

**UNIVERSITY OF MINNESOTA
ROBERT J. JONES URBAN RESEARCH AND OUTREACH-ENGAGEMENT CENTER
(UROC) 2023 REQUEST FOR PROPOSALS**

PROPOSAL FACE PAGE

Project Title: Impacts of Multilevel Factors and Systemic Racism on Sedentary Behavior
Among Black Older Adults with Type 2 Diabetes

Applicant Name:

Full Name: Mary O. Whipple

Title: Assistant Professor

Phone Number: 612-625-4470

E-mail: whipp042@umn.edu

Department: Adult and Gerontological Health Cooperative Unit

College: School of Nursing

Dean: Connie White Delaney

Dean's e-mail: delaney@umn.edu

Proposed Amount: \$15,000

Project Timeline: Expected start date 02/01/2024

Research Priority Area(s): Systems and systemic racism

Is this a new or ongoing project? New

EXECUTIVE SUMMARY

Almost 20% of Minnesotans over age 65 have type 2 diabetes (**T2D**) and as a result, a greatly increased risk of cardiovascular disease. Black Americans are 60% more likely to be diagnosed with T2D and 2 times more likely to die from T2D than non-Hispanic White Americans. Inequities related to lack of access to nutritious food, recreational facilities, healthcare, systemic racism, and chronic stress have all been linked to this increased risk. Recent research has demonstrated that sedentary behavior (**SB**, i.e., sitting or lying and using a small amount of energy) has significant detrimental effects on health beyond those of not achieving physical activity guidelines. However, this work has primarily focused on young, healthy, White adults. Negative daily experiences (e.g., racism, discrimination) may be linked to increased SB and could be a target for intervention. Previous research has demonstrated relationships between racial discrimination and microaggressions and increased SB in middle-age African American adults, but these studies are limited by the assessment of racism on an individual level. Understanding the relationship between systemic racism and SB in Black older adults with T2D could lead to the development of specific strategies to reduce SB in this population. The proposed project seeks to address these key gaps through an explanatory sequential mixed methods study of $N=30$ Black adults aged 55 and older with T2D. We will address the following specific aims: 1) Evaluate cross-sectional relationships between SB and multilevel factors (i.e., individual, relationship, community, and societal) in Black older adults with T2D and 2) Explore Black older adults' experiences with and perceptions of SB in their daily lives using in-depth semi-structured qualitative interviews guided by the COM-B model (i.e., capability, opportunity, motivation). This work is in alignment with the "Systems and Systemic Racism" research priority of the Robert J. Jones Urban Research and Outreach-Engagement Center and will provide a starting point for ongoing conversations about the content and structure of culturally sensitive and effective interventions, with the goal of supporting Black older adults in the Twin Cities in their efforts to manage T2D and prevent cardiovascular complications.

PROPOSAL NARRATIVE

Project Background & Aims

Over 380,000 Minnesotans – almost 20% of Minnesotans over age 65 – have type 2 diabetes (**T2D**)¹ and as a result, a greatly increased risk of cardiovascular disease (**CVD**).² **Black older adults bear a disproportionately high burden of T2D and CVD.** Black Americans are 60% more likely to be diagnosed with T2D and 2 times more likely to die from T2D than non-Hispanic White Americans.³ Inequities related to lack of access to healthcare, racism, and chronic stress have all been linked to this increased risk.⁴ Despite advancements in the management of CVD, striking disparities persist among racial and ethnic groups in Minnesota.⁵ The **disparate burden** faced by Black Minnesotans with T2D makes attention to preventing or delaying the development of T2D and associated cardiovascular complications, essential.

High amounts sedentary behavior (**SB**) (i.e., sitting or lying with low levels of energy expenditure) have significant detrimental effects on health^{6, 7} but most studies have focused on young, White adults.⁸ **Negative daily experiences (e.g., discrimination) may be linked to increased SB and could be a target for interventions.** For example, racial discrimination and microaggressions have been linked to increased SB in middle-age African American adults⁹ but this work has been limited to individual measures of racism. Understanding the relationship between multilevel factors, systemic racism, and SB is an important next step.

The proposed project seeks to address these key gaps through an explanatory sequential mixed methods study of $N=30$ Black adults aged 55 and older with T2D. Guided by the Center for Chronic Disease Reduction and Equity Promotion Across Minnesota (**C2DREAM**) conceptual model, social-ecological framework,¹⁰ and COM-B model,¹¹ we will address the following **specific aims**:

Aim 1: Evaluate cross-sectional relationships between SB and multilevel factors (i.e., individual, relationship, community, and societal) in Black older adults with T2D.

Aim 2: Explore Black older adults' experiences with and perceptions of SB in their daily lives using in-depth semi-structured qualitative interviews guided by the COM-B model (i.e., capability, opportunity, motivation).

The **overarching goal** of this application is to work with older Black Minnesotans with T2D to understand how racism and discrimination at multiple levels influence SB. This work is in alignment with the “**Systems and Systemic Racism**” research priority of the Robert J. Jones Urban Research and Outreach-Engagement Center (**UROC**) and will be a starting point for ongoing conversations about the content and structure of interventions to support Black older adults in the Twin Cities in their efforts to prevent complications of T2D.

Participants will be asked to complete a baseline visit, wear an activity monitor, and participate in an interview. After obtaining written informed consent, information on medical history and sociodemographic characteristics will be obtained via self-report. Participants will be asked to complete questionnaires to understand factors that may be related to SB (**Table 1**).

Table 1. Multilevel factors (Aims 1-2) and associated measures/variables.

Individual	Relationship	Community	Societal
Age, race, gender	Physical Activity and Social Support Scale	Income, housing status	Access to Health Services
Diabetes Complications Index	Racial Microaggression Scale	Neighborhood Deprivation Index	Health Insurance Coverage
PROMIS Global Health-10	Everyday Discrimination Scale	Food Insecurity	Health Literacy

References

1. Minnesota Department of Health. Diabetes [09/02/2022]. Available from: https://data.web.health.state.mn.us/diabetes_facts.
2. Joseph JJ, Deedwania P, Acharya T, Aguilar D, Bhatt DL, Chyun DA, Di Palo KE, Golden SH, Sperling LS. Comprehensive management of cardiovascular risk factors for adults with type 2 diabetes: A scientific statement From the American Heart Association. *Circulation*. 2022;145(9). doi: 10.1161/cir.0000000000001040.
3. Centers for Disease Control and Prevention. National Diabetes Statistics Report website [03/01/2022]. Available from: <https://www.cdc.gov/diabetes/data/statistics-report/index.html>.
4. Gaskin DJ, Thorpe RJ, McGinty EE, Bower K, Rohde C, Young JH, Laveist TA, Dubay L. Disparities in Diabetes: The Nexus of Race, Poverty, and Place. *American Journal of Public Health*. 2014;104(11):2147-55. doi: 10.2105/ajph.2013.301420.
5. Mazimba S, Peterson PN. JAHA spotlight on racial and ethnic disparities in cardiovascular disease. *Journal of the American Heart Association*. 2021;10(17). doi: 10.1161/jaha.121.023650.
6. Evenson KR, Wen F, Herring AH, Di C, LaMonte MJ, Tinker LF, Lee IM, Rillamas-Sun E, LaCroix AZ, Buchner DM. Calibrating physical activity intensity for hip-worn accelerometry in women age 60 to 91 years: The Women's Health Initiative OPACH Calibration Study. *Prev Med Rep*. 2015;2:750-6. doi: 10.1016/j.pmedr.2015.08.021. PubMed PMID: 26527313; PMCID: PMC4625400.
7. Gennuso KP, Thraen-Borowski KM, Gangnon RE, Colbert LH. Patterns of sedentary behavior and physical function in older adults. *Aging clinical and experimental research*. 2016;28(5):943-50. doi: 10.1007/s40520-015-0386-4.
8. Loh R, Stamatakis E, Folkerts D, Allgrove JE, Moir HJ. Effects of Interrupting Prolonged Sitting with Physical Activity Breaks on Blood Glucose, Insulin and Triacylglycerol Measures: A Systematic Review and Meta-analysis. *Sports Medicine*. 2019;50(2):295-330. doi: 10.1007/s40279-019-01183-w.
9. Nam S, Jeon S, Ash G, Whittemore R, Vlahov D. Racial Discrimination, Sedentary Time, and Physical Activity in African Americans: Quantitative Study Combining Ecological Momentary Assessment and Accelerometers. *JMIR Form Res*. 2021;5(6):e25687. Epub 20210607. doi: 10.2196/25687. PubMed PMID: 34096870; PMCID: PMC8218214.
10. Bronfenbrenner U, Ceci S. Nature-nurture reconceptualised: A bio-ecological model. *Psychological Review*. 1994;10(4):568-86.
11. Michie S, Van Stralen MM, West R. The behaviour change wheel: A new method for characterising and designing behaviour change interventions. *Implementation Science*. 2011;6(1):42. doi: 10.1186/1748-5908-6-42.

PROPOSED BUDGET & BUDGET NARRATIVE (Maximum one page)

Title of Project							Contributed Effort		
<i>Impacts of Multilevel Factors and Systemic Racism on Sedentary Behavior Among Black Older Adults with Type 2 Diabetes</i>									
Project Dates							02/01/2024 - 01/31/2025		
							%	Months	
							Salary	Fringe	
							Tuition		
PERSONNEL									
Faculty/P&A									
	37.1%								
Mary Whipple, PI, Academic	\$83,518	5%	9	\$0	\$0	0			
Mary Whipple, PI, Summer	\$27,962	5%	3	\$0	\$0	0			
Sub total				0	0	0			
Grad RA									
	25.1%								
Grad RA (Academic)	\$35,006	25.0%	4.5	\$4,376	\$1,098	\$4,392			
Grad RA summer	\$11,440	34.85%	3	\$3,987	\$1,001	0			
Sub total				\$ 8,363	\$ 2,099	\$ 4,392			
OTHER DIRECT COST									
Enterprise Fee				\$146					
Sub total				\$ 146					
Total Direct cost				\$ 15,000					

	Salary	Fringe
\$	4,176	\$ 1,549
\$	1,398	\$ 519
\$	5,574	\$ 2,068
TOTAL	\$ 7,642	

Mary Whipple, PhD, RN, PHN, Principal Investigator (0.45 academic months, 0.15 summer months contributed effort). Dr. Whipple will be responsible for the scientific management of the project, including achieving study goals, design, implementation, and evaluation. Dr. Whipple will also be responsible for the coordination of the overall direction of the project, budgetary and administrative oversight, addressing participant concerns, manuscript preparation, and dissemination of findings both academic publications and presentations and community events.

Graduate Research Assistant (1.13 academic months, 1.05 summer months). This individual will be responsible for recruitment, data collection, scheduling, and communication with study participants under the supervision of the PI. This individual will also participate in quarterly check-in meetings with other grantees to discuss progress, challenges, and opportunities.

We have sought additional funding through the Center for Chronic Disease Reduction and Equity Promotion (C2DREAM) to support the proposed project (submitted Oct 2, 2023). C2DREAM funding would provide support to pay our CAB members and study participants and hire an undergraduate research assistant. Regardless of receipt of the C2DREAM funding, the PI has start-up funds available to support participant and CAB member payments, but additional funding is needed to support research assistant effort.

BIOGRAPHY OF FACULTY APPLICANT

Mary Whipple, PhD, RN, PHN, FSVM is an Assistant Professor in the University of Minnesota School of Nursing and a Building Interdisciplinary Research Careers in Women's Health (BIRCWH) K12 scholar. She is also Affiliate Faculty at the Robert J. Jones Urban Research and Outreach-Engagement Center. Dr. Whipple received her PhD from the University of Minnesota School of Nursing in 2019 and completed a post-doctoral fellowship in the Division of Geriatric Medicine at the University of Colorado in 2021 before joining the faculty in the School of Nursing in 2022. Her research focuses on understanding the effects of sedentary behavior on cardiovascular health among older adults, with a particular emphasis on individuals with type 2 diabetes and peripheral artery disease. Dr. Whipple's primary goal is to help historically minoritized groups of older adults identify and implement practical strategies to manage their chronic conditions and live healthy, active lives.

Dr. Whipple has actively engaged in developing expertise in community-engaged work with Black older adults through her affiliation with UROC as part of her BIRCWH project (STEP Up T2D), the establishment of a Community Advisory Board for the proposed project, and additional training. For example, she has participated in multiple seminars over the past year to help support further development of her knowledge of community-based work, including the Community Engaged Dissemination Community of Practice (6 sessions; Jan-Jun 2023), the Community Based Participatory Research Fundamentals Community of Practice (3 sessions, Aug 2023) and the Use of Race in Research Across the Translational Spectrum Symposium (Oct 2023). She will continue to seek out opportunities to engage with and learn from individuals and groups working in this space, including her mentor, Dr. Siobhan McMahon. Dr. Whipple is committed to devoting the time and effort needed to build relationships and conduct meaningful work in partnership with the community.

Curriculum Vitae

MARY O. WHIPPLE
Adult and Gerontological Health Cooperative
University of Minnesota School of Nursing
5-140 Weaver Densford Hall
308 Harvard St SE
Minneapolis, MN 55455
(612) 625-4470
whipp042@umn.edu

Education

PhD, University of Minnesota, Minneapolis, MN. Nursing Minor: Gerontology	August 2019
BSN, <i>Summa cum laude</i> , University of Minnesota, Minneapolis, MN. Nursing With High Distinction	May 2014
BA, <i>Magna cum laude</i> , Luther College, Decorah, IA. Biology and Psychology	May 2009

Licensures and Certifications

Licensures

Registered Nurse, CO Board of Nursing License. (Licensure/Certification Number: #RN.1675996)	2021 - Present
Registered Nurse, MN Board of Nursing License. (Licensure/Certification Number: #R221200-3)	2014 - Present

Certifications

Public Health Nurse, MN Board of Nursing Certificate. (Licensure/Certification Number: #22474)	2014 - Present
Basic Life Support for Healthcare Providers, American Heart Association.	2011 - Present
Certified Clinical Research Professional, Society of Clinical Research Associates.	2012 - 2021
Researcher Management and Leadership Training Certificate, University of Colorado Anschutz Medical Campus.	February 2020

Fellowships, Residencies, and Visiting Engagements

Fellowship

Postdoctoral Fellowship, Aurora, Colorado	September 2019 - December 2021
University of Colorado Anschutz Medical Campus,	

Geriatric Medicine, School of Medicine
Research focus: Diabetes, cardiovascular disease, and aging

Academic Appointments

Robert J. Jones Urban Research and Outreach-
Engagement Center
Affiliate Faculty 2022 - Present
University of Minnesota
School of Nursing: Assistant Professor 2022 - Present
University of Colorado Anschutz Medical Campus
School of Medicine, General Internal Medicine:
Adjunct Faculty 2022 - Present
University of Colorado Anschutz Medical Campus
College of Nursing: Adjunct Faculty 2021

Other Professional Positions

University of Colorado Anschutz Medical Campus
School of Medicine, Geriatric Medicine:
Postdoctoral Research Fellow 2019 - 2021

University of Minnesota
School of Nursing: Graduate Research Assistant 2014 - 2019

Mayo Clinic
Division of General Internal Medicine: Certified
Clinical Research Coordinator 2009 - 2018

University of Minnesota
Program in Health Disparities Research:
Undergraduate Research Assistant 2008 - 2010

Luther College
Biology: Laboratory/Teaching Assistant for
General Biology, Human Physiology, and
Biostatistics 2007 - 2009

Current Membership in Professional Organizations

American College of Sports Medicine 2022 - 2023

American Diabetes Association 2022 - Present

Associate Member, Society for Vascular Medicine 2019 - Present

American Heart Association 2018 - Present

Sedentary Behavior Research Network 2017 - Present

Society for Vascular Nursing	2017 - Present
Legacy Affiliate, National Harford Center of Gerontological Nursing Excellence	2015 - Present
Gerontological Society of America	2014 - Present
Midwest Nursing Research Society	2013 - Present

HONORS AND RECOGNITION

University of Minnesota

Excellence in Advancing Nursing Science Award, American Association of Colleges of Nursing <i>Nominated</i>	2019
Student Poster Travel Award for the 43rd Midwest Nursing Research Society Annual Meeting, School of Nursing, University of Minnesota	2019
Lois and George Warp Fellowship in Nursing Research, School of Nursing, University of Minnesota	2018
Patricia A. Robertson Scholarship, School of Nursing, University of Minnesota	2018
Rahr Fellowship in Nursing Research, School of Nursing, University of Minnesota	2018
Delphi Fredlund Fellowship in Public Health Nursing, School of Nursing, University of Minnesota	2017
Marilee A. Miller Fellowship in Educational Leadership, School of Nursing, University of Minnesota	2017
Katharine Densford Dreves Scholarship, School of Nursing, University of Minnesota	2016
Marilee A. Miller Fellowship in Educational Leadership, School of Nursing, University of Minnesota	2016
Outstanding Graduate Nursing Student Award, School of Nursing Alumni Society, University of Minnesota	2016
Shelley Joseph-Kordell Scholarship, Center on Aging, University of Minnesota	2016
Student Poster Travel Award for the 40th Midwest Nursing Research Society Annual Meeting, School of Nursing, University of Minnesota	2016
Nottage Fund for Graduate Nursing Education Scholarship, School of Nursing, University of Minnesota	2015
Student Poster Travel Award for the 39th Midwest Nursing Research Society Annual Meeting, School of Nursing, University of Minnesota	2015
M and M Fellowship in Gerontological Nursing, School of Nursing, University of Minnesota	2014

Minnesota Hartford Center of Gerontological Nursing Excellence Nursing Education Scholar, School of Nursing, University of Minnesota 2014-2015	2014
Student Poster Travel Award for the 38th Midwest Nursing Research Society Annual Meeting, School of Nursing, University of Minnesota	2014
Audrey Windemuth Scholarship, School of Nursing	2013
Sigma Theta Tau International Honor Society of Nursing, Zeta Chapter, University of Minnesota	2013
Audrey Windemuth Scholarship, School of Nursing	2012
Dean's List, University of Minnesota 2012-2014	2012
Mary Hensler Spurzem Scholarship, School of Nursing, University of Minnesota	2011

External Sources

Blue Ribbon Peer Reviewer, Vascular Medicine	2022
Fellow-in-Training Travel Grant, Peripheral Vascular Disease Council, American Heart Association	2022
National Conference on Women's Health and Sex Differences Travel Award, Ludeman Family Center for Women's Health Research	2022
Finalist, Jay D. Coffman Young Investigator Award, Society for Vascular Medicine	2022
Blue Ribbon Peer Reviewer, Vascular Medicine	2021
Blue Ribbon Peer Reviewer, Vascular Medicine	2020
Outstanding PhD Instructor/Fellow, Colorado Nutrition and Obesity Research Center (NORC), University of Colorado Anschutz Medical Campus	2020
PhD Dissertation Award, Gerontological Nursing Science Research Interest Group, Midwest Nursing Research Society	2020
Best Overall Presenter Award, Society for Vascular Nursing 37th Annual Conference	2019
Elva Walker Spillane Scholarship, Minnesota Gerontological Society	2015
Patricia G. Archbold Predoctoral Scholar Award, National Hartford Center of Gerontological Nursing Excellence 2015-2017	2015
Beta Beta Beta Biological Honor Society, Luther College Chapter	2008
Psi Chi Psychology Honor Society, Luther College Chapter	2008
David and Julie Larson Scholarship for Excellence in Biology, Luther College 2006-2009	2006

Coca-Cola First Generation Scholar, Coca-Cola Corporation 2005-2009	2005
Dean's List, Luther College 2005-2009	2005
Regent Scholarship, Luther College 2005-2009	2005
Weston Noble Vocal Scholarship, Luther College 2005-2009	2005

RESEARCH, SCHOLARSHIP, AND CREATIVE WORK

Grants, Contract, Awards: External Sources

Award: Sex Differences in the Effects of Breaking Up Sedentary Behavior on Vascular Function Among Older Adults with Type 2 Diabetes

Project Investigators: Whipple, Mary O.

Status: Funded

Sponsoring Organization: Building Interdisciplinary Research Careers in Women's Health (BIRCWH) K12 Scholar Training Program/NIAMS

Institution: University of Minnesota

Award Dates: July 16, 2023 - July 15, 2026

Funded Amount for Entire Grant Period: \$395,701.00

Award: Cocoa Flavanols to improve walking performance in PAD: The COCOA PAD II Trial

Project Investigators: McDermott, Mary M. (Principal), Whipple, Mary O. (Site Co-I)

Status: Funded

Sponsoring Organization: NIH/NIA

Award Dates: July 1, 2021 - June 30, 2026

Award: PROMote Weight Loss in Obese PAD Patients to PreVENT Mobility Loss: The PROVE Trial

Project Investigators: McDermott, Mary M. (Principal), Whipple, Mary O. (Site Co-I)

Status: Funded

Sponsoring Organization: NIH/NHLBI

Award Dates: June 1, 2019 - May 31, 2025

Award: Associations between WEARable fITness trackers, physical activity, and sedentary behavior across the lifespan: The WEAR IT! Study

Project Investigators: Martin, Christie (Co-Principal), Whipple, Mary O. (Co-Principal)

Status: Funded

Sponsoring Organization: School of Nursing Foundation

Institution: University of Minnesota
Date Proposal Submitted: 2023
Award Dates: March 1, 2023 - April 30, 2024
Funded Amount for Entire Grant Period: \$2,500.00

Award: Relationship Between Sedentary Behavior, Glucose Tolerance, and Microvascular Function in Older Women with Type 2 Diabetes

Project Investigators: Whipple, Mary O. (Principal), Sokol, Ronald
Status: Funded
Sponsoring Organization: MicroGrant, Colorado Clinical and Translational Sciences Institute
Institution: University of Colorado Anschutz Medical Campus
Award Dates: April 1, 2020 - March 31, 2024
Funded Amount for Entire Grant Period: \$20,000.00
Includes no-cost extension

Award: Participation and Outcomes of Supervised Exercise Therapy for Peripheral Artery Disease: 2017-2023

Principal Investigator: Whipple, Mary O.
Status: Accepted
Sponsoring Organization: SOCIETY FOR VASCULAR MEDICINE, INC
Award Dates: June 21, 2023 - August 25, 2023

Award: Intermittent Pneumatic Compression for Disability Reversal in PAD: The INTERCEDE Trial

Project Investigators: McDermott, Mary M. (Principal), Whipple, Mary O. (Site Co-I)
Status: Funded
Sponsoring Organization: NIH/NIA
Award Dates: May 1, 2021 - April 30, 2023

Award: Prolonged Sedentary Behavior in Older Women with Type 2 Diabetes: A Program of Research to Understand Knowledge, Engagement, and Relationship to Cardiometabolic Risk

Project Investigators: Whipple, Mary O. (Principal)
Status: Funded
Sponsoring Organization: Loan Repayment Program (Clinical Research), NIH/NINR
Institution: University of Colorado Anschutz Medical Campus
Award Dates: July 1, 2020 - June 30, 2022
Funded Amount for Entire Grant Period: \$11,207.00

Award: Understanding the Role of Knowledge, Mood, and Sense of Meaning in Sedentary Behavior Engagement Among Older Women with Type 2 Diabetes

Project Investigators: Whipple, Mary O. (Principal)

Status: Funded

Sponsoring Organization: Junior Faculty Research Development Award,
Ludeman Family Center for Women's Health Research

Institution: University of Colorado Anschutz Medical Campus

Award Dates: September 1, 2020 - August 31, 2021

Funded Amount for Entire Grant Period: \$25,000.00

No-cost extension through 12/31/2021

Award: Physiologic Effects of Prolonged Sedentary Bouts Among Older Women with and Without Type 2 Diabetes

Project Investigators: Whipple, Mary O. (Postdoctoral Fellow), Schwartz, Robert

Status: Funded

Sponsoring Organization: Integrative Physiology of Aging T32

Institution: University of Colorado Anschutz Medical Campus

Award Dates: September 1, 2019 - August 31, 2021

Funded Amount for Entire Grant Period: \$103,008.00

Award: Relationship Between Sedentary Behavior, Glucose Tolerance, and Microvascular Function in Older Women with Type 2 Diabetes

Project Investigators: Whipple, Mary O. (Principal)

Status: Funded

Sponsoring Organization: Small Grants Program, Division of General Internal Medicine

Institution: School of Medicine, University of Colorado Anschutz Medical Campus

Award Dates: December 1, 2019 - November 30, 2020

Funded Amount for Entire Grant Period: \$22,500.00

No-cost extension through 11/30/2021

Award: Role of Diabetes and Sedentary Time in Outcomes of Structured Exercise Therapy for Peripheral Artery Disease

Principal Investigator: Whipple, Mary O.

Status: Closed

Sponsoring Organization: Ruth L. Kirschstein National Research Service Award (F31), National Institute of Nursing Research, National Institutes of Health

Sponsoring Organization Reference ID: 5F31NR016614-03

Award Dates: May 29, 2017 - August 28, 2019

Funded Amount for Entire Grant Period: \$95,422.00

Award: Diabetes and Sedentary Time in Outcomes of Exercise in PAD

Principal Investigator: Whipple, Mary O.

Status: Closed

Sponsoring Organization: Midwest Nursing Research Society (MNRS) & Council for the Advancement of Nursing Science (CANS)

Award Dates: April 15, 2017 - April 14, 2019
Funded Amount for Entire Grant Period: \$5,000.00
No-cost extension through 04/14/2019

Award: Barriers to Physical Activity and Association with Geriatric Syndromes in Older Adults with Peripheral Artery Disease

Principal Investigator: Whipple, Mary O.
Status: Closed
Sponsoring Organization: Patricia G. Archbold Predoctoral Scholar Award, National Hartford Center of Gerontological Nursing Excellence (NHCGNE)
Sponsoring Organization Reference ID: #15-506
Award Dates: July 1, 2015 - June 30, 2018
Funded Amount for Entire Grant Period: \$100,000.00
No-cost extension through 06/30/2018

Pending/Submitted:

Award: Collaborative Solutions to Breaking Up Sedentary Behavior Among Black Older Adults with Type 2 Diabetes

Project Investigators: Whipple, Mary O.
Status: Currently Under Review
Sponsoring Organization: Center for Chronic Disease Reduction and Equity Promotion Across Minnesota (C2DREAM)/NIMHD
Institution: University of Minnesota
Date Proposal Submitted: October 2, 2023
Funded Amount for Entire Grant Period or Proposed Grant Period: \$50,000.00

Other Grants, Awards, Gifts, or Endowment Earnings (Internal Sources)

Award: Sex Differences in the Effects of Breaking Up Sedentary Behavior on Vascular Function Among Older Adults with Type 2 Diabetes

Project Investigators: Whipple, Mary O. (Funded: 24%)
Status: Funded
Sponsoring Organization: Women's Health Research Program Seed Grant for Interdisciplinary Research on Aging in Women
Institution: University of Minnesota
Date Proposal Submitted: 2022
Award Dates: January 1, 2023 - July 15, 2023
Funded Percent Effort: 24%
Funded Amount for Entire Grant Period or Proposed Grant Period: \$35,000.00
Bridge funding to support effort/project development prior to BIRCWH start date

Publications

Asterisk(*) - indicates co-first author

Underline - indicates student author

Peer-Reviewed Journal Article

Ortega-Santos, C. P., Pinto, A. J., **Whipple, M. O.**, Pan, Z., Boyle, K. E., Melanson, E. L., . . . Bergouignan, A. (2023). Breaking up sedentary time to improve glucose control in a population at risk for developing type 2 diabetes (BURST2D study): A randomized controlled trial. *International Journal of Clinical Trials*, 10(1), 34-44. [doi: 10.18203/2349-3259.ijct20230049](https://doi.org/10.18203/2349-3259.ijct20230049)

Whipple, M. O., Bergouignan, A., & Hooker, S. A. (2023). Development and Initial Validation of a Measure to Assess Self-Efficacy to Reduce Sedentary Behavior. *Medicine and Science in Sports and Exercise*, 55(10), 1933-1939. PubMed Central ID Number: PMC10524260 [doi: 10.1249/MSS.0000000000003215](https://doi.org/10.1249/MSS.0000000000003215)

Whipple, M. O., Pfammatter, A. F., Spring, B., Rejeski, W. J., Treat-Jacobson, D., Domanchuk, K. J., . . . McDermott, M. M. (2023). Study Design, Rationale, and Methodology for Promote Weight Loss in Patients With Peripheral Artery Disease Who Also Have Obesity: The PROVE Trial. *Journal of the American Heart Association*, 12(17), e031182. [doi: 10.1161/JAHA.123.031182](https://doi.org/10.1161/JAHA.123.031182)

Abushamat, L. A., Enge, D., Fujiwara, T., Schäfer, M., Clark, E. W., Englund, E. K., . . . Reusch JEB (2023). Obesity dominates early effects on cardiac structure and arterial stiffness in people with type 2 diabetes. *Journal of hypertension*. [doi: 10.1097/HJH.0000000000003534](https://doi.org/10.1097/HJH.0000000000003534)

Elgersma, K. M., Trebilcock, A. L., **Whipple, M. O.**, Tanner, L. R., Pilditch, S. J., Shah, K. M., & McKechnie, A. C. (2023). Risk Factors for Tube Feeding at Discharge in Infants Undergoing Neonatal Surgery for Congenital Heart Disease: A Systematic Review. *Pediatric cardiology*, 44(4), 769-794. [doi: 10.1007/s00246-022-03049-x](https://doi.org/10.1007/s00246-022-03049-x)

Ranum, R. M., Croghan, I., Bauer, B., Toussaint, L. L., Vincent, A., & **Whipple, M. O.** (2023). Use of cannabidiol in the management of insomnia: A systematic review. *Cannabis and Cannabinoid Research*, 8(2), 213-229. [doi: 10.1089/can.2022.0122](https://doi.org/10.1089/can.2022.0122)

Whipple, M. O. (2023). Sex differences in the clinical presentation and management of peripheral artery disease. *Journal of vascular nursing : official publication of the Society for Peripheral Vascular Nursing*, 41(1), 36-37. [doi: 10.1016/j.jvn.2023.01.005](https://doi.org/10.1016/j.jvn.2023.01.005)

Ranum, R. M., Toussaint, L. L., **Whipple, M. O.**, & Vincent, A. Predictive bidirectional relationships between pain, fatigue, and dyscognition in fibromyalgia. *Mayo Clinic Proceedings: Innovations, Quality and Outcomes*, 6(2), 143-147. PubMed Central ID Number: PMC8866045 [doi: 10.1016/j.mayocpiqo.2021.12.007](https://doi.org/10.1016/j.mayocpiqo.2021.12.007)

Whipple, M. O. (2022). Review of Article: CRISTAL Study Group. Effect of

aspirin vs. enoxaparin on symptomatic venous thromboembolism in patients undergoing hip or knee arthroplasty: The CRISTAL randomized trial. *JAMA*. 2022;328(8):719-727. *Journal of Vascular Nursing*, 40(3), 155-156. [doi: 10.1016/j.jvn.2022.10.001](https://doi.org/10.1016/j.jvn.2022.10.001)

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Non-Peer-Reviewed Journal Article

Whipple, M. O., & Mick, D. J. (2016). The road to a PhD: A marathon, not a sprint. *Gerontology News, Gerontological Society of America*. [Non-Refereed]

Whipple, M. O., & Jahn, D. (2016). Finding the right fit in your dissertation. *Gerontology News, Gerontological Society of America*. [Non-Refereed]

Book Chapter

Mays, R. J., **Whipple, M. O.**, & Treat-Jacobson, D. (2018). Peripheral artery disease and exercise in patients with diabetes. Reusch, J. (Ed.), *Diabetes and Exercise* 329-348.

Editorial

Whipple, M. O., Henkin, S., Chaudhury, P., Clark, V., & Gornik, H. L. (2023). *Strengthening the VMJ pipeline: Initial experience of the Next Generation Editorial Board*. 1st ed., vol. 28, 3-5. Vascular medicine (London, England). [doi: 10.1177/1358863X231152026](https://doi.org/10.1177/1358863X231152026)

Publications Submitted or in Progress

Asterisk() - indicates co-first author*

Underline - indicates student author

Peer-Reviewed Journal Article

Kajencki, M., Turcott, L., Claar, M., & **Whipple, M. O.** Maximizing control of chemotherapy-induced nausea and vomiting with pharmacological interventions and complementary and alternative medicine in pediatric oncology: A scoping review. [Submitted:2023]

Book Chapter

Walsh, M. E., & **Whipple, M. O.** Vascular nursing research and evidence based practice. *Core Curriculum for Vascular Nursing: An Official Publication of the Society for Vascular Nursing (SVN)* 3rd ed.. Lippincott Williams & Wilkins. [In preparation:2023]

Whipple, M. O., & Walsh, M. E. Lower extremity arterial disease. *Core Curriculum for Vascular Nursing: An Official Publication of the Society for Vascular Nursing (SVN)* 3rd ed.. Lippincott Williams & Wilkins.

[Submitted:2022]

Whipple, M. O., & Walsh, M. E. Lymphedema. *Core Curriculum for Vascular Nursing: An Official Publication of the Society for Vascular Nursing (SVN)* 3rd ed.. Lippincott Williams & Wilkins. [Submitted:2022]

Patents and Intellectual Property

Self-Efficacy to Reduce Sedentary Behavior (SRSB) Questionnaire. z.umn.edu/SRSB

Invited Presentations, Posters, and Exhibits

Underline - indicates student presenter

Podium

Whipple, M. O. "Enhancing patient participation in exercise programs for PAD," 19th European Angiology Days (virtual meeting) European Independent Foundation in Angiology/Vascular Medicine. (December 2022). *Invited.*

Whipple, M. O. "Variability in response to supervised exercise therapy among older adults with PAD," Society for Vascular Nursing 40th Annual Conference, Boston, Massachusetts. (June 2022). *Invited.*

Whipple, M. O., Jutkowitz, E. "How gerontologists view evidence," Biological Interest Group Minnesota Philosophy of Science Center, University of Minnesota, Minneapolis, Minnesota. (April 2017). *Invited.*

Poster

Whipple, M. O., Treat-Jacobson, D. J., Talley, K. M. C., Bronas, U. G. "Barriers to physical activity and association with geriatric syndromes in older adults with peripheral artery disease and diabetes," 2015 National Hartford Center of Gerontological Nursing Excellence Academic Leadership Conference, Orlando, Florida. (November 2015). *Invited.*

Presentation/Talk

Whipple, M. O., Pinto, A. J. "Sex differences in physical activity among individuals with type 2 diabetes across the life span: A systematic review and meta-analysis," Physical Activity Methods Journal Club Colorado Nutrition and Obesity Research Center, University of Colorado Anschutz Medical Campus, Aurora, Colorado. (September 2022). *Invited.*

Whipple, M. O. "Is sitting really the new smoking? Understanding the relationship between sedentary behavior and health," ARROW Electronics on behalf of the Ludeman Family Center for Women's Health Research University of Colorado Anschutz Medical Campus, Aurora, Colorado. (March 2022). *Invited.*

Whipple, M. O. "Is sitting really the new smoking? Understanding the relationship

between sedentary behavior and health," AMG National Trust on behalf of the Ludeman Family Center for Women's Health Research Medicine Cabinet University of Colorado Anschutz Medical Campus, Aurora, Colorado. (July 2021). *Invited*.

Whipple, M. O. "Is sitting really the new smoking? Understanding the relationship between sedentary behavior and health," Ludeman Family Center for Women's Health Research Medicine Cabinet University of Colorado Anschutz Medical Campus, Aurora, Colorado. (January 2021). *Invited*.

Whipple, M. O. "Is a postdoc right for me?," Organization of PhD Students in Nursing Lunch and Learn University of Minnesota, Minneapolis, Minnesota. (March 2020). *Invited*.

Whipple, M. O., Finlay, J., Jutkowitz, e. "How gerontologists at the University of Minnesota view evidence," Center on Aging Lunch and Learn University of Minnesota, Minneapolis, Minnesota. (February 2017). *Invited*.

Whipple, M. O., (Panelist) "A Panel Presentation of NRSA Application Tips," Office of Nursing Research and Scholarship, School of Nursing, University of Minnesota, Minneapolis, Minnesota. (December 2015). *Invited*.

Presentations, Posters, and Exhibits

Underline - indicates student presenter

Podium

Abushamat, L. A., Scalzo, R. L., Schauer, I. E., Knaub, L., Rafferty, D., Clark, E. W., **Whipple, M. O.**, Huebschmann, A. G., Reusch, J. E., Regensteiner, J. G. "Sex and diabetes status interact to affect human skeletal muscle mitochondrial oxidative capacity," American Diabetes Association 83rd Scientific Sessions American Diabetes Association, San Diego, California. (June 2023).

Walsh, E., Treat-Jacobson, D., Monaro, S., **Whipple, M. O.**, Brown, R. J., Kohlman-Trigoboff, D., Fitzpatrick, S. "Bring your best case to develop a journal submission," Society for Vascular Nursing 41st Annual Conference Society for Vascular Nursing, National Harbor, Maryland. (June 2023).

Whipple, M. O., Salisbury, D. L., Brown, R. J., Treat-Jacobson, D. "Using an exploratory domain analysis to understand outcome heterogeneity in response to supervised exercise therapy in PAD," Society for Vascular Nursing 41st Annual Conference Society for Vascular Nursing, National Harbor, Maryland. (June 2023).

Whipple, M. O., Salisbury, D. L., Brown, R. J.L., Treat-Jacobson, D. "Poor response and nonresponse to clinically available supervised exercise therapy for peripheral artery disease in the Twin Cities," 2023 School of Nursing Research

Day University of Minnesota, Minneapolis, Minnesota. (April 2023). *Peer-reviewed/refereed*.

Whipple, M. O. "Understanding the complex relationships between sedentary behavior, mood, and meaning salience among older women in the moments of daily life," 2022 School of Nursing Research Day University of Minnesota, Minneapolis, Minnesota. (2022). *Peer-reviewed/refereed*.

Whipple, M. O., Spring, B., Treat-Jacobson, D. J., Polonsky, T., Guralnik, J. M., Forman, D. E., Zhang, D., Xu, S., Leeuwenburgh, C., Manini, T., Rejeski, J., McDermott, M. M. "Effects of home-based ischemic leg symptom-inducing exercise on simultaneous improvement in patient reported outcomes and treadmill walking distance in peripheral artery disease: The LITE randomized clinical trial," American Heart Association 2022 Scientific Sessions, Chicago, Illinois. (November 2022). *Peer-reviewed/refereed*.

Whipple, M. O., Spring, B., Treat-Jacobson, D. J., Guralnik, J. M., Forman, D. E., Zhang, D., Leeuwenburgh, C., Manini, T., McDermott, M. M. "Effects of ischemic leg symptom-inducing exercise on simultaneous improvement in patient reported outcomes and six-minute walk distance in peripheral artery disease: The LITE randomized clinical trial," Society for Vascular Medicine Annual Meeting, Denver, Colorado. (October 2022). *Peer-reviewed/refereed*.

Whipple, M. O., Masters, K. S., Bergouignan, A., Huebschmann, A. G., Regensteiner, J. G. "Understanding sedentary behavior, mood, and meaning salience among older women in the time of COVID-19," Midwest Nursing Research Society 45th Annual Conference (virtual meeting). (March 2021). *Peer-reviewed/refereed*.

Whipple, M. O., Burt, M., Schorr, E., Treat-Jacobson, D. J. "Experience with a peripheral artery disease rehabilitation-embedded research study during year 1 of Medicare reimbursement," Society for Vascular Nursing 37th Annual Conference, National Harbor, Maryland. (June 2019). *Peer-reviewed/refereed*.
Received Best Overall Presenter Award

Brown, R., Erickson, K., Gerard, A., Gildea, L., Stigen, L., **Whipple, M. O.**, Treat-Jacobson, D. "Changes in PAD awareness from an outreach and education initiative – The PAD PRAIRIE Initiative: Promoting Healthy Aging and Mobility in Rural Minnesota," Society for Vascular Nursing 36th Annual Conference, Boston, Massachusetts. (2018). *Peer-reviewed/refereed*.

Salisbury, D., **Whipple, M. O.**, Burt, M., Brown, R., Hirsch, A., Foley, C., Bakken, M., Treat-Jacobson, D. "Experience with a health system-anchored supervised rehabilitation program for peripheral artery disease," American Association for Cardiovascular and Pulmonary Rehabilitation 32nd Annual Meeting, Charleston, South Carolina. (2017). *Peer-reviewed/refereed*.

Brown, R., Stigen, L., Keyes, A., Erickson, K., **Whipple, M. O.**, Kirk, L., Treat-Jacobson, D. "Peripheral artery disease (PAD) awareness in rural Minnesota: Results from the PAD PRAIRIE Initiative," Society of Vascular Nursing 35th Annual Meeting, Nashville, Tennessee. (2017). *Peer-reviewed/refereed*.

Whipple, M. O., Kane, R. A., Kane, R. L. "Comparing IAGG and GSA members' views of evidence in aging," 21st International Association of Gerontology and Geriatrics World Congress, San Francisco, California. (July 2017). *Peer-reviewed/refereed*.

Whipple, M. O., Burt, M., Salisbury, D., Brown, R., Hirsch, A., Foley, C., Treat-Jacobson, D. "Outcomes of a 3-month clinical PAD rehabilitation program," Society for Vascular Nursing 35th Annual Conference, Nashville, Tennessee. (April 2017). *Peer-reviewed/refereed*.

Kane, R. L., McCreedy, E., Xu, D., **Whipple, M. O.** "Gerontologists reflect on evidence: Results and themes from a mixed-methods study in a Midwestern state – Patterns in how different disciplines regard evidence," Gerontological Society of America 2016 Annual Scientific Meeting, New Orleans, Louisiana. (2016). *Peer-reviewed/refereed*.

Finlay, J., Davila, H., Jensen, A., Jutkowitz, E., **Whipple, M. O.** "Gerontologists reflect on evidence: Results and themes from a mixed-methods study in a Midwestern state – What we learn through asking about evidence: Student interviewers' reflections," Gerontological Society of America 2016 Annual Scientific Meeting, New Orleans, Louisiana. (2016). *Peer-reviewed/refereed*.

Kane, R. L., Kane, R. A., Xu, D., McCreedy, E., Jutkowitz, E., **Whipple, M. O.** "Perspectives on evidence within GSA: Seeking common ground – Major findings and themes," Gerontological Society of America 2016 Annual Scientific Meeting, New Orleans, Louisiana. (2016). *Peer-reviewed/refereed*.

Whipple, M. O., Kane, R. L., Xu, D., McCreedy, E., Jutkowitz, E. "Perspectives on evidence within GSA: Seeking common ground – What affects perspectives on evidence?," Gerontological Society of America 2016 Annual Scientific Meeting, New Orleans, Louisiana. (November 2016). *Peer-reviewed/refereed*.

Toussaint, L. L., **Whipple, M. O.**, Hathaway, J. C., Finnie, D. M., Vickers Douglas, K., Vincent, A. "Forgiveness education in fibromyalgia patients," Mayo Spiritual Care Research Conference, Rochester, Minnesota. (2012). *Peer-reviewed/refereed*.

Vincent, A., Kruk, K. M., **Whipple, M. O.**, Cha, S. S., Bauer, B. A., Martin, D. P. "Utility of acupuncture at an academic medical center," 6th International Congress on Complementary Medicine Research, Chengdu, China. (2011).

Peer-reviewed/refereed.

Hale, A., Toussaint, L., **Whipple, M. O.** "Attendance at religious services mediates the association between religious importance and substance use in United States adults," 3rd Australian Conference on Spirituality and Health, Adelaide, Australia. (July 2009). *Peer-reviewed/refereed.*

Whipple, M. O., Toussaint, L. L., Hale, A. "Effects of brief gratitude and forgiveness writing exercises on short-term changes in happiness," 3rd Australian Conference on Spirituality and Health. (July 2009). *Peer-reviewed/refereed.*

Whipple, M. O., Toussaint, L. L., Hale, A. "Religious & spiritual correlates of self-rated health and symptom severity in post-polio patients," 3rd Australian Conference on Spirituality and Health, Adelaide, Australia. (July 2009). *Peer-reviewed/refereed.*

Hale, A., Toussaint, L., **Whipple, M. O.** "Unforgiveness as a risk factor for poor physical health," 3rd Australian Conference on Spirituality and Health, Adelaide, Australia. (July 2009). *Peer-reviewed/refereed.*

Toussaint, L. L., Cheadle, A., **Whipple, M. O.**, Luskin, F., Peddle, N. "Religiousness/spirituality and health, happiness, and positive psychological characteristics in West Africa: Correlational findings and an initial intervention," 6th Annual Mid-Year Research Conference on Religion and Spirituality. (2008). *Peer-reviewed/refereed.*

Poster

Whipple, M. O., McMahon, S. K., Duprez, D., Wolfson, J., Regensteiner, J. G., Treat-Jacobson, D. J. "Sex Differences in the Effects of Breaking Up Sedentary Behavior on Vascular Function Among Older Adults with Type 2 Diabetes," CTSI Translational Science Symposium and Poster Session, Minneapolis, Minnesota, United States. (2023). *Peer-reviewed/refereed.*

Katamesh, B. E., Nanda, S., Thilagar, B., Singla, A., Anstine, K. V., **Whipple, M. O.**, Vincent, A. "Menopause Related Proteomic Profiles and Biomarkers: A Systematic Review," Women's Health Research Symposium: Sex Differences and Immunity Mayo Clinic Women's Health Research Center, Rochester, Minnesota, United States. (2023).

Whipple, M. O., Zhao, L., Tian, L., Zhang, D., McDermott, M. M. "Ischemic leg symptom severity and response to supervised exercise in peripheral artery disease: Results from three randomized clinical trials," Society for Vascular Medicine 2023 Annual Meeting, Washington, District of Columbia. (September 2023). *Peer-reviewed/refereed.*

Whipple, M. O., Pinto, A. J., Rafferty, D., Scalzo, R. L., Abushamat, L. A., Schauer,

I. E., Huebschmann, A. G., Clark, E. W., Regensteiner, J. G., Reusch, J. E. "No relationship between sedentary behavior patterns and peak oxygen consumption (VO₂peak) among overweight individuals with and without type 2 diabetes," American Diabetes Association 83rd Scientific Sessions American Diabetes Association, San Diego, California. (June 2023).

Whipple, M. O., A. B., Hooker, S. A. "Development and validation of a measure to assess self-efficacy to reduce sedentary behavior," American College of Sports Medicine Annual Meeting and World Congresses American College of Sports Medicine, Denver, Colorado. (May 2023).

Whipple, M. O., Spring, B., Treat-Jacobson, D. J., Guralnik, J. M., Forman, D. E., Zhang, D., Leeuwenburgh, C., Manini, T., McDermott, M. M. "Effects of ischemic leg symptom-inducing exercise on simultaneous improvement in patient reported outcomes and six-minute walk distance in peripheral artery disease: The LITE randomized clinical trial," 2023 School of Nursing Research Day University of Minnesota, Minneapolis, Minnesota. (April 2023). *Peer-reviewed/refereed*.

Whipple, M. O., Schorr, E., Treat-Jacobson, D. "Effects of supervised exercise therapy on sleep quality and quantity in older adults with peripheral artery disease," Midwest Nursing Research Society 47th Annual Conference, Des Moines, Iowa. (March 2023). *Peer-reviewed/refereed*.

Ranum, R., **Whipple, M. O.**, Toussaint, L. L., Vincent, A. "Predictive bidirectional relations between pain, fatigue, and dyscognition in fibromyalgia," 12th Congress of the European Pain Federation EFIC – Pain in Europe XII, Dublin, Ireland. (2022). *Peer-reviewed/refereed*.

Enge, D., Schafer, M., Fujiwara, T., Clark, E. W., Englund, E. K., Scalzo, R. L., Rafferty, D., Schauer, I. E., Abushamat, L., **Whipple, M. O.**, Hunter, K., Nadeau, K. J., Regensteiner, J. G., Barker, A. J., Reusch, J. E. "Effects of obesity and type 2 diabetes on cardiac structure and arterial stiffness," American Diabetes Association 82nd Scientific Sessions, New Orleans, Louisiana. (2022). *Peer-reviewed/refereed*.

Brown, R. J., **Whipple, M. O.**, Treat-Jacobson, D. "Test re-test reliability of the Peripheral Artery Disease Quality of Life Questionnaire (PADQOL)," Society for Vascular Medicine 2022 Annual Meeting, Denver, Colorado. (2022). *Peer-reviewed/refereed*.

Whipple, M. O., Salisbury, D. L., Brown, R. J., Treat-Jacobson, D. J. "Poor response and nonresponse to clinically available supervised exercise therapy for peripheral artery disease: a pooled analysis," American Heart Association 2022 Scientific Sessions, Chicago, Illinois. (November 2022). *Peer-reviewed/refereed*.

Whipple, M. O., Salisbury, D. L., Brown, R. J., Treat-Jacobson, D. J. "Sex

differences in response to clinically available supervised exercise therapy for peripheral artery disease," 2022 Ludeman Family Center for Women's Health Research National Conference on Women's Health and Sex Differences, Colorado Springs, Colorado. (October 2022). *Peer-reviewed/refereed*.

Enge, D., Barker, A., Schafer, M., Scalzo, R. L., Rafferty, D., Schauer, I. E., Abushamat, L., **Whipple, M. O.**, Johnson, E. M., Baran Scott, M., Jarvis, K. B., Fujiwara, T., Markl, M., Hunter, K., Nadeau, K., Regensteiner, J. G., Reusch, J. "Effects of obesity, exercise, and type 2 diabetes on cardiovascular phenotype," American Diabetes Association 81st Scientific Sessions (virtual meeting). (2021). *Peer-reviewed/refereed*.

Harris, M., Bailey, L., Oosterhouse, K., **Whipple, M. O.** "Interests and priorities of student members of the gerontological nursing science research interest group," Midwest Nursing Research Society 45th Annual Conference (virtual meeting). (2021). *Peer-reviewed/refereed*.

Enge, D., Schafer, M., Scalzo, R. L., Rafferty, D., Schauer, I. E., Abushamat, L., **Whipple, M. O.**, Hunter, K., Barker, A., Nadeau, K., Regensteiner, J. G., Reusch, J. "Cardiovascular response to exercise in type 2 diabetes," American Diabetes Association 80th Scientific Sessions (virtual meeting). (2020). *Peer-reviewed/refereed*.

Whipple, M. O., Wolfson, J., Schorr, E., Treat-Jacobson, D. J. "Outcome heterogeneity in response to CMS-reimbursed supervised exercise therapy in PAD: An exploratory domain analysis," Society for Vascular Medicine 2020 Annual Scientific Sessions (virtual meeting). (September 2020). *Peer-reviewed/refereed*.

Whipple, M. O., Schorr, E., Talley, K. M. C., Lindquist, R. A., Wolfson, J., Bronas, U. G., Treat-Jacobson, D. J. "Individual variability in response to supervised exercise therapy among older adults with peripheral artery disease," Midwest Nursing Research Society 44th Annual Conference (virtual meeting). (April 2020). *Peer-reviewed/refereed*.

Vincent, A., **Whipple, M. O.**, Toussaint, L. L. "Association of vitamin-D levels and tender point count in patients with fibromyalgia," Indian Society for Study of Pain 34th Annual Conference, Bangalore, India. (2019). *Peer-reviewed/refereed*.

Whipple, M. O., Schorr, E., Talley, K. M. C., Lindquist, R. A., Bronas, U. G., Wolfson, J., Treat-Jacobson, D. J. "Are there medical and physical differences between women and men with peripheral artery disease at the time of referral for supervised exercise therapy?," Women's Health Research Day Center for Women's Health Research, University of Colorado Denver Anschutz Medical Campus, Aurora, Colorado. (October 2019). *Peer-reviewed/refereed*.

- Whipple, M. O.**, Schorr, E., Treat-Jacobson, D. J. "Does initiation of supervised exercise therapy have immediate effects on free-living sedentary time among older adults with PAD?," Society for Vascular Medicine Annual Meeting, McLean, Virginia. (May 2019). *Peer-reviewed/refereed*.
- Whipple, M. O.** "Association between patterns of sedentary behavior and physical function among older adults with peripheral artery disease," 2019 School of Nursing Research Day University of Minnesota, Minneapolis, Minnesota. (April 2019). *Peer-reviewed/refereed*.
- Whipple, M. O.** "Association between patterns of sedentary behavior and physical function among older adults with peripheral artery disease," Midwest Nursing Research Society 43rd Annual Conference, Kansas City, Missouri. (March 2019). *Peer-reviewed/refereed*.
- Schorr, E., **Whipple, M. O.**, Treat-Jacobson, D. "Effects of supervised exercise therapy on free-living physical activity among patients with symptomatic peripheral artery disease," American Heart Association 2018 Scientific Sessions, Chicago, Illinois. (2018).
- Hoskin, T. L., **Whipple, M. O.**, Nanda, S., Vincent, A. "Longitudinal stability of fibromyalgia symptom clusters," American Pain Society Annual Meeting, Anaheim, California. (2018). *Peer-reviewed/refereed*.
- Whipple, M. O.**, Schorr, E., Treat-Jacobson, D. J. "Patterns of sedentary behavior on exercise and non-exercise days among older adults referred for supervised exercise therapy for peripheral artery disease," American Heart Association 2018 Scientific Sessions, Chicago, Illinois. (November 2018). *Peer-reviewed/refereed*.
- Whipple, M. O.**, Schorr, E., Talley, K. M. C., Lindquist, R. A., Bronas, U. G., Wolfson, J., Treat-Jacobson, D. J. "Are there medical and physical differences between women and men with peripheral artery disease at the time of referral for supervised exercise therapy?," Women's Health Research Conference University of Minnesota, Minneapolis, Minnesota. (October 2018). *Peer-reviewed/refereed*.
- Whipple, M. O.**, Talley, K. M. C., Schorr, E., Bronas, U. G., Treat-Jacobson, D. J. "Patterns of physical activity attitudes and engagement in physical activity among older adults with peripheral artery disease and diabetes: A mixed methods study," Society for Vascular Nursing 36th Annual Conference, Boston, Massachusetts. (June 2018). *Peer-reviewed/refereed*.
- Whipple, M. O.**, Treat-Jacobson, D. J., Schorr, E., Lindquist, R. A., Bronas, U. G., Talley, K. M. C. "A critical review of variability in individual response to aerobic exercise interventions among older adults," 2018 School of Nursing Research

Day University of Minnesota, Minneapolis, Minnesota. (April 2018). *Peer-reviewed/refereed*.

Whipple, M. O., Nanda, S., Vincent, A. "Comparison of leisure physical activity and exercise capacity in women with fibromyalgia and healthy matched controls," American Academy of Pain Medicine 33rd Annual Meeting, Orlando, Florida. (2017). *Peer-reviewed/refereed*.

Wahner-Roedler, D. L., **Whipple, M. O.**, Vincent, A. "An exploratory study of Scrambler therapy for fibromyalgia pain," World Congress on Integrative Medicine and Health 2017, Berlin, Germany. (2017). *Peer-reviewed/refereed*.

Whipple, M. O., Treat-Jacobson, D. J., Schorr, E., Lindquist, R. A., Bronas, U. G., Talley, K. M. C. "A critical review of variability in individual response to aerobic exercise interventions among older adults," 2017 Annual Scientific Meeting of the American Geriatrics Society, San Antonio, Texas. (May 2017). *Peer-reviewed/refereed*.

Whipple, M. O., Treat-Jacobson, D. J. "A qualitative exploration of barriers to physical activity experienced by older adults with peripheral artery disease and diabetes," 2017 School of Nursing Research Day University of Minnesota, Minneapolis, Minnesota. (April 2017). *Peer-reviewed/refereed*.

Whipple, M. O., Treat-Jacobson, D. J. "A qualitative exploration of barriers to physical activity experienced by older adults with peripheral artery disease and diabetes," Society for Vascular Nursing 35th Annual Conference, Nashville, Tennessee. (April 2017). *Peer-reviewed/refereed*.

Whipple, M. O., Mohabbat, A. B., Fleming, K. C., Nanda, S., Vincent, A. "Lack of gender differences in self-report pain and other symptoms in patients with fibromyalgia," American Academy of Pain Medicine 32nd Annual Meeting, Palm Springs, California. (2016). *Peer-reviewed/refereed*.

Kennedy, K., **Whipple, M. O.**, Janessen, K., Vincent, A., Toussaint, L. L. "The longitudinal relationship between pain and fatigue in fibromyalgia patients," Association for Psychological Science 28th Annual Convention, Chicago, Illinois. (2016). *Peer-reviewed/refereed*.

Whipple, M. O., Toussaint, L. L., Fleming, K. C., Nanda, S. J., Mohabbat, A. B., Vincent, A. "Associations between post-traumatic stress disorder symptoms and mental health in fibromyalgia," American Pain Society 35th Annual Meeting, Austin, Texas. (May 2016). *Peer-reviewed/refereed*.

Whipple, M. O., Treat-Jacobson, D. J. "Going beyond claudication: A qualitative investigation of barriers to exercise for older adults with peripheral artery disease and diabetes," 2016 School of Nursing Research Day University of Minnesota,

Minneapolis, Minnesota. (April 2016). *Peer-reviewed/refereed*.

Whipple, M. O., Treat-Jacobson, D. J. "Going beyond claudication: A qualitative investigation of barriers to exercise for older adults with peripheral artery disease and diabetes," Midwest Nursing Research Society 40th Annual Conference, Milwaukee, Wisconsin. (March 2016). *Peer-reviewed/refereed*.

Vij, B., **Whipple, M. O.**, Tepper, S., Mohabbat, A., Stillman, M., Vincent, A. "Prevalence of migraine headaches in patients with fibromyalgia," 34th Annual Scientific Meeting of the American Pain Society, Palm Springs, California. (2015). *Peer-reviewed/refereed*.

Vincent, A., McAllister, S. J., **Whipple, M. O.**, Oh, T. H., Wahner-Roedler, D., Toussaint, L. L. "Dyscognition in patients with fibromyalgia," 3rd International Congress on Controversies in Rheumatology and Autoimmunity, Sorrento, Italy. (2015). *Peer-reviewed/refereed*.

Engen, D., McAllister, S., **Whipple, M. O.**, Vincent, A., Cha, S. S., Bauer, B. A., Wahner-Roedler, D. L. "Effect of transdermal magnesium chloride on quality of life in patients with fibromyalgia – A pilot study," 43rd Congress of the German Society for Rheumatology, Bremen, Germany. (2015). *Peer-reviewed/refereed*.

Vincent, A., **Whipple, M. O.** "Exercise capacity and autonomic function in patients with moderate fibromyalgia," 9th Congress of the European Pain Federation EFIC, Vienna, Austria. (2015). *Peer-reviewed/refereed*.

Ge, L., Oh, T. H., Vincent, A., Mohabbat, A., Jiang, L., **Whipple, M. O.**, McAllister, S., Wang, Z., Qu, W. "Association of smoking and cognitive function in patients with fibromyalgia," American College of Rheumatology Annual Meeting, San Francisco, California. (2015). *Peer-reviewed/refereed*.

Whipple, M. O., Talley, K. M. C., Cheung, C. K., Wyman, J. F. "Relationship between physical function, geriatric syndromes, and quality of life in active older adults," 2015 School of Nursing Research Day University of Minnesota, Minneapolis, Minnesota. (April 2015). *Peer-reviewed/refereed*.

Whipple, M. O., Talley, K. M. C., Cheung, C. K., Wyman, J. F. "Relationship between physical function, geriatric syndromes, and quality of life in active older adults," Midwest Nursing Research Society 39th Annual Conference, Indianapolis, Indiana. (March 2015). *Peer-reviewed/refereed*.

Vincent, A., McAllister, S. J., Aleman, K., **Whipple, M. O.**, Hassett, A. L., Toussaint, L. L. "Perceived stress and fibromyalgia impact: Modeling mechanisms of action," 72nd Annual Scientific Meeting of the American Psychosomatic Society, San Francisco, California. (2014).

- Vincent, A., Hoskin, T. L., Clauw, D. J., Barton, D. L., **Whipple, M. O.**, Benzo, R. B., Williams, D. A. "OMERACT-based fibromyalgia symptom subgroups: An exploratory cluster analysis," American Academy of Pain Medicine 30th Annual Meeting, Phoenix, Arizona. (2014). *Peer-reviewed/refereed*.
- Whipple, M. O.**, Bronas, U. G. "The impact of exercise training on quality of life in patients with diabetic kidney disease," 2014 School of Nursing Research Day University of Minnesota, Minneapolis, Minnesota. (April 2014). *Peer-reviewed/refereed*.
- Whipple, M. O.**, Bronas, U. G. "The impact of exercise training on quality of life in patients with diabetic kidney disease," Midwest Nursing Research Society 38th Annual Conference, St. Louis, Missouri. (March 2014). *Peer-reviewed/refereed*.
- Whipple, M. O.**, McAllister, S. J., Cha, S. S., Vincent, A., Oh, T. H. "Association of body mass index and fibromyalgia symptom severity by gender," American Pain Society 32nd Annual Scientific Meeting, New Orleans, Louisiana. (2013). *Peer-reviewed/refereed*.
- Vincent, A., McAllister, S. J., Oh, T. H., **Whipple, M. O.** "Autonomic Symptom Profile and fibromyalgia," American Pain Society 32nd Annual Scientific Meeting, New Orleans, Louisiana. (2013). *Peer-reviewed/refereed*.
- Vincent, A., Hawkins, E. S., Cha, S. S., Luedtke, C. A., Oh, T. H., **Whipple, M. O.** "Association of body mass index and fibromyalgia symptom severity by gender," 14th World Congress on Pain, Milan, Italy. (2012). *Peer-reviewed/refereed*.
- Vincent, A., Cha, S., St. Sauver, J., **Whipple, M. O.**, Wollan, P., Yawn, B. "Are specific coping strategies related to depression in chronic pain patients?," 31st Annual Scientific Meeting of the American Pain Society, Honolulu, Hawaii. (2012). *Peer-reviewed/refereed*.
- Whipple, M. O.**, Toussaint, L. L., Clauw, D. J., Williams, D. A., Oh, T. H., Thompson, J. M., Luedtke, C. A., Vincent, A. "Pain, sleep disturbance, and depression mediate the association between body mass index and fatigue in fibromyalgia," American College of Rheumatology Annual Scientific Meeting, Washington, District of Columbia. (2012). *Peer-reviewed/refereed*.
- Vincent, A., **Whipple, M. O.**, Barton, D. L., Clauw, D. J., Williams, D. A., Oh, T. H., Toussaint, L. L. "Predictors of fatigue in fibromyalgia," American College of Rheumatology Annual Scientific Meeting, Washington, DC. (2012). *Peer-reviewed/refereed*.
- Solberg Nes, L., Ehlers, S. L., **Whipple, M. O.**, Vincent, A. "Self-regulatory fatigue in chronic multi-symptom illnesses: Scale development and validation," American Psychosomatic Society 70th Annual Scientific Meeting, Athens,

Greece. (2012). *Peer-reviewed/refereed*.

Whipple, M. O., Hawkins, E. S., Cha, S. S., Luedtke, C. A., Oh, T. H., Thompson, J. M., Vincent, A. "Application of fibromyalgia survey criteria to a fibromyalgia registry," Translational Science 2012 Conference, Washington, District of Columbia. (2012). *Peer-reviewed/refereed*.

Hawkins, E. S., **Whipple, M. O.**, Cha, S. S., Luedtke, C. A., Oh, T. H., Thompson, J. M., Vincent, A. "Construction of a fibromyalgia registry," Translational Science 2012 Conference, Washington, DC. (2012). *Peer-reviewed/refereed*.

Vincent, A., **Whipple, M. O.**, Hawkins, E. S., Lahr, B., St. Sauver, J. "Prevalence of diagnosed and survey-assessed fibromyalgia in Olmsted County," Translational Science 2012 Conference, Washington, DC. (2012). *Peer-reviewed/refereed*.

Vincent, A., **Whipple, M. O.**, Brimmer, D. J., Boneva, R. S., Jones, J. F., Lahr, B. D., St. Sauver, J. "Exclusionary psychiatric disorders and psychiatric comorbidities in patients with chronic fatigue syndrome," 164th Annual Meeting of the American Psychiatric Association, Honolulu, Hawaii. (2011). *Peer-reviewed/refereed*.

Toussaint, L., Abboud, L. L., **Whipple, M. O.**, Vincent, A., Wahner-Roedler, D. L. "A mind-body technique for symptoms related to fibromyalgia and chronic fatigue," 25th Annual Conference of the European Health Psychology Society, Hersonissos, Crete, Greece. (2011). *Peer-reviewed/refereed*.

Vincent, A., Barton, D. L., Clauw, D. J., **Whipple, M. O.**, Lahr, B., Hawkins, E., Oh, T. H., Luedtke, C. A., St. Sauver, J. "Prevalence of physician-diagnosed fibromyalgia and fibromyalgia-related fatigue in Olmsted County," American College of Rheumatology Annual Scientific Meeting, Chicago, Illinois. (2011). *Peer-reviewed/refereed*.

Whipple, M. O., Vincent, A., Schmidt, J., Guderian, J., Nguyen, S., Burke, M., Oh, T. H., Manek, N., Thompson, J., Luedtke, C. "A pilot study of a one-week self-management program for fibromyalgia," Musculoskeletal Disorders and Chronic Pain Conference, Los Angeles, California. (2011). *Peer-reviewed/refereed*.

Whipple, M. O., Vincent, A., Oh, T. H., Luedtke, C. A., Hoskin, T. L. "Hysterectomy status and fibromyalgia symptom severity," American College of Rheumatology Annual Scientific Meeting, Atlanta, Georgia. (2010). *Peer-reviewed/refereed*.

Whipple, M. O., Oh, T. H., Luedtke, C. A., Schmidt, J., Burke, M., Thompson, J., Cha, S., Vincent, A. "Quality of life in women and men with fibromyalgia," Opportunities in Women's Health Research Symposium Mayo Clinic, Rochester, Minnesota. (2010). *Peer-reviewed/refereed*.

Whipple, M. O., Everson-Rose, S. A., Lewis, T. T., Powell, L. J., Matthews, K. A., Sutton-Tyrell, L. "Hopelessness, depressive symptoms and carotid atherosclerosis in women: The Study of Women's Health Across the Nation (SWAN) Heart Study," Powell Center for Excellence in Women's Health 5th Annual Women's Health Conference University of Minnesota, Minneapolis, Minnesota. (2008). *Peer-reviewed/refereed*.

Presentation/Talk

Rogers, C., (Panelist), **Whipple, M. O.**, (Panelist), Leavitt, M. A., (Panelist), Acosta, L., (Panelist), Petrovsky, D., (Moderator) "Leadership in professional organizations: A workshop for graduate students, early career nurses, and mentors," National Hartford Center for Gerontological Nursing Excellence 2022 Leadership Conference (virtual meeting). (October 2022).

Whipple, M. O. "Understanding sedentary behavior, mood, and meaning salience among older women in the time of COVID-19," Investigations in Metabolism, Aging, Gender, and Exercise (IMAGE) Scientific Advancement University of Colorado Anschutz Medical Campus, Aurora, Colorado. (March 2021).

Whipple, M. O. "Prolonged sedentary behavior in older women with and without type 2 diabetes: Knowledge, engagement, and relationship to cardiometabolic risk," Investigations in Metabolism, Aging, Gender, and Exercise (IMAGE) Scientific Advancement University of Colorado Anschutz Medical Campus, Aurora, Colorado. (May 2020).

Whipple, M. O. "Prolonged sedentary behavior in older women with and without type 2 diabetes: Knowledge, engagement, and relationship to cardiometabolic risk," Exercise and Metabolism (EXAM) Journal Club University of Colorado Anschutz Medical Campus, Aurora, Colorado. (December 2019).

Whipple, M. O., (Panelist) "F31/TL1 Application Tips," Office of Nursing Research and Scholarship, School of Nursing, University of Minnesota, Minneapolis, Minnesota. (November 2019).

Whipple, M. O., (Speaker) "Commencement Remarks on Behalf of the DNP and PhD Graduates," Spring Commencement School of Nursing, University of Minnesota, Minneapolis, Minnesota. (May 2019).

Media Contributions

"Voices of Aging Podcast: Cardiovascular Health Among Older Adults," University of Minnesota Aging Studies Interdisciplinary Group

October 2022

TEACHING

Scheduled Teaching

Nurs Care of Families I Honors: NURS 3802H: Spring 2022
Honors: Nurs Theory & Research: NURS 4205V: Spring 2022
Senior Proj in the Nurs Major: NURS 4777W: Fall 2022
Dev Resch Propls in Nurs or HS: NURS 8153: Fall 2022
Honors: App Res/Resear Utiliza: NURS 4404V: Fall 2023

Instructional Activity

University of Minnesota

Workshop, CPDN X501: Writing Your Journal Article in 12 Weeks, Co-Facilitator	May 2023 - August 2023
Guest Lecture, DlvE3 Presentation: Communicating Your Work: From the Editor's View, School of Nursing, University of Minnesota	May 2023
Guest Lecture, Mini Medical School: Creating Pathways to Healthy Aging	April 2023
Guest Lecture, NURS 1031: Nursing Research	March 2023
Guest Lecture, NURS 8195: Mixed Methods and Integration of Data Types	March 2023
Guest Lecture, DlvE2 Presentation: Overcoming Imposter Syndrome & Assuming a New Professional Role, School of Nursing, University of Minnesota	May 2022
Guest Lecture, Developing an Individual Development Plan and Maximizing Your Doctoral Experience, NURS 8180: Professional Development Seminar, School of Nursing, University of Minnesota	September 2018
Guest Lecture, Developing an Individual Development Plan and Maximizing Your Doctoral Experience, NURS 8180: Professional Development Seminar, School of Nursing, University of Minnesota	September 2017
Guest Lecture, Tips to Maximizing Your Doctoral Experience, NURS 8180: Professional Development Seminar, School of Nursing, University of Minnesota	September 2016

Guest Lecture, Key Concepts: Nursing Research, February 2016
Problems, Questions, and Hypotheses, NURS 4205V:
Honors Nursing Research and Theory, School of
Nursing, University of Minnesota

Guest Lecture, How to Maximize Your Doctoral September 2015
Experience, NURS 8180: Professional Development
Seminar, School of Nursing, University of Minnesota,
Panelist

College of Nursing, University of Colorado

Course, NURS 3667: Nursing Care of the Older Adult, August 2021 - October 2021
College of Nursing, University of Colorado, Instructor

Course, NURS 3667: Nursing Care of the Older Adult, March 2021 - May 2021
College of Nursing, University of Colorado, Co-
Teacher

CURRICULUM DEVELOPMENT ACTIVITIES

Curriculum Development Activities

University of Minnesota

Development of a new evidence based practice, theory, and November 2022 -
research course for the MN program to align with the new Present
AACN Essentials (collaboration with Erica Timko-Olson)

Development of 8153: Developing Research Proposals in June 2022 - Present
Nursing

PROFESSIONAL DEVELOPMENT ACTIVITIES

University Teaching/Learning Program, "Early Career September 2022 - May 2023
Teaching and Learning Program," Center for
Educational Innovation, University of Minnesota,
Minneapolis, Minnesota

Workshop, "Building A Publishing Pipeline: Concrete February 14, 2023
Strategies For Increasing Your Writing
Productivity," National Center for Faculty
Development and Diversity/Center for Women's
Health Research

Workshop, "Write Winning Grants - Career January 2023
Development Awards," Center for Translational
Science Institute, University of Minnesota

Workshop, "Every Semester Needs A Plan," National January 30, 2023
Center for Faculty Development and
Diversity/University of Minnesota School of Nursing

Workshop, "CPDN X501 - Writing Your Journal Article in 12 Weeks," School of Nursing, University of Minnesota, Minneapolis, Minnesota	May 2022 - August 2022
Workshop, "Write Winning Grants," Center for Translational Science Institute, University of Minnesota	February 2022
Training, "T32 Team Science Training," Department of Medicine, University of Colorado Anschutz Medical Campus	2019 - 2021
Workshop, "Qualitative Research Workshop," Adult and Child Consortium for Health Outcomes Research and Delivery Science (ACCORDS), University of Colorado	March 2020
Seminar, "Faculty Seminar: Grant Writing Symposium," Office of Research Development and Education, University of Colorado Denver	October 2019
Workshop, "Write Winning Grants," Center for Translational Science Institute, University of Minnesota	January 2019

ADVISING AND MENTORING

Undergraduate Students Activities

Other Advising Activities

University of Minnesota

Student Mentorship. Madeleine Kajencki Focus: Literature review and publishing	2023 - Present
Reader, Undergraduate Honors Thesis. Allison Cheng Thesis: Examining Nursing Response and Patient Factors that Impact Hypoglycemia Treatment Recovery in Hospitalized Pediatric Patients	2023
Reader, Undergraduate Honors Thesis. Maura Talwalkar Thesis: The Relationship Between Change in Walking Ability and Health-Related Quality of Life Following Supervised Exercise Therapy for Peripheral Artery Disease	2023
Reader, Undergraduate Honors Thesis. Megan Driscoll Thesis: An Exploration of Met and Unmet Social Needs of AYA Cancer Survivors, the Meaning of Nature, and Preferences for Nature Engagement	2023
Reader, Undergraduate Honors Thesis. Melissa Florey	2023

Thesis: Examining Whether Emotional Eating,
Fruit and Vegetable Intake, and Wellbeing in
Adolescents Intersect: A Mediation Analysis
Reader, Undergraduate Honors Thesis. 2023

Mia Sparrow

Thesis: Depression and Suicidal Ideation among
Somali and Oromo Students in Minnesota:
Associations with Perceived Discrimination and
Supportive Teachers

Luther College

Mentorship. 2021 - 2023

Rylea M Ranum

Focus: Systematic review of the literature

Graduate Student Activities

DNP Advisees

Emily Wolf 2023 - Present

Jaden Witt 2023 - Present

Professional Student Activities

Other Advising Activities

Minneapolis Veterans Affairs Healthcare System

Mentorship. 2021 - Present

Rebecca JL Brown, PhD, MEd, RN

Focus: Publishing

University of Colorado Anschutz Medical Campus

Mentorship. 2021 - Present

Ana Pinto, PhD

Focus: Qualitative interviewing

Mentorship. 2019 - 2022

Kristina Chapman, BS

Focus: Clinical research

SERVICE

Service to the Discipline/Profession/Interdisciplinary Area(s)

Ad Hoc Reviewer

Journal of Gerontological Social Work 2023 - Present

BMJ Open 2021 - Present

Geriatric Nursing 2021 - Present

Journal of Gerontological Social Work	2021 - Present
Pediatric Obesity	2021 - Present
Journal of Vascular Nursing	2020 - Present
US Department of Veterans Affairs Rehabilitation R&D SPiRE Editorial Review Panel (RRD6-Chronic Medical Conditions and Aging), Appointed	2023
Diabetic Medicine	2020 - 2021
Journal of Aging and Physical Activity	2019
Associate Editor	
Vascular Medicine	2023 - Present
Editorial Board Member	
Western Journal of Nursing Research	2022 - Present
Vascular Medicine	2020 - Present
Liason	
American Heart Association Cardiovascular Disease in Older Populations Committee, Appointed	July 1, 2023 - June 30, 2025
Member	
European Independent Foundation in Angiology/Vascular Medicine Academy-International Teaching Panel	2022 - Present
Communications Committee, National Hartford Center of Gerontological Nursing Excellence	2017 - Present
Practice and Research Committee, Society for Vascular Nursing	2017 - Present
Newsletter Taskforce, Emerging Scholar and Professional Organization, Gerontological Society of America	2015 - 2016
Chair	
Gerontological Nursing Science Research Interest and	2019 - 2021

Implementation Group, Midwest Nursing Research Society

Reviewer

Midwest Nursing Research Society Annual Meeting	2019 - Present
Society for Vascular Medicine Vascular Scientific Sessions	2023
Vascular Medicine Journal Creager Prize Selection Committee	2023
Gerontological Society of America Annual Meeting	2016 - 2021
American Geriatrics Society Annual Meeting	2018
International Association for Gerontology and Geriatrics World Congress	2017

Student Co-Chair

Gerontological Nursing Science Research Interest Group, Midwest Nursing Research Society	2018 - 2019
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Service to the University/College/Department

University of Minnesota

Member, Graduate Admissions and Progressions Committee	2022 - Present
Member, Honors Committee	2022 - Present
Member, Awards Committee	2017 - 2019
Advisory Committee Member, Aging Studies Interdisciplinary Graduate Group	2015 - 2019
Co-Chair, Organization of PhD Students in Nursing	2015 - 2017
Member, Medical Reserve Corp	June 2023 - Present
Reviewer, Council of Graduate Students	2017 - 2019

Public and External Service

Presenter, Minneapolis Community Education "Nurse
Talks"

2022 - Present

October 9, 2023

Review Committee, Research Agenda Priorities Request for Proposals
Robert J. Jones Urban Research and Outreach-Engagement Center (UROC)

RE: Dr. Mary Whipple's Application for UROC Research Agenda Priorities Funding

Dear Review Committee,

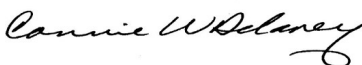
I enthusiastically support Dr. Mary Whipple in her application for funding through the UROC Research Agenda Priorities Request for Proposals. Dr. Whipple has been an assistant professor in the University of Minnesota School of Nursing since January 2022 and she is developing a focused and highly fundable program of research centered on care of older adults with type 2 diabetes, with a special emphasis on women and historically minoritized individuals in Minnesota.

Black and African American Minnesotans face significant inequities in the management of type 2 diabetes, and as a result are much more likely than their White peers to experience severe complications of diabetes. Lack of access to nutritious food, green space, healthcare, systemic racism, and chronic stress have all been linked to this increased risk. In her proposal, "**Impacts of Multilevel Factors and Systemic Racism on Sedentary Behavior Among Black Older Adults with Type 2 Diabetes**," Dr. Whipple seeks to examine factors at the individual, community, and organizational levels that influence sedentary behavior and complications of diabetes. In the proposed study, Dr. Whipple will work closely with her Community Advisory Board and mentors to understand how discrimination, neighborhood structure, and sense of belonging may be linked to sedentary behavior and, consequently, if they could be targeting in future interventions.

Dr. Whipple receives 75% protected time for research through her Building Interdisciplinary Research Careers in Women's Health (BIRCWH) K12 award (07/16/2023-07/15/2026). The proposed study is directly relevant to her BIRCWH project, which seeks to understand the effects of breaking up sedentary behavior on blood pressure and vascular function among older adults with diabetes. As a result, I can confirm that Dr. Whipple will be able to dedicate adequate time and effort to the proposed work. In particular, the support of a graduate research assistant provided by this funding mechanism would help ensure the successful completion of the study and provide a graduate student with a valuable opportunity to collaborate with and learn from Black older adults with diabetes living in the Twin Cities metro area.

In summary, the School of Nursing strongly supports Dr. Whipple's application for funding as part of the UROC Research Agenda Priorities Request for Proposals and is committed to ensuring she has the resources needed to successfully complete the proposed work.

Sincerely,



Connie White Delaney, PhD, RN, FAAN, FACMI, FNAP
Professor & Dean | University of Minnesota School of Nursing
delaney@umn.edu | Mobile 612.269.3890