

CURRICULUM VITAE

Leah D. Whigham, Ph.D.

Key Highlights

- Founding Executive Director of the Paso del Norte Institute for Healthy Living
- Secretary/Treasurer, The Obesity Society 2018-2021 (elected position), the largest scientific membership organization dedicated to improving people's lives by advancing the science-based understanding of the causes, consequences, prevention and treatment of obesity.
- Received over \$10 million in grants as PI/co-PI/Investigator
- Presented over 40 national and international invited talks
- Published over 40 scientific publications
- One patent issued, one patent application under review
- Leadership training through The Dannon Institute Nutrition Leadership Institute and REALIZE Executive Leadership Program

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Education: B.S., Agricultural Biochemistry, Iowa State University, May 1993

Ph.D., Nutritional Sciences, University of Wisconsin-Madison, May 2000

Professional Positions:

- 2019-Present **Associate Professor**, Department of Health Promotion and Behavioral Sciences, The University of Texas Health Science Center at Houston School of Public Health, El Paso Campus.
- 2014-2019 **Executive Director**, Paso del Norte Institute for Healthy Living, El Paso, Texas.
- 2017-2019 **Associate Professor**, Department of Public Health Sciences, The University of Texas at El Paso.
- 2014-2017 **Research Associate Professor**, Department of Public Health Sciences, The University of Texas at El Paso.
- 2011- 2013 **Adjunct Assistant Professor**, University of North Dakota, Department of Family and Community Nursing
- 2010- 2013 **Adjunct Graduate Faculty**, University of North Dakota, Department of Nursing.
- 2010- 2013 **Visiting Associate Scientist**, University of Wisconsin School of Medicine and Public Health, Department of Obstetrics and Gynecology.
- 2009-2013 **Research Nutritionist**, USDA-ARS Grand Forks Human Nutrition Research Center.
- 2006-2009 **Associate Scientist**, Department of Obstetrics and Gynecology, University of Wisconsin-Madison.
- 2003-2006 **Postdoctoral Fellow**, Department of Nutritional Sciences, University of Wisconsin-Madison.
- 2000-2004 **Postdoctoral Fellow**, Departments of Nutritional Sciences and Medicine and the Center for Women's Health, University of Wisconsin-Madison.

Grants

Cumulative grant funding received as PI/co-PI/I: \$10,575,986

- 2018-2019 Path Foundation, “Commit to Be Fit: Year 2.” PI: Leah Whigham. \$35,500
- 2018-2019 Path Foundation, “FRESH (Fauquier Reaches for Excellence in School Health): Year 1.” PI: Leah Whigham. \$32,500.
- 2018-2023 National Institutes of Health, “Fighting Obesity by Reinventing Public Transportation: A Natural Experiment.” Co-PIs: Chanam Lee, Wei Li, Marcia Ory; Subrecipient PI: Leah Whigham. Subaward budget: \$81,425
- 2017-2018 Path Foundation, “Commit to Be Fit: Year 1.” PI: Leah Whigham. \$28,500
- 2017-2019 SNAP-Ed, Common Threads. PI: Leah Whigham. \$50,000
- 2016-2021 University Transportation Centers Program grant, Research and Innovative Technology Administration (RITA) US Department of Transportation, “Center for Advancing Research in Transportation Emissions, Energy and Health.” Center Director: Joe Zietsman. University Lead: Wen-Whai Li. CoI: Leah Whigham. Subaward budget: \$363,279
- 2015-2019 Paso del Norte Health Foundation, “HEAL: Creating a Culture of Healthy Eating and Active Living.” PI: Kathleen Curtis; Co-PI Leah Whigham (2015-2016), PI: Leah Whigham (2016-2019). \$7,921,696
- 2012-2014 T.W. Edminster Postdoctoral Research Associate Award, USDA Agricultural Research Service. PI: Leah Whigham. \$120,000
- 2011 Northern Plains Area Co-funded Native American Internship/Apprenticeship Program. PI: Leah Whigham. \$1,559
- 2011 Junior Master Gardener Program, “Gardening with Children.” PI: Leah Whigham. Co-PI: JoAnne Yearwood. \$800
- 2010-2011 USDA-ARS, “Dietary Guidelines Adherence and Healthy Body Weight Maintenance.” Investigators: Leah Whigham (Lead Scientist), Lisa Jahns, Susan Raatz. Budget integrated into appropriated total Center budget, approximately \$2,500,000 total project budget, equivalent subaward budget approximately \$830,000.
- 2009-2010 UW Institute for Clinical and Translational Research, “Prevention of Excess Gestational Weight Gain in Overweight and Obese Low-Income Women.” PI: Leah Whigham. Co-I: Aubrey Smith. \$33,727
- 2007-2010 Wrigley Science Institute Award from the Obesity Society, “Effects of Gum Chewing on Energy Intake and Expenditure.” PI: Leah Whigham. Co-I: Dale Schoeller. \$25,000
- 2007-2010 Wisconsin Institutes of Discovery, “Early detection of disease onset - a systems approach using new metabolome phase portraits.” PIs: Leah Whigham, Fariba Porter-Assadi, Hamid Eghbalnia, Michael Shortreed. Co-Is: David Abbott, Dan Butz, Mark Cook, Steven Lindheim, Marco Tonelli, John Markley, Warren Porter, Lloyd Smith. \$400,000
- 2004-2008 USDA Cooperative State Research, Education, and Extension Service – National Research Initiative, “Promotion of high vegetable consumption as a weight-loss strategy and general well-being.” Project Director Sherry Tanumihardjo, co-PD Leah Whigham. \$652,500

Awards and Recognition:

- 2019 Millionaires' Research Award, Office of Research and Sponsored Projects, University of Texas at El Paso, awarded for annual expenditures totaling \$1,165,557 from five awards involving 11 co-PIs and funding 17 staff and 15 students.
- 2015-2016 REALIZE Executive Leadership Program
- 2013 Nelson-Miller Award Recipient, Grand Forks Foundation for Education
- 2012 National Extension Association of Family and Consumer Sciences Annual Awards Program 1st Place Central Region Winner
- 2011 T.W. Edminster Research Award (award provides funding for post-doctoral researcher and is awarded to scientist with top application nationally), USDA Agricultural Research Service
- 2011 No Revision Award OSQR Project Plan Peer Review (awarded for receiving a "no revision" score on funding proposal, first of its kind at the Center), Northern Plains Area, USDA Agricultural Research Service
- 2000-2002 NIH T32 National Research Service Award, National Center of Excellence in Women's Health
- 2001 Dannon Nutrition Leadership Institute
- 2000 American Society for Nutritional Sciences Graduate Student Award
- 2000 Committee on Institutional Cooperation (CIC)/Women in Science and Engineering (WISE) Travel Scholarship
- 1998, 1999, and 2000 Goessling/Linkswiler Travel Scholarship
- 1998 University of Wisconsin-Madison Representative, CIC-WISE Leadership Conference
- 1998-1999 and 1999-2000 Mary Heisdorf Scholarship
- 1997-1998 and 1998-1999 American Oil Chemists' Society Foundation Award

Intellectual Property:

- U.S. Patent No. 6,077,868: Selective inhibition of cyclooxygenase-2. Assignee: Wisconsin Alumni Research Foundation. Currently licensed as part of a series of patents by 4 corporations with product sales worldwide.

Activities and Offices Held:

- Secretary/Treasurer, The Obesity Society, 2018-2021.
- Co-Chair, Live Smart Texas, 2018-present.
- Nominating Committee, The Obesity Society, 2016-2019.
- Council (Clinical Practice Councilor), The Obesity Society, 2014-2017, council liaison to the Clinical Committee, Clinical Management of Obesity Section, Ethics Committee, Education Committee, and Health Services Research Section.
- Advocacy Committee, The Obesity Society, 2014-2017.
- Audit Committee, The Obesity Society, 2011-2012, Committee Chair, 2012-2014.
- Energy and Macronutrient and Metabolism Section conference session co-Chair (2012) and Chair (2013), American Society for Nutrition.
- Fellow, The Obesity Society, 2012-present.
- Finance Committee, The Obesity Society, 2010-2011.
- Dannon Leadership Institute Alumni Association; President Elect, 2006; President, 2007; Past-President, 2008
- University Academic Planning Council, Student Representative (1998-2000), University of Wisconsin.
- Department of Nutritional Sciences, Graduate Student Representative at faculty meetings (1998-2000), University of Wisconsin.
- College of Agriculture and Life Sciences Graduate Student Council, Co-Founder (1998), Co-Chair (1998), Chair (1998-1999), University of Wisconsin.

Journal Activities:

Associate Editor for:

- Nutrition and Diabetes

Guest Editor for:

- Journal of Nutrition and Metabolism

Peer review for:

- American Journal of Clinical Nutrition
- Annals of Medicine
- Archives of Biochemistry and Biophysics.
- British Journal of Nutrition
- Clinical Nutrition
- Diabetes
- European Journal of Clinical Nutrition
- European Journal of Nutrition
- Food & Function
- Food Chemistry
- International Journal of Obesity
- Journal of Diabetes and Its Complications
- Journal of Gerontology
- Journal of Nutrition
- Lipids
- Obesity
- Obesity Facts
- Physiology & Behavior
- PLOS ONE
- Royal Society Proceedings B
- Scientific Reports
- Social Science & Medicine – Population Health

Community Service Activities:

- El Paso Independent School District, School Health Advisory Council, 2015-present.
- Youth volleyball coach, 2016-2018.
- United Way Allocations Panel, 2015, 2016.
- Adventure for Your Future presenter, 2015.
- ACHIEVE/Take Action School Garden Initiative and Healthy Concessions Initiative, 2012-2013.
- Century Elementary School STEM initiatives (Century School Garden and Garden to Your Plate initiative, Century Science Night, and SuperStars Math program), 2011-2013.
- Gearing Up for Kindergarten, 2011.
- Health education at Harambe Health Hour, Family Center Harambe, 2003.
- Expanding Your Horizons presenter (annual career conference for middle school girls), 2002-2004.
- Memorial High School Tutor/Mentor Program for at-risk youth, 1998-2002.
- Ways of Knowing Biology Graduate Student Mentor, 1999-2002.
- Community Education (teaching elementary-high school students, developing programs), 1996-2001.

International Experience:

- Ongoing professional partnerships, Juarez, Mexico.
- Invited scientific presentations in Italy, China, France, and Brazil.
- Academic year study abroad program in New Zealand.
- Summer work exchange program in Czechoslovakia.
- Language study in Spain.
- Personal travel: Great Britain, Austria, Indonesia, Australia.

Invited Presentations (selected):

1. XXIII Brazilian Congress of Nutrology (Medical Nutrition) [Congresso Brasileiro de Nutrologia], XIII Conference of Obesity and Metabolic Syndrome, “A Comprehensive Community Approach to Address Obesity: The Role of the Clinician” and “Behavioral Strategies for Weight Loss,” September 26-28, 2019, São Paulo, Brazil.
2. 8th Annual Convening on Healthy Food Access, “Border Communities and Food Access,” May 14-15, 2019, Washington, DC.
3. El Paso County Commissioners Court, “Healthy Food Financing Initiative,” December 10, 2018, El Paso, TX.
4. Board of Hispanic Caucus Chairs, “Nutrition, Physical Activity, and Obesity: Status of Research and Policy Nationally and along the US-Mexico Border,” November 16, 2018, Washington, DC.
5. Healthier Texas Summit, “Collective Impact: Healthy Eating and Active Living in the Paso del Norte Region,” October 25, 2018, Austin, TX.
6. Live Smart Texas Webinar Series, “Misconceptions About Obesity,” October 3, 2018.
7. XXII Brazilian Congress of Nutrology (Medical Nutrition) [Congresso Brasileiro de Nutrologia], “Obesity: a complex disease with multiple causes,” “Nutritional approaches for weight loss,” “Creating a welcoming clinic for patients with obesity,” September 27-29, 2018, São Paulo, Brazil.
8. ISHIB / PCORI Program, Community Study of Cardiovascular/Metabolic Disease, “Collaborative research approaches to Cardiometabolic health,” September 22, 2016, El Paso, TX.
9. Children’s Environmental Health on the Border Symposium, “Healthy Eating and Active Living in the Paso del Norte Region,” September 24, 2015, El Paso, TX.
10. El Paso Academy of Nutrition and Dietetics, “Healthy Eating and Active Living in the Paso del Norte Region,” September 16, 2015, El Paso, TX.
11. 37th Annual International Conference of the IEEE Engineering in Medicine and Biology Society, Minisymposium: New directions in metabolic measurement technologies and behavior support, “Optical detection of carotenoids in living tissue as a measure of fruit and vegetable intake.” August 25-29, Milan, Italy.
12. Dannon Institute 10th Nutrition Leadership Institute alumni speaker panel, June 6 –11, 2015, Queenstown, Maryland.
13. Cultivate Forum, “Paso del Norte Institute for Healthy Living,” April 23, 2015, El Paso, TX.
14. UTEP Leadership Development Institute, “Leadership and Staying Grounded,” March 20, 2015, El Paso, TX.
15. DYNAMICA EXPO 2014, “Diabetes/Obesity Roundtable: Innovative Ways to Increase Healthy Eating and Active Living.” November 14, 2014, El Paso, TX.
16. Workshop on Biomedical Applications of Geochemistry, August 30, 2013, Gargonza, Italy (unable to accept invitation)
17. South Dakota State University Nutrition Conference, “Non-invasive assessment of carotenoids as a biomarker of fruit and vegetable intake: The Veg Out Study” March 18, 2013, Brookings, SD.
18. Augustana College Biology Seminar “A novel breath biomarker for weight loss.” November 28, 2012, Sioux Falls, South Dakota.
19. Chinese Nutrition Society Symposium on Dietary Fatty Acids “CLA and Body Composition.” November 16, 2012, Beijing, China.
20. Spencer Award Symposium, American Chemical Society, “CLA in Obesity.” August 21, 2012, Philadelphia, PA.
21. Midwest Parks and Recreation Conference, “Community partnerships for research: establishing an evidence-based foundation for building healthy community programs.” April 30, 2012, Grand Forks, ND
22. UND Medical School Graduate Student Seminar Series, “Dairy cattle mtDNA, guinea pig asthma, and the nutritional chemistry of obesity: a molecular path through research.” October 7, 2011, Grand Forks, ND.

23. Taking Action to End Hunger Summit, "Side by Side: Hunger and Obesity." September 20, 2011, Fargo, ND.
24. North Dakota Nutrition Council Meeting, "Can Eating Vegetables Really Help Me Lose Weight?" June 9, 2011, Devils Lake, ND.
25. South Dakota State University Nutrition Conference, "Can Eating Vegetables Really Help Me Lose Weight?" March 14, 2011, Brookings, SD.
26. Nursing Research Brownbag, UND College of Nursing, "Efficacy of CLA for Reducing Fat Mass," February 12, 2010, Grand Forks, ND.
27. Friends & Neighbors Day, USDA-ARS Northern Great Plains Research Laboratory, "Can a Virus Cause Obesity?" July 22, 2010, Mandan, ND.
28. Supply Side West Meeting, "CLA Meta-Analysis," November 7, 2007, Las Vegas, NV.
29. US CLA Network 3rd Annual Meeting, "Efficacy of Conjugated Linoleic Acid for Reducing Fat Mass: A Meta-analysis in Humans," Detroit, Michigan, December 7-8, 2006.
30. Health presentation for the Delta Sigma Theta Lifestyle Change Initiative for the physical, mental, and spiritual well being of students of color, November 14, 2006, Madison, WI.
31. North Central College Biology-Chemistry Interdisciplinary Seminar, "CLA: A Story of Discovery from Immunology to Weight Loss," October 16, 2006, Naperville, Illinois.
32. The Role of CLA in Human Health: Mechanisms and Biomarkers, "The Role of CLA in Human Body Composition," October 21-23, 2004, Winnipeg, Canada.
33. Current Concepts in Nutrition and Aging, UW-Extension, "Fat Alternatives in Your Foods," September 23, 2004, Madison, Wisconsin.
34. College Days, UW-Extension, "The Skinny on Fad Diets," June 8, 2004, Madison, Wisconsin
35. Conference on CLA in Human Health: Research in Progress, "CLA in Humans: Effects on Body Composition and Adverse Events During Weight Loss," November 21-23, 2003, Toronto, Canada.
36. IESIEL (Institut d'Etudes Supérieures d'Industrie et d'Economie Laitières) Milk Lipids Conference, "Recent Advances in Conjugated Linoleic Acid Research," November 17, 1999, Paris, France.
37. Cornell Nutrition Conference for Feed Manufacturers, "CLA, Metabolism and Health," October 20, 1999, Rochester, New York.
38. 60th Minnesota Nutrition Conference, "CLA, Food Quality, and Human Health," Sept. 21, 1999, Bloomington, Minnesota.
39. 1999 OCA Cattlemen's Convention, "Conjugated Linoleic Acid: A Health Promoting Component of Beef and Dairy Products," July 23, 1999, Oklahoma City, Oklahoma.
40. Farmland Industries, Inc. University Advisory/Research Alliance Meeting, "Health Effects of Conjugated Linoleic Acid," June 2, 1999, Lake Ozark, Missouri.
41. Diamond V-Antitox Technical Symposium, "Physiological Effects of Conjugated Linoleic Acid," September 15, 1998, Cedar Rapids, Iowa.
42. National Nutritional Foods Association Annual National Convention, "Conjugated Linoleic Acid and Immune Modulation," July 15, 1998, San Antonio, Texas.
43. Southern California Food Industry Conference, "The Role of Conjugated Linoleic Acid in Health," January 27, 1998, Pomona, California.

Teaching Experience:

- Course Instructor, University of Texas at El Paso, Public Health Sciences, Community Nutrition (HSCI 3316); 2018, 2019.
- Course Instructor, University of Texas at El Paso, Interdisciplinary Research for the Health Sciences: Case Studies (CHSC 6307, graduate course for Interdisciplinary Health Sciences Ph.D. program); 2016.
- Guest Lecturer, University of North Dakota, Methods in Pharmacology and Physiology (PPT 505), "Study Design and Research Methods using Human Volunteers," course instructor: Dr. Eric Murphy; 2011, 2013.

- Guest Lecturer, University of Wisconsin–Madison, Human Nutritional Needs (NS332), 3 lectures on vitamins A and D, course instructor: Dr. Dale Schoeller; 2005
- Guest Lecturer, University of Wisconsin-Madison, Understanding Nutrition (NS132), lecture and demonstration on body composition analysis, course instructor: Alice Wentworth; 2000.
- Teaching Assistant, University of Wisconsin–Madison, Nutritional Biochemistry (NS510). Responsibilities included preparing and delivering lectures covering antioxidants, copper, zinc, chromium, aluminum, and lead; holding weekly discussion sessions and office hours to assist students; designing exam questions; and grading exams and assignments. Course instructor: Dr. Susan M. Smith; 1997.
- Guest Lecturer, University of Wisconsin–Madison, Comparative Nutrition (AnSci311); lectures on magnesium, calcium, and phosphorus; course instructor: Dr. Mark E. Cook; 1996.

Graduate and Undergraduate Student Supervision:

Committee/Project Chair:

Patrick Hopkins, MPH, Public Health Sciences, UTEP, 2017

Title: EVALUATING THE IMPACT OF A HIGH SCHOOL GARDEN CURRICULUM IN EL PASO, TEXAS FOR FRUIT AND VEGETABLE INTAKE USING A VALID BIOMARKER

Vianay Lopez, MPH, Public Health Sciences, UTEP, 2017

Title: EVALUATION OF A GENDER RELEVANT PHYSICAL ACTIVITY AFTER SCHOOL PROGRAM

Cassandra Urrutia, MPH, Public Health Sciences, UTEP, 2017

Title: EVALUATION OF A NUTRITION EDUCATION PROGRAM TARGETING HOME-BASED CHILD CARE CENTERS

Yvette Ontiveros, MPH, Public Health Sciences, UTEP, 2018

Title: INCREASING VOLUNTEERISM AMONG COLLEGE ATHLETES TO AN AFTER-SCHOOL FITNESS EDUCATION PROGRAM FOR YOUNG GIRLS IN THE LAS CRUCES AREA THROUGH DESCRIPTIVE PROGRAM VIDEOS

Karen Juarez, MPH, Public Health Sciences, UTEP, 2019

Title: MOVIMIENTO SALUDABLE “MOVS” PROJECT: IMPACT ON FRUIT AND VEGETABLE INTAKE USING REFLECTANCE SPECTROSCOPY AND RELATIONSHIP WITH BEHAVIORAL THEORY PREDICTORS

Committee Member:

Heather Sanford, MPH, Public Health Sciences, UTEP, 2016

Title: GENDER DIFFERENCES IN NUTRITION KNOWLEDGE AMONG A PREDOMINANTLY HISPANIC COLLEGE POPULATION

Sandra Oviedo, MS, Psychology, UTEP, 2017

Title: THE DEVELOPMENT OF A DRINKING-SPECIFIC COMPENSATORY HEALTH BELIEFS SCALE

Adan Rangel, MS, Civil Engineering, UTEP, 2018

Title: A COMPARATIVE STUDY CHARACTERIZING TRAFFIC AIR POLLUTANT CONCENTRATIONS AT NEAR-ROAD COMMUNITIES IN EL PASO, TX

Dylan Richards, MS, Psychology, UTEP, 2018

Title: A PSYCHOMETRIC EVALUATION OF THE TREATMENT SELF-REGULATION QUESTIONNAIRE (TSRQ) FOR ASSESSING MOTIVATIONS FOR RESPONSIBLE DRINKING

Shao-Hua Chin, PhD, Nutrition, Texas Tech University, 2018

Title: PAIN, DISCOMFORT, AND ENJOYMENT DURING MODERATE EXERCISE: RELATIONSHIPS TO WEIGHT STATUS AND DIET QUALITY

Mayra Chavez, PhD, Civil Engineering, UTEP, 2019

Title: ASSESSING CHILDREN'S SPATIOTEMPORAL EXPOSURES TO TRANSPORTATION POLLUTANTS IN NEAR-ROAD COMMUNITIES

Ricardo Silvera, MPH, Public Health Sciences, UTEP, 2019

Title: CREATION OF A FATHER-FIGURE CHILD PHYSICAL ACTIVITY GAME: THE ROLE OF FATHER-FIGURES IN MODELING PHYSICAL ACTIVITY TO CHILDREN

Practicum Supervision:

David Perez, Kinesiology, UTEP, 2014

Mosi Dane'El, UT-Houston School of Public Health, 2014

Patrick Hopkins, Public Health Sciences, UTEP, 2016

Cassandra Urrutia, Public Health Sciences, UTEP, 2016

Vianay Lopez, Public Health Sciences, UTEP, 2017

Diana Rangel, UT-Houston School of Public Health, 2017

Karen Del Rio, Public Health Sciences, UTEP, 2018

Yvonne Gaddy, UT-Houston School of Public Health, 2018

Ongoing:

Juan Aguilera, PhD student (chair)

Patrick Hopkins, PhD student (chair)

Sarah Ruiz, PhD student (chair)

Hunter Turnipseed, PhD student (chair)

Dennis Nyochoti, MPH student (chair)

Selected News Releases, Interviews, and Press Stories Related to Research:

Television and other Filmed Interviews: including KTSM News El Paso, TX; KFOX News El Paso, TX; Mature Living Show, "Healthy Eating and Active Living in the Paso del Norte Region" El Paso, TX; KXMB TV, "Can a virus cause obesity?" (in-studio live) Bismarck, ND; ScienCentral, Inc., for distribution to the ABC Network; CBS News with Dr. Sean Kenniff; WISC-TV (in-studio live), Madison, WI.

Radio and Podcast Interviews: including El Paso Town Square (KLAQ/Kiss FM/KROD), The Weekend with Louie Saenz (KTEP); CBC Radio Quirks and Quarks with Bob McDonald; The Paul and Carol Mott Show on Station CFRB 1010, Toronto; Wisconsin Public Radio; KCBS Radio San Francisco; WGST Atlanta; and 3 Questions with Forest of the Rain Productions: "The Childhood Obesity Crisis in America and Can Recess Make A Difference."

Newspaper, Magazine, and Website Interviews and Articles: including monthly feature in El Paso Inc., Health.com with Kate Stinchfield; BBC Focus magazine with Jo Carlowe; Self Magazine with Jenna Silvi; Wall Street Journal with Laura Johannes; LA Times with Chris Woolston; Forbes.com with Allison Van Dusen; Reuters Health with Amy Norton; AAAS Science Update with Bob Hirshon; New York Times Magazine with Robin Henig; Remedy Magazine with Pat Volin; Natural Health Magazine; and interviews

for newspapers in Bogota, Columbia; Madrid, Spain; Sydney, Australia; Manitoba, Canada; and London, England. Additional web coverage of research on ScientificAmerican.com, Discovery.com, WebMD, NBC News, CBS News, Fox News, Reuters, and Telegraph (UK); El Paso Times; El Paso Inc.

Publications:

Refereed Journal Articles:

1. Martin KS, Redelfs AH, Wu R, Bogner O, **Whigham LD**. Offering More Than Food: Outcomes and lessons learned from a Fresh Start food pantry in Texas. *Journal of Hunger and Environmental Nutrition*, 2019; 14:1-2, 70-81. doi: 10.1080/19320248.2018.1512925.
2. Cao JJ, **Whigham LD**, Jahns L. Depletion and repletion of fruit and vegetable intake alters serum bone turnover markers: a 28-week single-arm experimental feeding intervention. *Br J Nutr*. 2018;120(5):500-507. doi: 10.1017/S0007114518001642.
3. Lindheim SR, Glenn TL, **Whigham LD**. Recognizing and eliminating bias in those with elevated body mass index in women's health care. *Fertil Steril*. 2018;109(5):775-776. doi: 10.1016/j.fertnstert.2018.03.002.
4. Ermakov IV, Ermakova M, Sharifzadeh M, Gorusupudi A, Farnsworth K, Bernstein PS, Stookey J, Evans J, Arana T, Tao-Lew L, Isman C, Clayton A, Obana A, **Whigham L**, Redelfs AH, Jahns L, Gellermann W. Optical assessment of skin carotenoid status as a biomarker of vegetable and fruit intake. *Arch Biochem Biophys*. 2018 May 15;646:46-54. doi: 10.1016/j.abb.2018.03.033. Epub 2018 Mar 27.
5. Jahns L, Conrad Z, Johnson LK, **Whigham LD**, Wu D, Claycombe-Larson KJ. A diet high in carotenoid-rich vegetables and fruits favorably impacts inflammation status by increasing plasma concentrations of IFN- α 2 and decreasing MIP-1 β and TNF- α in healthy individuals during a controlled feeding trial. *Nutr Res*. 2018;52:98-104. doi: 10.1016/j.nutres.2018.02.005. Epub 2018 Feb 13.
6. Lindheim SR, Welsh S, Jiang N, Hawkins A, Kellar L, Maxwell RA, **Whigham LD**. Trends in Management of Overweight and Obesity in Obstetrics & Gynecology, Family Medicine and Pediatrics 2011-2015. *J Obes Eat Disord*. 2017; 3:31. doi: 10.21767/2471-8203.100031.
7. Jahns L, Scheett AJ, Johnson LK, Krebs-Smith SM, Payne CR, **Whigham LD**, Hoverson BS, Kranz S. Diet quality of items advertised in supermarket sales circulars compared to diets of the US population, as assessed by the Healthy Eating Index-2010. *J Acad Nutr Diet*. 2016; 116(1):115-122.e1. doi: 10.1016/j.jand.2015.09.016.
8. Coyne K, **Whigham L**, O'Leary K, Yaklic J, Maxwell R, Lindheim S. Gestational Carrier BMI and Reproductive, Fetal and Neonatal Outcomes: Are The Risks The Same With Increasing Obesity? *Int J Obes (Lond)*. 2016; 40(1):171-5. doi: 10.1038/ijo.2015.159.
9. Butz DE, Weidmann D, Brownsword R, Cook ME, Schoeller DA, **Whigham LD**. Immediate biofeedback for energy balance via expired breath $\delta^{13}\text{CO}_2$. *Conf Proc IEEE Eng Med Biol Soc*. 2015; 2015:8205-8208.
10. **Whigham LD**, Redelfs AH. Optical Detection of Carotenoids in Living Tissue as a Measure of Fruit and Vegetable Intake. *Conf Proc IEEE Eng Med Biol Soc*. 2015; 2015:8197-8200.
11. Casperson SL, Sieling J, Moon J, Johnson L, Roemmich J, **Whigham LD**. Usability of a mobile phone food record application by adolescents to digitally capture dietary intake in a free-living environment. *Journal of Medical Internet Research*. 2015;13;3(1):e30.
12. Anderson CK, Walch TJ, Lindberg SM, Smith AM, Lindheim SR, **Whigham LD**. Excess gestational weight gain in low-income overweight and obese women: a qualitative study. *J Nutr Educ Behav*. 2015; 47(5):404-11.e1. doi: 10.1016/j.jneb.2015.05.011. Epub 2015 Jul 15.
13. Karl JP, Thompson LA, Niro PJ, Margolis LM, McClung JP, Cao JJ, **Whigham LD**, Combs GF Jr, Young AJ, Lieberman HR, Pasiakos SM. Transient decrements in mood during energy deficit are independent of dietary protein-to-carbohydrate ratio. *Physiol Behav*. 2015; 139:524-31. doi: 10.1016/j.physbeh.2014.11.068. Epub 2014 Dec 3.

14. Jahns L, Payne CR, **Whigham LD**, Johnson LK, Scheett AJ, Hoverson BS, Kranz S. Foods advertised in US weekly supermarket sales circulars over one year: a content analysis. *Nutr J*. 2014;13:95. doi: 10.1186/1475-2891-13-95.
15. Jahns L, Johnson LK, Mayne ST, Cartmel B, Picklo Sr MJ, Ermakov IV, Gellermann W, **Whigham LD**. Skin and plasma carotenoid response to a provided intervention diet high in vegetables and fruits: uptake and depletion kinetics. *Am J Clin Nutr*. 2014;100(3):930-7. doi: 10.3945/ajcn.114.086900. Epub 2014 Jul 9.
16. **Whigham LD**, Butz DE, Dashti H, Tonelli M, Johnson LK, Cook ME, Porter WP, Eghbalnia HR, Markley JL, Lindheim SR, Schoeller DA, Abbott DH, Assadi-Porter FM. Metabolic Evidence of Diminished Lipid Oxidation in Women With Polycystic Ovary Syndrome. *Curr Metabolomics*. 2014; 2(4):269-278.
17. **Whigham LD**, Butz DE, Johnson LK, Schoeller DA, Abbott DH, Porter WP, Cook ME. Breath carbon stable isotope ratios identify changes in energy balance and substrate utilization in humans. *Int J Obes (Lond)*. 2014; 38(9):1248-50. doi: 10.1038/ijo.2014.7. Epub 2014 Jan 20.
18. Cao JJ, Pasiakos SM, Margolis LM, Sauter ER, **Whigham LD**, McClung JP, Young AJ, Combs GF. Calcium homeostasis and bone metabolic responses to high protein diets during energy deficit in healthy young adults: a randomized control trial. *Am J Clin Nutr*. 2014; 99(2):400-7. doi: 10.3945/ajcn.113.073809. Epub 2013 Nov 27.
19. Pasiakos SM, Margolis LM, McClung JP, Cao JJ, **Whigham LD**, Combs GF, Young AJ. Whole-body protein turnover response to short-term high protein diets during weight loss: a randomized controlled trial. *Int J Obes (Lond)*. 2014; 38(7):1015-8. doi: 10.1038/ijo.2013.197. Epub 2013 Oct 29.
20. Pasiakos SM, Cao JJ, Margolis LM, Sauter ER, **Whigham LD**, McClung JP, Rood JC, Carbone JW, Combs GF, Young AJ. Effects of high protein diets on fat-free mass and muscle protein synthesis following weight loss: a randomized controlled trial. *FASEB J*. 2013; 27(9):3837-47. doi: 10.1096/fj.13-230227. Epub 2013 Jun 5.
21. **Whigham LD**, Schoeller DA, Johnson LK, Atkinson RL. Effect of clothing weight on body weight. *Int J Obes (Lond)*. 2013; 37(1):160-1. doi: 10.1038/ijo.2012.20. Epub 2012 Feb 28.
22. **Whigham LD**, Valentine AR, Johnson LK, Zhang Z, Atkinson RL, Tanumihardjo SA. Increased vegetable and fruit consumption during weight loss effort correlates with increased weight and fat loss. *Nutr Diabetes*. 2012 Oct 1;2:e48. doi: 10.1038/nutd.2012.22.
23. Schoeller DA, Watras AC, **Whigham LD**. A meta-analysis of the effects of conjugated linoleic acid on fat-free mass in humans. *Appl Physiol Nutr Metab*. 2009 Oct;34(5):975-8. doi: 10.1139/H09-080.
24. Tanumihardjo SA, Valentine AR, Zhang Z, **Whigham LD**, Lai HJ, Atkinson RL. Strategies to increase vegetable or reduce energy and fat intake induce weight loss in adults. *Exp Biol Med (Maywood)*. 2009 May;234(5):542-52. doi: 10.3181/0810-RM-293. Epub 2009 Feb 20.
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