

Deepika Laddu, PhD

Assistant Professor, Department of Physical Therapy

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EDUCATION

| | | | |
|-----------|---------|---|-----------------------|
| 2014-2016 | Postdoc | Cardiovascular Disease Prevention | Stanford University |
| 2008-2013 | PhD | Nutritional Sciences; Medical Pharmacology | University of Arizona |
| 2004-2008 | BS | Molecular and Cellular Biology; Minor: Chemistry | University of Arizona |

RESEARCH EXPERIENCE

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| 2017-2018 | Stanford University Consultant Role: Western Regional Center for the Women's Health Initiative (WHI) 2015-2020 Extension Study (NHLBI contract (NHLBI-CSB-WH-2016-01-CM)) |
| 2014-2016 | Stanford University Post-Doctoral Fellow Department: Stanford Prevention Research Center; Advisor: Dr. Marcia Stefanick <i>Interrelationships of physical activity, diet, body composition (muscle; visceral, subcutaneous fat) and cardiovascular disease prevention in aging women (WHI) and men (MrOS).</i> |
| 2014 | EXOS Project Manager for Gillette Study EXOS; 2629 East Rose Garden Ln. Phoenix, AZ <i>The wetness, odor, performance, and cognitive function (WOPAC) trial.</i> |
| 2013-2014 | University of Arizona , Tucson, AZ Research Assistant Department: Nutritional Science; Primary Advisor: Dr. Scott Going <i>Soft Tissue and Bone Development in Young Girls (STAR) study.</i> |
| 2008-2013 | University of Arizona , Tucson, AZ Doctoral Student Department: Nutritional Science Minor Medical Pharmacology; Advisor: Dr. Scott Going <i>Assessment of the effects of whole body and regional soft tissue composition on bone strength and development in females.</i> |
| 2007- 2008 | Proctor and Gamble Chemicals Intern Department: Chemicals Research & Development <i>Test microbial activity and stability in antibacterial dish soap; test stability under various pressure and temperature conditions for product launch in China.</i> |
| 2006-2008 | University of Arizona , Tucson, AZ Research Assistant Department: Chemistry; Advisor: Dr. Victor Hruby <i>Synthesis of Novel Bifunctional Tripeptides Designed as Opioid Receptor Agonists & Neurokinin I Receptor Antagonists; Synthesis of Hemopressin Analogs.</i> |

GRANT AND FELLOWSHIP FUNDING

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|-----------|---|--------------------------|--------------------------------|
| 2018 | NIH/NHLBI K01 | Impact Factor: 10 | K01 HL148503-01 |
| 2014-2016 | NIH/NHLBI Cardiovascular Disease Prevention Fellowship | | T32- HL007034 |
| 2012-2013 | University of Arizona Graduate College Meritorious Fellowship Award | | |
| 2010-2014 | USDA National Needs Graduate Fellowship Award | | NIH/NICHD #HD-050775 |
| 2010-2011 | Graduate College Academic Scholarship | | |

ACADEMIC HONORS & PROFESSIONAL TRAINING AWARDS

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| 2020 | Fellow of the American Heart Association (FAHA) recipient |
| 2016 | Travel Award (sponsored by WHI CCC) |
| 2008 | Phi-Beta Kappa National Honorary |
| 2008 | Golden Key National Honorary |
| 2004-2008 | Presidential Scholarship Award |

PUBLICATIONS

In progress/Under Review

1. Harvey N, Kanis J, Liu E, Cooper C, Lorentzon M, Bea J, Carbone L, Cespedes Feliciano E, **Laddu D**, Schnatz P, Shadyab A, Stefanick M, Wactawski-Wende J, Crandall C, Johansson H, McCloskey E. Predictive value of DXA appendicular lean mass for incident fractures, falls and mortality, independent of prior falls, FRAX and BMD: Findings from the Women's Health Initiative (WHI). Journal of Bone and Mineral Research. Under Review. July 03, 2020.
2. Miller C, Wactawski-Wende J, Manson JE, Haring B, Hovey K, **Laddu D**, Shadyab A, Wild R, Bea J, Tinker LF, Martin L, Nguyen P, Garcia L, Andrews C, Eaton C, Stefanick ML, and LaMonte MJ. Walking Amount and Speed are Inversely Associated with Hypertension Incidence in Postmenopausal Women. Hypertension. Revisions submitted August 22, 2020
3. **Laddu DR**, Quin FF, Hedlin H, Zaslavsky O, Stefanick ML, Manson JE, Eaton C, Martin L, Rohan, T, Assimes T. DXA versus Anthropomorphic Measures of Adiposity as a Predictor of Cardiovascular Outcomes in postmenopausal women: The Women's Health Initiative DXA Cohort. Diabetologia. Manuscript under review. June 08, 2020
4. Whitaker KM, Gabriel KP, **Laddu D**, White DK, Sidney S, Sternfeld B, Lewis CE, Jacobs DR. Bi-directional associations of accelerometer measured sedentary behavior and physical activity with knee pain, stiffness, and physical function: the CARDIA Study. Medicine and Science in Sports and Exercise. Manuscript under review. June 03, 2020
5. Moran C, Arena RA, Campbell TS, **Laddu DR**. Profile and predictors of depression and anxiety in patients with diabetes attending cardiac rehabilitation. Invited Manuscript: Canadian Journal of Diabetes. Manuscript under review. May 10, 2020.
**Laddu, senior, corresponding author*

Published Research Manuscripts

1. Bellettiere, J., LaMonte, M.J., Unkart, J., Liles, S., Laddu-Patel, D., Manson, J.E., Banack, H., Seguin-Fowler, R., Chavez, P., Tinker, L.F., Wallace, R.B., LaCroix, A.Z. (2020) Short Physical Performance Battery and incident cardiovascular events among older women. Journal of the American Heart Association; 2020(9), e016845. **PMID:** 32662311; DOI: 10.1161/JAHA.120.016845

2. Crandall CJ, Larson J, Wright NC, **Laddu DR**, Stefanick ML, Kaunitz AM, Watts NB, Jean Wactawski-Wende J, Womack CR, Johnson KC, Carbone LD, Jackson RD, Ensrud KE. Does Serial Bone Density Measurement Meaningfully Improve Incident Fracture Risk Prediction in Postmenopausal Women? Results from the Women's Health Initiative Observational Study and Clinical Trials. *JAMA Internal Medicine*. Accepted, In Press: June,01 2020.
3. Eaton CB, Noel CA, LaMonte MJ, Roberts MB, Pearlman DP, Banack H, Allison M, Shadyab AH, Haring B, **Laddu D**, Martin L, Nguyen PK, Manson JE. Healthy Lifestyle and Risk of Incident Heart Failure with Preserved and Reduced Ejection Fractions among Post-Menopausal Women: The Women's Health Initiative Study. *Preventive Medicine*; 2020 May 27;106155. [Epub ahead of print] PMID: 32473271
4. Ozemek C, Arena Rouleau CR, Campbell TS, Aggarwal S, Hauer T, Wilton SB, Stone J, Roman ML, **Laddu DR**, Williamson TM, Hongwei L, Austford L. Identification of Patients with COPD in a Cardiac Rehabilitation Setting: The COncuR Study. *Journal of cardiopulmonary rehabilitation and prevention*. Accepted; In Press, May 15, 2020.
5. **Laddu DR**, Parimi N, Stone KL, Lapidus J, Hoffman AR, Stefanick ML, Langsetmo L. Physical Activity Trajectories and Associated Changes in Physical Performance in Older Men: The MrOS Study. In press: *J Gerontol A Biol Sci Med Sci*, 2020 March 31. Epub ahead of print]. **PubMed PMID**: 32232383
6. Jang MK, Park C, Hong S, Li H, **Laddu DR**, Rhee E, Doorenbos AZ. Comparison of Skeletal Muscle Mass during Cancer Treatment among Cancer Patients. In press: *Oncology Nursing Forum*, *Accepted*. March 31, 2020.
7. **Laddu DR**, Ozemek C, Hauer T, Rouleau CR, Campbell TS, Wilton SB, Aggarwal S, Austford L, Arena. Cardiometabolic responses to cardiac rehabilitation in people with and without diabetes. *Int J Cardiol*. 2020 Feb 15; 301: 156–162. **PubMed PMID**: 31806276; **PMCID**: PMC7322825; **NIHMSID**: NIHMS1598984
8. Luo J, Phillips LS, Manson JE, **Laddu DR**, LeBlanc LE, Chlebowski R, Stefanick ML. Racial and ethnic differences in anthropometric measures as risk factors for diabetes. *Diabetes Care*. 2019 Jan;42(1):126-133. Epub 2018 Oct 23. **PubMed PMID**:30352893. **PubMed Central PMCID**: PMC6463546.
9. Follis S, Cook A, Bea JW, Going SB, **Laddu DR**, Cauley JA, Shadyab AH, Stefanick ML, Chen Z. Sarcopenic Obesity Association with Falls among a Multiethnic Cohort of Postmenopausal Women. *J Am Geriatr Soc*. 2018 Dec;66(12):2314-2320. Epub 2018 Oct 30. **PubMed PMID**: 30375641 **PubMed Central PMCID**: PMC6289680
10. **Laddu DR**, Langsetmo L, Ensrud K, Cawthorn P, Parimi N. The association of trajectories of physical activity levels with mortality: The Osteoporosis in Men Study (MrOS); *J Gerontol A Biol Sci Med Sci*. 2018 Nov 10;73(12):1708-1713 **PubMed PMID**: 29529273; **PubMed Central PMCID**: PMC6230211
11. **Laddu DR**, Ozemek C, Lamb B, Hauer T, Aggarwal S, Stone J, Arena R, Martin BJ. Factors Associated With Cardiorespiratory Fitness at Completion of Cardiac Rehabilitation: Identification of Specific Patient Features Requiring Attention. *Can J Cardiol*. 2018 Jul;34(7):925-932. Epub 2018 Mar 30. **PMID** 29861207.
12. **Laddu DR**, Wertheim B, Garcia DO, Woods NF, LaMonte MJ, Chen B, Anton-Culver H, Zaslavsky O, Cauley JA, Chlebowski R, Manson JE, Thomson C, Stefanick ML. Medical Outcomes Study 36-Item Short-Form Survey Versus Gait Speed As Predictor of Preclinical

Mobility Disability in Older Women: The Women's Health Initiative. *J Am Geriatr Soc.* 2018 Apr;66(4):706-713. **PubMed PMID:**29427503 **PubMed Central PMCID:** PMC5906155

13. **Laddu DR**, Rana JS, Murillo R, Morel ME, Quesenberry C, Allen NB, Sternfeld B, Gabiel KP, Carnethon M, Liu K, Reis JP, Lloyd-Jones D, Carr JJ, Sidney S. 25-year Physical Activity Trajectories and Development of Subclinical Coronary Artery Disease as Measured by Coronary Artery Calcium: The CARDIA Study; *Mayo Clin Proc.* 2017 Nov;92(11):1660-1670. **PMID:** 29050797 **PMCID:** PMC5679779 **NIHMS ID:** 899253.
***PlumX Metrics: 11 citations; 102 captures; 23 news mentions; 4 blog mentions; 319 social media**
8. **Laddu DR**, Wertheim B, Garcia DO, Going SB, LaMonte MJ, Thomson C, Stefanick ML. Associations Between Self-Reported Physical Activity and Physical Performance Measures Over Time in Postmenopausal Women: The Women's Health Initiative; *J Am Geriatr Soc.* 2017 Oct;65(10):2176-2181. **PubMed PMID:** 28675421 **PMCID:** PMC5641229.
9. Harris R, Chang Y, Johnson K, Beavers K, **Laddu DR**, Bea J, LeBoff M, Womack C, Wallace R, Li W, Cauley JA. The Risk of Fracture among Women with Sarcopenia, Low Bone Mass or Both. *J Am Geriatr Soc.* 2017 Dec;65(12):2673-2678. Epub 2017 Sep 27. **PubMed PMID:** 28960230 **PMCID:** PMC5729083
10. **Laddu DR**, Cawthorn P, Parimi N, Hoffman A, Orwoll E, Miljkovic I, Stefanick ML. Trajectories of the relationships of physical activity with body composition changes in older men: the MrOS study; *BMC Geriatrics.* 2017 Jun 5;17(1):119. **PubMed PMID:** 28583069; **PubMed Central PMCID:** PMC5460414.
11. **Laddu DR**, Farr JN, Lee VR, Blew RM, Stump C, Houtkooper L, Lohman TG, Going SB. Muscle density predicts changes in bone density and strength: a prospective study in girls. *J Musculoskelet Neuronal Interact.* 2014 Jun;14(2):195-204. **PubMed PMID:** 24879023; **PubMed Central PMCID:** PMC4414028.
12. Farr JN, **Laddu DR**, Blew RM, Lee VR, Going SB. Effects of physical activity and muscle quality on bone development in girls. *Med Sci Sports Exerc.* 2013 Dec;45(12):2332-40. **PubMed PMID:** 23698240; **PubMed Central PMCID:** PMC3833884.
13. **Laddu DR**, Farr JN, Laudermilk MJ, Lee VR, Blew RM, Stump C, Houtkooper L, Lohman TG, Going SB. Longitudinal relationships between whole body and central adiposity on weight-bearing bone geometry, density, and bone strength: a pQCT study in young girls. *Arch Osteoporos.* 2013;8:156. **PubMed PMID:** 24113839; **PubMed Central PMCID:** PMC4416207.
14. **Laddu DR**, Lee VR, Blew RM, Sato T, Lohman TG, Going SB. Predicting visceral adipose tissue by MRI using DXA and anthropometry in adolescents and young adults. *Int J Body Compos Res.* 2012;10(4):93-100. **PubMed PMID:** 26097436; **PubMed Central PMCID:** PMC4474487.

Reviews

Note: Students/Advisees are underlined in each citation; asterisk indicates co-editor of special edition

1. Huizar MI, Arena RA, **Laddu DR**. The Global Food Syndemic: The Impact of Food Insecurity, Malnutrition and Obesity on the Healthspan Amid the COVID-19 Pandemic. *Prog in Cardiovasc Dis.* In press. July 5, 2020. **Laddu, senior, corresponding author*
2. **Laddu DR**, Lavie CJ, Phillips SA, Arena RA. Physical activity for Immunity Protection: Inoculating Population with Healthy Living Medicine in Preparation for the Next Pandemic. *Prog in Cardiovasc Dis.* 2020 Apr 9. [Epub ahead of print]. **PubMed PMID:** 32278694

3. Hall G, **Laddu DR**, Phillips SA, Lavie CJ, Arena RA. A Tale of Two Pandemics: How will COVID-19 and Global Trends in Physical Inactivity and Sedentary Behavior Affect One Another? *Prog in Cardiovasc Dis*. 2020 Apr 8. [Epub ahead of print]. **PubMed PMID:** 32277997
4. Bond S, **Laddu DR**, Ozemek C, Lavie CJ, Arena RA. Exergaming and Virtual Reality for Health: Implications for Cardiac Rehabilitation, *Curr Probl Cardiol*. 2019 Sep 12;:100472. [Epub ahead of print] Review. **PubMed PMID:** 31606141
5. Arena R, Rouleau CR, Campbell TS, Aggarwal S, Hauer T, Wilton SB, Stone J **Laddu DR**, Ozemek C, Williamson T, Liu H, Austford L, Integrating Science, Practice, and Mentorship in Cardiac Rehabilitation: THE INAUGURAL TOTALCARDIOLOGY® RESEARCH NETWORK RETREAT. Invited Commentary. *J Cardiopulm Rehabil Prev*. 2019 Sep;39(5):290-292. **PubMed PMID:** 31464884
6. Hwang CL, Bishop J, Ching J, Elokda A, Gonçalves da Silva AL, ***Laddu D**, Phillips SA.
7. Precision Measurements to Assess Baseline Status and Efficacy of Healthy Living Medicine. *Prog Cardiovasc Dis*. 2019 Jan - Feb;62(1):55-59. Epub 2019 Jan 3. **PubMed PMID:** 30610884
8. ***Laddu D**, Hauser M. Addressing the Nutritional Phenotype Through Personalized Nutrition for Chronic Disease Prevention and Management. *Prog in Cardiovasc Dis*. 2019 Jan - Feb;62(1):55-59. Epub 2019 Jan 3. Review. **PubMed PMID:** 30553801
9. Streiter L, **Laddu DR**, Arena RA. The Importance of School-Based Healthy Living Initiatives: Introducing the Health and Wellness Academy Concept; *Prog in Cardiovasc Dis*. 2019 Jan - Feb;62(1):68-73. Epub 2018 September 17. **PMID:** 30236752
10. Arena R, ***Laddu D**. Merging Precision and Healthy Living Medicine: Individualizing the Path to a Healthier Lifestyle. *Prog in Cardiovasc Dis*. 2019 Jan - Feb;62(1):1-2. Epub 2018 Dec 23. **PubMed PMID:** 30586563
11. Phillips SA, Ali M, Modrich C, Oke S, Elokda A, ***Laddu D**, Bond S. Advances in Health Technology Use and Implementation in the Era of Healthy Living: Implications for Precision Medicine. *Prog in Cardiovasc Dis*. 2019 Jan - Feb;62(1):44-49. Epub 2018 Dec 28. Review. **PubMed PMID:** 30597149
12. Arena R, Ozemek C, **Laddu-Patel D**, Campbell T, Rouleau CR, Standley R, Bond S, Abril EP, Hills AP, Lavie CJ. Applying Precision Medicine to Healthy Living for the Prevention and Treatment of Cardiovascular Disease. *Curr Probl Cardiol*. 2018 Dec;43(12):448-483. Epub 2018 Jun 14. Review. **PMID:**30172550
13. Ozemek C, **Laddu DR**, Lavie CJ, Claeys H, Kaminsky LA, Ross R, Wisloff U, Arena RA, Blair SN. An Update on the Role of Cardiorespiratory Fitness, Structured Exercise and Lifestyle Physical Activity in Preventing Cardiovascular Disease and Health Risk. *Prog in Cardiovasc Dis*. 2018 Nov - Dec;61(5-6):484-490, Epub 2018 Nov 13. Review. **PubMed PMID:** 30445160
14. Ozemek C, Phillips SA, Fernall B, Williams M, Thomas S, **Laddu DR**, Arena RA. Enhancing Participation in Cardiac Rehabilitation: A Question of Proximity and Integration of Outpatient Services; *Curr Probl Cardiol*. 2018 Nov;43(11):424-435. Epub 2018 Mar 6. Review. **PMID:** 29576333. **PMID:** 29576333
15. Lavie CJ, **Laddu DR**, Arena RA, Ortega F, Martin A, Kushner R. Healthy Weight for Prevention of Cardiovascular Diseases. *J Am Coll Cardiol*. 2018 Sep 25;72(13):1506-1531. **PubMed PMID:** 30236314.

16. Ozemek C, **Laddu DR**, Arena R, Lavie CJ. The role of diet for prevention and management of hypertension. *Curr Opin Cardiol*. 2018 Jul;33(4):388-393. Review. **PubMed PMID:** 29771736
17. Arena R, McNeil A, Street S, Bond S, **Laddu DR**, Lavie CJ, Hills AP. Let's talk about moving: reframing the exercise and physical activity discussion. *Curr Probl Cardiol*. 2018 Apr;43(4):154-179. **PMID:** 29530242
18. Arena R, McNeil A, Lavie CJ, Ozemek C, Forman DE, Myers J, **Laddu DR**, Popovic D, Rouleau CR, Campbell TS, Hills AP. Assessing the Value of Moving More – The Integral Role of Qualified Health Professionals. *Curr Probl Cardiol*. 2018 Apr;43(4):138-153. Epub 2017 Jul 11. Review **PMID:** 29530241.
19. Arena R, Ozemek C, **Laddu-Patel D**, Myers J. Refining the Risk Prediction of Cardiorespiratory Fitness With Network Analysis: A Welcome and Needed Line of Inquiry. *Circ Res*. 2018 Mar 16;122(6):804-806. **PMID:** 29700081
20. Ozemek C, Phillips SA, Popovic D, **Laddu DR**, Lavie CJ, Arena RA. Non-Pharmacologic Management of Hypertension: a Multidisciplinary Approach. *Curr Opin Cardiol*. 2017 Jul;32(4):381-388. **PMID:**28319484
21. Arena R, Bond S, O'Neil R, **Laddu, DR**, Hills AP, McNeil A. Public Park Spaces as a Platform to Promote Healthy Living: Introducing a HealthPark Concept. *Prog Cardiovasc Dis*. 2017 Jun - Jul;60(1):152-158. Epub 2017 May 31. Review. **PubMed PMID:** 28576674
22. Farr JN, **Laddu DR**, and Going SB. Exercise, Hormones and Skeletal Adaptations During Childhood and Adolescence. *Topical Review. Pediatr Exerc Sci*. 2014 Nov;26(4):384-91. PubMed **PMID:** 25372373; PubMed Central **PMCID:** PMC4356169 NIHMSID: NIHMS666444.
23. Going SB, Lee VR, Blew RM, **Laddu DR**, Hetherington-Rauth M. Top Ten Research Questions in Body Composition. **Res Q Exerc Sport**. 85(1):38-48. March 2014. PubMed **PMID:** 24749235
24. **Laddu D**, Dow C, Hingle M, Thomson C, Going SB. A Review of Evidence-Based Strategies to Treat Obesity in Adults. **Nutr Clin Pract** October 2011 26: **512-525**. PubMed **PMID:** 21947634.

Chapters and other:

1. Smirmaul B, **Laddu DR**, Arena R. Infographic. The many shades of adiposity. *Br J Sports Med*. 2019 Sep 25. **PMID:** 31554612
2. Hingle, M., **Laddu, D.**, and Going, S. Physical activity and the Mediterranean Diet. In: *Mediterranean Diet: Impact on Health and Disease*. Donato Romagnolo and Ornella Selmin (eds). Springer Science, 2016. ISBN 978-3-319-27969-5.

Works in Progress

1. Orchard T, Lehman A, Jackson R, Shadyab AH, Vitolins MZ, Constantinescu F, **Laddu DR**. Associations of fatty acid intake and polyunsaturated fatty acid biomarkers with risk of total knee or hip arthroplasty among older women in Women's Health Initiative. Manuscript in preparation. To be submitted: TBD
2. Hua AK, Buchner DM, Rillamas-Sun, LaMonte MJ, **Laddu DR**, Li W, LeBoff MS, Stefanick ML, Marshall SW, LaCroix AZ. What is the relationship among falls, fear of falling, and

accelerometer-measured physical activity in a cohort of older women? Women's Health Initiative. *Manuscript in Preparation.*

Conferences & Invited Talks

1. Williamson TM, Chirico D, Moran C, Ozemek C, Arena RA, Hauer T, Campbell TS, Aggarwal S, Austford L, **Laddu DR***. Benefits of Exercise-Based Cardiac Rehabilitation on Exercise Capacity and Survival among Patients with Cancer and Cardiovascular Disease. Abstract accepted July 13, 2020: Canadian Cardiovascular Congress (CCS); October 21-24, 2020; to be delivered as virtual conference due to COVID-19. *Laddu DR senior author
2. Crandall CJ, Larson J, Wright NC, **Laddu DR**, Stefanick ML, Kaunitz AM, Watts NB, Jean Wactawski-Wende J, Womack CR, Johnson KC, Carbone LD, Jackson RD, Ensrud KE,. Does Serial Bone Density Measurement Meaningfully Improve Incident Fracture Risk Prediction in Postmenopausal Women? Results from the Women's Health Initiative Observational Study and Clinical Trials. Abstract submitted: March 11, 2020: American Society for Bone and Mineral Research Annual Conference; Seattle, Washington; September 11-14, 2020
3. Williamson TM, Arena RA, Hauer T, Rouleau C, Campbell TS, **Laddu DR**, Ozemek C, Aggarwal S, Austford L, Chirico D. Cardiac Rehabilitation Significantly Improves Survival and Cardiorespiratory Fitness in Elderly Patients with Multimorbidity. Abstract submitted March 2020: International Behavioral Trials Conference (IBTN); Montreal, Québec, Canada; May 28-29, 2020, to be delivered as virtual conference due to COVID-19. *Annals of Behavioral Medicine.* 2020
4. Ozemek, C; **Laddu, D** ; Hauer, T; Rouleau, C; Campbell T; Wilton S, Aggarwal S, Austford, L, Williamson T, Liu H, Chirico D, Arena R. Serial Assessment Of The Cardiorespiratory Fitness Vital Sign: Prognostic Significance One Year Post Cardiac Rehabilitation; American College of Sports Medicine Annual Conference. May 27, 2020. *Medicine & Science in Sports & Exercise.* 2020; 52: 7S. p 169
5. LaMonte MJ, Bea JW, **Laddu DR**, Stefanick ML. Skeletal Muscle Health in Aging Women: Function and Disease Implications. Presentation Title: Skeletal Muscle and Functional Outcomes in Older Adults. American College of Sports Medicine Annual Conference: **Symposium**; May 2020 Conference, San Francisco, CA
6. Bellettiere J; Lamonte MJ; Unkarta J; Liles S; **Laddu-Patel D**; Manson JE; Banack H; Seguin-Fowler R; Chaveza P; Tinker LF; Wallace RB; LaCroix AZ. The Short Physical Performance Battery and Incident Cardiovascular Events Among Older Women. Poster Presentation American Heart Association Epidemiology & Lifestyles Meeting; Phoenix, AZ. March 2020
7. **Laddu DR**, Ozemek C Rouleau C, Campbell T, Wilton S, Aggarwal S, Austford L, Arena RA. Prevalence and changes in clinical cardio-metabolic profiles of diabetic and non-diabetic adults following cardiac rehabilitation. Poster Presentation. American Heart Association Scientific Sessions Meeting; Philadelphia, PA. November 2019. *Circulation.* 2019;140:A9935
8. Ozemek C, **Laddu DR**, Rouleau C, Campbell T, Wilton S, Aggarwal S, Austford L, Arena R. The influence of multimorbidity on cardiorespiratory fitness and mortality in patients completing cardiac rehabilitation. American Heart Association. Poster Presentation. American Heart Association Scientific Sessions Meeting; Philadelphia, PA. November 2019. *Circulation.* 2019;140:A10666

9. **Laddu DR**, Bea JW, Banack H, Odegaard A, LaMonte MJ. Body Composition Prediction in WHI: Development and Validation, and Associations with Disease- 5 paper proposal. The Women's Health Initiative; Oral Presentation. WHI Annual Steering Committee Meeting; May 2019
10. Harvey NC, Kanis JA, Liu E, Cooper C, Lorentzon M, Bea JW, Carbone L, Cespedes Feliciano EM, **Laddu DR**, Schnatz P.F., Shadyab AH, Stefanick ML, Wactawski-Wende J, Crandall C, Johansson H, McCloskey E. DXA appendicular lean mass, FRAX, BMD and incident fractures: Findings from the Women's Health Initiative (WHI). American Society for Bone and Mineral Research. Poster Presentation. Orlando, FL. March 2019. SAT-593
11. **Laddu DR**, Ozemek C, Rouleau C, Campbell T, Wilton S, Aggarwal S, Austford L, Arena RA. Prevalence and changes in clinical cardio-metabolic profiles of diabetic and non-diabetic adults following cardiac rehabilitation. Total Cardiology Rehabilitation Network Research Retreat. Oral Presentation. Calgary, Alberta, Canada. March 2019
12. Noel CA, LaMonte MJ, Roberts MB, Pearlman DH, Banack H, Allison M, Shadyab AH, Haring B, **Laddu DR**, Martin LW, Nguyen PK, Manson JE, Eaton CB. Healthy Lifestyle and Risk of Incident Heart Failure with Preserved and Reduced Ejection Fraction in Postmenopausal Women: The Women's Health Initiative Study; Poster; American Heart Association Epidemiology & Lifestyles Meeting; Houston, TX. March 2019 *Circulation*. 2019;139:AP154
13. **Laddu DR** et al. Medical Outcomes Study 36-Item Short-Form Survey Versus Gait Speed As Predictor of Preclinical Mobility Disability in Older Women: The Women's Health Initiative; Oral Presentation. WHI Annual Steering Committee Meeting; Chicago, IL. May 2018.
14. **Laddu DR**, Assimes T, Qin, FF, Hedlin H; Zaslavsky O, Stefanick M. Associations between time-varying physical activity and physical performance measures in postmenopausal women: The Women's Health Initiative; Poster Presentation: WHI Annual Steering Committee Meeting; Chicago, IL. May 2018
15. Rasla S, Lin S, El Meligy A, Roberts MB, **Laddu DR**, Allison M, Shadyab AH, Liu S, Martin LW, Manson JE, Chlebowski R, Panjath G, LaMonte MJ, Eaton CB. Association of walking pace, walking frequency and duration and joint effects on the risk of heart failure in post-menopausal women. *Journal of the American College of Cardiology Annual Meeting*. Orlando, FL. March 2018. *JACC* 2018; 71; Presentation Number: 1315M-03
16. **Laddu DR**, Ozemek C, Lamb B, Hauer T, Aggarwal S, Stone J, Arena R, Martin BJ. Predicting cardiorespiratory fitness at cardiac rehabilitation completion: patient factors that deserve special attention. Poster Presentation. American Heart Association Scientific Sessions; Anaheim, CA. November 2017. *Circulation*. 2017;136:Abstract 20850
17. **Laddu DR** et al. Associations between time-varying physical activity and physical performance measures in postmenopausal women: The Women's Health Initiative; Poster: American Heart Association Epidemiology & Lifestyles Meeting; Portland, OR. March 2017. *Circulation*. 2017;135:AP298
18. Carson AP, Goff DC, Jacobs DR, Kiefe CI, Shikany JM, Sidney S, Kershaw KN, Allen NB, Lloyd-Jones DM, **Laddu D**, Rana JS, Ingram KH, and Lewis CE. Are Racial Differences in Cardiovascular Health Factors Explained by Cardiovascular Health Behaviors? The Coronary Artery Risk Development in Young Adults (CARDIA) Study. American Heart Association Epidemiology & Lifestyles Meeting; Portland, OR. March 2017. *Circulation*. 2017;135:AP081
19. Rasla S, Garas M, Roberts MB, Waring ME, Albert CM, **Laddu DR**, Stefanick ML, Garas DK, Eaton CB. Risk of Sudden Cardiac Death and Coronary Heart Disease Mortality in

- Postmenopausal Women With History of Weight Cycling; *Poster*. American Heart Association Scientific Sessions; New Orleans, LA. November 2016 *Circulation*. 2016;134:A12888
20. **Laddu DR, et al.** Abdominal Adiposity as a Predictor of Cardiovascular Outcomes, Diabetes, and All-cause mortality in Postmenopausal Women: The Women's Health Initiative DXA Cohort; *Poster*. WHI Annual Steering Committee Meeting; Columbus, OH. May 2016
 21. **Laddu DR, et al.** Changes in body composition in older men and women in relationship to physical activity." **Invited Speaker and Co-Chair of Session:** Sex differences in bones, joints, and body composition from puberty to adulthood; Oral Presentation: Organization for the Study of Sex Differences (OSSD); Philadelphia, PA. May 2016. Session IV
 22. **Laddu DR** Cawthon P, Parimi N, Hoffman A, Orwoll E, Miljkovic I, Stefanick M. Changes in Body Composition relative to Physical Activity Changes in Older Men: The MrOS study; Oral Presentation: International Conference on Frailty & Sarcopenia Research; Philadelphia, PA April 2016; OC1
 23. **Laddu DR**, Assimes T, Qin, FF, Hedlin H; Zaslavsky O, Stefanick M. Trunk Fat as a Predictor of Cardiovascular Outcomes in Postmenopausal Women: The Women's Health Initiative DXA Cohort; *Oral Presentation*: Association Epidemiology & Lifestyles Meeting/ NHLBI Cardiovascular, Epidemiology, Biostatistics, and Prevention Trainee Session; Phoenix, AZ. March 2016
 24. **Laddu DR**. Assessment of the effects of whole body and regional soft tissue composition on bone strength and development in females: Invited Talk: The Children's Hospital of Philadelphia/The University of Pennsylvania Perelman School of Medicine, April 2014.
 25. **Laddu DR**, Lee VR, Blew RM, Going, SB. Association of fat distribution with bone strength in young girls. *Oral Presentation*; Federation of American Societies For Experimental Biology; Boston, MA; April 2013. Vol 27:Issue 1
 26. Vassallo DR. **Laddu DR**, Lee VR, Blew RM, Going SB. Higher dairy calcium intake compared to other dietary sources of calcium is associated with decreased whole body and regional adiposity in adolescent girls. *Poster Presentation*. Federation of American Societies For Experimental Biology. Boston, MA; April 2013. Vol 27:Issue 1
 27. **Laddu DR**, Lee VR, Blew RM, Going SB. Association of fat pattern with bone strength in young girls. *Poster Presentation*. The Obesity Society Annual Scientific Meeting. San Antonio, TX; September 2012. 733-P
 28. **Laddu DR**, Lee VR, Blew RM, Going SB. Effects of Whole body and Regional Fat Distribution on weight bearing bone geometry, structure and bone strength: a pQCT study in Young Girls; *Poster Presentation*. American Society for Nutrition: Controversies in Clinical Nutrition. Chicago, IL; June 2012.
 29. Laddu DR, Lee VR, Blew RM, Going SB. Association of fat distribution with bone strength in young girls. *Poster Presentation*. Research Frontiers Nutritional Sciences. Tucson, AZ: Spring 2012.

PROFESSIONAL & TEACHING EXPERIENCE

2017-present The University of Illinois at Chicago | Professor
(Fall Sem) Department: Physical Therapy (American Heart Association sponsored):

Healthy Living Practitioner (HLP)TM Graduate Certificate Program
Nutrition for Healthy Living, 3cr
Preventive Health Screening, 1cr

2016
(Spring Qtr) Stanford University | Teaching Assistant (Prof: Dr. Marcia Stefanick)
Department: Community Health and Prevention Research Master's Program
Prevention Across Medical Disciplines

2015
(Winter Qtr) Stanford University | Co-Teaching (w/ Dr. Lisa Goldman Rosas)
Department: Community Health and Prevention Research Master's Program
The Role of Causal Inference, Study Design, & Outcomes in Community Research; Prepared Lectures/presentations; in-class group projects and activities, independent tutoring

2010-2012 University of Arizona | Graduate Teaching Assistant
Department: Nutritional Sciences; Jennifer Ricketts
Nutrition, Food, and You (taught 6 semesters), *Sports Nutrition (online; taught 1 semester)*; Prepared Lectures/presentations; administer quizzes/exams; in-class & online debate forums, grading, proctoring, independent tutoring

2011 University of Arizona | Student Mentor
Department: College of Science

2007-2008 University of Arizona | Chemistry Lab Instructor
Department: Chemistry; Steve Brown
Create Lectures and Coursework; conduct laboratory experiments and supervision; prepare and administer quizzes, tests, and final exams

MENTORSHIP ROLES

Masters student

2019-present Nowf Alfallaj, Rehabilitation Science, Department of Physical Therapy UIC

2018-2019 Nikitha Akula, Rehabilitation Science, Department of Physical Therapy UIC

2017-2019 Shraddhali Sawant, Rehabilitation Science, Department of Physical Therapy, UIC

Master's Degree Committee

05/2020 Jerome Javier, Department of Physical Therapy, UIC

Project Title: "Effect of Resistance Training on Ambulatory Blood Pressure in African Americans"; (Advisor: Dr. Shane Phillips)

05/2019 Shraddhali Sawant, Rehabilitation Science, Department of Physical Therapy, UIC

Project Title: "Changes in Bone Turnover Markers in Obese Adults Randomized to either Low Fat or Low Carbohydrate Dietary Intervention"; **Chair**

12/2016 Vanessa V. Isles, Rehabilitation Science Department of Physical Therapy, UIC

Project Title: "Anthropometric, Cardiometabolic, and Exercise Capacity Measurements among US Adults of Overweight and Obesity - A Focus on the Lower Extremity Functional Scale (LEFS)"; (Advisor: Dr. Shane Phillips)

Doctoral Degree Committee

2018 Samantha Bonds, PhD Student Department of Biomedical Visualization, UIC

Role: PhD co-advisor (Primary Advisor, Dr. Ross Arena)

Project Title: “Exergaming and Virtual Reality for Health and Implications for Patients undergoing Rehabilitation”

Comprehensive Exam Committee

- 01/2020 Saleh Alshammari, Department of Physical Therapy, Rehabilitation Science, UIC (Advisor: Dr. Shane Phillips)
- 12/2017 Rich Severin, PT, DPT, CCS; Department of Physical Therapy, Rehabilitation Science, UIC (Advisor: Dr. Shane Phillips)
- 04/2017 Ahmad Sabbahi PT, MS, Department of Physical Therapy, Rehabilitation Science, UIC (Advisor: Dr. Shane Phillips)

Dissertation Exam Committee

- 06/2019 Ahmad Sabbahi PT, MS, PhD Department of Physical Therapy, UIC, Rehabilitation Track (Advisor: Dr. Shane Phillips)
- Dissertation:* “The Influence of Race and Sex on the Peak Blood Pressure Response to Exercise”

Other Graduate Mentoring

- 2020-present Han Byoel Kim (MS Candidate in Rehabilitation Science, UIC), **Masters Project Research Mentor**
- 2020 Nicholas Salerno (MS Candidate in the Department of Kinesiology and Nutrition, UIC) **Research Independent Study Mentor**
- 2020 Baladheeraj Marneni (MS Candidate, Rehabilitation Science; UIC); **Research Independent Study Mentor**
- 2020- present Madeline Smith (Department of Physical Therapy Candidate, UIC, **Portfolio Project Mentor**
- 2019-present Min Kyeong Jang, PhD, KOAPN, RN; Postdoctoral fellow College of Nursing (UIC), and University of Illinois Cancer Center; **Research Project Mentor**
- 2018-present Jennifer Bishop (Doctor of Physical Therapy Candidate, UIC); **Independent Study Research Mentor; Research Volunteer**
*paper publication: Prog in Cardiovasc Dis; **PMID: 30610884**
- 2018 Jerry Ching (Doctor of Physical Therapy Candidate, UIC); **Independent Study Research Mentor;**
*paper publication: Prog in Cardiovasc Dis; **PMID: 30610884**
- 2018 Shariwa Oke (Department of Biomedical Visualization; UIC): **Research Project Mentor**
- 2016 Vanessa V. Isles; (MS in Rehabilitation Science, UIC): **Research Project Mentor**

Undergraduate Mentoring

- 2020-present Navya Poothara, Research Independent; Honors Credit
- 2020-present Matthew Bryk, Honors College Faculty Fellow
- 2020-present Jahnvi Patel, Honors College Faculty Fellow

2020-present Sarah Shah, Honors College Faculty Fellow
2020-present Kessie Olekanma, Research Volunteer
2020 Rebekah Rayas; Research Independent Study
2020 Alison Chan, Research Independent Study
2020 Albert Yen, Research Independent; Honors Credit
2020 Shahzeen Qureshi, Research Independent study; Honors Credit
2020 Siya Patel, Research Independent Study; Honors Credit
2020 Nataliya Aleshchenko, Research Independent Study
2020 Sara Toma, Research Independent Study
2020 Claudia Sosa, Research Volunteer
2020 Ashley Perez, Research Volunteer

PROFESSIONAL MEMBERSHIPS

2019-present *Member*, American College of Sports Medicine
2016-present *Editorial Board Member*, Progress in Preventive Medicine
2016-present *Member*, National Research Mentoring Network (NRMN)
2016-present *Member*, American Heart Association Committee on Behavior Change for Improving Health Factors on Lifestyle, Council On Lifestyle and Cardiometabolic Health and Epidemiology and Prevention
2015-present *Member* (Professional), American Heart Association Publications Committee; Council On Epidemiology & Prevention
2015-present *Member*, Association for Women in Science
2011-present *Member*, The Obesity Society
2008-present *Member*, Phi Beta Kappa Professional Honorary

Grant/Journal/Conference Reviewer

2020 Ad hoc reviewer (selected member on behalf of the American Heart Association), U.S. Preventive Services Task Force updated recommendations on Healthy Diet/Physical Activity to prevent CVD in Adults With Known Risk Factors: Behavioral Counseling
2020 Ad Hoc study section, NIH/ASG Aging Systems and Geriatrics Study Section
2020 Mayo Clinic Proceedings, Manuscript reviewer
2020 Scientific Reports, Manuscript reviewer
2019 Abstract reviewer, American Heart Association Epidemiology and Lifestyle Council
2019 The British Institute of Radiology
2019 American Journal of Preventative Medicine
2018 Guest Editor, *Progresses in Cardiovascular Diseases*
2018 BMC Journal Manuscript reviewer
2018 Ad hoc abstract reviewer, American Heart Association Epidemiology and Lifestyle Council

SERVICE TO PROFESSIONAL AND GOVERNMENTAL ORGANIZATIONS

University level:

2020-pres. Illinois Board of Higher Education Master in Rehabilitation Sciences Academic Program Review and Assessment, Department of Physical Therapy, University of Illinois at Chicago

- 2020-pres. Data Safety Monitoring Committee Board Member, Project Title: Cyclical Neuroactive Steroid Changes, Arousal, and Proximal Suicide Risk: An Experimental Approach; NIMH Grant Number: 1RF1MH120843-01
PI: Tory Eisenlohr-Moul, PhD, Assistant Professor of Psychiatry and Psychology
- 2019-pres. Honors College Faculty Fellow Representative for the Department of Physical Therapy, UIC
- 2019-2022 Senate Representative, the College of Applied Health Sciences, UIC
- 2018 Planning Committee, UIC Pre-AHA Precision Lifestyle Medicine Conference
- 2017-pres. Member, Committee on Student Promotion and Professionalism (CSPP), Department of Physical Therapy
- 2017-pres. Member, UIC Healthspan Advisory Board

National

- 2019 American Heart Association Cardiovascular Seminar Session Planning and **Invited moderator** “Mind your heart: maintaining cognitive health and understanding cardiovascular effects of stress (*accepted as for 2020 Sessions*)
- 2018 American Heart Association Cardiovascular Seminar-Session Planning; “Precision lifestyle medicine in cardiovascular health and multimorbidity prevention”; *presented* 2019 Scientific Sessions

COMMUNITY SERVICE RELATED TO PROFESSIONAL WORK

- 2018 *Planning Committee*, UIC Pre-AHA Precision Lifestyle Medicine Conference
- 2015 *Volunteer*, Organization for the Study of Sex Differences (OSSD); Stanford University
- 2014 *Interview* “Benefits of Greek Yogurt in Children and Adolescents”: Tucson Daily Star