner C, Clipp EC, Guill AB, Bonner M, **Demark-Wahnefried W**. Response rates to a mailed survey targeting childhood cancer survivors: A comparison of conditional versus unconditional incentives. Cancer Epidemiology, Biomarkers and Prevention 14:1330-32, 2005. PMID: 15894697
63. **Demark-Wahnefried W**, Aziz N, Rowland J, Pinto BM. Riding the crest of the teachable moment: Promoting long-term health after the diagnosis of cancer. Journal of Clinical Oncology 23:5814-5830, 2005. PMID: 1550285 (448 citations)
64. Macri JM, Downs SM, Algoti S, **Demark-Wahnefried W**, Snyder DC, Lobach DF. A simple, flexible and scalable approach for generating tailored questionnaires and health education messages. CIN: Computers, Informatics, Nursing. 23(6):316-21, 2005. PMID: 1584302
65. **Demark-Wahnefried W**, Clipp EC, Morey MC, Pieper CF, Sloane R, Snyder DC, Cohen HJ. Lifestyle intervention development study to improve physical function in older adults with cancer: outcomes from Project LEAD. Journal of Clinical Oncology 24:3465-73, 2006. PMID: 1532928
66. Kushi LH, Byers T, Doyle C, Bandera EV, McCullough M, Gansler T, Andrews KS, Thun MJ and the American Cancer Society 2006 Nutrition and Physical Activity Guidelines Advisory Committee (**Demark-Wahnefried W**). American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention: Reducing the Risk of Cancer with Healthy Food Choices and Physical Activity. CA – A Cancer Journal for Clinicians 56: 254-81, 2006. PMID: 17135691
67. Rao AV, **Demark-Wahnefried W**. The older cancer survivor. Critical Reviews in Oncology/Hematology 60:131-143, 2006. PMID: 16965920
68. **Demark-Wahnefried W**, Pinto BM, Gritz E. Promoting Health and Physical Function Among Cancer Survivors: Potential for Prevention and Questions that Remain. Journal of Clinical Oncology 24:5125-5131, 2006. PMID: 17093274
69. Doyle C, Kushi LH, Byers T, Courneya KS, **Demark-Wahnefried W**, Grant B, McTiernan A, Rock CL, Thompson C, Gansler T, Andrews KS, for the 2006 Nutrition, Physical Activity and Cancer Survivorship Advisory Committee.

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Nutrition and Physical Activity During and After Cancer Treatment: An American Cancer Society Guide for Informed Choices. *CA: A Cancer Journal for Clinicians* 56: 323-353, 2006. PMID: 17135691

**Publications: Refereed Journals (continued):**

70. Jones LW, **Demark-Wahnefried W**. Diet, exercise, and complementary therapies after primary treatment for cancer. Lancet Oncology 7:1017-1026, 2006. PMID: 17138223
71. Reeves M, Eakin E, Lawler S, **Demark-Wahnefried W**. Health behaviours in survivors of childhood cancer. Australian Family Physician 36: 95-96, 2007. PMID: 17252095
72. Stull VB, Snyder DC, **Demark-Wahnefried W**. Lifestyle Interventions in Cancer Survivors: Designing Programs that Meet the Needs of this Vulnerable and Growing Population. Journal of Nutrition 137: 243S-248S, 2007. PMID: 17182834
73. Seewaldt VL, Goldenberg V, Jones LW, Peace C, Broadwater G, Scott VS, Bean GR, Wilke LG, Zalles CM, **Demark-Wahnefried W**. Overweight and Obese Peri- and Post-Women Exhibit Increased Abnormal Mammary Epithelial Cytology. Cancer Epidemiology, Biomarkers and Prevention 16:613-616, 2007. PMID: 17372261
74. **Demark-Wahnefried W**, Moyad MM. Dietary Intervention in the Management of Prostate Cancer. Current Opinion in Urology 17:168-174, 2007. PMID: 2659357
75. **Demark-Wahnefried W**. Print-to-Practice: Designing Tailored Print Materials to Improve Cancer Survivors' Dietary and Exercise Practices in the FRESH START Trial. Nutrition Today 42:131-138, 2007. PMID: 2600553
76. **Demark-Wahnefried W**, Clipp EC, Lipkus IM, Lobach D, Snyder DC, Sloane R, Peterson B, Macri JA, Rock CL, McBride C, Kraus WE. Main outcomes of the FRESH START trial: A sequentially-tailored diet and exercise mailed print intervention among breast and prostate cancer survivors. Journal of Clinical Oncology 25:2709-2719, 2007. PMID: 17602076
77. Hoyo C, Grubber J, **Demark-Wahnefried W**, Marks JR, Freedland SJ, Jeffreys AS, Grambow SC, Wenham RM, Walther PJ, Schildkraut JM. Grade-specific prostate cancer associations of *IGF1(CA)<sub>19</sub>* repeats and *IGFBP3-202A/C* in Blacks and Whites. Journal of the National Medical Association 99:718-722, 2007. PMID: 2574361
78. Snyder DC, Sloane R, Haines PS, Miller P, Clipp E, Morey MC, Pieper C, Cohen H, **Demark-Wahnefried W**. The Diet Quality Index-Revised (DQI-R): A Tool to Promote and Evaluate Dietary Change among Older Cancer Survivors Enrolled in a Home-Based Intervention Trial. Journal of the American Dietetic Association 107: 1519-1529, 2007. PMID: 17761229
79. Chen L-H, Fang J, **Demark-Wahnefried W**, Lin X. Enterolactone induces apoptosis in human prostate carcinoma LNCaP cells via a mitochondrial-mediated, caspase-dependent pathway. Molecular Cancer Therapeutics 6: 2581-90, 2007. PMID: 17876055
80. Pan A, Sun J, Chen Y, Wang Y, Ye X, Chen X, Yu Z, Li H, **Demark-Wahnefried W**, Liu Y, Lin X. Effects of a Flaxseed-Derived Lignan Supplement in Type 2 Diabetic Patients: A Randomized, Double-Blind, Cross-Over Trial. PLoS ONE 11:1-7, 2007. PMID: 2048577 <http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0001148>
81. Freedland SJ, Mavropoulos J, Wang A, Darshan M, **Demark-Wahnefried W**, Aronson WJ, Cohen P, Hwang D, Peterson B, Fields T, Pizzo SV, Isaacs WB. Carbohydrate restriction, prostate cancer growth and the insulin-like growth factor axis. Prostate 68 (1):11-19, 2008. PMID: 17999389
82. Arroyave WD, Clipp EC, Miller PE, Jones L, Ward DS, Bonner MJ, Rosoff PM, Snyder DC, **Demark-Wahnefried W**. Childhood Cancer Survivors' Perceived Barriers to Improving Exercise and Dietary Behaviors. Oncology Nursing Forum 35: 121-130, 2008. PMID: 18192161

**Publications: Refereed Journals (continued):**

83. **Demark-Wahnefried W** and Jones LW. Promoting a Healthy Lifestyle among Cancer Survivors. Hematol Oncol Clin N Amer 22: 319-342, 2008. PMID: 2383876
84. **Demark-Wahnefried W**, Case LD, Blackwell K, Marcom PK, Kraus WE, Aziz N, Snyder DC, Shaw E. Survivor Training for Enhancing Total Health (STRENGTH): Results of a home-based diet-exercise feasibility trial to prevent adverse body composition change among premenopausal breast cancer patients receiving adjuvant chemotherapy. Clinical Breast Cancer 8:70-79, 2008. PMID: 18501061
85. **Demark-Wahnefried W**, Rock CL, Patrick K, Byers T. Lifestyle interventions to reduce cancer risk and improve outcomes. American Family Physician 77: 1573-1580, 2008. PMID: 18581838
86. Nowak DA, Snyder DC, Brown AJ, **Demark-Wahnefried W**. The Effect of Flaxseed Supplementation on Hormonal Levels Associated with Polycystic Ovarian Syndrome: A Case Study. Current Topics in Nutraceutical Research 5: 177-182, 2008. PMID: 2752973
87. Snyder DC, Sloane R, Lobach D, Lipkus I, Peterson B, Clipp EC, Kraus WE, **Demark-Wahnefried W**. Clipp EC, Differences in Baseline Characteristics and Performance at One-and Two-Year Follow-up of Cancer Survivors Accrued via Self-Referral versus Cancer Registry in the FRESH START Diet and Exercise Trial. Cancer Epidemiol Biomarkers Prev 1288-1294, 2008. PMID:PMC3842166
88. **Demark-Wahnefried W**, George SL, Switzer BR, Snyder DC, Madden JF, Polascik TJ, Ruffin MT, Vollmer RT. Overcoming challenges of designing and implementing a phase II randomized controlled trial using a presurgical model to test a dietary intervention in prostate cancer. Clinical Trials 5:262-272, 2008. PMID: 2602610
89. Mosher CE, Fuemmeler BF, Sloane R, Kraus WE, Lobach DF, Snyder DC, **Demark-Wahnefried W**. Change in self-efficacy partially mediates the effects of the FRESH START intervention on cancer survivors' dietary outcomes. Psycho-Oncology 17:1014-23; 2008. PMID: 18300337
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2. ***Demark-Wahnefried W.*** Cancer survival – Time to get moving? - Data accumulate suggesting a link between physical activity and cancer survival. Journal of Clinical Oncology 24: 3517-18, 2006.
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8. ***Demark-Wahnefried W.*** Physician’s Health Study II shows Modest Cancer Prevention Benefit with Long-term Multi-vitamin Supplementation - Results Warrant Cautious Interpretation. Evidence-Based Medicine 2013 Feb 16. [Epub ahead of print]
9. ***Demark-Wahnefried W*** and Goodwin PJ. To your health. How does the latest research on alcohol and breast cancer inform clinical practice? Journal of Clinical Oncology 2013 Jun 1;31(16):1917-9.

**Invited Papers/Letters to the Editor/ Book Reviews:**

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2. ***Demark-Wahnefried, W.*** Exercise and Nutrition in Preventive Cardiology. SCAN'S PULSE. 11:17, 1992.
3. ***Demark-Wahnefried, W.*** Weight gain in women receiving adjuvant chemotherapy for breast cancer. Coping. November/December, 1993.
4. ***Demark-Wahnefried, W.*** Creating the 16-Hour Nutrition Sandwich (invited article on incorporating nutrition into school curricula). Nutrition Educators of Health Professionals Newsletter (American Dietetic Assn. Practice Group) 30 1998.
6. ***Demark-Wahnefried W.*** Lifestyle Factors and Their Association with Breast Cancer: Sorting Through the Morass Find Connections with Physical Activity. PULSE (Newsletter of the Sports and Cardiovascular Nutritionists Practice Group) 18:12-13, 1999.
7. ***Demark-Wahnefried W.*** Nutritional Oncology (book review), Journal of the American Dietetic Association 100:1101, 2000.
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9. ***Demark-Wahnefried W.***, Rock CL. Breast cancer, body weight, adiposity and survival. Alternative Therapies in Women's Health. 4: 13-16, 2002.
10. ***Demark-Wahnefried W.*** Nutrition and lifestyle: Enhancing your health and quality of life. Coping September/October, 2005, page 8.
11. ***Demark-Wahnefried W.***, Clipp EC, Lipkus I, Kraus WE, Sloane R, Snyder DC, Lobach DF. The teachable moment of a cancer diagnosis: Illustrative case studies from the Fresh Start trial. American Journal of Oncology Review 5: 52-57, 2006.
12. ***Demark-Wahnefried W.***, Clipp EC. The older cancer survivor: Potential keys to better functioning and overall health. Cancer Prevention 7: 1-10, 2006.
13. Jones LW and ***Demark-Wahnefried W.*** Recommendations for healthy behaviors and wellness following primary treatment for cancer. Implementing Cancer Survivorship Care Planning. Washington, DC: National Academies Press, 2007, pp. 166-205.
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15. ***Demark-Wahnefried W.*** Dietary Interventions in Prostate Cancer. Current Urology Reports 9:217-225, 2008.
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17. Ligibel JA, Demark-Wahnefried W, Goodwin PJ. Diet, exercise and supplements: Guidelines for cancer survivors. American Society of Clinical Oncology Educational Book. Alexandria, VA: ASCO, 2009, pp. 541-547.

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**Invited Papers/ Letters to the Editor/Book Reviews (continued):**

19. Virk-Baker M, Barnes S, **Demark-Wahnefried W**. Commentary: Effect of soy isoflavones on breast cancer recurrence and death for patients receiving adjuvant endocrine therapy. Breast Diseases Quarterly 22: 184-5, 2011.
20. Robison L.L. **Demark-Wahnefried W**. Cancer Survivorship: Focusing on Future Research Opportunities. Cancer Epidemiol Biomarkers Prev. 20: 1994-5, 2011.
21. Azrad M, **Demark-Wahnefried W**. Phase II Prospective Randomized Trial of a Low-Fat Diet with Fish Oil Supplementation in Men Undergoing Radical Prostatectomy – Letter Cancer Prev . 2012 Apr 3. Epub ahead of print PMID:22490435
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**Books:**

E Del Fabbro, V Baracos, W Demark-Wahnefried, T Bowling, J Hopkinson and E Bruera, (eds). Nutrition and the Cancer Patient. Oxford: Oxford University Press, 2010.

**Chapters/Other Media:**

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2. Nicollarot, J., Rukenbrod, F., Plaisted, C., Erb, G., **Demark-Wahnefried W.** and Drezner, MK. Healthy Eating, Living Better with Diabetes CDRom Program Chapel Hill:Fringe Multimedia, Inc., 1997.
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5. **Demark-Wahnefried W.** Energy Balance, Adiposity and Cancer. American Society of Clinical Oncology. Cancer Prevention Curriculum Chapter 5. Alexandria, VA: ASCO, 2007.
6. **Demark-Wahnefried W** and Aziz N. Health promotion and disease prevention among adult survivors. In SM Miller, DJ Bowen, RT Croyle and J Rowland (eds). Handbook of Cancer Control and Behavioral Science. Washington, DC: American Psychological Association, 2008, pp. 487-494.
7. Rock CL, **Demark-Wahnefried W.** Nutrition and Cancers of the Breast, Endometrium and Ovary. In: AM Coulston, (ed). Nutrition in the Prevention and Treatment of Disease (2<sup>nd</sup> edition). Amsterdam: Elsevier Academic Press, 2008, pp. 635-658.
8. **Demark-Wahnefried W.** Changing Health Behavior after Treatment (Chapter 79). In: JC Holland, MD (ed). Psycho-Oncology, 2<sup>nd</sup> Edition. New York: Oxford University Press, 2009, pp. 551-556.
9. **Demark-Wahnefried W.** The Cancer Survivor (Chapter 27). In: E Del Fabbro, V Baracos, W Demark-Wahnefried, T Bowling, J Hopkinson and E Bruera (eds). Nutrition and the Cancer Patient. Oxford: Oxford University Press, 2010, pp. 377-394.
10. Barrera SL and **Demark-Wahnefried W.** Nutrition and Weight Management (Chapter 7). In: American College of Sports Medicine: Resources for the Personal Trainer. (4<sup>th</sup> edition) Hagerstown: Lippincott, Williams & Wilkins, 2012.
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12. Eakin E and **Demark-Wahnefried W.** Changing Health Behavior after Treatment (Chapter 78). In: JC Holland, MD (ed). Psycho-Oncology, 3<sup>rd</sup> Edition. New York: Oxford University Press, 2014.
13. ASCO (Energy Balance Working Group: Ligibel J, Alfano C, Burger R, Chlebowski R, Courneya K, Demark-Wahnefried W, Fabian C, Gucaalp A, Hershman D, Hudson M, Jones L, Kakarala M and Ness K). Obesity and Cancer: Addressing weight and weight gain during and after cancer care. ASCO Press: Alexandria, VA: 2014.

**Theses:**

1. **Demark WD.** The nutritional status of infants: breast vs. bottle feeding, statistics from two socio-economic groups. Master's thesis, Texas Women's University/ Baylor College of Medicine, Houston, TX, 1980.
2. **Demark-Wahnefried, W.** Treatment of hypercholesterolemia using a low fat, low cholesterol diet versus oat bran supplementation: a comparison of effectiveness, acceptability, compliance and changes in nutrient intake. Ann Arbor, MI, University Microfilms, 1987 (Doctoral dissertation). Department of Nutrition, College for Human Development, Syracuse University.

**Invited Presentations:**

1992:

1. Duke Center for the Study of Aging/Durham VAMC (Durham, NC). "Nutritional Management of Oral Cancer: Team Management of Oral Cancer and Oral Complications of Cancer Therapies in the Elderly" April 15th
2. Walt Disney Cancer Institute at Florida Hospital (Orlando, FL). "Diet and Colorectal Cancer." May 8th

1994: East Carolina Medical School, East Carolina University (Greenville NC) Prostate Cancer and its Association with Anthropometric Biomarkers." March 30th

1995: North Carolina NAACP (Raleigh, NC) "Nutrition and Prostate Cancer," November 18th

1997:

1. American Dietetic Association (Boston, MA) "Weight Gain in Women with Breast Cancer" October 27th
2. National Action Plan on Breast Cancer: Workshop on Physical Activity and Breast Cancer (Albuquerque, NM) "Body Composition Changes Postdiagnosis in Women with Breast Cancer" November 13-14th

1998:

1. National Cancer Institute Colloquium (Bethesda, MD) "Weight Gain After Breast Cancer: Causes, Consequences...Cures?" October 28th
2. Society for Nutritional Oncology Adjuvant Therapy (Columbus, OH) "Inclusion of Human Behavioral and Educational Models in Clinical Trials to Improve Outcomes" November 7th.

1999: Society of Urologic Nurses and Associates (Chapel Hill, NC) "Nutrition and Urologic Disease," August 7th

2001:

Loyola University/Bernadin Cancer Ctr (Chicago, IL) "Diet and Exercise Interventions in Cancer Control" Oct. 18th

2002:

1. University of Vermont (Burlington, VT) Diet and Exercise Interventions to Improve the Health of Individuals with Breast or Prostate Cancer April 15th-16th.
2. American Institute of Cancer Research (Chicago, IL): "Flaxseed and the Cancer Survivor" May 8<sup>th</sup>
3. Walter Reed Medical Center (Bethesda, MD): "Prostate Cancer: Striking Collaborations to Spin Epidemiologic Studies, Clinic-Based Research and Public Health Interventions" (Bethesda, MD) July 10<sup>th</sup>

2003:

1. Wake Forest University Grand Rounds (Winston-Salem, NC) "Cancer Control: Opportunities for Building Bridges between the Laboratory, the Clinic, and Ultimately the Community" January 3<sup>rd</sup>
2. National Cancer Institute Colloquium (Bethesda, MD): "Multiple Risk Factor Interventions for Cancer Survivors: Capitalizing on a Teachable Moment" February 12<sup>th</sup>
3. American Institute of Cancer Research (Houston, TX): "Flaxseed and the Cancer Survivor" March 4<sup>th</sup>
4. Duke Urologic Assembly (Puerto Vallarta, Mexico): "Flaxseed and Prostate Cancer," "Health Behaviors of Prostate Cancer Survivors," and "The Role of Diet and Exercise in Prostate Cancer Survivors" March 14<sup>th</sup> and 15<sup>th</sup>
5. Centre for the Southern Interior of British Columbia, Canada. (Vancouver, British Columbia, Canada). "Prostate Cancer and Nutrition" April 30<sup>th</sup>
6. Delivering the Promise, Mission Conference for the Susan G. Komen Foundation (Washington DC). Moderator of Session, "Building Communication between Patients and Health Care Providers," June 8<sup>th</sup>
7. American Association for Cancer Research (Phoenix, AZ). Invited Speaker: "Lifestyle changes for cancer prevention in older adults," October 27<sup>th</sup>
8. American Assoc. for Cancer Research (Phoenix, AZ). Invited Speaker: "Interventions for cancer survivors," Oct 29<sup>th</sup>
9. National Cancer Institute Small Grants Program for Behavioral Research in Cancer Control (Bethesda, MD) Invited Speaker "The R03-Gateway to the Great Beyond" December 5<sup>th</sup>



## **Invited Presentations (continued):**

### 2004:

1. Living Beyond Breast Cancer – Young Survivor’s Conference, “Food for Thought: Practical Advice on Diet & Fitness After Breast Cancer” (Philadelphia, PA) Invited Speaker February 21<sup>st</sup>
2. Women’s Health Series, “Nutrition, Cancer Control and Women’s Health,” Duke University Med Ctr, February 23<sup>rd</sup>
3. Duke Urologic Assembly (St. Kitts): "Behavioral Theory for the Clinical Urologist: Changing Needs for Changing Times," " Dietary Supplements in Benign and Malignant Prostatic Disease,"and 'The New Era of Cancer Survivorship: How Urologists Can Make a Difference," March 9<sup>th</sup> -14<sup>th</sup>
4. Cancer Prevention Research Foundation (Washington, DC) “Cancer Prevention Research Foundation – What a Difference it Makes.” March 16<sup>th</sup>
5. Queensland Cancer Fund/Queensland University of Technology (Brisbane, Australia). “Improving Diet and Physical Activity Among Early Stage Breast and Prostate Cancer Survivors.” May 4<sup>th</sup>
6. International Society for Behavioral Nutrition and Physical Activity (Washington, DC). “Moving the Bench to the Trench: Lessons Learned from Large-Scale Diet & Physical Activity Interventions Aimed at Populations with Cancer.” June 12<sup>th</sup>
7. American Cancer Society/National Cancer Institute Conference on Cancer Survivorship: Pathways to Health After Treatment (Washington, DC). “Cancer Survivors: Hungry & in need of dietary change - Setting the table to promote changes that count.” June 18<sup>th</sup>
8. 7<sup>th</sup> World Congress of Psycho-Oncology (Copenhagen). “Physical Function in Older Cancer Survivors: Associations with Diet and Physical Activity.” August 27<sup>th</sup>
9. South Carolina Academy of Family Physicians. Annual Scientific Assembly (Hilton Head, SC). “The Role of Diet and Exercise in Cancer Prevention and Control.” November 13<sup>th</sup>

### 2005:

1. Duke Urologic Assembly (Curacao): "Body Weight and Prostate Cancer: Tipping the Scales Toward a Favorable Prognosis,"and ' Cancer Coping Style and Other Personality Factors: Recognizing Traits to Synthesize Information and Deliver Care," March 16<sup>th</sup> -20<sup>th</sup>
2. Living Beyond Breast Cancer National Teleconference: “ Nutrition and Lifestyle: Enhancing Your Health and Quality of Life,” March 24<sup>th</sup>.
3. Beaufort Education Prgrm (Beaufort, SC) “Guidelines for Diet and Exercise for Cancer Survivors” March 29th
4. Society for Behavioral Medicine Annual Meeting (Boston, MA): “Effective Strategies for Promoting Health Behavior Change after Cancer: Why and How?” April 16<sup>th</sup>
5. Wake Forest University Grand Rounds (Winston-Salem, NC) "Diet and Lifestyle Clinical Trials Among Individuals with Cancer" April 28<sup>th</sup>
6. National Cancer Institute (Bethesda, MD) “The R03-Gateway to the Great Beyond” May 10<sup>th</sup>
7. American College of Sports Medicine Annual Meeting (Nashville, TN), “The Role of Energy Balance in Cancer Prevention and Control,” June 3rd
8. Department of Defense, Era of Hope Breast Cancer Research Program Meeting (Philadelphia, PA) “Non-Drug Interventions: Diet and Exercise Trials” June 11th
9. CancerCare International Teleconference, “Health Promoting Behaviors: Things You Can Do,” June 14th
10. Worldnutra 2005 (Anaheim, CA), “Flaxseed and Prostate Cancer,” October 17-18<sup>th</sup>.
11. American Association for Cancer Research (Baltimore, MD), “Aging and Cancer,” (Session Chair and Presenter (“Results of Project LEAD”), November 2<sup>nd</sup>
12. American Institute for Cancer Research (Miami, FL), “Healthy Lifestyles for Cancer Survivors,” November 10<sup>th</sup>
13. Endocrine Rounds. Duke University Medical Center December 5<sup>th</sup>.
14. Area Health Education Center. “The Obesity Cancer Connection,” Morehead General Hospital, Eden, NC Dec 7<sup>th</sup>

## **Invited Presentations (continued):**

### 2006

1. Raleigh/Durham-Chapel Hill Dietetic Association (Durham, NC). "The Importance of Diet and Exercise for Cancer Survivors," January 17<sup>th</sup>.
2. Duke Urologic Assembly (Orlando): "Exercise and Prostate Cancer: Time to Get Moving?" and "Flaxseed Supplementation and Prostate Cancer," March 30<sup>th</sup> – April 2<sup>nd</sup>
3. Institute of Medicine/National Cancer Policy Forum Workshop on "Implementing Cancer Survivorship Care Planning," (Washington, DC) "Healthy Lifestyle Behaviors for Cancer Survivors" May 16<sup>th</sup>
4. Duke University Medical Center Surgery Grand Rounds (Durham, NC). "Diet and Exercise Interventions in Cancer Populations." May 24<sup>th</sup>
5. American Society of Clinical Oncology Educational Workshop (Atlanta, GA), "What do we tell our patients about nutrition?" June 4 and June 6<sup>th</sup>.
6. The Wellness Community – National Survivor Planning Conference (Washington, DC). "Nutrition and cancer survivors. June 19-20<sup>th</sup>
7. The American Institute for Cancer Research (Washington, DC). "Reaching-Out to Cancer Survivors" June 14<sup>th</sup>
8. Duke University Medical Center. Urology Grand Rounds (Durham, NC). "Diet and Exercise Interventions in Cancer Populations." September 6<sup>th</sup>
9. American Dietetic Association (Honolulu, HI) "Career Development Opportunities: What Every Dietitian Needs to Know" September 18<sup>th</sup>
10. American Dietetic Association (Honolulu, HI) "Lifestyle Changes Can Boost Health and Survival in Women with Breast Cancer." September 19<sup>th</sup>
11. Avon Foundation Breast Care Fund Conference. (International Teleconference on Nutrition and Breast Cancer). October 11<sup>th</sup>
12. Cancer and Leukemia Group B Annual Meeting (Raleigh, NC). "Designing Exercise Trials for Cancer Survivors." October 14<sup>th</sup>
13. Virginia Commonwealth University/Massey Cancer Center (Richmond, VA). "Living Your Best After Cancer: Healthy Diet Choices." November 9<sup>th</sup>
14. University of Vermont/Vermont Cancer Center (Burlington, VT). "Cancer Survivors: A population in need of lifestyle interventions." November 10<sup>th</sup>
15. American Association for Cancer Research/Frontiers in Prevention Annual Meeting (Boston, MA). "Ready for a Change?...or Stuck in a Rut? Cancer Survivors' Attitudes & Prevention Practices." November 15<sup>th</sup>

### 2007

1. Case Western Reserve, Obstetrics and Gynecology Grand Rounds (Cleveland, OH). "Cancer Survivors: Striving for Optimal Health Post-Diagnosis." January 5<sup>th</sup>
2. MD Anderson Grand Rounds (Houston, TX). "Extending Our Reach for Research & Clinical Care with Home-Based Exercise and Diet Interventions for Cancer Survivors" January 19<sup>th</sup>
3. National Institute of Environment Health Sciences (Research Triangle Park, NC). "Weight gain, nutritional status, and survival after cancer diagnosis." February 6<sup>th</sup>.
4. American Psychosomatic Society Annual Meeting (Budapest, Hungary). Invited Speaker Psychosomatic Medicine and Oncology: From Bench, to Bedside, to Community" Symposium. March 10<sup>th</sup>
5. MD Anderson Grand Rounds (Houston, TX). "Diet and Exercise Interventions in Populations with Cancer" March 27<sup>th</sup>
6. AnMED Cancer Survivor Series: Inaugural Lecture (Anderson, SC). "Diet and Exercise in Cancer Survivors." April 18<sup>th</sup>.
7. Kaiser-Permanente Hawaii-University of Hawaii (Honolulu, HI). "Diet and Exercise Interventions in Populations with Cancer." May 22<sup>nd</sup>.
8. Kaiser-Permanente-Northwest (Portland, OR). "Diet and Exercise Interventions in Populations with Cancer" May 24
9. North Carolina Survivorship Summit (Durham, NC). "Victories and Challenges among Cancer Survivors." Keynote Address, June 1, 2007.

10. Duke Radiation Therapy Grand Rounds (Durham, NC). "Flaxseed and Prostate Cancer." July 27<sup>th</sup> 2007

**Invited Presentations (continued):**

11. Department of Defense IMPACT Meeting on Prostate Cancer (Atlanta, GA). "Flaxseed and Prostate Cancer." September 8, 2007
12. Chicago Supportive Oncology Conference (Chicago, IL). "Promoting Health and Physical Function in Cancer Survivors." September 27, 2007
13. Research Frontiers in Nutritional Sciences Conference (Tucson, AZ). "Weight Management and the Cancer Survivor." October 22, 2007
14. Korean Nutrition Society (Seoul, Korea). "Flaxseed and Prostate Cancer." November 2, 2007.

2008

1. Baylor – Texas Children’s Hospital. "Let the Mountain Come to Mohammed: Meeting Cancer Survivors on their own Turf to Deliver Home-based Diet & Exercise Interventions to Improve the Overall Health & Well-being." January 4<sup>th</sup>
2. Baylor – Texas Children’s Hospital. "Eating and Exercise: Where do Childhood Cancer Survivors Stand? And How Can We Help Them? January 28<sup>th</sup>
3. UT-MD Anderson – Noon Breast Cancer Conference. "DAMES – Daughters And Mothers Against Breast Cancer." February 4<sup>th</sup>
4. St. Jude’s Children’s Hospital Grand Rounds (Memphis, TN) "Eating and Exercise: Where do Childhood Cancer Survivors Stand? And How Can We Help Them? February 7<sup>th</sup>
5. Cancer Survivorship Conference: An Overview of Research in Cancer Survivorship. Ohio State University (Columbus, OH) "The Need for Potential Lifestyle Interventions Among Cancer Survivors." March 5<sup>th</sup>
6. Texas Woman’s University (Houston and Denton campuses). "Flaxseed and Prostate Cancer." March 7<sup>th</sup>
7. Society of Behavioral Medicine. "Stepping to the Plate for Health – What Dietary Changes are Important for Cancer Survivors? And How Do We Effectively Promote Them? San Diego, CA March 25<sup>th</sup>
8. Geriatric Oncology: Considering the Role of Primary Care Providers. "Promoting Healthy Lifestyles among Older Cancer Survivors to Improve Health and Preserve Function." Case Western Reserve University, Cleveland, OH April 3<sup>rd</sup>.
9. American Association for Cancer Research. "Promoting a Healthy Diet in Cancer Survivors: What’s on the menu? When to serve? How can we stimulate appetite for long-term adherence? San Diego, CA. April 13<sup>th</sup>.
10. Global Academic Programs Conference. "Home-Based Diet and Exercise Interventions Among Cancer Survivors" Houston, TX, June 4<sup>th</sup>
11. Cancer Survivorship Research: Mapping the New Challenges. "Lifestyle and health behavior issues for survivors." Atlanta, GA, June 20<sup>th</sup>
12. Morehouse School of Medicine/Tuskegee University/ University of Alabama (Birmingham) Partnership. Summer Institute: Diet, Obesity, Energy Balance, Food Policy and Cancer. "Diet and Energy Balance in Cancer Prevention and Control: What are the Guidelines and How Can We Enhance Adherence?" Birmingham, AL July 31<sup>st</sup>
13. M. D. Anderson Orlando Cancer Center. "Stepping to the Plate and Moving Toward Better Health: Diet and Exercise Recommendations for Cancer Survivors. Grand Rounds August 21, 2008.
14. Virginia Commonwealth University 2<sup>nd</sup> Annual Controversies and Updates in the Management of Prostate Cancer Conference. "Battling Prostate Cancer with Forks and Knives: The Importance of Nutrition for Men with Prostate Cancer." Richmond, VA. September 13<sup>th</sup>
15. International Breast Cancer Conference. "The Need for Diet and Exercise Interventions in Breast Cancer Survivors." Review of Diet Clinical Trials in Breast Cancer," and "The Timing and Delivery of Lifestyle Interventions to Achieve Maximal Uptake and Effect." Riyadh, Saudi Arabia, October 18-20<sup>th</sup>.
16. Avon Foundation Breast Care Fund Webinar. "Diet and Breast Cancer." November 4<sup>th</sup>
17. Memorial Sloan-Kettering Cancer Center Program of Cancer Prevention Research Seminar. "Stepping to the Plate and Moving Toward Better Health: Diet & Exercise Recommendations for Cancer Survivors," New York, NY. November 11<sup>th</sup>
18. American Association for Cancer Research - Frontiers in Cancer Prevention – Press Conference for selected abstract "A home-based intervention among older long-term cancer survivors improves physical activity, diet quality, weight

status, and physical functioning: Results of the RENEW (Reach-out to ENhance Wellness) trial.” Washington, DC November 18<sup>th</sup>

**Invited Presentations (continued):**

19. International Congress on Exercise and Cancer. “Psychological Impact of a Cancer Diagnosis,” Munich, Germany. November 20<sup>th</sup>
20. M.D. Anderson/Pediatric Cancer Tumor Board. “Exploring Needs & Preferences for Lifestyle Interventions Among Childhood Cancer Survivors & their Caregivers,” December 11<sup>th</sup>
21. The Cancer Institute of New Jersey. “Stepping to the Plate and Moving Toward Better Health: Diet & Exercise Recommendations for Cancer Survivors. Dec 17<sup>th</sup>

2009

1. Henry Ford Hospital. “Cancer Survivors: A High Risk Population in Need of Lifestyle Interventions: What interventions are needed and how do we deliver them?” Detroit, MI February 27<sup>th</sup>
2. Colorado Cancer Center. “Diet and Exercise Interventions for Cancer Prevention and Control” Denver, CO March 20<sup>th</sup>.
3. CancerCare. The Importance of Nutrition and Physical Activity (Seventh Annual Survivorship Series: Living With, Through and Beyond Cancer) May 19<sup>th</sup>
4. American Society for Clinical Oncology. “Diet, Exercise, and Cancer: Does the Evidence Support Lifestyle Modification as Part of Cancer Treatment” Orlando, FL May 30<sup>th</sup>
5. University of Alabama, “Lifestyle Interventions in Cancer Populations.” Birmingham, AL Aug 17<sup>th</sup>
6. U-T M. D. Anderson Grand Rounds, “Promoting Diet and Exercise change in Cancer Survivors: Results from trials targeting a broad spectrum of survivors and using a variety of interventions” Houston, TX Sept 11<sup>th</sup>.
7. Living Fully With and Beyond Cancer Conference, Young Breast Cancer Survivors' Panel, Houston, TX Sept 12<sup>th</sup>.
8. TREC-FHCRC-NCI Energy Balance, Cancer Prognosis, and Survivorship Conference, “Energy Balance among Older Cancer Survivors,” Seattle, WA, Oct 8<sup>th</sup>
9. American Society of Radiation Oncology Annual Conference. “What to Say? and How to Say It? Promoting Responsible Guidance regarding Diet & Physical Activity for Individuals diagnosed with Cancer” Chicago, IL, Nov 1<sup>st</sup>
10. NCI Translates Conference. “RENEW,” Vienna, VA, Nov 5<sup>th</sup>
11. M. D. Anderson Population Sciences Grand Rounds. “Diet and Exercise Interventions for Cancer Survivors,” Houston, TX, Nov 6<sup>th</sup>
12. University of Minnesota Cancer Center Seminar, “Cancer Survivors: A high risk population in need of lifestyle interventions. What interventions are needed and how do we deliver them?” Minneapolis, MN, November 10<sup>th</sup>

2010

1. Health Disparities Symposium, The Science of Eliminating Health Disparities from Discovery to Delivery. Birmingham, AL “Diet and Exercise Interventions for Cancer Survivors: Who Signs Up, Who Sticks with IT? And When is the Best Time to Intervene? Birmingham, AL, April 21<sup>st</sup>
2. American College of Sports Medicine (Keynote Address) “Interventions to Improve Lifestyle Behaviors and Physical Function in Cancer Survivors,” Baltimore, MD. June 3<sup>rd</sup>
3. American Society of Clinical Oncology, “Capitalizing on the Mother-Daughter Bond to promote Primary & Tertiary Prevention” Chicago, IL, June 7<sup>th</sup>
4. Biennial Cancer Survivorship Symposium, “Daughters And MothErS (DAMES) Against Breast Cancer,” Washington, DC, June 17<sup>th</sup>
5. University of Queensland, “Diet and Exercise Interventions for Cancer Survivors,” Brisbane, Australia August 26<sup>th</sup>
6. Nordic Cancer Rehabilitation Symposium, “Health behavior – impact on physical and psychological well-being and survival,” session chair and presentor, September 20<sup>th</sup>
7. UAB Center for Aging – Annual Meeting. “Durability and Reproducibility of the RENEW Intervention in Older Cancer Survivors,” Oral Presentation and Abstract Competition Winner, October 15<sup>th</sup> Birmingham, AL.
8. American Dietetic Association – Annual Meeting. “Diet, Physical Activity and Genetics: Energy Balance for Fighting Breast Cancer.” Boston, MA. November 8<sup>th</sup>

9. American Association for Cancer Research – Frontiers in Prevention. “Inflammation and Cancer Prevention.” Philadelphia, PA, November 9<sup>th</sup>.
10. Childhood Cancer survivorship and Wellness Conference, “Healthy Lifestyles in Cancer Survivors,” Session chair and speaker, Birmingham, AL, November 12<sup>th</sup>

**Invited Presentations (continued):**

2011

1. Lakeshore Foundation. “Diet and Exercise Resolutions for a Healthy 2011” Birmingham, AL January 13<sup>th</sup>
2. American Society of Preventive Oncology, "Building Population Science Programs and Interactions within Cancer Centers." Las Vegas, NV, Panelist March 5<sup>th</sup>
3. The Ohio State University Cancer Control Seminar, “Diet and Exercise Interventions for Cancer Survivors,” Columbus, OH, March 23<sup>rd</sup>
4. Society of Behavioral Medicine, RENEW (Reach-Out to ENHance Wellness) Intervention, April 28<sup>th</sup>
5. Society of Behavioral Medicine, ACSM Guidelines, April 28<sup>th</sup>
6. Cancer Survivorship: Bridging the Transition to Life after Cancer, “Diet and Health Behavior Modifications for Cancer Survivors,” University of Minnesota, Minneapolis, MN, April 30<sup>th</sup>
7. Southern Illinois University Cancer Center Grand Rounds, “Diet and Exercise Interventions for Cancer Survivors,” Springfield, IL May 12<sup>th</sup>
8. American Society for Clinical Oncology Annual Meeting, “Nutrition and Physical Activity Recommendations for Cancer Survivorship: What do We Tell our Patients and Their Families After Treatment?” Chicago, IL June 3<sup>rd</sup>
9. American Society for Clinical Oncology Annual Meeting, “Patient and Survivor Care and Health Services Research Session: Survivorship – Care Plans, Quality of Care, and Barriers to Care (Chair and Discussant) Chicago, IL June 4<sup>th</sup>
10. FORCE (Facing Our Risk of Cancer Empowered). “Exercise and fitness effects on cancer risk and recurrence,” Orlando, FL, June 25<sup>th</sup>
11. Fred Hutchinson Cancer Institute Grand Rounds. “Diet and Exercise Interventions for Cancer Survivors,” June 27<sup>th</sup> and the Behavioral Outcomes Research Group, “Lifestyle Interventions in Cancer Survivors: Who Signs-Up? Who sticks with it? And when is the best time to intervene? Seattle, WA, June 28<sup>th</sup>
12. XX Foro Nacional de Investigacionen Salud, “Obesity, Body Composition and Prostate Cancer. Oaxtepec, Mexico, Sept 22<sup>nd</sup>
13. Living Beyond Breast Cancer – 20<sup>th</sup> annual meeting, key note speaker “Food and Fitness for Breast Cancer Survival. Philadelphia, PA, Oct 1<sup>st</sup>
14. World Congress of Psycho-Oncology, Plenary Invited Speaker, “Lifestyle Challenges in Psycho-Oncology: Nutrition and Exercise,” Antalya, Turkey, October 18<sup>th</sup>
15. CancerCare Teleconference – Nutrition, Physical Activity and You: A Guide for People Living With Cancer. Nov 15<sup>th</sup>
16. Kansas University Medical Center – Grand Rounds, Diet and Exercise Interventions for Cancer Survivors, Dec. 2<sup>nd</sup>
17. University of Miami, Department of Psychology. Diet and Exercise Interventions for Cancer Survivors, Dec 7<sup>th</sup>

2012

1. Boshell Diabetes and Metabolic Diseases 5<sup>th</sup> Annual Research Day, Plenary Lecture, “The Diabetes-Cancer Sandwich,” March 2<sup>nd</sup>
2. American Society of Preventive Oncology 36<sup>th</sup> Annual Meeting, Session Chair on “Promoting Translational Science” Georgetown, District of Columbia, March 3<sup>rd</sup>
3. American Society of Preventive Oncology 36<sup>th</sup> Annual Meeting, Panelist for “Career Transition and Mobility: What does it take to Move?” Georgetown, District of Columbia, March 6<sup>th</sup>
4. American Association for Cancer Research Annual Meeting, “Eat it to beat it: Other dietary modifications and functional foods and their impact on cancer prevention and control,” Chicago, IL March 31<sup>st</sup>
5. American Association for Cancer Research Annual Meeting, “Interventions to address obesity among racial/ethnic minority populations,” Chicago IL April 3<sup>rd</sup>
6. Society for Behavioral Medicine Annual Meeting. “DAMES: Daughters And MothErS Against Breast Cancer,” New Orleans, LA, April 12<sup>th</sup>

7. City of Hope Preparing Professional Nurses for Cancer Survivorship Care Program Diet and Exercise, Resources and Services, Prevention in Survivorship Care: Promoting Wellness, Duarte, CA April 13<sup>th</sup>
8. Wisconsin Dietetic Association Annual Meeting, Cancer Prevention and Control: The Importance of Diet, Nutritional Status and Exercise, Stevens Point, WI, April 20<sup>th</sup>

**Invited Presentations (continued):**

2012

9. Experimental Biology Annual Meeting. "Breast Cancer Survivorship: The Role of Diet and Physical Activity" San Diego, CA, April 24<sup>th</sup>
10. National Breast Cancer Coalition 2012 Summit. "Obesity, Energy Balance and Breast Cancer Risk" Arlington, VA, May 6<sup>th</sup>
11. American Society of Clinical Oncology. "The Impact of Behavioral, Environmental, and Other Shared Risk Factors that Contribute to Second Cancers," Chicago, IL, June 1<sup>st</sup>
12. American Society of Clinical Oncology. "Staying Bold while Old," Discussant, Chicago, IL, June 1<sup>st</sup>
13. UAB Oncology Nursing Grand Rounds. "Diet and Exercise Interventions for Cancer Survivors." June 26<sup>th</sup>
14. NUTRITION & AGING XXVII: Nutrition in Rehabilitation. "Nutrition and Breast Cancer Rehabilitation." Geriatric Research and Education Center (Little Rock, AR) Sept 26<sup>th</sup>
15. City of Hope Preparing Professional Nurses for Cancer Survivorship Care Program "Prevention in Survivorship Care: Promoting Wellness" "Supplements and Functional Foods in Cancer Survivorship", Tarrytown, NY Sept 27-28<sup>th</sup>
16. Katherine Porikos Koopman Biennial Lectureship University of Calgary, "Fighting Cancer with yYour Knife and Fork," Calgary, Alberta Canada, October 16<sup>th</sup>
17. University of Calgary Grand Rounds, "When your patient asks about diet and nutritional supplements, what do you say?" Calgary, Alberta Canada, October 17<sup>th</sup>
18. University of Edmonton, "Diet and Exercise Interventions in Cancer Survivors: Lessons Learned" Edmonton, Alberta Canada, October 19<sup>th</sup>
19. National Cancer Research Institute Annual Conference. "Lifestyle change in cancer survivors...do we wait for trial evidence?" Liverpool, England, November 6<sup>th</sup>
20. Scottish Cancer Foundation. "Lifestyle interventions in cancer survivors – What works and what doesn't. Edinburgh, Scotland, November 9<sup>th</sup>
21. British Columbia Cancer Agency Annual Conference, "Nutrition and Physical Activity Guidelines for Cancer Survivors." November 30<sup>th</sup>
22. Huntsman Cancer Institute 2012 Minisymposium on Reaching Underserved Populations from Discovery to Delivery, "Promoting Healthful Diets and Weight Control in Hard-to-Reach Cancer Survivors." Salt Lake City December 4<sup>th</sup>
23. Inaugural Pink Christmas Gift Breast Cancer Awareness Forum. "Health Lifestyles for Breast Cancer Survivors. Birmingham, AL December 15<sup>th</sup>

2013

1. Sister Survivors. "Dietary Change after Breast Cancer," Birmingham, AL, February 28<sup>th</sup>
2. NCI Workshop on Cancer Treatment Related Cardiotoxicity: Understanding the current state of knowledge and developing future research priorities. "Nutrition in the Prevention and Treatment of Cancer-Related Cardiotoxicity," Bethesda, MD March 21<sup>st</sup>
3. Baptist Cancer Institute, Oncology Nursing Symposium, "Cancer Survivorship: Prevention in Survivorship Care: Promoting Wellness" St. Augustine, FL April 6<sup>th</sup>
4. Alabama Cancer Congress "Diet and Exercise in Cancer" Point Clear, AL April 20<sup>th</sup>
5. Karmanos Comprehensive Cancer Center Grand Rounds, "Diet and Exercise after the Diagnosis of Cancer," Detroit, MI June 27<sup>th</sup>

6. Evaluating Bioactive Food Components in Obesity and Cancer Prevention Conference, "Complexities of Using Functional Foods in Clinical Trials: Lessons from a Phase II Study of Flaxseed in Prostate Cancer," Fort Walton Beach, FL, September 28<sup>th</sup>
7. Young Cancer Survivors Network. "Nutrition and Survivorship" Birmingham, Oct 9<sup>th</sup>
8. City of Hope Preparing Professional Nurses for Cancer Survivorship Care Program "Prevention in Survivorship Care: Promoting Wellness" "Supplements and Functional Foods in Cancer Survivorship", Anaheim, CA Oct 17-18<sup>th</sup>

**Invited Presentations (continued):**

9. Society of Integrative Oncology, "Advances in Survivorship Research – Behavior Change Research: Challenges and Solutions to Accrual and Retention," Vancouver, British Columbia, Canada Oct. 20<sup>th</sup>
10. Innovations in Wellness Conference, "Connection between Obesity and Cancer," Birmingham, AL, Nov. 20<sup>th</sup>
11. Triple Negative Breast Cancer Foundation, Uncommon Knowledge Webinar Series, "Answering Questions about Nutrition and Triple Negative Breast Cancer," November 21<sup>st</sup>

2014

1. UAB Comprehensive Center for Healthy Aging (CCHA) and the Birmingham/VA Geriatric Research, Education and Clinical Center (GRECC) Scientific Seminar on Aging "Harvest for Health: The Potential for Gardening Interventions to Improve Physical Functioning and Other Health Outcomes" Jan 17<sup>th</sup>
2. 65<sup>th</sup> Annual Meeting of the Flax Institute. "Flaxseed and It's Potential for Cancer Control and Personalized Medicine," Fargo, ND March 23<sup>rd</sup>
3. UAB CCTS: "Mentoring Matters." April 10<sup>th</sup>
4. Brookwood Hospital TOUCH (Today Our Understanding of Cancer is Hope) Cancer Support Group, "Nutrition for Cancer Patients and Survivors", May 20<sup>th</sup> -
5. 50<sup>th</sup> Annual Meeting of the American Society of Clinical Oncology. "Body Mass Index, Estrogen and Breast Cancer, Discussant May 31<sup>st</sup>
6. North Alabama Chapter of the Susan G. Komen Foundation. "Harvest for Health" June 25<sup>th</sup>
7. CAN Survive Ovarian Cancer Meeting, "Harvest for Health," July 18<sup>th</sup>
8. City of Hope Preparing Professional Nurses for Cancer Survivorship Care Program "Prevention in Survivorship Care: Promoting Wellness" "Supplements and Functional Foods in Cancer Survivorship", Annapolis, MD Sept 11-12<sup>th</sup>
9. UAB Center for Exercise Medicine 2<sup>nd</sup> Annual Symposium. "Intervening to Promote Physical Activity in Cancer Survivors and their Family Members: What Works and What is the Impact on Physical Functioning? Birmingham, AL Sept 26<sup>th</sup>
10. Masterclass on Diet and Cancer: From Prevention to Survival. "Lifestyle change in cancer survivors...do we wait for trial evidence?" Wageningen University, the Netherlands, October 1-3<sup>rd</sup>
11. Medical Society of Montgomery County. "Nutrition and Cancer," October 6<sup>th</sup>
12. 2014 International Symposium on Exercise and Cancer at the University of Munich "Combining physical activity with a healthy diet - the benefits of multi-component or holistic interventions in cancer populations." Munich, Germany Oct 25<sup>th</sup>
13. 2014 Obesityweek (annual meeting of The Obesity Society). Obesity and Implications for the Cancer Survivor. Boston, MA Nov 6<sup>th</sup>
14. University of Queensland, "Intervening in Cancer Survivors to Improve Outcomes. Brisbane, Australia, Nov 18<sup>th</sup>
15. American Society of Nutrition, "Optimal Nutritional Goals for the Cancer Survivor," National Harbor, MD, Dec 6<sup>th</sup>

2015

1. Morehouse School of Medicine Cancer Research Seminar Series, "Obesity and Cancer," January 6<sup>th</sup>
2. Texas A&M University, Department of Nutrition & Food Science Seminar Series, Diet and Exercise Recommendations for Cancer Survivors – What is the State of the Science and Are There Effective Interventions?" February 2<sup>nd</sup>

3. University of Cincinnati Cancer Institute. Transforming Cancer Survivorship through Research and Best Practice. "Eating to Survive...and Thrive" March 27<sup>th</sup>
4. Exercise and nutrition interventions for older cancer survivors: What next? Design and Implementation of Intervention Studies to Improve or Maintain Quality of Survivorship in Older and/or Frail Adults with Cancer. U13, Chicago, IL May 13<sup>th</sup>
5. "Dietary Recommendations for Cancer Survivors." Keynote address for the 41<sup>st</sup> Annual Meeting of the Nutrition Society of Taiwan. May 22<sup>nd</sup>.
6. Intervening to Promote Optimal Nutrition and Physical Activity in Cancer Survivors: What Works?" 41<sup>st</sup> Annual Meeting of the Nutrition Society of Taiwan. May 23<sup>rd</sup>.

**Invited Presentations (continued):**

7. American Society of Clinical Oncology, "Weight Management and Nutrition: Interventions and Practical Considerations, Chicago, IL, May 29<sup>th</sup>
8. Royal Society of Edinburgh, "Making a Difference: how to reduce cancer occurrence and recurrence," Edinburgh Scotland, UK. June 1<sup>st</sup>
9. International Society of Behavior in Nutrition and Physical Activity (ISBNPA), Taking on primary and tertiary cancer prevention simultaneously through family-based interventions: What works and what doesn't?, Edinburgh, Scotland, June 4<sup>th</sup>
10. Dartmouth Cancer Center Grand Rounds, "Diet and Exercise Recommendations for Cancer Survivors: What is the State of the Science and are there Effective Interventions," Hanover, NH, June 16<sup>th</sup>
11. UAB New Beginnings Seminar Series, "Diet and exercise for Cancer Survivors," June 18<sup>th</sup>
12. Memorial Sloan Kettering Grand Rounds for Psychiatry and Behavioral Medicine, "Dietary Guidelines for Cancer Survivors and the Evidence that Supports Them," New York, NY, June 26<sup>th</sup>
13. Association of the Veteran's Administration Hematology/Oncology 11<sup>th</sup> Annual Conference, "The Impact of Obesity on Cancer Recovery," Washington, DC, October 3<sup>rd</sup>
14. Pennington Research Center, "Diet and Exercise Interventions for Cancer Survivors, Baton Rouge, LA, Dec 3<sup>rd</sup>.



**Consultant Appointments:**

Breast Cancer Passport to Care Evidence-Based Guidelines 2012-2013

Georgetown University, Stepping Stone Project, Vanessa Shepard 2010-2012.

West Texas Cancer Survivors Network (WTCSN) 2010-2012

Ohio State University. Lance Armstrong Center for Excellence. 2007-2012.

SwedishAmerican Center for Complementary Medicine, "Breast Cancer and Complementary Medicine," Project. 2002

First Grade Understanding of Nutrition, NCI-sponsored Small Business Innovation Research Grant, 1997-1998.

Tri-State Appalachian Leadership Initiative on Cancer, 1993-1997.

NC Dept of Agriculture, Spokesperson for "Goodness Grows in North Carolina - Healthy Eating Campaign," 1992 -2000.

North Carolina State University/Coop. Extension, Johnston County Cholesterol-Lowering Education Program, 1991.

Food Communications, Inc., 1990-1991.

**Editorial Boards and Review:**

Acta Oncologica, reviewer 2007 – present

Applied Physiology, Nutrition, and Metabolism, 2012 - present

American Journal of Clinical Nutrition, reviewer 1996-present

American Journal of Epidemiology, reviewer 2000-present

American Journal of Health Behavior, Review Board 1997-2008, ***Editorial Board 2008-2013***

American Journal of Preventive Medicine, reviewer 2006-present

Annals of Behavioral Medicine, reviewer 2006-present

Annals of Oncology, reviewer 2000-present

Archives of Internal Medicine, reviewer 2009-present

Breast Cancer: Basic and Clinical Research – 2007-present

Breast Cancer Research and Treatment, reviewer 1999-present

British Journal of Cancer, reviewer 2008 – present

BioMed Central reviewer – 2007-present

BMC Cancer reviewer – 2014 - present

Cancer, reviewer 1996-present

Cancer Causes and Control, reviewer 2007-present

**Editorial Boards and Review (continued):**

Cancer Epidemiology – reviewer 2015 - present

Cancer Epidemiology, Biomarkers and Prevention, reviewer 1999-present; ***Editorial Board 2009 – present; Co-Editor (with Les Robison) of Special focus issue on Cancer Survivorship.***

Cancer Letters, reviewer 2004-present

Cancer Prevention Research, reviewer 2007-present, ***Editorial Board January 2015 – 2017.***

Clinical Cancer Research, reviewer 2007-present

Contemporary Clinical Trials, reviewer 2013-present

Gynecologic Oncology, reviewer 2012-present

Healthcare, reviewer 2015-present

Health Psychology, reviewer 1995-present

International Journal of Cancer, reviewer 2002-present

International Journal of Obesity, reviewer 1996-present

Journal of the American College of Nutrition, reviewer 2002-present

Journal of the American Dietetic Association (Academy of Nutrition and Dietetics), reviewer 1990-present

Journal of the American Medical Association, reviewer 2012 - present

Journal of Cancer Survivorship, Research and Practice, ***Editorial Board 2007 – present***

Journal of Clinical Oncology, reviewer 1996-present, ***Editorial Board January 2009 – 2015.***

Journal of Geriatric Oncology, reviewer 2010 - present

Journal of Medical Internet Research, reviewer 2014 - present

Journal of the National Cancer Institute, reviewer 1999-present

Journal of Nutrition, reviewer 2002-present

Journal of Nutrition, Health and Aging, reviewer 1997-present

Journal of Urology, 2006 – present

Journal of Pain and Symptom Management, 2015 - present

Demark-Wahnefried, Wendy - 43

Lancet, 2009-present

Lancet Oncology, **Editorial Advisory Board 2005 – 2010**

**Editorial Boards and Review (continued):**

Medicine and Science in Sports and Exercise, reviewer 2002 - present.

Molecular Cancer Therapeutics, reviewer 2002-present

Molecular Nutrition and Food Research, reviewer 2009-present

Nature Clinical Practice Oncology, 2006 - present

Nature Urology, 2015 - present

New England Journal of Medicine, 2008 – present.

North Carolina Medical Journal, **guest editor for Cancer Control Special Edition, 62 (5); 2001.**

Nutrition and Cancer, reviewer 1998-present

Nutrition and Metabolism, reviewer 2009-present

Obesity, reviewer 2006-present

Oncologist, reviewer 2011-present

Open Clinical Cancer Journal, **Editorial Board Member - 2007**

Open Obesity Journal, reviewer 2009-present

Pediatric Obesity, reviewer 2012-present

Preventive Medicine, reviewer 2001 –present

Prostate Cancer and Prostatic Diseases, reviewer 2003-present

Public Health Genomics, reviewer 2010-present

Public Health Nutrition, reviewer 2010 - present

Translational Behavioral Medicine: Practice, Policy, and Research. **Associate Editor, 2010-2015 – appointed to second term 2015-2020.**

Urology, reviewer 2004-present.

**Review Panels/Committees/ Boards:**

**Institutional:**

Duke Clinical Cancer Committee, Member, 1991-1994.

Duke Oncology Consortium, Chairperson/Cancer Control, 1992-1994.

Duke Exploratory Center for Research on Health Promotion in Older Minority Populations Board Member, 1994 - 1997.

Duke University Medical School, Curriculum Committee Member/Nutrition Task Force Leader, 1995 - 1997.

Duke University Medical Center Search Committee for Director of Cancer Control, 1998-1999.

Duke Center for Living Advisory Board, 2001-2002.

Duke University Medical Center Panel to Establish Funding Website, 2002 - 2003.

Duke Initiative to Redesign the Grant Process, 2006

Duke University School of Nursing, Research Advisory Committee, Chair 2006 – 2007

Duke University School of Nursing, Doctoral Program Admissions Committee, 2006 – 2007

Duke University School of Nursing, Appointment, Promotion and Tenure Committee, co-chair 2006 – 2007

Duke University Medical Center Site-Based Research Advisory Council, 2007

UAB – ACS – IRG Reviewer (2010 - present), Award Committee 2016-2018

UAB Cancer Prevention & Control Training Program Grant (R25) 2010-2011 (Co-I) 2011-2012 (PI), 2013-present (MPI)

UAB-CCC Cancer Trials Research Core: Committee Chair for Cancer Prevention and Control Protocols (2010-present)

UAB Comprehensive Center for Healthy Aging – Judge Poster Sessions (2015)

UAB CCTS – Reviewer (2010 - present)

UAB Health Disparities Conferences – Judge Poster Sessions (2010, 2014) Oral Sessions (2011-present)

UAB Faculty Affairs Committee – Department of Nutrition Sciences Representative

UAB Search Committee – Director, Division of Hematology/Oncology, Deputy Director, UAB Comprehensive Cancer Center – 2014

UAB Search Committee – Chair, Department of Dermatology – 2015

UAB Search Committee – Cancer Pathobiology Position – 2014

UAB University-Wide Center Reviewer - 2014

UT-M D Anderson Cancer Prevention Research Training Program, Reviewer 2007.

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UT-MD Anderson Search Committee for the Chairman of the Department of Gastroenterology, Hepatology and Nutrition, 2008

UT-MD Anderson Cancer Center Odyssey Awards (Reviewer 2009) (Co-Chair 2010).

UT-MD Anderson eHealth Core Co-Leader 2009-2010.

UT-MD Anderson Survivorship Research Committee (Chair 2009 – 2010)

UT-MD Anderson Conflict of Interest Committee (2009 – 2010)

**Review Panels/Committees/ Boards:**

**Regional:**

Central New York Dietetic Association President, 1986 – 1987, Program Chairman, 1985 – 1986, Corresponding Secretary, 1982 –1983, Chairman of Publications, 1981 - 1982

Hollings Cancer Center/Medical University of South Carolina – External Advisory Board – 2007 – 2010.

Marshall University Nutrition & Cancer Center of Biomedical Research Excellence (COBRE), External Advisory Committee Member, 2009-present New Jersey State Commission on Cancer Research, Reviewer, 2008

North Carolina Prostate Cancer Task Force, Member 1992 - 2007.

North Carolina Advisory Committee on Cancer Coordination and Control, Subcommittee Member and Reviewer for subsections: Nutrition and Cancer/Early Detection and Screening, 1995-present

Ohio State University Center for Excellence in Cancer Survivorship, Advisory Board - 2007 – 2012.

Penn State Hershey Cancer Institute: External Advisory Board. 2011

South Carolina Cancer Center Grant Program, Reviewer 1998 - 2001.

University of Arizona, External Advisory Board. 2015

University of Miami, Sylvester Comprehensive Cancer Center, Reviewer 2007.

University of Pennsylvania, Abramson Cancer Center, LIVESTRONG Center for Excellence – Advisory Board – 2007-2012.

Yale Comprehensive Cancer Center – External Advisory Board 2013 - present

**Review Panels/Committees/ Boards:**

**National:**

American Association for Cancer Research

- Program Planning Committee 2003
- Program Planning Committee 2009
- Program Planning Committee 2012, 2013
- Chair, AACR-NCI International Investigator Opportunity Grants Selection Committee 2010
- Cancer Epidemiology and Prevention Awards Committee July 2014 – April 2016
- Grant Panel 2014
- Chair: Behavioral and Social Science in Cancer Prevention Research section, Program Committee 2015

American Cancer Society, Advisory Committee on Diet and Physical Activity and Cancer Prevention, 2001, 2006, 2011

American Cancer Society, Advisory Committee on Diet and Physical Activity for Cancer Survivorship, 2003, 2006, 2011-12

American College of Sports Medicine – Panel to Develop Exercise Guidelines for Cancer Survivors – 2009

American Dietetic Association/Nutrition Educators of Health Professionals Practice Group Nominating Committee, 1997-2002

American Institute for Cancer Research – Plenary Session Chair July 2002  
Conference Program Committee 2012, 2013  
Plenary Session Chair October 2013  
Reviewer August 2014

American Institute for Cancer Research/World Cancer Fund - Reviewer 2007  
Program Planning Committee 2015-2016

American Society of Clinical Oncology

- Cancer Prevention Curriculum, 2005-2006
- Cancer Education Committee on Patient and Survivor Care 2008-2011; Track Leader 2010-2011
- Cancer Survivorship Committee, 2011-2013.
- Program Planning Committee, 2009-2012
- Energy Balance Work Group, 2012-2014
- Summit Presenter, November 4, 2014

American Society of Preventive Oncology:

- Program Planning Committee 1997, 2000, 2001, 2002, 2003, 2010, 2012
- Plenary Session Chair 1998
- Director-at-Large 2004-2008
- Chair: Diet and Nutrition 2000-2003
- Young Investigator's Workshop Facilitator 2004, 2006, 2008, 2009
- Chair Nominating Committee 2006
- President-Elect 2011-2013.
- President 2013-2015.

Gynecology Oncology Group – Grant Reviewer 2008.

Institute of Medicine

- National Research Council of the National Academies, Fulfilling the Promise for Cancer Prevention and Early Detection. Washington, DC, National Academies Press, 2003 (Reviewer)
- National Cancer Survivorship Care Plan Panel Member – 2006.
- National Cancer Policy Forum – 4/1/2011 – 3/31/2014, appointed to another term 4/1/2014 – 3/31/2017.

- Workshop Chair, "The Role of Obesity in Cancer Survival and Recurrence," Oct 31<sup>st</sup> –Nov 1<sup>st</sup> 2011.

**Review Panels/Committees/ Boards: National (continued):**

Institute of Medicine

- Planning Committee, 2013 IOM National Cancer Policy Summit, November 4-5, 2013
- Planning Committee, 2015 IOM Workshop on Cancer Care in Resource Limited Areas (Moderator), October 25-26<sup>th</sup>

Lance Armstrong Foundation, Reviewer 2006.

Living Beyond Breast Cancer, Medical Advisory Board: 2006-present.

National Cancer Institute:

- Cancer Training Branch, Ad Hoc Reviewer 2001
- Dissemination Grants 2002 and 2003 (Chair);
- Scientific Review Group Subcommittee G, Ad Hoc Reviewer 2004
- CCSG site visit (Yale Cancer Center) 2006.
- Special Emphasis Panel (ZCA1 RPRB-7) SUBCOMMITTEE E - CANCER EPIDEMIOLOGY, PREVENTION & CONTROL – Committee Member 2008-2010
- Subcommittee A NCI-A RTRB-L (E2) Ad Hoc Site Reviewer (Huntsman Cancer Institute), Oct 2014.
- External Search Committee: Branch Chief of the Health Behaviors Research Branch 2015

National Cancer Institute/Center for the Advancement of Health: Committee for Behavioral Research Priorities in Diet and Physical Activity, December 2, 1998.

National Cancer Institute: Feasibility of a Physical Activity-Weight Control Trial to Prevent Breast Cancer – Planning Committee: 2006

NCI, ACS and Lance Armstrong Foundation 6th Biennial Cancer Survivorship Research Conference: Translating Science to Care – Abstract Reviewer 2012.

National Cancer Institute (NCI)/Substance Abuse and Mental Health Services Administration (SAMHSA): Program/Program Material Reviewer, 2007.

National Comprehensive Cancer Network: Survivorship Panel: 2014-present  
Guidelines Workshop: November 12, 2014

National Institutes of Health

- Biological and Physiological Sciences Special Emphasis Panel, Reviewer, 1996.
- Centers for Population Health and Health Disparities (ZCA1 SRLB-3 (J1) B – Reviewer 2009.
- Community Prevention and Control Special Emphasis Panel, Reviewer, 1994-1996, expert opinion 1996.
- Nursing Science: Children and Families Section, Reviewer 2006.
- Psychosocial Risk and Disease Prevention (PRDP) Study Section,
  - Reviewer May 2013
  - Member 2015-2017.
- Special Emphasis Panel (ZRG1 PSE-B-90) – Reviewer 2010.
- Special Emphasis Panel (ZGM1 MBRS-8 (SC) – Reviewer 2011
- Special Emphasis Panel (ZCA1 RPRB-B (M1) P01 Special Emphasis Panel One) 2012.
- Special Emphasis Panel (ZRG1 PSE-P (02) M). Epidemiology of Cancer March 2014.

Nutrition Educators of Health Professionals Practice Group, American Dietetic Association, Nominating Committee 1997-2002



Nutrition Research Practice Group, American Dietetic Association, Awards Committee, 1993-1995.

**Review Panels/Committees/ Boards: National (continued):**

The Obesity Society

- Nutrition and Cancer Section – Chair-Elect: 2014-2015

Patient Centered Outcomes Research Institute (PCORI) – Reviewer August 2014 (CER-D)

U.S. Department of Defense, Prostate Cancer Research Grant Reviewer, 2005, 2008 Breast Cancer Training Grant Reviewer 2013.

United States Food and Drug Administration Advisory Committee Member/Food Labeling and Nutrient Claims (FDA Docket Nos. 94P-0390 and 95P-0241), 1997.

**Review Panels/Committees/ Boards:**

**International:**

Alberta Cancer Board – Reviewer 2003 - present

Alberta Innovates – Health Solutions, Cancer Prevention Research Opportunity – Reviewer 2015-present

Breast Cancer Campaign UK – Reviewer 2006 - present

Canadian Breast Cancer Foundation – Reviewer 2004 - present

Canadian Institutes of Health Research - Randomized Controlled Trials - Reviewer December 2002 – present.

Cancer Research UK – Reviewer 2006 - present

Danish Council for Independent Research – 2014 - present

Dutch Cancer Society (KWF Kankerbestrijding) – Reviewer 2008

European Commission on Personalizing Health and Care (H2020-PHC-2014) – Reviewer 2014

Faculty of 1000 Medicine - Cancer in the elderly - Contributor 2009-2012

Genesis Trust New Zealand – Reviewer 2008 - present

Health Research Board, Ireland – Reviewer 2007 – present

Lancet Oncology – International Advisory Board 2005 – 2010

National Breast Cancer Foundation (Australia) – Think Tank Member – 2008 - present

National Cancer Institute of Canada – Reviewer 2005 – present

Prostate Cancer Foundation of Australia – Reviewer 2010 - present

United Kingdom, Scotland, Services & Population Health Research 2014-present

United States – Israel Binational Science Foundation – Reviewer 2012

World Cancer Research Fund – Reviewer 2006 – present

World Cancer Research Fund – World Obesity Federation – Programme Planning Committee for Obesity and Cancer Conference

World Cancer Research Fund - Protocol Development Committee for the Evidence on the Role of Food, Nutrition, Body fatness, and Physical Activity on Cancer Survivors – 2010 - present

**Professional awards and special recognition:**

1974	Foreign Language Award - Russian Scholarship
1974	German Club Scholarship
1974	University of Michigan Regency Alumni Scholarship
1974-75	State of Michigan Competitive Award
1974-78	University of Michigan Scholarship
1978	Honor's Graduate, University of Michigan
1978-80	U.S. Governmental Educational Stipend
1980	Texas Woman's University, Graduated with distinction
1983	Recognized Young Dietitian of The Year, The American Dietetic Association
1984-97	Teaching Fellowship, Syracuse University
1988	Omicron Nu, The Honorary Home Economics Society
1989	Nomination for "Teacher of the Year," Syracuse University
1993	Poster Honorable Mention, American Society of Preventive Oncology
1994-2000	Preventive Oncology Academic Award, National Cancer Institute
1999	Best Poster Award, American Society of Preventive Oncology 23 <sup>rd</sup> Annual Meeting
2000	Idea Award, NCI, ACS, CDC & Cooper Institute
2003	Susan G. Komen Professor of Cancer Survivorship
2004	Excellence in Practice Award: American Dietetic Association - Nutrition in Complementary Care Dietetic Practice Group
2006	Ross Award in Women's Health. American Dietetic Association Foundation
2008	Poster Honorable Mention, American Society of Preventive Oncology
2011	Charles Barkley Award for Excellence in Mentorship, Minority Health Research Center, UAB
2013	Distinguished Practice Award. Oncology Nutrition Dietetic Practice Group. American Academy of Nutrition and Dietetics.
2014	Featured Grantee of the NCI Behavioral Research Program (R21CA182508-01) 2 <sup>nd</sup> percentile was selected as an exemplar <a href="http://staffprofiles.cancer.gov/brp/granteeProfile.do?contactId=22542726&amp;grpId=52811">http://staffprofiles.cancer.gov/brp/granteeProfile.do?contactId=22542726&amp;grpId=52811</a>

2014 "Master" Honoree in Cancer Survivorship, University of Wageningen, The Netherlands

**Professional awards and special recognition (continued):**

2014 Technische Universität München Institute for Advanced Study – Appointment as TUM-IAS Visiting Fellow

2015 UAB School of Health Professions Award for Excellence in Scholarship

**Memberships:**

American Association for Cancer Research, 1994 - present.

American Dietetic Association, 1980 - present.

Sports and Cardiovascular Nutritionists Practice Group, 1986 - 1993.

Nutrition Research Practice Group, American Dietetic Association, 1992 - 2001.

Oncology Nutrition Dietetic Practice Group, 1994 – present.

Nutrition and Complementary Care, 1999-2002.

American Society for Clinical Nutrition, 1995 - 2012.

American Society for Preventive Oncology, 1993-present.

American Society of Clinical Oncology, 2006 – present.

Cancer and Leukemia Group B, Member, 1998 - 2011.

Society for Nutritional Oncology Adjuvant Therapy, 1998 – 2000.

Southwest Oncology Group, Special Membership, 2009-2011.

**Teaching responsibilities:**

Course Director, NFM 227 Introductory Nutrition, University College/Syracuse University, 1980 - 1990.

Team Instructor, Nutrition Seminar, State University of New York Medical School, 1981 - 1984.

Course Director, HUN 301, Advanced Nutrition, State University of New York, 1984 - 1990.

Course Director, NFM 326, Therapeutic Diets, Syracuse University, 1984 - 1987.

Course Director, NFM 371 and 372, Clinical Practicum, Syracuse University, 1984 - 1987.

Course Director, HTH 221 Introductory Nutrition, State University College of New York, 1988 - 1989.

Course Director, HTH 333, Sports Nutrition, State University College of New York, 1989.

Course Director, NFM 300, Special Topics in Nutrition, University College/Syracuse University, 1990.

Team Instructor, Medical Intern Education Block Seminars on Nutrition, Department of Medicine,  
Duke University Medical Center (DUMC), 1993-1997.

Small Group Instructor, Clinical Arts Course. Community & Family Medicine, DUMC, 1993-1997.

Lecturer, Fundamentals in Health Care. Duke University Medical Center, 1994-present.

Lecturer, Cancer Biology Study Program. Department of Medicine, DUMC, 1994-2001.

Team Instructor, Fundamentals in Health Care Course. DUMC, 1992-1995.

Task Force Leader/Instructor, PRACTICE Course. Duke University Medical Center. 1995-1997.

Lecturer, Physical Education #110.

Preceptor: Duke University Medical Center T32 Training Grant in Basic and Clinical Research in Adult and Pediatric Oncology 2002 - present

Lecturer, PAP 255 Evidence-Based Medicine, Spring 2003-present.

Lecturer, University of Texas School of Public Health, Specialty Nutrition Practice, Master's Nutrition Program 2008-present

Lecturer, University of Texas School of Public Health, Graduate Student Seminar in Behavioral Science 2008- present

Lecturer, UAB. GBS 771 Cancer Etiology, Carcinogenesis and Genetics

Lecturer, UAB. NTR 601/701 Advanced Medical Nutrition 2011-present

Preceptor, UAB Nutrition Research Specialization Dietetic Internship, 2011 – present

Instructor, UAB, NTR 699 Research Methods, 2011 - present

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Lecturer, UAB. EPI 613/713, 2011-present

**Teaching responsibilities:**

Lecturer, UAB, HB605 Physical Activity and Public Health, 2011-present

Lecturer, UAB Energy Metabolism and Diabetes Journal Club, 2012- present

Principal Investigator: Cancer Prevention and Control Training Program (R25CA168554) 2011-present

Course Master: NTR724 - Research Strategies for the Study of Diet, Energetics and Cancer, Spring Semester 2013

Lecturer: GBS 779-Translational Cancer Research, Fall 2013 – present

Lecturer: NTR579 – Obesity in the XXI Century

Guest Lecturer: NUSC 651 (Nutrition and Health) Tuskegee University (Dr. Ralphenia Pace)– Omega-3 Fatty Acids and Cancer

Course Master: NTR728 - Cancer Prevention and Control Seminar, Fall 2013

Guest Lecturer - HB614 Cancer Control in the Community, Fall 2014

Guest Lecturer - NIH Medical Scientist Training Program (MD/PhD Program) Fall 2014

Guest Lecturer – EPI602 - Epidemiology of Chronic Diseases Fall 2015

Guest Lecturer – UAB Honor’s College Interdisciplinary Course on Food, Fall 2015.

**Mentorship:**

1999-2002	Xu Lin, MD, PhD: NIA-sponsored post-doctoral fellow (now at Chinese National Academy of Sciences)
2002-2003	Brian Evans, M.P.H., M.D.: Third-year urologic surgical resident (now an Assistant Professor at Duke University Medical Center [DUMC])
2003-2003	Denethia Sellers, Ph.D.: Minority Supplement Doctoral Student (CA81191) (now at Florida A&M)
2003-2004	Jeremy Wiygul, M.D.: Third-year urologic surgical resident (now an Assistant Professor at Boston University)
2005-2006	Lee Jones, PhD: Assistant Research Professor of Medicine (now an Associate Professor in the Department of Radiation Oncology at DUMC)
2005-2006	Arati Rao, MD: Oncology and Geriatrics Research Fellow, DUMC
2005-2007	Stephen Freedland, MD: Associate Professor of Surgery, DUMC
2006-present	Cathrine Hoyo, PhD, Assistant Professor of Community and Family Medicine, DUMC
2006-present	Bernard Fuemmeler, PhD, MPH: Assistant Professor of Community and Family Medicine, DUMC
2007-present	Hoda Badr, PhD (Instructor, UT-MD Anderson Cancer Center, now an Assistant Professor at Mount Sinai Medical Center, New York, NY)
2006-2010	Paige Miller, PhD, RD (master's thesis & dissertation committee – the Pennsylvania State University)
2006-present	Marina Reeves, PhD (post-doctoral fellow – the University of Queensland)
2007-2010	Daniel Hughes, PhD (Post-Doc MD Anderson Cancer Center, now an Assistant Professor at the University of Texas – San Antonio)
2007-2010	Catherine Mosher, PhD (MSKCC fellowship) – (now an Assistant Professor at Indiana University)
2007-2008	Mark Toles (PhD Candidate, Duke School of Nursing)
2007-2008	Debra Nowak (MSN Candidate Duke School of Nursing)
2008- 2010	Heidi Klepin (Beeson K23 Awardee – Wake Forest University Medical Center)
2008- 2010	Mary Katherine Bispeck (MPH Candidate University of Texas School of Public Health)
2008-2009	Raheem J. Paxton, PhD (Post-Doctoral Fellow- Cancer Training Program R25 at M.D. Anderson Cancer Center, Houston, TX)
2009 – 2012	Allison Ottenbacher (PhD Candidate – University of Texas)
2009 – present	Maria Chang, MS., RD (PhD Candidate – University of Texas)
2010 – present	Dorothy Pekmezi, Ph.D. Assistant Professor of Health Behavior, University of Alabama at Birmingham
2010-2014	Margaux Barnes (PhD Candidate – University of Alabama at Birmingham)
2010-2015	Maria Azrad, PhD, RD (post-doctoral fellow)
2010-2012	Heather Hawthorne, MD (Pediatric Oncology Fellow)
2010-present	Elizabeth Kvale, MD (Junior Faculty)
2010-2014	Krista Casazza, PhD, RD (post-Doc – Junior Faculty)
2011-2013	Cindy Blair. PhD (post-doc)
2011-2013	Tamara Wilson (Master's student)
2011-present	Christina Dieli-Conright (K07 awardee – University of Southern California)
2012	Ana Portelo-Mulero (University of Puerto Rico)
2012-2015	Emily Falk Libby (predoctoral fellow)
2013-2015	Elizabeth Alva, MD (Pediatric Oncology Fellow)
2013-2016	Anna Arthur (post-doctoral fellow)
2013-2014	Carrie Howell (doctoral candidate)
2014-present	Mallory Cases (doctoral candidate)
2013-2015	Kelly Kenzik, PhD (post-doctoral fellow)
2015-present	Andrew Fruge, PhD (post-doctoral fellow)
2015-present	Victoria Williams (doctoral candidate)

**Areas of Interest:**

Diet/hormonal and genetic interactions and their association with neoplasia (specifically breast and prostate cancer).  
Dietary intervention to prevent chronic disease factors affecting compliance and recidivism.  
Lifestyle modification among cancer survivors





**External Support (past efforts):**

SOURCE OF SUPPORT: Quaker Oats Company  
PROJECT TITLE: Hypercholesterolemia: Oat Bran Supplementation vs. Fat-Modification  
PRINCIPAL INVESTIGATOR: Wendy Demark-Wahnefried  
ENTIRE PROJECT PERIOD: 1/86 - 5/88  
DIRECT COST: \$ 7,500  
BRIEF DESCRIPTION: Random assignment of free living hypercholesterolemic subjects to fat-modified vs. oat bran supplemented diet regimens measuring differences in serum cholesterol, HDL cholesterol, weight, nutrient intake, as well as measures of compliance and attitudinal data.

SOURCE OF SUPPORT: Syracuse University/College for Human Development  
PROJECT TITLE: Hypercholesterolemia: Oat Bran Supplementation vs. Fat -Modification.  
PRINCIPAL INVESTIGATOR: Wendy Demark-Wahnefried  
ENTIRE PROJECT PERIOD: 1/86 - 5/88  
DIRECT COST: \$ 500  
BRIEF DESCRIPTION: Random assignment of free living hypercholesterolemic subjects to fat-modified vs. oat bran supplemented diet regimens measuring differences in serum cholesterol, HDL cholesterol, weight, nutrient intake, as well as measures of compliance and attitudinal data.

SOURCE OF SUPPORT: Syracuse University, Senate Research Grant  
IDENTIFYING NUMBER: Award #60  
PROJECT TITLE: Hypercholesterolemia: Oat Bran Supplementation vs. Fat-Modification.  
PRINCIPAL INVESTIGATOR: Wendy Demark-Wahnefried  
PERCENT EFFORT: 100%  
ENTIRE PROJECT PERIOD: 1/87 - 12/87  
DIRECT COST: \$ 1,200  
BRIEF DESCRIPTION: Random assignment of free living hypercholesterolemic subjects to fat-modified vs. oat bran supplemented diet regimens measuring differences in serum cholesterol, HDL cholesterol, weight, nutrient intake, as well as measures of compliance and attitudinal data.

SOURCE OF SUPPORT: NCI  
IDENTIFYING NUMBER: R01CA-58595-01  
PROJECT TITLE: Promoting Mammography Among Retirement Community Women  
PRINCIPAL INVESTIGATOR: Paul Engstrom, M.D., PhD.  
PERCENT EFFORT: 20%  
ENTIRE PROJECT PERIOD: 5/1/93 - 10/01/94  
DIRECT COST: \$ 152,311  
BRIEF DESCRIPTION: (1) To assess the impact of separate and combined educational and access-enhancing interventions on mammography utilization among women aged 65-84 residing in geographically diverse retirement communities. (2) To assess the impact of the interventions on African American and older women of lower socioeconomic status. (3) To assess the yield from screening women aged 65-84. (4) To identify factors potentially related to medical follow-up of abnormal mammograms and the appropriate diagnosis and treatment of breast cancer in women aged 65-84. (5) To analyze the cost associated with delivery of the interventions. Role: Project Manager

SOURCE OF SUPPORT: ACS  
PROJECT TITLE: Exploring Weight Gain in Women Receiving Chemotherapy for Breast Cancer  
PRINCIPAL INVESTIGATOR: Wendy Demark-Wahnefried, Ph.D.  
PERCENT EFFORT: 0%  
ENTIRE PROJECT PERIOD: 7/1/93 - 6/30/94  
DIRECT COST: \$ 15,000

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**BRIEF DESCRIPTION:** Pilot investigation to explore the contribution of dietary intake, physical activity and metabolic rate and their potential impact on weight gain in women receiving adjuvant chemotherapy for breast cancer.

**External Support (past efforts - continued):**

SOURCE OF SUPPORT: NIH/NCI  
IDENTIFYING NUMBER: 1R03 CA59263  
PROJECT TITLE: Prostate Cancer: Anthropometric Case/Control Comparison  
PRINCIPAL INVESTIGATOR: Wendy Demark-Wahnefried, Ph.D.  
PERCENT EFFORT: 20%  
ENTIRE PROJECT PERIOD: 4/10/93 - 3/31/95  
DIRECT COST: \$ 73,616  
BRIEF DESCRIPTION: To determine if anthropometric biomarkers exist for prostate cancer and to determine if anthropometric indices relate to circulating levels of androgens and sex hormone binding globulin.

SOURCE OF SUPPORT: Cancer Research Foundation of America  
IDENTIFYING NUMBER: N/A  
PROJECT TITLE: Prostate Cancer: Anthropometric Case/Control Comparison  
PRINCIPAL INVESTIGATOR: Wendy Demark-Wahnefried, Ph.D.  
PERCENT EFFORT: 0%  
ENTIRE PROJECT PERIOD: 10/1/93 - 9/30/94  
DIRECT COST: \$ 32,000  
BRIEF DESCRIPTION: To conduct hormonal analysis of serum samples collected in NCI-funded study(R03CA59263)

SOURCE OF SUPPORT: NIH/NIA  
IDENTIFYING NUMBER: P20 AG12058  
PROJECT TITLE: Duke Exploratory Center on Health Promotion in Older Minority Populations  
PRINCIPAL INVESTIGATOR: Norman Anderson, Ph.D.  
PERCENT EFFORT: 12%  
ENTIRE PROJECT PERIOD: 9/30/93 - 10/01/94;  
DIRECT COST: \$2,302,659  
BRIEF DESCRIPTION: To conduct multidisciplinary pilot research interventions and to plan programs of health education and community outreach aimed at improving the health status of older African Americans.  
Role: Co-Investigator

SOURCE OF SUPPORT: NIH/NCI  
IDENTIFYING NUMBER: 1R01CA59746  
PROJECT TITLE: Black Churches United for Better Health (5-A-Day)  
PRINCIPAL INVESTIGATOR: J.D. Simmons, M.D.  
PERCENT EFFORT: 20%  
ENTIRE PROJECT PERIOD: 5/1/93 - 12/30/98  
DIRECT COST: \$ 93,735 (Duke subcontract – Wendy Demark-Wahnefried, PI)  
BRIEF DESCRIPTION: To significantly increase: (1) The knowledge and beliefs regarding the importance of fruits and vegetables in the diet; (2) Overall fruit and vegetable consumption and (3) Social and environmental support which promotes fruit and vegetable consumption of 3,737 rural African American adults through intervention strategies which are channeled through 50 black churches.  
Role: Co-Investigator

SOURCE OF SUPPORT: Mary Duke Biddle Foundation  
PROJECT TITLE: Black Churches for Better Health Project  
PRINCIPAL INVESTIGATOR: Wendy Demark-Wahnefried, Ph.D.  
PERCENT EFFORT: 0%  
ENTIRE PROJECT PERIOD: 6/01/96 - 5/31/97  
DIRECT COST: \$1,000

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**BRIEF DESCRIPTION:** To provide supplementary funds for NCI-funded project to cover the costs associated with the printing of a 5-A-Day cookbook.

**External Support (past efforts - continued):**

SOURCE OF SUPPORT: NIH/NCI  
IDENTIFYING NUMBER: K07 CA62215  
PROJECT TITLE: A Diet-Endocrine Study of Breast and Prostate Cancer  
PRINCIPAL INVESTIGATOR: Wendy Demark-Wahnefried, Ph.D.  
PERCENT EFFORT: 80%  
ENTIRE PROJECT PERIOD: 10/1/94 - 9/30/00; \$441,832  
DIRECT COST: \$409,237  
BRIEF DESCRIPTION: Career award to conduct training and applied research exploring diet/hormonal interactions and their potential impact on the neoplastic process.

SOURCE OF SUPPORT: NIH/NCI  
IDENTIFYING NUMBER: R21-CA69733  
PROJECT TITLE: Developmental Programs in Prostate Cancer  
Subproject: Black/White Differences in the Risk of Prostate Cancer  
PRINCIPAL INVESTIGATOR: Philip J. Walther, M.D., Ph.D. (Overall PI)  
PERCENT EFFORT: 15%  
ENTIRE PROJECT PERIOD: 9/1/95-8/31/99  
DIRECT COST: \$773,586  
BRIEF DESCRIPTION: Co-P.I. to conduct a case-control substudy to explore the interaction of dietary, environmental, occupational and familial risk factors for prostate cancer in black and white men in NC.  
Role: Co-Investigator

SOURCE OF SUPPORT: Department of Veterans Affairs  
IDENTIFYING NUMBER: IL 12-96-007  
PROJECT TITLE: Prostate Cancer Case-Control Study: Black vs. White, VA vs. Private Sector  
PRINCIPAL INVESTIGATOR: Philip J. Walther, M.D., Ph.D. (subproject)  
PERCENT EFFORT: 12%  
ENTIRE PROJECT PERIOD: 1/1/98-12/31/01  
DIRECT COST: \$471,717  
BRIEF DESCRIPTION: To conduct a case-control study exploring the interaction of environmental, dietary and familial risk factors for prostate cancer in black and white men who receive care in the VA. Role: Co-Investigator

SOURCE OF SUPPORT: NCI/NIH  
IDENTIFYING NUMBER: 5PO1 CA72099  
PROJECT TITLE: Improving Cancer Risk Communication  
PRINCIPAL INVESTIGATOR: Ilene Siegler, Ph.D.  
PERCENT EFFORT: 0%  
ENTIRE PROJECT PERIOD: 9/30/96 - 5/31/01  
DIRECT COST: \$5,000 for subproject: Knowledge of Prostate Cancer Risk and Associations Related to Screening Behavior Among African American and White Men.  
BRIEF DESCRIPTION: Dr. Demark-Wahnefried will serve as the senior investigator on this subproject to explore determinants of prostate cancer screening among black and white men.

SOURCE OF SUPPORT: Mary Duke Biddle Foundation  
PROJECT TITLE: Project LEAD  
PRINCIPAL INVESTIGATOR: Wendy Demark-Wahnefried, Ph.D.  
PERCENT EFFORT: 0%  
ENTIRE PROJECT PERIOD: 7/01/99 - 6/30/01  
DIRECT COST: \$5,782

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**BRIEF DESCRIPTION:** To provide supplementary funds for NIA-funded project (P60-AG11268) to cover the costs associated with manual production and the purchase of pedometers.

**External Support (past efforts - continued):**

SOURCE OF SUPPORT: NIH/NCI  
IDENTIFYING NUMBER: P30 CA14236  
PROJECT TITLE: Pilot Research Program in Cancer Control  
PRINCIPAL INVESTIGATOR: Michael Colvin  
PERCENT EFFORT: 0%  
ENTIRE PROJECT PERIOD: 1/1/00 - 12/31/01  
DIRECT COST: \$12,299

Principal Investigator on a Pilot Project entitled "Effect of Mammalian Lignans on Growth and Invasion of Prostate Cancer Cell Lines."

SOURCE OF SUPPORT: Private Donors (Dr. Wesley Jones/Mr. Norwood Bryan/Mr. David Bryan)  
IDENTIFYING NUMBER: none  
PROJECT TITLE: Fat-Modification and Flax Supplementation to Prevent Prostatic Neoplasia  
PRINCIPAL INVESTIGATOR: Wendy Demark-Wahnefried, Ph.D.  
PERCENT EFFORT: 0%  
ENTIRE PROJECT PERIOD: 12/1/98-11/30/01  
DIRECT COST: \$25,000

BRIEF DESCRIPTION: To study the prostate cancer progression in both C57 and Transgenic Adenocarcinoma of mouse prostate (TRAMP) mice fed a flax supplemented, low fat diet compared to mice fed a standard diet.

SOURCE OF SUPPORT: NIH/NCI  
IDENTIFYING NUMBER: R01 CA45504  
PROJECT TITLE: Women's Intervention Nutrition Study (WINS)  
PRINCIPAL INVESTIGATOR: Daniel Nixon, MD (Duke Site: PI Wendy Demark-Wahnefried)  
PERCENT EFFORT: 5%  
ENTIRE PROJECT PERIOD: 1/1/96-4/30/2003  
DIRECT COST: subcontract (\$308,500)

BRIEF DESCRIPTION: To serve as the Duke site P.I. to conduct a randomized trial testing the effect of a low fat diet on breast cancer recurrence among post-menopausal women diagnosed with early stage breast cancer.

SOURCE OF SUPPORT: NIH/NCI  
IDENTIFYING NUMBER: 1P20 CA91433-01  
PROJECT TITLE: Partnerships to Eliminate Disparities in Cancer Outcomes and Research  
PRINCIPAL INVESTIGATOR: Colleen McBride  
PERCENT EFFORT: 10%  
ENTIRE PROJECT PERIOD: 7/1/02 - 4/30/05  
DIRECT COST: \$343,027

BRIEF DESCRIPTION: To lead the Pilot Project Program in this Center grant, that would solicit, review and grant moneys to pilot projects that represent the three flagship institutions participating in this initiative (i.e., Duke, NCCU and Lincoln Health Center, while simultaneously serving as a training ground for minority students. It is hoped that these pilot projects would serve as a foundation for R01 applications aimed at reducing health disparities.

SOURCE OF SUPPORT: NIH/NCI  
IDENTIFYING NUMBER: 1R01 CA81191 (Minority Supplement)  
PROJECT TITLE: Promoting Health in Prostate & Breast Cancer Survivors  
PRINCIPAL INVESTIGATOR: Wendy Demark-Wahnefried, Ph.D., R.D..  
PERCENT EFFORT: 0%  
ENTIRE PROJECT PERIOD: 1/1/03 - 6/30/03  
DIRECT COST: \$15,000



Demark-Wahnefried, Wendy - 65

**BRIEF DESCRIPTION:** To provide post-doctoral experience for Denethia Sellers, PhD in order to familiarize her with various aspects associated with running a major randomized controlled trial.

**External Support (past efforts - continued):**

SOURCE OF SUPPORT: NIH/NCI  
IDENTIFYING NUMBER: R21-CA92468  
PROJECT TITLE: STRENGTH: Survivor Training for Enhancing Total Health  
PRINCIPAL INVESTIGATOR: Wendy Demark-Wahnefried  
PERCENT EFFORT: 20%  
ENTIRE PROJECT PERIOD: 7/1/01 - 6/30/05  
DIRECT COST: \$200,000  
BRIEF DESCRIPTION: To explore the effects and the feasibility of two home-based interventions (exercise alone or exercise + a low fat, high fruit and vegetable diet) on preventing chemotherapy-induced body composition changes among premenopausal loco-regional breast cancer patients.

SOURCE OF SUPPORT: NIH/NIA  
IDENTIFYING NUMBER: P60-AG11268  
PROJECT TITLE: Claude D. Pepper Older Americans Independence Center  
PRINCIPAL INVESTIGATOR: Harvey Jay Cohen, M.D.  
PERCENT EFFORT: 20%  
ENTIRE PROJECT PERIOD: 10/1/99 - 6/30/05  
DIRECT COST: \$5,399,283 (subproject = \$619,349)  
BRIEF DESCRIPTION: Project Leader of an Intervention Development Study aimed at enhancing physical function of elderly breast and prostate cancer survivors via a telephone counseling program to improve physical activity and diet.

SOURCE OF SUPPORT: NIH/NCI  
IDENTIFYING NUMBER: 5P30-CA14236-32  
PROJECT TITLE: Duke Comprehensive Cancer Center Core Support Grant  
PRINCIPAL INVESTIGATOR: Lyerly  
PERCENT EFFORT: 20%  
ENTIRE PROJECT PERIOD: 8/1/03-4/01/05  
ANNUAL DIRECT: \$3,734,769  
BRIEF DESCRIPTION: Program Leader for the Program of Cancer Prevention, Detection and Control Research.

SOURCE OF SUPPORT: NIH/NCI  
IDENTIFYING NUMBER: 1R01 CA81191  
PROJECT TITLE: Promoting Health in Prostate & Breast Cancer Survivors  
PRINCIPAL INVESTIGATOR: Demark-Wahnefried, Ph.D., R.D.  
PERCENT EFFORT: 30%  
ENTIRE PROJECT PERIOD: 3/1/01 - 12/31/06  
DIRECT COST: \$2,080,062  
BRIEF DESCRIPTION: To determine the efficacy of a multiple risk factor correspondence course intervention in changing diet and exercise behaviors of individuals newly diagnosed with breast or prostate cancer.

SOURCE OF SUPPORT: NIH/NINR  
IDENTIFYING NUMBER: P20 NR007795  
PROJECT TITLE: Pilot Studies Aimed at Informing Lifestyle Intervention Trials Among Cancer Survivors that Target the Parent—Child Dyad  
PRINCIPAL INVESTIGATOR: Demark-Wahnefried  
PERCENT EFFORT: 0%  
ENTIRE PROJECT PERIOD: 8/26/05-8/31/06  
DIRECT COST: \$16,000  
BRIEF DESCRIPTION: To collect pilot data to inform DAMES and TERRIFIC grants (see following pages)



**External Support (past efforts - continued):**

SOURCE OF SUPPORT: NIH/NCI  
IDENTIFYING NUMBER: 1R01 CA85740  
PROJECT TITLE: Prostate Cancer: Impact of Fat & Flaxseed Modified Diets  
PRINCIPAL INVESTIGATOR: Demark-Wahnefried  
PERCENT EFFORT: 26%  
ENTIRE PROJECT PERIOD: 1/1/02 - 6/30/07  
DIRECT COST: \$1,000,000  
BRIEF DESCRIPTION: To determine the effects of flaxseed supplementation (30 g/day) and/or a low fat diet (<20% of energy) on markers associated with prostatic neoplasia among men with prostate cancer scheduled for prostatectomy.

SOURCE: AMERICAN INSTITUTE FOR CANCER RESEARCH  
PROJECT TITLE: "FRESH START Diet & Exercise Trial among Cancer Survivors: Assessing the Impact on Serum Markers Associated with Progressive Disease & Co-Morbidity  
PRINCIPAL INVESTIGATOR: Demark-Wahnefried  
PERCENT EFFORT: 5%  
ENTIRE PROJECT PERIOD: 1/2/06 – 03/05/08  
DIRECT COST: \$75,000  
BRIEF DESCRIPTION: To analyze sera collected in the FRESH START trial for various biomarkers.

SOURCE OF SUPPORT: NIH  
IDENTIFYING NUMBER: 5R21ES014947  
PROJECT TITLE: In-utero Exposure and Infant Loss of IGF2 Imprinting  
PRINCIPAL INVESTIGATOR: Hoyo  
PERCENT EFFORT: 3%  
ENTIRE PROJECT PERIOD: 7/1/06-6/30/08  
DIRECT COSTS: \$200,000  
BRIEF DESCRIPTION: To determine the effect of smoking and dietary supplement use on methylation status of cord blood and subsequent growth in the first year of life. Role: Co-Investigator

SOURCE : NIH  
IDENTIFYING NUMBER: U01AR52186  
PROJECT TITLE : Patient-Reported Outcomes Measurement Information System- Supplement  
PRINCIPAL INVESTIGATOR: Schulman/Weinfurt  
PERCENT EFFORT: 15.8%  
ENTIRE PROJECT PERIOD: 7/1/05 - 6/30/09  
DIRECT COST: \$1,651,738  
BRIEF DESCRIPTION: The objective of this supplement is to leverage the existing PROMIS infrastructure and funding (established under award 1U01 AR 052186-01) to ensure that PROMIS generates high-quality measures of patient-reported outcomes relevant to and validated for patients with cancer across the continuum of care.  
Role: Co-Investigator

SOURCE OF SUPPORT: NIH/NCI  
IDENTIFYING NUMBER: CA106919  
PROJECT TITLE: RENEW: Reach-out to ENhancE Wellness in Older Survivors  
PRINCIPAL INVESTIGATOR: Demark-Wahnefried  
PERCENT EFFORT: 24%  
ENTIRE PROJECT PERIOD: 7/1/04 - 5/31/10  
DIRECT COST: \$1,860,701

Demark-Wahnefried, Wendy - 69

**BRIEF DESCRIPTION:** To test the efficacy of a home-based (telephone counseling + mailed materials) intervention in reorienting physical function trajectories among 640 elderly, long term survivors of breast, prostate and colorectal cancer.

**External Support (past efforts - continued):**

SOURCE OF SUPPORT: Department of Defense  
IDENTIFYING NUMBER: PC04-PRT  
PROJECT TITLE: Physician Training Award  
PRINCIPAL INVESTIGATOR: Freedland  
PERCENT EFFORT: 5%  
ENTIRE PROJECT PERIOD: 1/01/06 – 12/31/09  
BRIEF DESCRIPTION: To mentor Stephen Freedland, MD as he conducts dietary modifications in animal models of prostate cancer.

SOURCE OF SUPPORT: NIH/NCI  
IDENTIFYING NUMBER: R21CA122143  
PROJECT TITLE: DAMES (Daughters And MothErS) Against Breast Cancer  
PRINCIPAL INVESTIGATOR: Demark-Wahnefried  
PERCENT EFFORT: 18%  
ENTIRE PROJECT PERIOD: 6/10/07 – 5/31/10  
DIRECT COSTS: \$220,000  
BRIEF DESCRIPTION: To determine the feasibility of a home-based, diet and exercise intervention focused on weight loss in both mothers diagnosed with breast cancer and their overweight adult daughters (N=67 dyads).

SOURCE OF SUPPORT: MD Anderson Department of Pediatrics  
IDENTIFYING NUMBER: N/A  
PROJECT TITLE: Childhood Cancer Survey  
PRINCIPAL INVESTIGATOR: Demark-Wahnefried/Ater  
PERCENT EFFORT: donated time  
ENTIRE PROJECT PERIOD: 2/1/08 – 1/31/09  
DIRECT COSTS: \$50,000  
BRIEF DESCRIPTION: To conduct a survey which assesses lifestyle behaviors, and needs and preferences for lifestyle interventions among 500 childhood cancer survivors and their guardians.  
Role: Project Leader

SOURCE OF SUPPORT: 5R21CA125458-02  
PROJECT TITLE: Message Framing to Promote Physical Activity in Colorectal Cancer Survivors  
PRINCIPAL INVESTIGATOR: Lipkus  
PERCENT EFFORT: 10%  
ENTIRE PROJECT PERIOD: 7/01/08 – 6/30/10  
DIRECT COSTS: \$275,000  
BRIEF DESCRIPTION: To conduct a pilot/feasibility trial exploring the impact of gain- vs. loss frame messages on increasing physical activity among colorectal cancer survivors.  
Role: Co-Investigator

SOURCE OF SUPPORT: NIH/NCI  
IDENTIFYING NUMBER: 2P50 – CA095817  
PROJECT TITLE: Centers of Excellence in Cancer Communication Research II (CECCR II)  
PRINCIPAL INVESTIGATOR: Gustafson  
PERCENT EFFORT: 15%  
ENTIRE PROJECT PERIOD: 9/1/08 – 2/28/10  
DIRECT COSTS: \$1,499,994 (annually)  
BRIEF DESCRIPTION: To serve on the investigative team of this program project and specifically develop and test a new Mobile Interactive cancer communication system in improving the physical activity behaviors of men and women newly diagnosed with stage I-III colon cancer.

Demark-Wahnefried, Wendy - 71

Role: Co-Investigator and site PI

**External Support (past efforts - continued):**

SOURCE OF SUPPORT: NIH/NCI  
IDENTIFYING NUMBER: R03 CA 136056-01  
PROJECT TITLE: Self-determination Theory and Lifestyle Behaviors in Barrett's Esophagus Patients  
PRINCIPAL INVESTIGATOR: Badr  
PERCENT EFFORT: 2%  
ENTIRE PROJECT PERIOD: 07/01/08 – 06/30/10  
DIRECT COSTS: \$50,000 annual direct

BRIEF DESCRIPTION: (1) prospectively characterize the lifestyle behaviors (diet, exercise, smoking, alcohol use) of Barrett's Esophagus patients from baseline (prior to the patient's first endoscopy) to 6 months later; and, to evaluate a Self-Determination Theory process model for patient lifestyle behavior change during the same time frame; (2) examine the effects of the marital environment (spousal communication, relationship characteristics, and spouse autonomy support) at baseline on patients' autonomous motivation and perceived competence to engage in lifestyle behavior change at baseline and 3 and 6 months after baseline; and, (3) to determine baseline predictors of patient lifestyle behavior change 3 and 6 months after baseline.

Role: Mentor/Co-investigator

SOURCE OF SUPPORT: M.D. Anderson  
IDENTIFYING NUMBER: Multi-Disciplinary Research Program  
PROJECT TITLE: Optimizing the Delivery of Lifestyle Interventions in Cancer Survivors  
PRINCIPAL INVESTIGATOR: Demark-Wahnefried/Basen-Engquist  
PERCENT EFFORT: donated time  
ENTIRE PROJECT PERIOD: 4/1/09 – 3/31/12  
DIRECT COSTS: \$250,000

BRIEF DESCRIPTION: This highly competitive internally-funded project is aimed at laying the groundwork for a P01 application that will explore basic research questions in the delivery of behavioral interventions among cancer survivors.

Role: Program Co-Director and Project Leader

SOURCE OF SUPPORT: NIH/NCI  
IDENTIFYING NUMBER: 1R21CA137333-01A1  
PROJECT TITLE: Preventing cardiovascular toxicity in cancer patients on anti-VEGF therapy  
PRINCIPAL INVESTIGATOR: Basen-Engquist  
PERCENT EFFORT: 15%  
ENTIRE PROJECT PERIOD: 6/1/09 – 5/31/11  
DIRECT COSTS: \$125,000 annually

Oncologist-Assisted Home Exercise Program for Advanced Colon Cancer Patients

The goal of the proposed study is to assess the feasibility and initial effects of a home-based exercise intervention on the physical functioning of patients with metastatic and/or recurrent colon cancer in the setting of both a comprehensive cancer center and the community clinical oncology practice network (CCOP). This R21 is proposed to collect data to help plan for a large trial of the intervention. The specific aims of this R21 address three areas related to planning a larger trial: (1) Effect sizes: We aim to develop estimates of the effect size of the exercise intervention on the primary outcome of physical functioning (self-reported and performance tests) and the secondary outcomes of symptoms (fatigue, sleep, pain, nausea, psychological distress) of patients with advanced colon cancer, compared to an attention control intervention (relaxation training); (2) Measurement: We will test the validity of a computer adaptive test to determine its appropriateness for use in a larger trial; (3) Feasibility: The proposed research will evaluate study feasibility, operationalized as patient adherence, program implementation, contamination (e.g., intervention given or extent of exercise in control group), patient satisfaction, and implementation complexity as rated by clinic staff.

Role: Co-Investigator



**External Support (past efforts - continued):**

1 RC2 MD004778-01 (Fouad/Scarinci) 09/28/ 2009 - 08/31/2012 0.60 CM  
 Sponsor:NIH/NCMHD \$347,556

Go-ing Forward

Major goals: The overall goal of this two-year research study is to develop a comprehensive and effective multisystem measurement model to understand the underlying causes of the social determinants of health and their relation to health disparities

Role:Co-Investigator

2R25CA168554 (Demark-Wahnefried) 7/1/2010-9/30/2012 0.96 CM  
 NCI \$499,900

Cancer Control Training Program

The primary thrust of this training program is to educate both pre- and post- doctoral candidates and predoctoral; fellows to become independent cancer control researchers.

NIH/NCI (1RC2 CA148263-01) 10/1/09 – 8/30/12 1.8 CM  
 CYCORE: CYberinfrastructure for COmparative effectiveness REsearch

PRINCIPAL INVESTIGATORS: Peterson, Demark-Wahnefried, Basen-Engquist, Prokhorov, Patrick, Kruegar  
 TOTAL COSTS: \$2,000,000 annually

The overarching aim of this collaborative project between MD Anderson Cancer Center and the California Institute for Telecommunications and Information Technology is to establish a consortium of investigators with specific expertise in cybertechnology and broad expertise in cancer-related trials that span prevention, treatment and survivorship. The consortium will create a prototype of a user-friendly, open-source cyberinfrastructure that supports acquisition, storage, visualization, analysis and sharing of clinical, genetic, physiologic, and behavioral data for cancer-related trials, beta-test it and then begin to introduce it for use across a broad spectrum of clinical trials.

R21 (Brown) 07/1/2011 – 6/30/2013 0.24 CM  
 NIH/NCI \$275,000

A genome-wide methylation study of the epigenetic contributions to multiple myeloma  
 To evaluate methylation status and potential environmental mediators of methylation in relation to multiple myeloma in a case-control study. Role: Co-Investigator

Susan G Komen Foundation (Demark-Wahnefried) 04/01/2012-03/31/2013 0.00 CM  
 \$31,133

Travel Reimbursements to Help Females with Breast Cancer or Those at High Risk Participate in Nutrition-Related Research

To provide travel monies for women to participate in nutrition-related studies aimed at breast cancer

1 U54 CA 153719 (Partridge) 09/07/10 – 08/31/15 0.33 CM  
 NCI

Deep South Network for Cancer Control is one of 23 Community Network Program (CNP) Centers funded by the National Cancer Institute Center to Reduce Cancer Health Disparities. This project focuses on medically underserved African-American in two poor rural and urban areas of Alabama and Mississippi to build an infrastructure to increase cancer awareness in this hard to reach population. The project is a community-academic partnership based upon the Community Health Advisor’s model for the purpose of promoting breast, cervix and colorectal cancer screening through 4 majors Cores: Administration, Community Outreach, Research and Training.

Role: Co-Investigator

**External Support (past efforts - continued):**

(Martin) 4/1/2012 – 3/31/2014 0.24 CM

**RHYTHM: Restoring Health in You (and your partner) Through Movement**

NIH/NCI \$239,000

To evaluate the feasibility of a dance intervention among women diagnosed with gynecologic cancers and their partners and to explore impact on quality of life.

Role: Co-Investigator

2R25CA047888 (Meneses and Demark-Wahnefried) 7/1/2010-9/30/2012 0.90 CM

NCI \$2,499,900

**Cancer Control Training Program**

The primary thrust of this training program is to educate both pre- and post- doctoral candidates and predoctoral; fellows to become independent cancer control researchers.

1R01-CA148791 (Rock) 1/01/10 – 12/31/14 1.8 CM

NIH \$1,000,000

**Reducing breast cancer recurrence with weight loss: a vanguard RCT**

To conduct a multi-site vanguard trial to provide the foundation for a larger formal study to investigate the potential benefit of weight loss on cancer recurrence among women with early stage breast cancer.

Role: Co-Investigator/Site P.I.

CMS-1C1-12-001 (Partridge) 07/01/2013-6/30/2015 0.48 CM

**The Deep South Navigation Network** \$15,000,000

The Deep South Cancer Navigation Network (DSCNN) has the overall goal of providing better health, better healthcare, and lower overall costs to cancer patients covered by Medicare or Medicaid in a high risk, high opportunity population located in a Deep South region of the nation.

Role: Co-Investigator

**External Support (active):**

P30 CA13148-39 (Partridge) 3/1/2011-3/31/2017 1.2 CM

NIH/NCI \$4,277,503

UAB Comprehensive Cancer Center

Major Goals : To support the mission and infrastructure of the UAB Comprehensive Cancer Center

Role: Associate Director for Cancer Prevention and Control

R01-(PA-10-067) (Baskin) 04/01/2012-3/31/2017 0.36 CM

NIH/NCI \$417,000

**Promoting Weight-loss in African American Cancer Survivors in the Deep South**

Major goals: This study will evaluate multi-level weight loss interventions for African cancer survivors in the rural Deep South. Findings from this study may decrease risk for cancer recurrence and cancer-related mortality, improve quality of life, and perhaps ultimately increase survival rates for this vulnerable population.

Role: Co-Investigator

R21 CA 161263 (Demark-Wahnefried) 9/1/2012 – 8/31/2014 1.8 CM

**Exploring the Impact of Negative Energy Balance in Men with Prostate Cancer**

NIH/NCI \$239,000

To evaluate the feasibility of a weight loss intervention among women newly diagnosed with breast cancer who are scheduled for neoadjuvant treatment and their partners and to explore impact on tumor and circulating biomarkers

**External Support (active):**

U54MD008176 (Fouad)	10/01/12 – 09/30/17	0.60 CM
NIMHD	\$4,462,306	

**Mid-South Transdisciplinary Collaborative Center for Health Disparities Research**

The Mid-South Transdisciplinary Collaborative Center for Health Disparities Research (Mid-South TCC) seeks to reduce the disparities in chronic disease burden experienced by African Americans in six Mid-South states. Our goal is to address the social determinants that interplay to impact a person's health and produce disparate health outcomes of minority populations. We will focus on pathways to obesity and chronic illness and the mechanisms connecting these pathways to health disparities throughout the life-course.

Alabama Dept. of Public Health &amp; UAB Comprehensive Cancer Center (Demark-Wahnefried)

<b>Pilot Grant in Prostate Cancer Research</b>	10/15/2013-10/14/2016	0.24 CM
	\$45,000	

Aggressive prostate cancer may be due to the interaction between diet (specifically the intake of polyunsaturated fatty acids [PUFAs]) and mutations in the *FADS2* gene – a hypothesis that builds on findings from our previous study which showed differences in the accumulation of alpha-linolenic acid (ALA) in the prostate, as well as differences in single nucleotide polymorphisms of men with more aggressive tumors. We will perform exon sequencing of *FADS2*, and assess the expression of *FADS2* and protein levels of the  $\Delta$ -6 desaturase enzyme in the prostatic tissues of 15 men with abnormal metabolism of ALA and 15 men with normal metabolism of ALA. In addition, we also will explore associations between ALA and stress in the endoplasmic reticulum, as well as biomarkers of inflammation. Data from this pilot study will support future grant applications that will definitively test whether aberrant fatty acid metabolism is a causal factor for aggressive prostate cancer. This research is groundbreaking and could lead to targeted diet therapies as a personalized medicine approach for managing this prevalent cancer.

(Demark-Wahnefried)	12/01/2013-11/30/2015	0.60 CM
Community Foundation of Greater Birmingham	\$297,006	

**Harvest for Health**

This is a feasibility study of a vegetable gardening intervention that pairs 100 breast cancer survivors in Jefferson, Shelby, Walker, St. Clair and Blount counties in Alabama with master gardeners from the Cooperative Extension to improve health related quality of life and physical function.

2R25CA047888 (Meneses and Demark-Wahnefried)	9/1/2012-8/31/2017	0.90 CM
NCI	\$2,499,900	

**Cancer Control Training Program**

The primary thrust of this training program is to educate both pre- and post- doctoral candidates and predoctoral; fellows to become independent cancer control researchers.

Mentored Research Scholar Grant #124052 (Pekmezi)	07/01/2014-6/30/2019	0.24 CM
ACS	\$800,000	

**Physical activity to reduce cancer risk and related health disparities**

To provide mentorship and career guidance to Dr. Pekmezi as she pursues a career to improve lifestyle behaviors as a means of cancer prevention in underserved, high-risk populations. In addition, to provide specific guidance in developing and assessing the feasibility and potential benefit of a home-based individually tailored physical activity print (HIPP) intervention in promoting physical activity for primary cancer risk reduction in African American women in the rural Deep South.

Role: Primary mentor

**External Support (active):**

1R21CA182508-01 (Demark-Wahnefried)	1/04/2014-1/3/2016	1.8 CM
NIH/NCI	\$239,000	

**Vegetable garden feasibility trial to promote function in older cancer survivors**

The primary aim of this vegetable gardening intervention among 46 cancer survivors in Cullman and Mobile counties in Alabama is to determine if a home-based gardening intervention is feasible, safe and provides promising preliminary data that can support a larger trial.

R21 CA178359 (Demark-Wahnefried)	4/1/2014 – 3/31/2016	1.5 CM
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**Exploring the Effects of Weight Loss on Ductal Carcinoma In Situ**

NIH/NCI	\$239,000
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To evaluate the feasibility of a weight loss intervention among women newly diagnosed with DCIS who are scheduled for surgery and to explore impact on tumor and circulating biomarkers

R03 CA177538 (Pekmezi)	04/07/2014-3/31/2015	0.24 CM
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NIH/NCI	\$100,000
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**IVR-Supported Interventions for Cancer Prevention in the Deep South**

The proposed study tests the feasibility and acceptability of low cost, high reach Interactive Voice Response system-supported telehealth approaches to increasing physical activity (i.e., an important public health problem) for cancer risk reduction in the Deep South.

Role: Co-Investigator

CRP-14-111-01-CPPB (Demark-Wahnefried)	07/01/2014-6/30/2019	0.6 CM
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ACS	\$400,000
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**ACS CLINICAL RESEARCH PROFESSOR Award**

To serve in the capacity as an ACS named professor and to use this opportunity to develop a web-based prototype from extant effective interventions while at the same time using this research centerpiece as an opportunity to mentor post-doctoral fellows.

**External Support (pending):**

1R21CA188051-01 (Rogers)	04/01/2016-3/31/2018
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NIH/NCI	\$239,000
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**Diet and exercise after pancreatic cancer: Clinical and functional outcomes**

The primary aim of this proposal is to determine feasibility of a randomized controlled trial comparing diet+exercise intervention with diet alone in pancreatic cancer patients. Secondary outcomes will determine preliminary effect sizes for functional and clinical outcomes.

1R01CA199715-01	04/01/2016-3/30/2020
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NIH/NCI	\$2,347,084 (total)
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Project PI(s): Demark-Wahnefried, W & Colditz GA

**Title: Post-breast cancer weight loss alters methylation, gene expression and biomarkers**

The proposed study will investigate the potential mechanisms that drive the association between obesity and progression of breast cancer. It capitalizes on the biological samples and data from the largest weight loss trial to date in overweight and obese women diagnosed with breast cancer who are at increased risk for recurrence. A harmonized and directed approach that elucidates epigenetic modification, gene expression and circulating cancer biomarkers in relation to weight change is proposed.

R01 (Demark-Wahnefried) 7/01/2016-6/30/2021  
NIH/NCI \$3,444,086.00 (total)

**Harvest for Health in Older Cancer Survivors**

Randomized controlled trial to test the efficacy of a vegetable gardening intervention among 426 recently diagnosed with a loco-regionally staged cancer with a good prognosis (i.e.,  $\geq 80\%$  5-year survival) and with at least one limitation in physical functioning will be recruited throughout Alabama. Participants will be randomized to 1-of-2 study arms: 1) an arm that receives a 1-year mentored vegetable gardening intervention that pairs cancer survivors with certified Master Gardeners; or 2) a waitlist control arm that receives the intervention after a 1-year delay. All study participants will be followed for a 2-year period. Aims of this randomized controlled trial are to: 1) determine the efficacy of the vegetable gardening intervention on fruit and vegetable consumption, physical activity, and physical functioning (as assessed by self-report and backed by objective measures, e.g., accelerometry, plasma  $\alpha$  carotene and performance batteries); 2) assess the effect of the intervention on secondary endpoints (health related quality of life, biomarkers of successful aging (e.g., interleukin 6 and telomerase), etc.); 3) evaluate the durability and repeatability of the intervention; 4) explore participant factors associated with program efficacy (e.g., gender, co-morbidity, age); and 5) determine the cost benefit of the intervention.

1R01NR016441-01 (Meneses/Demark-Wahnefried) 7/01/2016-6/30/2020  
NIH/NCI \$2,578,809.00 (total)

**Exercise More, eat Better and Reduce Adiposity to aChievE (EMBRACE) Better Health**

This project capitalizes on the teachable moment and concern for developing breast cancer by adapting a computer-tailored mailed print diet and exercise intervention (Daughters And MothErs [DAMES]Against Breast Cancer) which was previously found feasible and effective to EMBRACE, a less costly and more scalable platform of text messaging and email exchange. The EMBRACE intervention will be tested in a diverse sample of 328 overweight or obese females ages 50-64 recruited from the Susa Love Army of Women who live throughout the continental US. Women will be screened and randomized to one of two study arms: 1) the tailored EMBRACE diet and exercise intervention; or 2) an Attention Control arm that receives access to diet and exercise information in the public domain. Specific aims are: 1) to determine between-arm differences in percent weight loss and physical functioning over the 1-year study period, as well as other measures of adiposity, diet quality, physical activity, blood pressure, co-morbidity, and select serum biomarkers associated with successful aging (e.g., fasting insulin, glucose, total and HDL cholesterol, telomerase, c-reactive protein, and interleukin-6); 2) to identify predictor variables associated with program efficacy; and 3) to compare between-arm medical resource use patterns and associated medical costs against the costs of delivering each intervention. This application is highly responsive to PA-15-098 and if our intervention is found effective, can lead to programs that could be easily delivered and disseminated nationwide to improve the health and lifestyle behaviors of American women.