

## NE1939 Annual Meeting Minutes

June 6-7, 2023

In-Person: Middletown, RI

In-Person Attendees: Furong Xu (University of Rhode Island), Elgloria Harrison (Lehman College), Melissa Ventura-Mara (West Virginia University), Elmira Asongwed (University of the District of Columbia), Marni Shoemaker (South Dakota State University), DJ Oberlin (Lehman College), Jamie Baum (University of Arkansas), Ingrid Lofgren (University of Rhode Island), Dara LoBuono (Rowan University), Jacob Eubank (Lehman College), Elizabeth McNeill (Iowa State University), Matthew Delmonico (University of Rhode Island), Lee Weidauer (South Dakota State University), Yuxiang Sun (Texas A&M University), Wen-Hsing Cheng (Mississippi State University), Phronie Jackson (University of the District of Columbia), Tia Jeffrey (University of the District of Columbia)

### Tuesday, June 6, 2023

- Meeting Began at 8:40am
  - Furong initiated a vote on meeting minutes from 2022 meeting
    - Moved to accept: Elgloria and Tia
    - Yes: 10
    - Abstain: 7 (no to low attendance)
    - Minutes Passed
  - Furong Reviewed the Open Position: Member-Elect (October 2023-September 2026)
    - Dr. Dara LoBuono volunteered for the Member-Elect
  - Introductions of all present members
- Project Goals Update
  - Years 4-5 Update (4 ends in 9/2023; 5 from 10/1/2023-9/30/2024)
    - Conduct cross-sectional data analysis using multi-state dataset
    - Examine telomere length and markers of inflammation for selected studies
    - Prepare manuscripts and grant submissions for studies
  - Years 3 and 4 Goals
    - Year 3 Annual Report Summary (21-22)
      - Trained 26 UG, 39 G, 9 Post-doc, 30 Extension personnel
      - Received 23 grants (\$2,302,056): 10 fed, 2 state, 4 foundation, 4 university, 1 research station
      - 16 presentations
      - 31 journal articles, 10 abstracts, 4 theses or dissertations
    - Year 4 report due: October 1st

Break 10:20am to 10:30am

- Project Renewal Related I (all related resources included in shared Google folder)

- What do we want, what are our goals, in the next 5 years? – October 1, 2024-September 30, 2029
- Timeline: September 2023 (Inform NERA plan to submit Proposal)-October 1, 2024 (5 Year Project Start Date)
- New proposal drafting discussion – Groups separated into three groups to address three objectives
  - Title
  - Objectives 1 & 2 (Changed to 3 objectives) – Did we take out “areas” in all objectives?
- Research Award & presentation: Yuxiang Sun
  - Presentation title: Nutrient-sensing ghrelin signaling in inflammation and health span

Lunch from 12:00pm to 1:00pm

- Work Group Discussion
  - Brain Health
  - Life Span
  - Health Technology
- Networking
  - Professional Development
    - Yuxiang – Suggested reading “The Deep Works.”
    - Lee - Do not be afraid to say “No” if the collaboration is not for you and your research agenda
      - Suggested checking collaborator’s record for past follow-through on projects
    - Elgloria – Pay attention to your research and do not be afraid to focus more on your research, if necessary.
    - Tia – Asked about time commitment to balancing declining enrollment, recruitment/retention, program overhaul, program review and how to maintain scholarly activity
      - Focus on what you will be promoted on
      - Jamie – Know what your goals are so you know what to say yes or no to. Understand how service can benefit you.
      - Ingrid – What is your goal and make your service match it
      - Lee – Always talk to person leaving service position to get an idea of time commitment
  - Translational Work
  - Student Training and Mentorship

Break 2:30pm to 2:45pm

- Lightning Talks
  - Jamie Baum – Successful Aging through Protein Intake

- Project: Diet, Food, Exercise, and Nutrition to Prevent Chronic Disease (DFEND)
- Elizabeth McNeill – mRNAs – mediators in response to diet and physical activity
  - Project: A role for miRNA in high fat diets (HFD)
- Marni Shoemaker – How Nutrition and Exercise Impact Skeletal Muscle Health for Health and Performance
  - Older Adults (Sarcopenia, Metabolic Flexibility)
  - Athletes (Nutrition, body composition, and performance in wrestlers; nutrition education in adolescent and collegiate athletes; muscle tissue oxygenation responses)
  - Youth (Iron status, dietary intake and performance)
  - Tactical (Nutrition and physical activity behaviors, CRF, body composition, metabolic panels)
- Wen-Hsing Cheng – Optimized Selenium Status for Healthy
  - Project: Selenium Deficiency and Toxicity in Humans
- Picking Next Meetings – Rhode Island can always be a back-up.
  - 2024 – South Dakota State University – Sioux Falls, SD (June 10<sup>th</sup> – June 12<sup>th</sup>)
  - 2025 – ???

Daily Wrap up 4:30pm to 4:45pm

5:30pm Team Dinner

### **Wednesday, June 7, 2023**

- Member-at-Large Filled – Dara (2023-2026)
- 2023-2024 Awards Committee – Need volunteers (Email Furong or Jake)
  - Chair: Dr. Sun
  - Committee: Need volunteers
- Nicole O'Malley - Neurologic Music Therapy Across the Lifespan
  - Music is more embedded in what we do than we realize
  - Different attributes of music have different responses in our brain
- Project Renewal Objectives
  - Needs (Add or Delete?):
    - Older adults – Change to “Aging Populations”
    - Poverty – Change to “Socio-economic Status”
    - Food insecurity – Change to “Food and Nutrition Security”
    - Nutritional Risk
    - Dietary intakes
    - Physical activity
    - Sarcopenia – Change to “Musculo Skeletal Health and Body Composition”
  - Survey tool descriptions (Add or Delete?):
    - Sociodemographic attributes
    - Nutritional risk and dietary intake frequency

- Food security
  - Quality of life (QOL)
  - Physical activity
  - Physical function
  - Add - Sleep Quality Index (Brain Health Group will add)
  - Add – Sense of Belonging (Brain Health Group will add)
  - Members can add any other instruments they are using.
- Continue Group Work on Objectives

Wrap-up 11:45pm to 12:00pm

Lunch/Adjourn 12:00pm to 1:00pm