
2014-2015

Scientific Report



**PENNINGTON
BIOMEDICAL
RESEARCH CENTER**

LSU



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Pennington Biomedical hopes to help kids get active with "Play Streets." [Learn more.](#)

FROM THE EXECUTIVE DIRECTOR



It's been nearly 30 years since we opened the doors at Pennington Biomedical. Throughout the decades, we have not wavered in our effort to make a difference toward our goal to improve health outcomes for people burdened with chronic diseases such as obesity, diabetes and dementia, and others. Our mission is clear – we're here to improve health through research, collaboration and discovery – and our work is making an impact on populations at home and around the world.

Our research is translational. From the minute an idea or research question forms in the laboratory, we start thinking about how that discovery can help people in need. Ideas that begin in our laboratories are destined for rigorous testing in a clinical setting and eventually, hopefully, into the population. Pennington Biomedical houses some of the world's best laboratory facilities, equipment and clinics. This allows us to conduct research that involves multiple disciplines and across the human life span.

Through our research, we are:

- understanding basic mechanisms of disease development;
- evaluating individual response to nutrition and medical interventions;
- evaluating studies to determine the impact on infant and maternal health;
- helping kids find new and innovative ways to get and stay healthy;
- engaging families to combat the obesity epidemic;
- helping to develop key obesity and diabetes medications;
- continuing to test and evaluate novel treatments for disease;
- working to optimize military performance;
- aiming to enable and promote optimal aging, including a search for solutions and treatments to dementia and other cognitive problems.

We are home to four deeply rooted collaborative center grants funded by the National Institutes of Health, the nation's most prestigious federal funding agency. Our NIH centers are focused on the prevalent conditions affecting our population such as diabetes and obesity. This sort of federal funding supports our faculty, funds pilot grants, trains the next generation of scientists, enhances student education and advances science. The progress of these centers, many of which are in their second and third grant renewal cycles, is an outstanding testament to the caliber of work we have underway. We are also home to a center of excellence focused on dementia that is a designated Alzheimer's Disease Cooperative Study site.

Our scientists are among the most productive, sought after, and cited researchers in the world. In our nearly three decades, more than 5,348 publications have been attributed to Pennington Biomedical scientists. Our ratio of faculty to federal funding remains strong.

Despite great success, we are always looking for ways to improve. In 2015, an outside consultant reviewed our business plan and our resources. Their conclusion: we remain an economic development engine for Baton Rouge and for the State of Louisiana, and in order to continue our progress we must maintain a critical mass of investigators. The consultants affirmed that there is minimal opportunity to improve our finances by reducing our headcount of research and administrative staff. Rather, they noted that we need a stable source of funding beyond traditional grants to support long-term viability. Toward that end we are looking at creative and innovative solutions to provide new revenue sources to support our research. The consultants also noted that we need to expand our research portfolio to emphasize growth in clinical and population sciences, while continuing to invest in strategic priorities within basic science. Overall, their analysis supported our goals and affirmed that we are on a solid path forward.

This focused internal review has informed our blueprint for the future and we have identified priorities – both scientific and administrative – over the next five years to help us realize these plans and enable sustained

research growth. These areas of emphasis and future direction are identified throughout this report, and we are working collaboratively with our philanthropic foundation so as to have the necessary resources to bring these ideas to fruition.

As part of our mission, we strive to engage our community in discovery and communicate our science with audiences far and wide. We also aim to inform the decisions of legislative bodies as they make choices related to health; to inform the work of financial bodies who seek to minimize cost, eliminate waste and abuse, and ensure a high standard of care; and we expect our work to move the needle of discovery forward, both at the lab bench and in our communities.

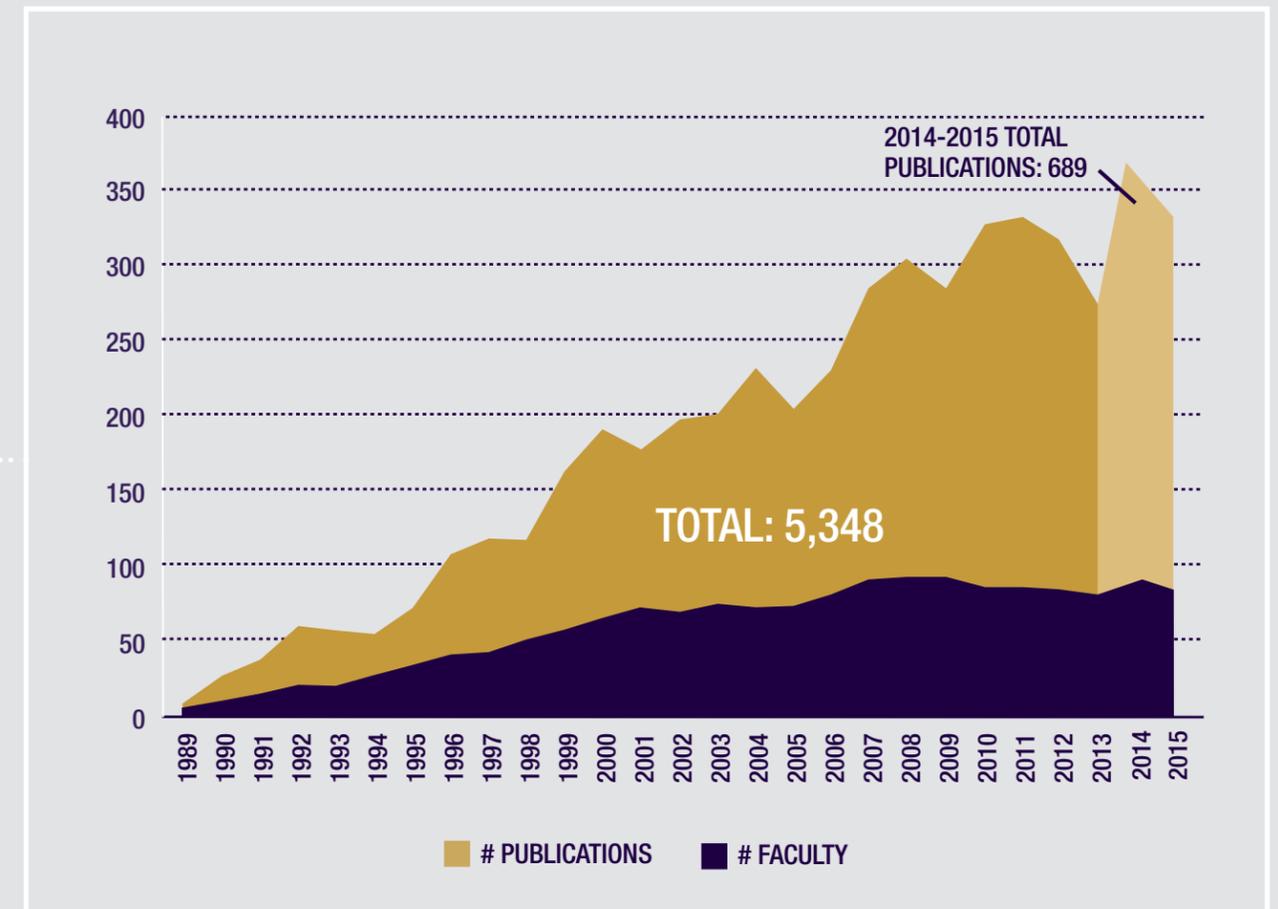
We cannot succeed alone. Our partners and collaborators are essential to achieving our goals. I would be remiss not to wholeheartedly thank Louisiana Governor John Bel Edwards and our legislature, as well as LSU

President Dr. F. King Alexander, the LSU Board of Supervisors, the Louisiana Board of Regents, the Pennington Biomedical Research Foundation, and the Pennington Medical Foundation for their steadfast commitment to academic research and to our center.

I'm proud that Pennington Biomedical is a place of discovery focused on improving health, nutrition, and chronic disease outcomes – and I look forward to working with and growing this amazing team as we advance health for generations to come.

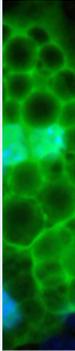
William T. Cefalu, MD
Executive Director

George A. Bray, Jr. Endowed Super Chair in Nutrition



DISTINCTION & ACHIEVEMENT

Pennington Biomedical is home to outstanding collaborative centers and institutes. These entities distinguish the center and provide fertile research and mentoring opportunities for scientists at Pennington Biomedical, across the state, and around the country. Being home to one NIH-funded research center is a prestigious mark for any academic institution – Pennington Biomedical is home to FOUR, plus one university-designated research center of excellence. Leadership of these centers is a true mark of distinction for our center and our researchers.



CENTER OF BIOMEDICAL RESEARCH EXCELLENCE

cobre.pbrc.edu

The COBRE provides support for outstanding junior faculty at Pennington Biomedical as they transition from training to independence and establish their own extramurally funded research programs. The center works to create a rich academic and technical environment in which to train the next generation of scientists that will power the discovery process in the areas of obesity, diabetes and metabolic disease. Initially established in 2006 through a five-year grant award from the National Center for Research Resources at the NIH, Phase II was renewed in 2011. The COBRE was renewed again in 2016 and transitioned from a Phase II to Phase III center.

- 11** COBRE Graduates
 - 220+** Research papers by PIs using COBRE supported facilities
 - 80+** Research papers published by graduates with COBRE support
-



NUTRITION OBESITY RESEARCH CENTER

norc.pbrc.edu

The NORC was first funded by the NIH National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) in 2006. The center's research has traditionally focused on collaborative and multi-disciplinary opportunities aimed at generating new research ideas and moving the best of those ideas from the lab bench to the patient's bedside. NORC research includes the investigation into signaling pathways within pancreatic beta cells and inflammation that may lead to diabetes, a study of adipocytes in mammary glands that play a role in breastfeeding and how specific adipocytes affect lactation, milk composition and the nutritional status of nursing babies, and targeted pediatric research studies aimed at increasing physical activity, improving overall health and engaging community participation. NORC also funds pilot research projects at academic research institutions across Louisiana. Another **five-year grant renewal** was received in 2016.



BOTANICAL DIETARY SUPPLEMENTS RESEARCH CENTER

botanical.pbrc.edu

Pennington Biomedical, in collaboration with Rutgers University, has been home to the BRC since 2005. It is one of only three NIH-funded botanical research centers in the country and the only one focused primarily on obesity and diabetes. Pennington Biomedical's expertise in metabolic disease research is teamed with Rutgers University's plant science expertise on this initiative. The center's third 5-year renewal was awarded in 2015 for continued research and innovation to help combat diabetes, insulin resistance, metabolic syndrome, obesity and heart disease.



LOUISIANA CLINICAL & TRANSLATIONAL SCIENCE CENTER

lacats.org

The LA CaTS Center is working to transform the clinical and translational research efforts of our region away from the status quo, where institutions operate in isolation to pursue their institutional missions, and toward a cohesive, mutually supportive enterprise for clinical and translational research. Funded through the NIH IDeA-CTR, the center represents a unified and comprehensive approach targeting the theme of "prevention, care and research of chronic diseases in the underserved population." The center is comprised of three primary collaborating institutions, including Pennington Biomedical, LSU Health Sciences Center in New Orleans, and Tulane University School of Medicine in New Orleans – and also includes four research partners: LSU Health Sciences Center in Shreveport, Xavier University of Louisiana in New Orleans, Research Institute for Children at Children's Hospital in New Orleans and Louisiana State University in Baton Rouge. Another five-year grant renewal is being submitted in 2016.

- \$28M** New extramural grants to Louisiana institutions via LA CaTS infrastructure
 - 255+** Scientific journal publications authored by investigators via LA CaTS resources
-



INSTITUTE FOR DEMENTIA RESEARCH & PREVENTION

idrpbrc.edu

The IDRP is working to improve the quality of life for individuals in Louisiana through world class research programs focused on dementia prevention, providing local access to the latest clinical trials for the treatment of dementia, and providing educational opportunities for individuals/families affected by dementia. The IDRP brings together multiple scientific disciplines within the clinical research arena in order to find novel ways of preventing, detecting, and managing dementia in the elderly. The institute has enrolled more than 2,000 participants in its clinical trials and is establishing itself as a world leader in understanding the interactions between changes in mobility and the development of dementia. The institute was designated an Alzheimer's Disease Cooperative Study (ADCS) site in 2014, making Pennington Biomedical the only ADCS site in the tri-state area of Arkansas, Louisiana and Mississippi.



BASIC SCIENCE

34 FACULTY
8 POST DOCS
44 RESEARCH STAFF

Basic researchers are explorers in search of discovery. Each day they are dedicated to research aimed at proving – and improving – the scientific theories that help us understand and predict phenomena that advance fundamental knowledge about human health.

Pennington Biomedical is recognized around the globe for its state of the art basic research on chronic diseases that are epidemic in Louisiana, especially obesity and diabetes. It is predicted that within 20 years, these two interrelated disorders could bankrupt healthcare in Louisiana. Finding solutions to these critical problems is the principal goal of our basic scientists.

At Pennington Biomedical, we afford faculty access to the finest possible scientific instrumentation. This dedication to basic science excellence is one reason that our faculty are nearly twice as successful in obtaining funding for their work compared with the national average.

We continue to make the much needed fundamental discoveries that enhance understanding of the biological basis for the persistence of diabetes and obesity as well as the downstream consequences of these chronic disorders.

Our basic science researchers are providing the building blocks vital to advancing chronic disease discovery across a range of areas including diabetes, obesity, stem cell and developmental biology, and neurobiology. Some of their achievements during this reporting period and a look toward the future are highlighted below.

ACHIEVEMENTS

The following provides a sample of some of the achievements resulting from the broad range of work carried out in laboratories at Pennington Biomedical.

Regulating blood glucose levels: Our physiologists have discovered new ways of studying the communications between certain types of brain cells, astrocytes, and neurons. This live-cell imaging technique has allowed our basic scientists to determine that astrocyte glucose detectors, and their communications with neurons are important factors determining how the body regulates blood glucose levels. Glucose is a critical energy source for the brain, so this type of detection is essential to survival. This discovery may lead to new ways of thinking about how the brain monitors the nutrient levels in our bodies and how that may influence our desire for food and thus our feeding behavior; from overeating and under eating, to cravings for certain food types. Techniques developed for the study of glucose detection by the brain have been adapted by Pennington Biomedical scientists to the study of how inflammation destroys the ability of beta cells in the pancreas to release insulin in response to high levels of glucose. This new approach has the potential to challenge current ideas about how obesity and infection can lead to reduced insulin secretion and the onset of diabetes.

Optigenetics: This novel, state-of-the-art technique was introduced to Louisiana by our researchers. Using this innovative methodology, our researchers found that they can stimulate very specific kinds of neurons in live animals by using pulses of light applied to optical microfibers placed in the brains of mice. We used these novel methods to identify the specific type of neurons in the brain associated with hunger that control the pleasure we experience when eating sugar or fat.

Skeletal Muscle: Our scientists are engaged in the study of skeletal muscle. It is well known that muscle mass can decrease with aging. Further,

with age and obesity, muscle loses its ability to respond to insulin by taking up glucose from the blood. This is a principal cause of type 2 diabetes. Our investigators are studying the fundamentals of muscle metabolism to understand how aging and chronic inflammation can be reversed so as to prevent the development of diabetes.

Inflammation and Botanicals: Our scientists are focused on understanding how inflammatory processes that occur within adipose tissue in obesity contributes to the development of type 2 diabetes. This is not only an essential area of obesity research, it also informs one of the research cores essential to our botanical research. Pennington Biomedical is home to the Botanical Dietary Supplements Research Center, one of only three such centers in the U.S. and the only one focused primarily on obesity and diabetes. Over one-third of drugs come from plants. We are working with botanists at the University of Louisiana Lafayette to study native plants that have a folk history used in creole culture. The study of these plants has led to the identification of plants that might be useful in combatting metabolic disease states that damage adipose tissue function and contribute to obesity and diabetes.

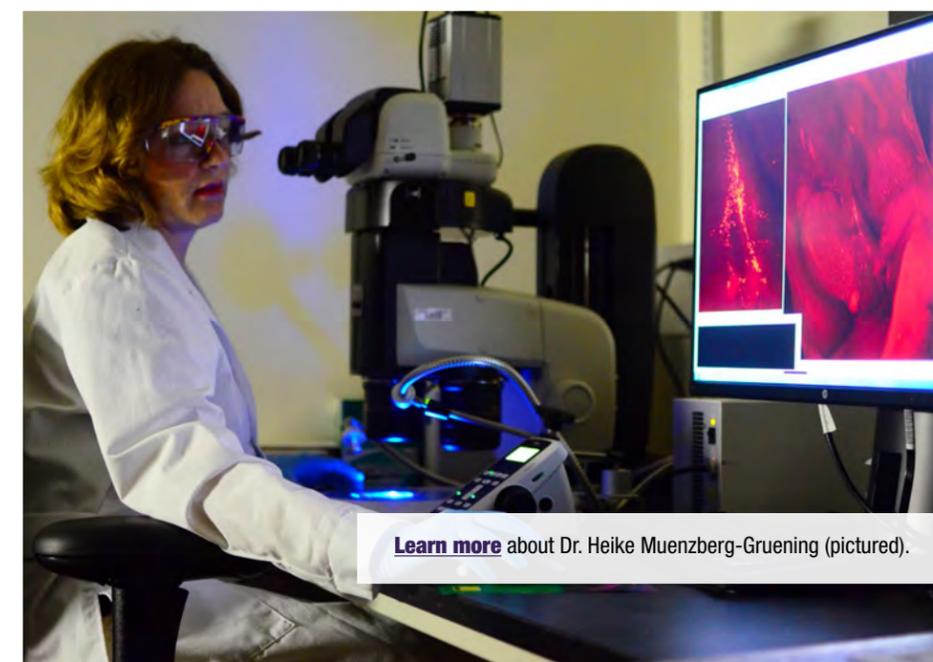
[Learn more.](#)

Maternal Diabetes: Our work has revealed the process by which maternal diabetes can cause devastating spinal cord defects such as spina bifida in the developing fetus. This work has been recognized as fundamental to our understanding of such birth defects.

Obesity Treatment Options: Our researchers are tackling one of the most perplexing aspects of gastric bypass surgery for the correction of obesity – the rapid elimination of diabetes that is a hallmark of the obesity epidemic. Using microsurgical models for several forms of gastric bypass in mouse models, our investigators have found that the radical changes in food intake patterning demanded by the surgery is responsible for most of the effects to eliminate diabetes.

FUTURE DIRECTIONS

A focus on the microbiome. The human gastrointestinal tract harbors a “microbiome” of as many as 100 trillion bacteria from up to 1000 distinct species, and this volatile population of microbes participates in biologic processes including nutrition, digestion, and growth; as



[Learn more](#) about Dr. Heike Muenzberg-Gruening (pictured).

well as inflammation and disease progression. Our research, and that of colleagues at other institutions, has shown that modern high fat diets cause robust and long-lasting disruption to the gut microbiome, which may trigger profound metabolic and neurologic damage. Conversely, healthy lifestyle choices like dietary botanicals and exercise might support a healthy microbiome and prevent the effects of unhealthy diets. Future studies will focus on learning how to harness the intestinal microbiome to prevent the detrimental effects of modern unhealthy diets while amplifying the beneficial effects of botanical and exercise interventions to synergistically increase overall health.

COLLABORATION = PROGRESS

Our basic scientists are collaborating on

180+

research projects with colleagues on other LSU campuses and with institutions and companies around the world to help develop an understanding of the biological basis for chronic diseases like obesity and diabetes.

BASIC SCIENCE FACULTY



Hans-Rudolf Berthoud, PhD | Claude Bouchard, PhD | Doug Braymer, PhD | Annadora Bruce-Keller, PhD | David Burk, PhD | Ji Suk Chang, PhD | Jason Collier, PhD



Susan Collier, PhD | Kenneth Eilertsen, PhD | Carrie Elks, PhD, RD | Elizabeth Floyd, PhD | Thomas Gettys, PhD | William Hansel, PhD | Gerlinda Hermann, PhD



Claudia Kappen, PhD | Abba Kastin, MD | David McDougal, PhD | Christopher Morrison, PhD | Heike Muenzberg-Gruening, PhD | Randall Mynatt, PhD | Robert Noland, PhD



Tuomo Rankinen, PhD | Allison Richard, PhD | Brenda Richards (Smith), PhD | Richard Rogers, PhD | Michael Saibaum, PhD | Kem Singletary, DVM | Krisztian Stadler, PhD



Jacqueline Stephens, PhD | April Stull, PhD, RD | Bolormaa Vandanmagsar, PhD | Jianping Ye, MD | Sangho Yu, PhD | Jingying Zhang, PhD

IT ALL BEGINS IN THE LAB

Pennington Biomedical is known the world over for our impressive cadre of basic scientists, and for nurturing future generations of explorers. Among our innovative mid-career basic scientists is **Dr. David McDougal**, a neuroscientist who is striving to better understand the brain in hopes of providing improved treatments for people living with diabetes.

As an early career researcher, McDougal got his start in Pennington Biomedical's **COBRE**, a NIH-funded program that provides support and training for the next generation of scientists as they transition from training to independence and establish their own extramurally funded research programs.

That initial backing from COBRE provided

McDougal the sturdy research foundation he needed to build a robust neuroscience program aimed at combatting diabetes. As a COBRE mentee, he demonstrated that dietary restriction can produce alterations in brain metabolism in rodents similar to those associated with hypoglycemia associated autonomic failure (HAAF), a condition in humans that limits therapy to greatly improve glucose control to reduce complications.

Today, his work has moved beyond the lab bench and into the clinic. Through a project funded by another NIH center housed at Pennington Biomedical – the LA CaTS Center – McDougal is working to decipher diabetes through fasting. His GLIMpSE research study is focused on answering the question of what more can be done

to detect a chronic problem with blood sugar that is dangerously low. McDougal and his colleagues are observing how fasting impacts the brain, and compiling information that is vital for people with diabetes and their physicians, who currently have no test for chronic low blood sugar.

With the help of our clinical brain imaging expert **Dr. Owen Carmichael**, McDougal utilizes cutting-edge MRI images to detect variations in brain metabolism during fasting and whether those changes might be a good biomarker for chronic low blood sugar. The unique translational science collaboration aims to build on vital clues discovered at the lab bench to advance science and improve health outcomes in people living with diabetes. [Read more.](#)



Dr. David McDougal is pictured in the lab with student intern Jasmine Gosey.

CLINICAL SCIENCE

13 FACULTY
6 POST DOCS
53 RESEARCH STAFF

The World Health Organization notes that roughly 80% of all deaths worldwide are the result of non-communicable diseases (NCDs), or chronic diseases. Pennington Biomedical clinical science faculty and staff are dedicated to research development to alleviate this public health burden.

Clinical research is vital to our mission and is at the center of translational biomedical research that is advancing discovery from the bench to the bedside. Our clinical faculty and researchers are dedicated to improving the health of patients of all ages affected by chronic diseases such as obesity, diabetes and some cancers leading to better physical and cognitive functionality from pediatrics to older age. In collaboration with basic scientists, our clinical

scientists design and implement novel studies that yield advances on the mechanisms, prevention, and diagnosis and treatment strategies.

During this report period, our clinical science faculty secured \$16,228,307 from federal funds and other contracts to conduct our innovative research. There are currently 56 ongoing clinical studies. Our strategy includes clinical evaluation of research participants, clinical testing in these volunteers, education, administration of behavioral strategies to cope with lifestyle interventions, enrollment in pharmacological studies for weight management – all directed at translating science into outcomes for better health.

Our clinical science researchers are focused on translating science into health across a range of areas including diabetes, obesity, Alzheimer's disease and dementia, biomedical imaging and developmental biology, and neurobiology. Some of their achievements during this reporting period and a look toward the future are highlighted below.

ACHIEVEMENTS

- Development of new statewide collaborations between Pennington Biomedical and Louisiana academic institutions to leverage our different expertise via a translational center grant ([LA CaTS](#)).
- Hiring of a director for our state-of-the-art imaging center.
- Opening of our [Translational Research Clinic for Children \(TReCC\)](#) dedicated to the study of pediatric obesity and diabetes.
- Engaged federal, state, and industry partners in clinical trials using our newly renovated inpatient unit (6-bed expansion and remodeling).
- With obesity now thought to occur as early as in utero, studies engaging pregnant women and children from the time of birth are critical for our future research. We launched the Maternal Infant Phenotyping core to support research efforts in this important area of research, including the world's second infant whole-body calorimeter: studies will explore areas such as nutritional programming and the measurement of food intake, energy expenditure and body composition in newborns and toddlers.
- Use of the [Remote Food Photography Method®](#) and the [SmartIntake® application](#) in clinical interventions, including e-health interventions designed to help patients manage their weight while they live at home.

FUTURE DIRECTIONS

Over the next five years, we hope to expand the size of our clinical research faculty with an emphasis on early and mid-career investigators with particular recruitment interests in the areas of energy balance, the cross talk between obesity and type 2 diabetes mellitus, and the cross talk between the gastrointestinal tract and metabolic health.

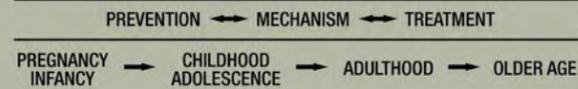
To fully facilitate translational research in the general theme of “nutrition and metabolic health from young to old age,” we will form research teams with basic, clinical and public health scientists (from mechanisms to clinical and prevention) to tackle important research questions.

We have identified **three focus areas** of research during the lifespan and plan to progressively build research teams around big questions in these areas. Among other research pursuits, we will work to develop novel noninvasive imaging methods to help with our obesity, pediatric, and aging research.

Alzheimer's disease affects 5.2 million people in the U.S., including more than 330,000 Louisianians. Our research is focused on brain health. We aim to prevent Alzheimer's disease and dementia from developing in the first place. Approximately 2,000 people from across the south are participating in the [Louisiana Aging Brain Study](#), for example. In 2014, our [IDRP](#) was designated an [Alzheimer's Disease Cooperative Study site](#). We are also engaging advanced technologies such as MRI, DXA, and ultrasound to better understand the role that the brain plays in the prevention and treatment of obesity and diabetes across the lifespan. [Learn more.](#)



NUTRITION, OBESITY AND METABOLIC HEALTH THROUGH THE LIFESPAN



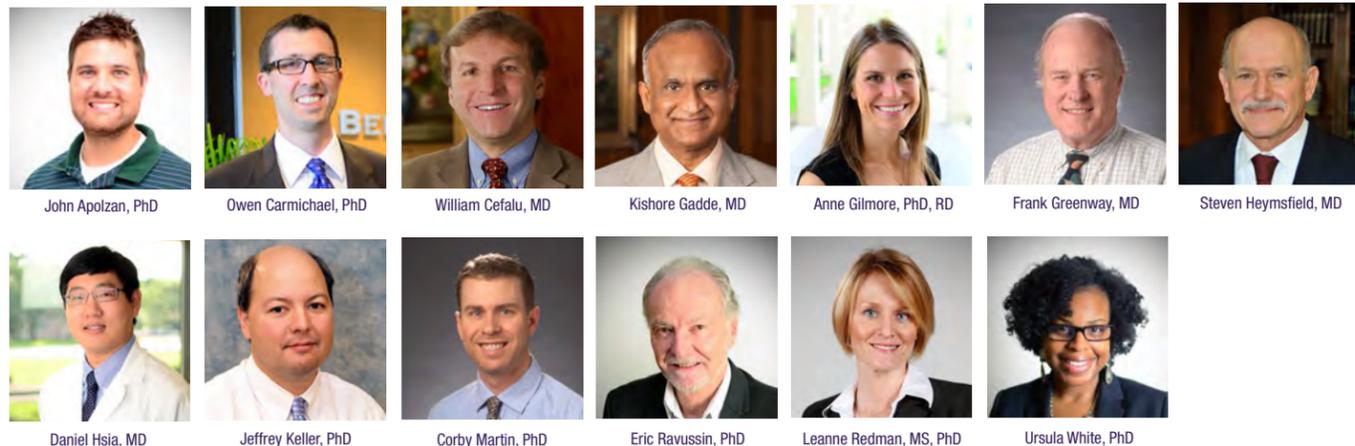
Focus Areas:

- Maternal/Infant nutritional status and metabolic consequences.** Based on emerging interests in epigenetic phenomena, such as how environmental events in utero and in early life can influence the risk of obesity and metabolic syndrome in later life, we aim to further investigate the drastic influence of nutritional programming. For example, there is emerging concern about the impact of the procedures of In Vitro Fertilizations (IVF; 1% of births each year in the U.S. are IVF babies) on the metabolic health of IVF babies. Similarly, with the increased prevalence of obesity, more and more pregnant women will develop gestational diabetes, a condition known to affect the metabolic health of the offspring.
- Pediatric and adulthood obesity and metabolic health.** A large proportion of obesity and associated diseases is attributable to lifestyle factors adding up to ample room for improved health interventions, including behavioral and/or pharmacological approaches. Our basic scientists and physiologists have made important contributions to understanding the physiology of weight regulation and have collaborated with our clinical scientists to develop nutritional and physical activity programs as modifiers of obesity associated metabolic disorders in children and adults. Such efforts must be sustained and increased in the pediatric population – the age range during which healthy lifestyles can be anchored.
- Nutritional status at older age to preserve physical and cognitive functionality.** Life expectancy is increasing dramatically around the globe. At the same time, obesity and type 2 diabetes are adversely affecting the health of individuals as they age. Rates of mortality, microvascular complications, and age-related health events and hospitalization are increasing and physical function and quality of life are diminishing. These factors are real threats to health. There is a need for nutritional and activity programs aimed at protecting against the progressive loss of cognitive and physical functionality. Lifestyle interventions on body composition, metabolic health and overall functionality need to be validated in order to preserve optimum quality of life at an older age. Similarly, novel pharmacological therapies need to be developed and tested to delay the loss of physical and cognitive functionality.



[Learn more.](#)

CLINICAL SCIENCE FACULTY



Research underway in our [Translational Research Clinic for Children \(TReCC\)](#) has the power to transform the lives and health of children in Louisiana and around the globe. The TReCC, opened in 2014, is home to research that is preventing the development and progression of chronic disease early in life to ensure that children live longer, healthier lives.

Made possible through an investment from the State of Louisiana, the TReCC is integrated within Pennington Biomedical's existing basic, clinical and population science programs and aims to translate research from the laboratory to the community.

Over the past 30 years, childhood obesity has more than doubled in children and quadrupled in adolescents* leading to earlier diagnoses of diabetes, hypertension, cardiac conditions and other serious chronic health issues. Under the leadership of endocrinologist [Dr. Daniel Hsia](#), Pennington Biomedical's pediatric clinical research is endeavoring to find the best therapies to prevent and treat childhood obesity and diabetes in children and teenagers.

Hsia and his colleagues are working to better understand how novel medications may improve weight loss in overweight and obese children and how targeted diabetes treatments (many already approved for adults) can help manage the disease in children. The TReCC is equipped with its own pediatric assessment rooms, phlebotomy lab, demonstration kitchen, and state-of-the-art technology

*National Center for Health Statistics. Health, United States, 2011: With Special Features on Socioeconomic Status and Health. Hyattsville, MD; U.S. Department of Health and Human Services; 2012.

and equipment for exercise training and fitness in children. Moreover, utilizing specialized gaming rooms, child-sized physical activity equipment, a playground, and instrumentation to assess metabolism, the stage is set for [Dr. Amanda Staiano's](#) behavioral and exercise research at the population level. State-of-the-art research is focused on creating programs that help children form healthier behaviors that can improve lifelong health and decrease the risk of chronic disease. Staiano is working with children and teens to deliver video game based exercise programs that can be used at home and that encourage participation from family members and friends. She is also testing remote exercise coaching to encourage children and their families to stick with exercise programs long term.

Additionally, Staiano and her team are partnering with Our Lady of the Lake Children's Hospital to provide nutritional and lifestyle counseling to families with overweight or obese children in the Greater Baton Rouge community. In the [Our Lifestyles, Our Lives program](#), families receive hands-on cooking classes, in-depth information on understanding nutritional labels, and tips on how to incorporate physical activity into everyday life.

These are but two examples of the pediatric research underway at Pennington Biomedical. Our multidisciplinary approach spans both clinical and population studies and is poised to advance scientific discovery into chronic disease and improve health from childhood into adulthood.

POPULATION & PUBLIC HEALTH SCIENCES

12 FACULTY
2 POST DOCS
32 RESEARCH STAFF

We are working via clinical, translational, and community-engaged research to inform the implementation of evidence-based prevention and treatment modalities in public health settings. Our research aims to improve the health of human populations through science and advocacy on nutrition, physical activity, and the environment as they relate to obesity, chronic disease, and related risk factors.

Our Population and Public Health Sciences faculty are invested in translational and community-based research aimed at reducing health disparities and improving

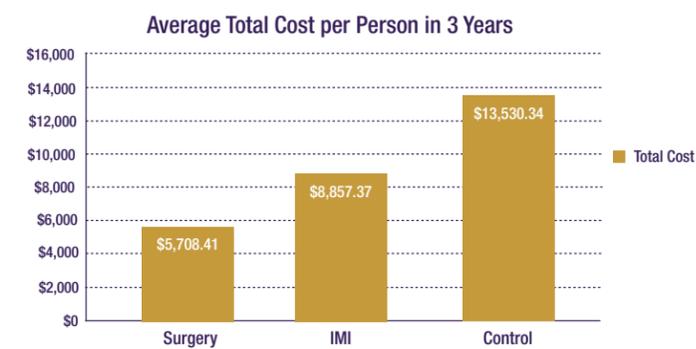
the overall health of the population. Our scientists are working beyond the walls of Pennington Biomedical to take our research out of the laboratory and into a variety of settings, including communities, schools, medical clinics and the military.

In FY 2015, our faculty received approximately \$676,000 in institutional support from Pennington Biomedical and obtained over \$13 million in external grant funding. This represents a return on investment of over \$19 for every dollar invested in our population and public health sciences.

Our population and public health sciences researchers are working to engage the community and improve the health of our population across a range of areas including diabetes, obesity, physical activity and nutrition, and epidemiology and prevention. Some of their achievements during this reporting period and a look toward the future are highlighted below.

ACHIEVEMENTS

- Medical Management for Obesity.** The **Heads-Up demonstration project**, conducted in partnership with the Louisiana Office of Group Benefits (OGB), has shown preliminary data that bariatric surgery and intensive medical management for obesity result in significant health care cost savings in obese patients. The results show that compared to control patients, those that underwent intensive medical intervention (IMI) for obesity or bariatric surgery had 34.5% lower and 57.8% lower health care costs, respectively, over the first three years of treatment.

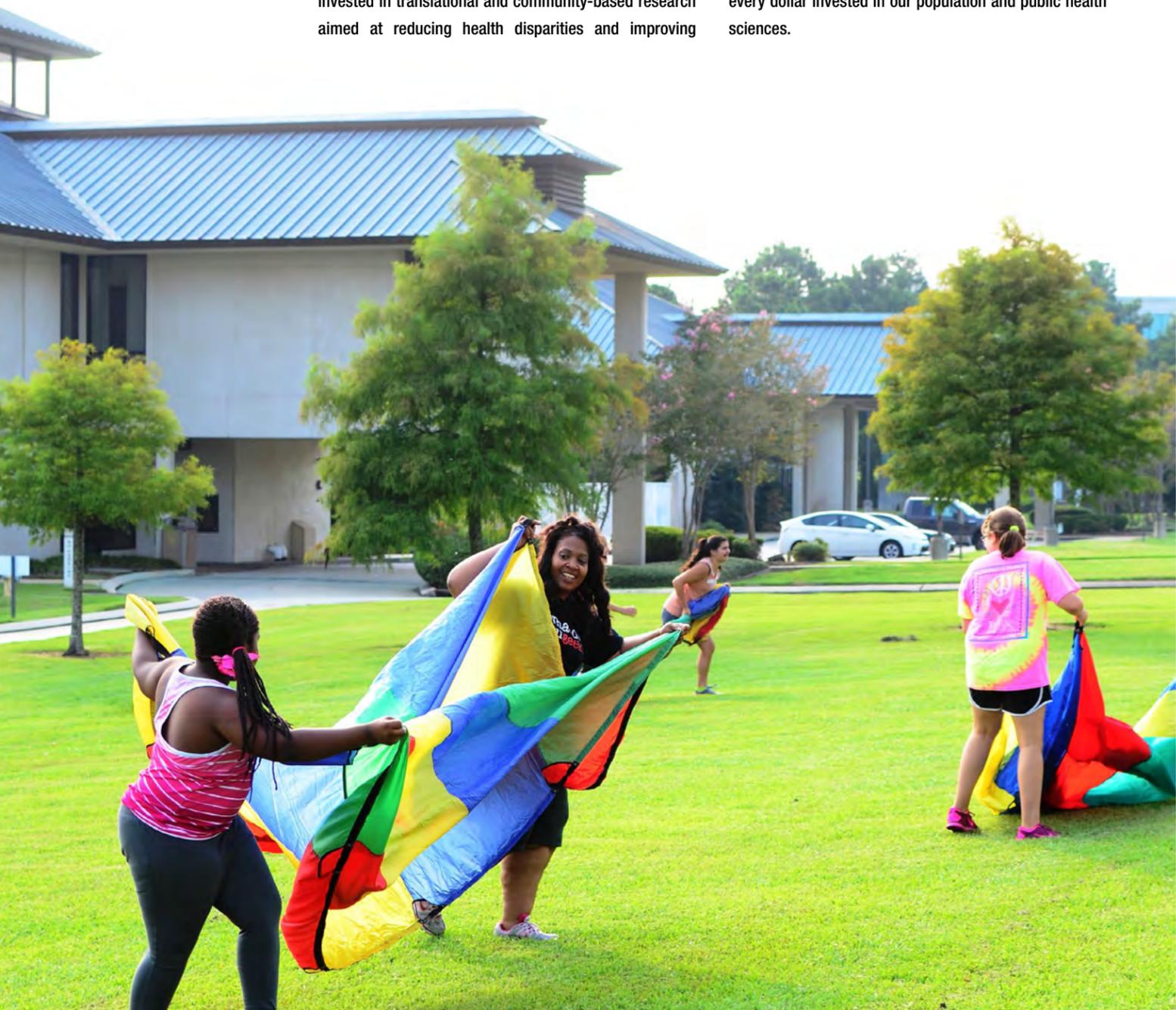
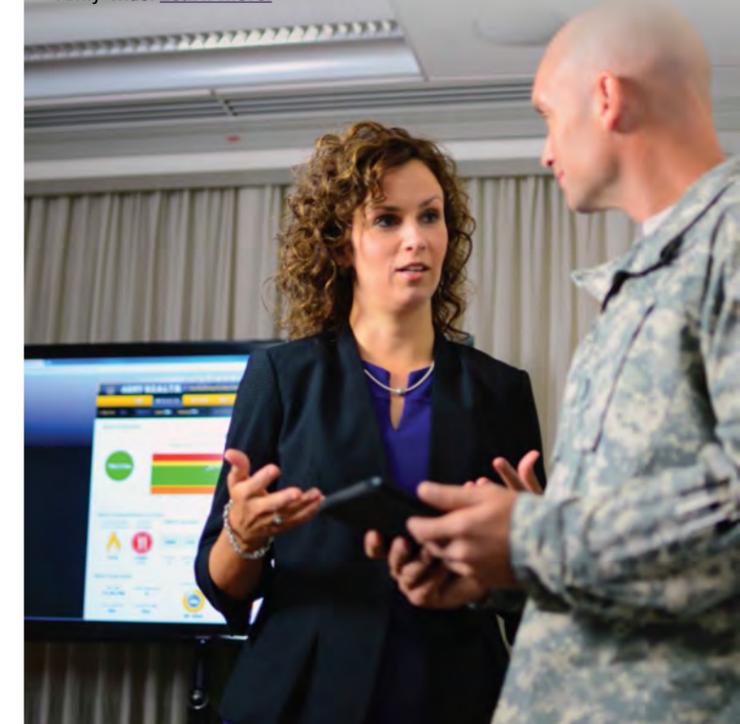


- Community-Academic Partnerships.** Three successful local projects demonstrate the effectiveness of partnerships with our community to improve health. The **West Carroll Healthy Communities** program, funded by NIH through our LA CaTS Center and conducted in partnership with the LSU AgCenter, the Southern University Agricultural Center and the West Carroll community, involved community engagement and planning to assess, plan, and develop interventions aimed at improving the health of that community. Our **Play Streets for Safe Play** pilot project explored the feasibility, community interest, and impact of a street closure program in North Baton Rouge. This project resulted in community programming by the neighborhoods and a mobile recreation unit that allowed children to play freely outside in a safe environment. The pilot project was funded by the ExxonMobil and BREC Foundations, and many community partners provided in-kind support. Our **Childhood Obesity Treatment Toolkit**, a partnership with Baptist Community Ministries, was distributed to 677 pediatric providers in 164 clinics in 28 cities across the state to assist primary care providers in providing prevention and treatment services for childhood obesity.
- Kids and Health Technologies.** Our pediatric research is multidisciplinary and involves many of our clinical and population scientists. For example, they are engaging cutting edge population centric technologies to develop innovative interventions to increase physical activity in children. 14-18 year old girls played active video games (exergames) for 12 weeks in our Klub Kinect research study to help prevent unhealthy weight gain. The recently initiated GameSquad intervention is reaching into the home environment to stimulate children's physical activity by using the internet to remotely

link children and their families to active video gaming coaches at Pennington Biomedical.

- A partnership with the Louisiana Department of Education.** We worked with the department's Division of Nutrition Support to launch the **Louisiana Fit Kids** project, focusing on the development of a comprehensive nutrition training program implemented by ongoing district trainings, seminars and the development of an informative, interactive new website. Major improvements are being made across the country and in Louisiana to increase access to healthy food and promote student wellness. The Healthy, Hunger Free Kids Act (HHFKA) of 2010, a reauthorization of the Child Nutrition Act sets new nutrition standards for meal patterns, food sold and served in schools, and requires training and certification for all school nutrition personnel.

Obesity is a crisis to which the U.S. military is not immune. Estimates indicate that 5.7 and 16.5 million eligible men and women, respectively, fail to meet Department of Defense weight and body fat standards. For nearly three decades, we have partnered with the military on more than 100 research studies to help ensure soldiers are resilient and healthy. One example: our **Behavior Technology Laboratory** is dedicated to translating health behavior change programs and technologies from the bench to bedside. The lab's **Army H.E.A.L.T.H. program** has been used by over 12,000 soldiers and family members and is currently endorsed and disseminated by the U.S. Army Surgeon General for use Army-wide. [Learn more.](#)



- **Female Athlete Body Project.** Funded by the NIH, this research project is targeting eating disorders in collegiate athletes. The goal of the study is to test the efficacy of an intervention, called Healthy Weight, designed to improve body satisfaction, promote awareness of the female athlete triad, reduce eating disorder risk factors, and reduce the risk of obesity among female collegiate athletes.
- **Promoting Successful Weight Loss in Primary Care in Louisiana.** Our **PROPEL study** encompasses eighteen medical care clinics across the state with the goal of studying the effectiveness of obesity treatment options in an underserved population. The program is also testing how well behavioral obesity management can be integrated into primary care. We lead an impressive list of partners in this effort including LSUHSC-NO, LSUHSC-S, Tulane University, Ochsner, and Xavier University of Louisiana. The study is actively recruiting and working with more than 1,000 obese patients across Louisiana.

FUTURE DIRECTIONS

Over the next five years we are prioritizing the expansion of our faculty – in particular, the recruitment of faculty in the area of pediatric obesity and diabetes, and physical activity which will increase our critical mass in these areas.

Examples of future Population and Public Health Science research projects in the pipeline:

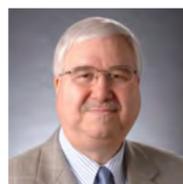
TIGER Kids. Funded by the U.S. Department of Agriculture, this study will correlate and investigate determinants of obesity and severe obesity in white and African American children. Over the next three years, a total of 340 children will visit our TReCC to participate in this study. This study will establish a prospective pediatric cohort to identify health intervention targets based on the location, timing, barriers, and facilitators of current physical activity and sedentary behavior in a child's day.

The recently funded **Pause and Play study** will evaluate the impact of Louisiana Department of Education's new regulations for children in childcare settings in 2015 to comply with national recommendations, including physical activity of at least 1 hour/day, and screen-time of no more than 2 hours/day. In partnership with the Baton Rouge Mayor's Healthy City Initiative, we are examining the physical activity and screen-time environment of licensed childcare centers before and after the enactment of the new state regulations, examining the physical activity and screen-time behaviors of children enrolled in childcare centers before and after the enactment of new state regulations, and establishing community strategies to improve young children's health behaviors.

POPULATION & PUBLIC HEALTH SCIENCES FACULTY



Robbie Beyl, PhD



Phillip Brantley, PhD



Stephanie Broyles, PhD



Jeff Burton, PhD



Cathy Champagne, PhD, RDN



Gang Hu, PhD



William Johnson, PhD



Peter Katzmarzyk, PhD



Robert Newton, Jr., PhD



Jennifer Rood, PhD



Amanda Staiano, PhD



Tiffany Stewart, PhD

In Focus: The PROPEL Study

Obesity is an all too common and serious medical and social condition, with Louisiana currently ranked among the states with the highest levels of obesity. Obesity increases the risk of type 2 diabetes, heart disease, stroke, gallbladder disease, respiratory problems, quality of life, and several cancers. Obesity and its health problems greatly affect underserved populations, and Louisiana is characterized by high levels of poverty, low health literacy, and food insecurity, all of which may contribute to the high obesity levels in the state.

PROPEL is a cluster-randomized, two-arm controlled trial in primary care settings. The primary aim is to develop and test the effectiveness of a 24-month, patient centered, pragmatic and scalable obesity treatment program delivered within primary care in an underserved population.

Based on a review of current literature, this study represents the largest obesity treatment clinical trial to be conducted entirely within the primary care setting and was successfully funded and will be implemented because of the research infrastructure put in place by our **LA CaTS Center**. The study is supported by a 5-year, \$10 million research grant from the Washington, DC-based Patient Centered Outcomes Research Institute (PCORI).

This study is designed to be economical and scalable to large patient populations. Given the low use of the current Medicaid/Medicare reimbursement for obesity, it is anticipated that the results will impact the way that obesity treatment options are funded in the future.

ENGAGING OUR COMMUNITY TO COMBAT HEALTH DISPARITIES

Dr. Robert Newton has a goal – he is working to tackle health disparities that often leave communities riddled with chronic health issues such as obesity, heart disease and diabetes. His game plan? Slowly chip away at unhealthy lifestyles and attitudes ingrained in our culture.

He's doing that through a continuum of care approach that meets people where they are in their communities – neighborhood events, church gatherings, and local recreation centers and businesses – to help implement changes that lead to improved health habits.

With an interest in ethnic and minority health, Newton spearheaded a unique study designed to learn whether regular exercise can lower diabetes risk in African American men. Called ARTIIS, the community-based program's design included a partnership with local YMCA branches to provide easier access to exercise equipment for men in the study.

"We know that everyone can benefit from exercise, but until now there hasn't been much research on specifically about how the African American population can decrease their diabetes risk through physical activity," said Newton. "This important work can bring value not only to our community's health here in Baton Rouge but also beyond our boundaries."

Now, Newton is building on his experience with community interventions to research programs like church-based weight loss, apps that encourage college students to move more and a host of population-based health programs that can be easily delivered amidst people's busy everyday lives.

"We know friends, family and neighbors play a significant role in determining the choices we make that impact our health," said Newton. "What we're looking for now—our ultimate research goal—is to figure out which behavioral

strategies are most effective in helping people make those positive strides that lead to a longer, healthier life."

Louisiana is the 31st largest state. We are home to 51,843 square miles and an estimated population of 4,670,724 (2015) – a 3.03% increase since 2010. As of 2014, Louisiana ranks 46th in deaths due to heart disease and stroke, 45th in the percentage of obese adults, and 45th in the percentage of adults with diabetes. Sparse populations in most areas of the state pose geographic barriers to health care access and heighten the problem of health disparities. Pennington Biomedical is engaging our community in efforts to improve health outcomes for Louisianians, and we are translating what we learn to benefit the health of our global community.



ARTIIS study coordinator Emanuel Andrews works with a participant on his exercise program at an area YMCA. [Learn more](#)

SCIENTIFIC CORES & RESOURCES

Our scientific cores and resources are a diverse group of 13 units dedicated to the support of research at Pennington Biomedical. Our core labs provide investigators with access to cutting-edge technology and specialized procedures that might otherwise be unavailable or too expensive.

These resources include, but are not limited to: a metabolic kitchen staffed with registered dietitians who develop meals that account for each and every calorie; a clinical unit, with physicians and nurses, which houses four metabolic chambers capable of measuring energy expenditure; a clinical chemistry core that can perform more

than 250 different assays for biomarkers of health and disease; a genomics core that is exploring how gut bacteria influence health and disease; and a cell biology and bioimaging core that provides the latest technology to view individual cells and their structures.

Core laboratories provide services that can be shared by many users and are applicable to multiple experiments or studies. Our focus is on service to the scientists and we provide the critical infrastructure needed to successfully complete the countless number of experiments being performed daily.

During 2014-2015, our cores and resources...

screened	enrolled	conducted	opened	ran
14,340	2,864	963	44	427,381
people by phone	in research studies	inpatient overnight stays	new clinical trials	clinical assays

FUTURE DIRECTIONS

We aim to stay on the cutting edge of science and research technology by continuing to invest in state-of-the-art equipment and highly trained staff.



- [Cell Biology, Imaging and Culture](#)
- [Clinical Chemistry](#)
- [Clinical Trials \(outpatient, inpatient, pharmacy and intervention\)](#)
- [Comparative Biology & Animal Metabolism and Behavior](#)
- [Database Management](#)
- [Dietary Assessment and Food Analysis](#)
- [Exercise Testing](#)
- [Genomics](#)
- [Imaging](#)
- [Mass Spectrometry](#)
- [Metabolic Kitchen](#)
- [Recruiting](#)
- [Transgenics](#)



STORIES OF DISCOVERY: LOCAL RESEARCH, GLOBAL IMPACT.

BUILDING BLOCKS FOR SUCCESS

Essential support for the wealth of discovery underway at Pennington Biomedical is provided by a unique collection of resources available to our scientists.

Pennington Biomedical's **13 cores** are supported by more than 100 employees who help enable our faculty in their quest for scientific knowledge. Our cores support researchers here, across Louisiana and across the world. Our colleagues at other academic centers frequently seek out our expertise by sending samples to us for analysis.

These resources enable innovation and they set us apart from many of our biomedical disease research peer institutions. Our core resources are one of the

reasons why researchers travel from all over the world to work and study at Pennington Biomedical.

Our cores are a key foundation for Pennington Biomedical's 28-year relationship with the U.S. Department of Defense. For nearly three decades, Pennington Biomedical has been tasked with improving warfighter nutrition. We helped develop and test the First Strike bars, now in use in new and improved military rations. We accompany soldiers into the field, performing clinical lab work, and we help keep them prepared for duty both on and off the battlefield.

Because of our ability to recreate field conditions within a laboratory setting, Pennington Biomedical

is now leading a study targeted at improving soldier performance and resiliency in the field.

"Having these resources housed under our roof means we are positioned for more efficient scientific discovery aimed at improving health for our U.S. military, for people who already have a chronic disease diagnosis and for people who are trying to prevent chronic disease," said **Dr. Jennifer Rood**, associate executive director of cores and resources.

Our cores are the foundation upon which we build our scientific discoveries.

SCIENTIFIC EDUCATION

As a community of scientific researchers, we work daily – both individually and collectively – in pursuit of new discoveries that contribute to fundamental knowledge and improved health. But we also have a unique opportunity, and an obligation, to influence future scientists by fostering new and early career investigators. We have an opportunity to shape their professional development by mentoring them on how to be productive researchers who contribute to both science and the community.

At Pennington Biomedical, we take great pride in mentoring the next generation. From lab work, to research design, to the conduct of ethical research, our division spearheads efforts to advise on potential career paths, provide networking and collaboration opportunities, and help young researchers navigate the research funding process. Biomedical research

needs scientists who can effectively translate and communicate its intricacies and value to our many stakeholders, to policymakers, and to the general public. We work to provide a basis in these skills and clear guidance to help our young investigators succeed in their careers, and we work to engage our community in our research.

Our division administers programs in three major areas: (1) training the next generation of scientists, (2) producing scientific conferences that focus the center's research efforts as well as attract world-renowned scientists to our center and (3) organizing professional and community education outreach programs to engage both the citizens of Louisiana and the state's health care community.

WHAT WE DO

- We direct programs for postdoctoral fellows designed to train them to become productive research scientists capable of establishing independent scientific careers in biomedical research. Many of our fellows are sponsored by NIH Institutional Training Grants.
- We coordinate the placement of dozens of students in Pennington Biomedical laboratories each year from universities and medical schools throughout the world to provide hands on experience in research and laboratory skills – 60% of whom come from LSU institutions.
- We partner with the [LSU Health Sciences Center in New Orleans](#) on an NIH summer training grant to address the need for physician scientists.
- We help organize annual public seminars and health fairs, including the [Irene W. Pennington Wellness Day for Women](#), the [Men's Health Conference](#), the [Botanical Research Seminar](#), the [Childhood Obesity Conference](#), [Doc's DASH 5K and 1 Mile Fun Run](#).
- We partner with the [LSU AgCenter](#) to produce the web-based Pennington Nutrition Series which provides educational materials for use by extension agents, school teachers and the public. [Learn more.](#)
- We help organize [scientific symposia](#) including: [Functional MRI in Clinical Trials: State of the Science and Future Directions](#), held in December 2015, [Nutritional Programming and Obesity: State-of-the-Science, Innovation and Future Directions](#), held in December 2014.

FUTURE DIRECTIONS

In the years ahead, we plan to:

- collaborate with outside educational organizations to promote continuing medical education for health providers and
- help organize a scientific symposium on new outcomes for obesity treatment.

— STORIES OF DISCOVERY: LOCAL RESEARCH, GLOBAL IMPACT. —

TRAINING EARLY CAREER SCIENTISTS TO FIGHT DISEASE

[Dr. Carrie Elks](#) didn't originally plan on a career as a research scientist. She started out as a registered dietitian working with cardiac and kidney patients, but as she witnessed their disease progression, she felt powerless and yearned to do more to help improve their prognosis.

"I wondered how I could make more of a difference for people, and that helped influence my decision to eventually go into research," said Elks, who finished her master's degree in nutrition and then began pursuing her Ph.D. at [LSU's School of Veterinary Medicine](#).

While working on her doctorate in comparative biomedical sciences, Elks' focus was largely on high blood pressure, which led her to study the effect of high blood pressure in obese rats. Shortly thereafter, that research led her to Pennington Biomedical.

In 2011, Elks was awarded a fellowship on one of the center's National Institutes of Health Training Grants (or T-32s) directed by [Dr. Phil Brantley](#). Later, it was through her work alongside [Drs. Jacqueline Stephens, Randall Mynatt](#) and [Michael Salbaum](#) that she became interested in the extracellular matrix and its impact on chronic disease.

"What I'm mainly interested in is how that matrix—or all of the connective pieces surrounding cells—in fat influences how the cells act. If there's too much matrix there, do the cells not respond to insulin, or do they hold onto too much fat?" said Elks.

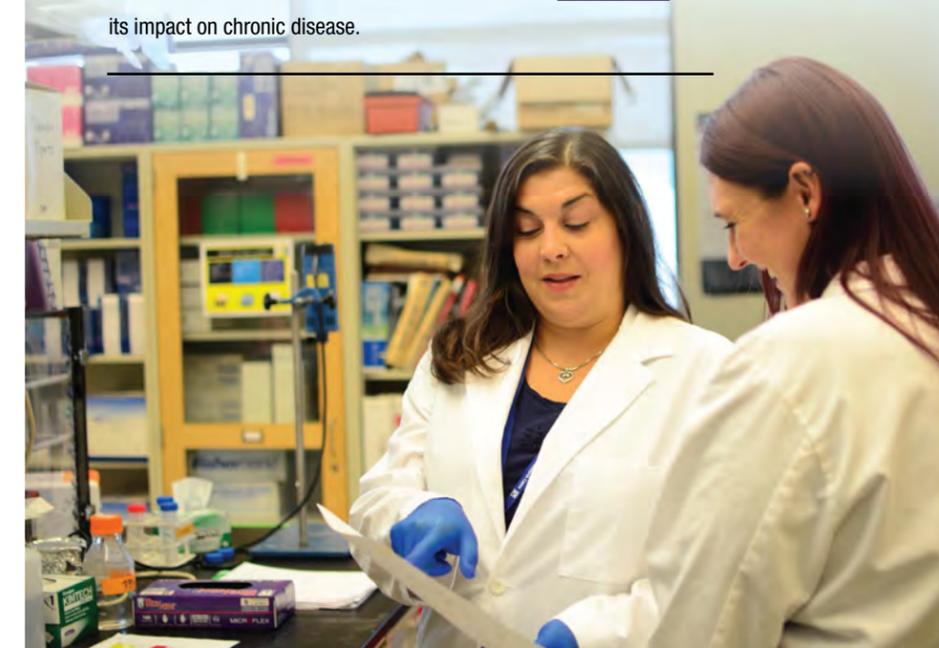
With the guidance of Stephens, Mynatt and Salbaum, Elks received a K01 award from the NIH's National Institute of Diabetes and Digestive and Kidney Diseases to study the effects of oncostatin M (a specific protein) on the extracellular matrix of fat tissue. That research is underway now.

"I wouldn't be where I am today without the T32 grant, which allowed me to explore my niche in scientific research," Elks said, adding that she hopes her work will lead to a better understanding of cells and how they function—and eventually to novel therapies for chronic disease.

"I may not have been able to immediately impact the patients who were suffering from kidney disease at the beginning of my career, but I remember their faces daily," she added. "They are my inspiration every day when I come to work." [Learn more.](#)



[Learn more](#) about the Pennington Biomedical Scientific Symposia series.



BUSINESS DEVELOPMENT & COMMERCIALIZATION

Created in mid-2014, the Office of Business Development & Commercialization is the newest addition at Pennington Biomedical and addressed a critical need. The office enables inventions, discoveries, and creations from Pennington Biomedical researchers to move from the laboratory into the marketplace in a facilitated fashion, thereby improving lives through earlier use of technologies designed for the biomedical diagnostic, treatment, and prevention arenas.

Responsible for all aspects of product commercialization, including patenting, technology licensing, and other technology-related activities, the office also provides services for material transfer agreements (MTAs), confidentiality agreements (CDAs and NDAs), and other technology-related functions essential to moving ideas forward.

Currently available technologies include:

- [SmartIntake](#)
- [Nano-sized Bagasse Fiber](#)
- [Remote Food Photography](#)
- [SmartMoms App](#)
- [Plant Extracts](#)
- [Palatable Foods](#)
- [Food Craving Inventory](#)
- [Pedal Desk](#)



What is “tech transfer?”

“Tech transfer” enables us to share our scientific discoveries and innovations with a wide range of users and interested parties.

University technology transfer efforts and activities are beneficial for a variety of reasons including:

- Recognition for great discoveries made at the institution
- Assuring compliance with federal regulations
- Attracting and retaining talented faculty
- Contributing to local economic development
- Generating licensing revenue to support further research

A FOCUS ON PARTNERSHIPS

Since the inception of the office, key efforts have focused on establishing partnership agreements and networks to engage outside groups with Pennington Biomedical, our research, and our available technologies. For example, working closely with researchers, the office negotiated a multiyear development and license agreement under which a global company will incorporate Pennington Biomedical technology into its current product portfolio.

The high quality research carried out by our faculty is recognized worldwide. Thus, one of the roles this office will continue to play is to spread awareness of the scientific initiatives underway at Pennington Biomedical through participation and engagement at events and conferences where industry science and business leaders meet. We aim to provide high visibility to the numerous industry partners who may wish to do business with us; whether it be a hosting a booth at internationally attended scientific meetings such as the American Diabetes Association annual meeting, bringing corporate visitors from around the world to our center to view our research facilities first-hand, or initiating a local meeting of Baton Rouge entrepreneurs.

Likewise, we are also working to instill the center as a key local and state partner to area economic development organizations, such as [Louisiana Economic Development](#) and the [Baton Rouge Area Chamber](#), who look to us to assist in attracting businesses to Louisiana and the greater Baton Rouge region.

ACHIEVEMENTS

Some early efforts include a focus on **building strategic relationships** that connect Pennington Biomedical with other world-leading research institutions and corporate partners, and leverage our renowned reputation and unique capabilities to provide value-added interactions.

The goal: These partnerships will leverage expertise of our faculty and lead to additional research collaboration and funding opportunities, and will engage partners from around the world to enrich the experience and capabilities of our researchers and scientific programs.

One example is the Tenacia Global Initiative. The Tenacia Global Initiative is the first global consortium that combines scientific and clinical communities, executive level sales and marketing expertise, with funding sources to drive healthcare solutions to market and acquisition by big Industry. Advances in the treatment and prevention of disease are increasingly dependent on collaboration across and between multiple investigators, disciplines and institutions around the world. Based on our unique position as a world leader in the area of diabetes and nutrition research, we aim to strategically engage with this group in the years ahead.

This office also works locally to assist in preparation and submission of collaborative proposals aimed at commercializing our research.

One example is LSU’s Leverage Innovation for Technology Transfer (LIFT2) program. This program provides support aimed at transferring LSU technologies and innovations to the marketplace. Our researchers have received 6 LIFT awards in the first three rounds of the program. This research is underway now.

Dr. Daniel Hsia	Effect on Body Composition with Albuterol and Caffeine versus Placebo in Adolescents: A Pilot Study
Dr. Frank Greenway	The Effect of Sugarcane Bagasse Supplementation on Glucose Tolerance
Dr. Leanne Redman	A Virtual Weight Management Clinic: Translation of Effective Weight Management Interventions to Market
Dr. Thomas Gettys	Defining the Ranges of Dietary Methionine and Cysteine Restriction Essential to Biological Efficacy
Dr. Eric Ravussin	Effect of 2-week overnight moderate hypoxia on glucose tolerance in individuals with type 2 diabetes
Drs. Richard Rogers & Jason Collier	Assay for Evaluation of Diabetes Therapeutics

Innovating to Enable Success

This office co-developed guidelines for a new academic career path. Specifically, the *Knowledge, Innovation, and Community Impact* faculty track is the first in the region designed to incentivize our faculty who are actively engaged in commercialization activities. This novel career track provides an opportunity for career advancement for faculty members whose research is closely related to developing business opportunities whilst at the same time performing leading edge research.

ADMINISTRATION

Pennington Biomedical's research is supported by an array of administrative services. The operating model for administrative units is centered on a common goal of easing the administrative burden for our scientists so that they can remain focused on their research and stay competitive and productive.

Administrative services include:

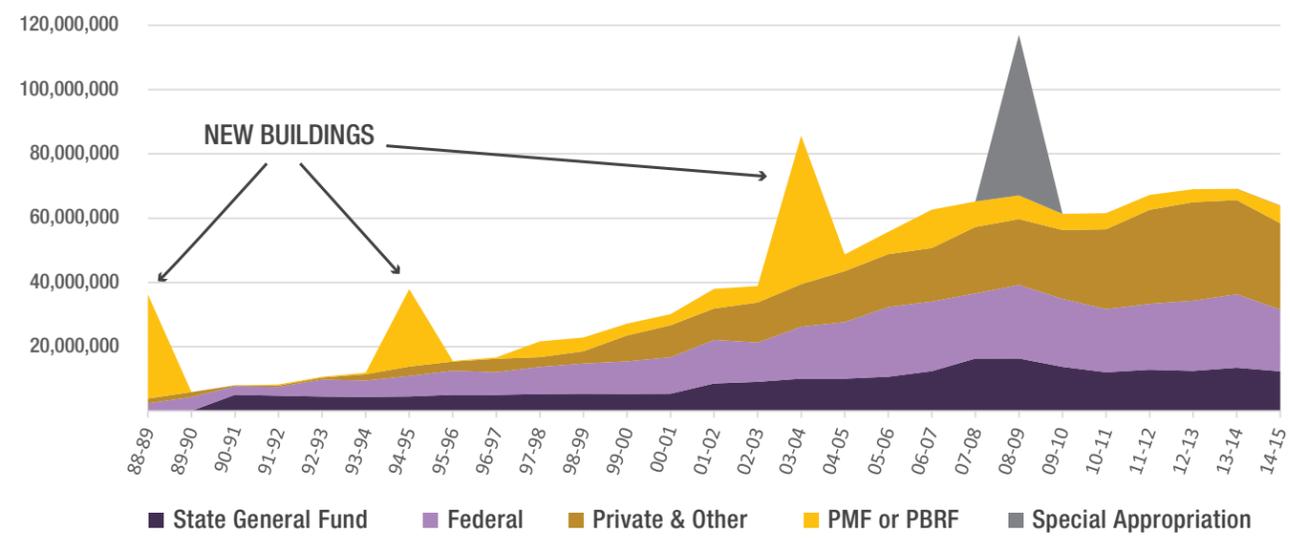
- Commercialization & Technology Transfer
- Communications
- Computing Services
- Facilities Management
- Fiscal Operations
- Human Resources
- Institutional Relations
- Legal and Regulatory Affairs
- Sponsored Projects Services



WE ENABLE SUCCESS...

- **Pennington Biomedical's research scientists are extremely successful in competing with the country's top researchers for federal dollars.**
- Long recognized by private industry as a premier clinical and basic research institute **Pennington Biomedical continually strives to diversify its funding sources with more private grants and contracts.**
- Sources for private grants and contracts are primarily pharmaceutical companies, the food industry, and non-profit health organizations such as the American Diabetes Association and the American Heart Association, as well as other businesses and entities.
- Pennington Biomedical uses unrestricted state dollars to fund pilot studies in promising research programs that will result in new grants and contracts. The recruitment of new research faculty and the addition of new research programs is one of our top priorities.
- **Louisiana receives a return on this investment** through an inflow of research dollars from sources outside of the state while also creating new jobs and new wealth within the state. This positive return on investment has helped keep Pennington Biomedical among the priorities of the state.

Funding Since Inception



Return on Investment



From FY 1989 to FY 2015, Pennington Biomedical received \$224M from state general fund and statutory dedications. During that period, Pennington Biomedical leveraged those funds and generated \$732M additional dollars for a return on investment of over 3:1.

PENNINGTON BIOMEDICAL RESEARCH FOUNDATION

OUR GENEROUS FOUNDERS, C.B. "DOC" AND IRENE PENNINGTON, DISPLAYED GREAT WISDOM ABOUT THE FUTURE OF HEALTH RESEARCH. THE PENNINGTONS DONATED STOCK, BONDS AND OILFIELD ROYALTIES VALUED AT \$125 MILLION TO LOUISIANA STATE UNIVERSITY IN 1980 TO BUILD THE PENNINGTON BIOMEDICAL RESEARCH CENTER. AT THE TIME THE GIFT WAS GIVEN, IT WAS THE LARGEST, SINGLE DONATION BY AN INDIVIDUAL TO A STATE INSTITUTION OF HIGHER EDUCATION. WITH THIS GENEROUS DONATION, THE PENNINGTON MEDICAL FOUNDATION WAS ESTABLISHED.



THE PENNINGTON BIOMEDICAL RESEARCH FOUNDATION WAS CREATED IN 1988 WITH THE PENNINGTONS' ENCOURAGEMENT TO FOSTER SUPPORT FOR THE ADDITIONAL

Over the past two years, **Pennington Biomedical Research Foundation** has provided \$6.1 million in support to Pennington Biomedical Research Center.

Pennington Biomedical is most financially sustainable and globally competitive when three elements of innovation are in alignment. Those three pillars—people, facilities and equipment—produce grants and contracts that make our groundbreaking research possible and encourage partnerships with existing businesses and homegrown start-up companies that infuse new dollars into the Louisiana economy.

Each source of funding—federal, state, private and philanthropic—is highly dependent upon the other. When any source is reduced, the impact is magnified because those dollars no longer can be leveraged. Over the past 12 years, a steady decline in federal and state funding for research has affected the work of even our most senior scientists.

When any source increases funding, the benefits are exponential. For example, although it accounts for less than 25% of Pennington Biomedical's annual operating budget, the State of Louisiana's general fund commitment is important because it provides the base funding to leverage donor support.

Furthermore, the leveraged funds have the potential to generate a tremendous return on investment: Typically, every \$1 million of Pennington Biomedical's operating expense generates nearly \$2 million in new business sales, \$820,000 in new household income and 20.5 new jobs.

Pennington Biomedical's donors understand the economics as well as

the urgency and importance of our work. They recognize science that advances health requires a sustained investment and new ideas in research can often take decades to develop. So, they have acted swiftly and often to bridge the gap and assure the best research ideas have a chance to succeed. The center's donors play a critical role in providing what biomedical research needs most—a sustainable, predictable trajectory of support.

Charitable gifts from our donors have helped leverage federal and state funding. They have turned science into health by supporting faculty researchers and their projects; enabled exploration of the underlying causes of disease and new treatments; and, afforded young researchers an opportunity to blossom and grow.

Due to our donors' generosity, we are able to advance stellar research, bolster the scientific knowledge base, equip state-of-the-art research facilities and enable high-quality work that impacts the world.

Their investment in Pennington Biomedical promotes the cutting-edge research on obesity, cancer, diabetes, dementia and other chronic diseases that affect our families and friends in Louisiana, throughout the United States and around the globe.

Philanthropy is key to accelerate that progress and to promote a long, healthier life for people everywhere.

— STORIES OF DISCOVERY: LOCAL RESEARCH, GLOBAL IMPACT. —

SUPPORTING RESEARCHERS & THEIR RESEARCH

Dr. Chris Morrison is among the many distinguished faculty who have received funding for their research from the Foundation. This support often serves to help leverage state and federal funding and turn science into health.

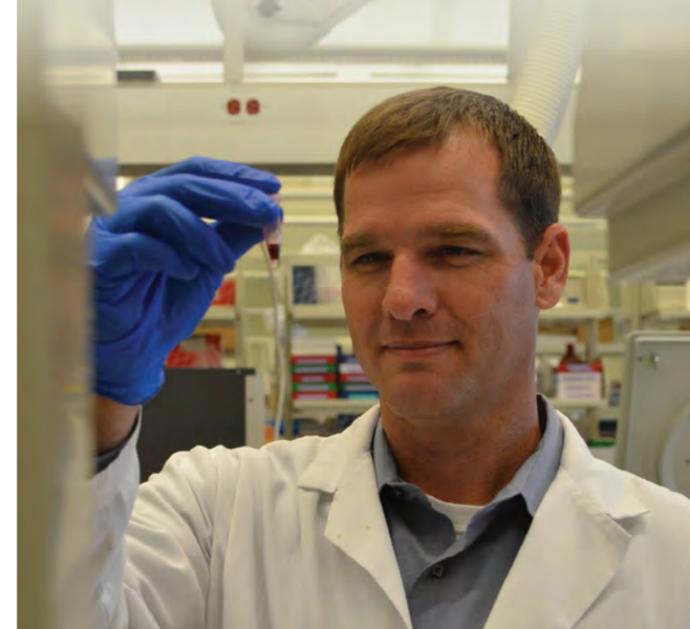
Philanthropic support for research can bolster traditional grant awards and enhance the flexibility to pursue related research ideas, the funds to secure a much needed piece of equipment or provide support for associated laboratory needs.

With Foundation funding, Dr. Morrison was able to explore a scientific niche that had previously received little attention—the role of protein in the regulation of food intake and metabolism.

An associate professor in the neurosignaling department, Dr. Morrison researches animal neuroendocrinology and physiology. His work focuses on mechanisms that allow the brain to detect what we have eaten and how those mechanisms tell us when to eat—especially in relation to protein. These mechanisms show a significant impact on food intake, body weight and metabolism. It's long been known that increasing or decreasing the amount of protein we eat can influence body weight and metabolism.

Dr. Morrison's research is providing clarity on why this occurs through the discovery of novel pathways contributing to the detection of protein restriction. He also identified the hormone **FGF21 as one of the first known endocrine signals of protein restriction.**

His research contributes to a body of work that is moving science forward to create new treatments for diseases such as diabetes and obesity.



2014-2015 PUBLICATIONS

Our faculty are published in some of the world's most prestigious journals.

BY THE NUMBERS:

2014 publications = 360

2015 publications = 329

2014-2015 total publications = 689

Total publications since 1989 = 5,348

Times institution cited since 1989 = 147,855

Institutional h-index score = 165

**Thomson Reuters Web of Science Core Collection Database, 6/13/2016*

Click on the available citations to access the publications.

2014

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Spring) 2014; 22: 1345-50. | Pubmed ID: 24493150 | Pubmed Central ID: PMC4008658 <http://www.ncbi.nlm.nih.gov/pubmed/24493150>

10. Barreira TV, Harrington DM and Katzmarzyk PT. | Cardiovascular health metrics and accelerometer-measured physical activity levels: National Health and Nutrition Examination Survey, 2003-2006. | Mayo Clinic Proceedings 2014; 89: 81-6. | Pubmed ID: 24388025 <http://www.ncbi.nlm.nih.gov/pubmed/24388025>

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