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## BIOGRAPHICAL SKETCH

(updated 6/27/2015)

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NAME	POSITION TITLE
<b>Matthew J. Delmonico, PhD, MPH</b>	Associate Professor Graduate Program Director, Kinesiology Chair, Institutional Review Board, URI

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### EDUCATION/TRAINING

INSTITUTION AND LOCATION	DEGREE	YEAR(s)	FIELD OF STUDY
University of Maine, Orono, ME	BS	1992	Health & Physical Ed.
University of Rhode Island, Kingston, RI	MS	1996	Physical Education
University of South Florida, Tampa, FL	MPH	2001	Epidemiology
University of Maryland, College Park, MD	PhD	2005	Kinesiology
University of Pittsburgh, Pittsburgh, PA	Post-Doctoral	2007	Epidemiology of Aging

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### Positions and Employment

- 2011- **Associate Professor**, Department of Kinesiology, University of Rhode Island, Kingston, RI
- 2007-2011 **Assistant Professor**, Department of Kinesiology, University of Rhode Island, Kingston, RI
- 2005-2007 **Post-Doctoral Fellow**, NIA Training Grant (T32), Epidemiology of Aging, Department of Epidemiology, University of Pittsburgh, Pittsburgh, PA
- 2004-2005 **Pre-Doctoral Fellow** in Exercise Physiology, NIA Training Grant (T32), Department of Kinesiology, University of Maryland, College Park, MD
- 2002-2003 **Graduate Research Assistant**, Exercise Physiology Program, Department of Kinesiology, University of Maryland, College Park, MD
- 1997-2001 **Assistant Professor**, Department of Wellness and Human Performance, St. Petersburg College, St. Petersburg, FL
- 1994-1996 **Graduate Assistant**, Exercise Science Program, University of Rhode Island, Kingston, RI
- 1993-1994 **Personal Trainer**, Wakefield Health and Fitness, Wakefield, RI
- 1991-1992 **Fitness Director**, Wakefield Health and Fitness, Wakefield, RI

### Honors

- 2015 **Recognition for Excellent Work in Graduate Student Learning Assessment Learning Outcomes**, Oversight Committee and the Office of Student Learning, Outcomes Assessment and Accreditation and the Graduate School, URI
- 2011 **Excellence in Scholarship**, College of Human Science and Services, URI
- 2006 **Small Grants Pilot Award**, Department of Epidemiology, University of Pittsburgh
- 2006 **Pepper Scholar Small Pilot Award**, Claude D. Pepper Older Adults Independence Center, University of Pittsburgh
- 2000 **Phi Kappa Phi Honor Society**, University of South Florida

## **TEACHING/ADVISING**

### **Courses Taught at URI:**

Semester/ Summer	Course	Title	Credits	# Students	Sole Instructor/ Team Taught	Extra Compensation (Yes/No)
Fall 2007	KIN 275	Intro Exercise Science	3	31	Sole	No
Fall 2007	KIN 275	Intro Exercise Science	3	32	Sole	No
Spring 2008	KIN 275	Intro Exercise Science	3	32	Sole	No
Spring 2008	KIN 563	Epidemiology Phys Act	3	10	Sole	No
Fall 2008	KIN 275	Intro Exercise Science	3	31	Sole	No
Fall 2008	KIN 123	Foundations of Health	3	49	Sole	No
Fall 2008	KIN 391*	Directed Study	3	10	Sole	No
Spring 2009	KIN 275	Intro Exercise Science	3	35	Sole	No
Spring 2009	KIN 515	Physiol Phys Act Health	3	9	Sole	No
Summer 2009	KIN 123	Foundations of Health	3	13	Sole	Yes
Fall 2009	KIN 275	Intro Exercise Science	3	37	Sole	No
Fall 2009	KIN 275	Intro Exercise Science	3	38	Sole	No
Fall 2009	KIN 391*	Directed Study	3	10	Sole	No
Spring 2010	KIN 275	Intro Exercise Science	3	36	Sole	No
Spring 2010	KIN 275	Intro Exercise Science	3	33	Sole	No
Summer 2010	KIN 123	Foundations of Health	3	14	Sole	Yes
Fall 2010	KIN 275	Intro Exercise Science	3	36	Sole	No
Fall 2010	KIN 275	Intro Exercise Science	3	38	Sole	No
Fall 2010	KIN 563	Epidemiology Phys Act	3	13	Sole	No
Spring 2011	KIN 275	Intro Exercise Science	3	35	Sole	No
Spring 2011	KIN 275	Intro Exercise Science	3	37	Sole	No
Summer 2011	KIN 123	Foundations of Health	3	9	Sole	Yes
Fall 2011	KIN 275	Intro Exercise Science	3	34	Sole	No
Fall 2011	KIN 275	Intro Exercise Science	3	35	Sole	No
Fall 2011	KIN 501	Graduate Seminar	1	16	Sole	No
Spring 2012	KIN 275	Intro Exercise Science	3	36	Sole	No
Spring 2012	KIN 275	Intro Exercise Science	3	40	Sole	No
Spring 2012	KIN 420	Fit Prog Chronic Disease	3	22	Sole	No
Summer 2012	KIN 123	Foundations of Health	3	14	Sole	Yes
Fall 2012	KIN 275	Intro Exercise Science	3	35	Sole	No
Fall 2012	KIN 275	Intro Exercise Science	3	36	Sole	No
Fall 2012	KIN 563	Epidemiology Phys Act	3	20	Sole	No
Spring 2013	KIN 275	Intro Exercise Science	3	36	Sole	No
Spring 2013	KIN 275	Intro Exercise Science	3	38	Sole	No
Spring 2013	KIN 420	Fit Prog Chronic Disease	3	16	Sole	No
Fall 2013	KIN 275	Intro Exercise Science	3	35	Sole	No
Fall 2013	KIN 275	Intro Exercise Science	3	39	Sole	No
Fall 2013	KIN 501	Graduate Seminar	1	16	Sole	No
Spring 2014	KIN 275	Intro Exercise Science	3	35	Sole	No
Spring 2014	KIN 275	Intro Exercise Science	3	36	Sole	No
Summer 2014	KIN 123	Foundations of Health	10	14	Sole	Yes
Fall 2014	KIN 563	Epidemiology Phys Act	3	9	Sole	No
Fall 2014	KIN 420	Fit Prog Chronic Disease	3	29	Sole	No
Fall 2014	KIN 501	Graduate Seminar	1	15	Sole	No
Spring 2015	KIN 325	Exercise Testing and Rx	3	30	Sole	No
Spring 2015	KIN 420	Fit Prog Chronic Disease	3	20	Sole	No

## Guest Lectures

Fall 2007	KIN 501, Graduate Seminar in Kinesiology
2007-2015	KIN 486, Undergraduate Seminar (plus summer sessions)
Fall 2007, 2009, 2011	KIN 531, Adv. Experimental Techniques: DXA and Muscle Quality
Fall 2009, 2014	PHT 655, Diagnostic Imaging: DXA Techniques
Fall 2011	URI 101: Undergraduate student research options (three sections)
Spring 2012, 2015	NFS 395, Nutrition in the Lifecycle II: Sarcopenia
Spring 2012	Physical Therapy Dept: DXA Techniques
Fall 2012	KIN 401, Current Issues in Health Education: Aging and Health
Spring 2014	NFS 505, Methods in Nutrition Research: Measuring Physical Activity
Fall 2013, 2014	NFS 528, Lipoprotein Metabolism in Health: Aging and Sarcopenia

## Major Professor for Graduate Students

Student	Degree	Thesis or Non-Thesis Option	Date Completed/Expected
Joshua Avila	M.S.	Thesis	May 2009
		Thesis: <i>Effect of muscle power training and weight loss on physical performance in community dwelling overweight and obese older adults</i>	
Julie Gutierrez	M.S.	Thesis	May 2009
		Thesis: <i>Effect of power training and weight loss on muscle composition and blood glucose in overweight and obese older adults</i>	
Kristen Cavaco	M.S.	Non-thesis	December 2009
		Project: <i>Predictors of physical functioning in overweight and obese older women in Rhode Island senior centers</i>	
Chelsea Smith	M.S.	Thesis	August 2010
		Thesis: <i>Effect of two physical activity and dietary interventions on body composition and aerobic capacity in overweight and obese college-aged women</i>	
Carly Domos	M.S.	Thesis	August 2010
		Thesis: <i>Changes in insulin resistance in college aged females following an 8-week physical activity and diet intervention</i>	
Julie Krol	M.S.	Thesis	December 2010
		Thesis: <i>Effects of Tai Chi and diet on physical function in obese older women</i>	
Leah Dorfman	M.S.	Thesis	May 2011
		Thesis: <i>Effects of a Resistance Training and Dietary Intervention on Body Composition in Overweight and Obese Community Dwelling Older Adults</i>	
Chad Straight	M.S.	Thesis	May 2011
		Thesis: <i>Effects of Resistance Training and Dietary Education on Physical Function in Overweight and Obese Older Adults</i>	
Marisa Benson	M.S.	Thesis	May 2012
		Thesis: <i>The Additive Effect of Tai Chi During Dietary Weight Loss on Physical Function in Obese Older Women</i>	
Lynn Katkowski	M.S.	Thesis	May 2012
		Thesis: <i>Additive effect of Tai Chi during dietary weight loss in obese postmenopausal women</i>	

Jonathan Letendre	M.S.	Thesis	May 2013
Thesis: <i>The combined effect of Tai Chi and weight loss on physical function in community dwelling obese older women</i>			
Jillian Bekke	M.S.	Thesis	August 2013
Thesis: <i>Effects of a Community-Based Tai Chi and Dietary Weight Loss Intervention on Body Composition in Obese Older Women</i>			
Stephen Maris	M.S.	Thesis	May 2014
Thesis: <i>The Effects of Tai Chi, resistance training, and diet interventions on physical function in obese older women.</i>			
Dinah Quintanilla	M.S.	Thesis	May 2014
Thesis: <i>Effects of Combined Tai Chi, Resistance Training and Diet on Percent Body Fat in Obese Older Women.</i>			
Marcia Lyons	M.S.	Thesis	August 2015
Thesis: <i>Longitudinal Study of Physical Function in Adults with Chronic Neurological Conditions</i>			
Kayla Mahoney	M.S.	Thesis	May 2016
Emily Renna	M.S.		May 2017

### **Major Advisor for Undergraduate Honors Projects**

Kathleen Mae Uy		May 2015
Project: <i>Effect of an Exercise and Dietary Intervention on Cognitive Function on Obese Older Women</i>		
Alice Marolla		May 2012
Project: <i>Effect of Tai Chi on Cognitive Function during Weight Loss in Obese Older Women</i>		
Amanda Canepari		May 2011
Project: <i>Preventing Anterior Cruciate Ligament Injuries: Simple Strategies for Athletes and Coaches</i>		

### **Other Graduate Student Advising Assignments**

Eric Nelson, 2016, M.S. in Nutrition and Food Sciences  
 Brittany Navrkal, 2015, M.S. in Nutrition and Food Sciences  
 Miranda Lovett, 2015, M.S. in Nutrition and Food Sciences  
 Deanna Salter, 2015, PhD, in Pharm. Sciences (Comp. Exam & Dissertation Committee)  
 Jaclyn Schiemer, 2014, M.S. in Communicative Disorders  
 Evan Kerr, 2014, M.S. in Nutrition and Food Sciences  
 Amy Taetzsch, 2014, M.S. in Nutrition and Food Sciences  
 Jennifer Arts, 2013, Ph.D., Nutrition & Food Sci (Comp. Exam & Dissertation Committee)  
 Vijay More, 2013, Ph.D. in Pharmaceutical Sciences (Comp. Exam & Dissertation Committee)  
 Nowen Beebe, 2012, M.S. in Nutrition and Food Sciences  
 Jessie Dwiggins, 2011, M.S. in Nutrition and Food Sciences (Thesis Chair)  
 Shira Hirshberg, 2011, M.S. in Nutrition and Food Sciences (Thesis Chair)  
 Saumitra Rege, 2011, Ph.D. in Pharmaceutical Sciences (Comp. Examination Committee)  
 Burak Ozbay, 2011, Ph.D. in Pharmaceutical Sciences (Dissertation Chair)  
 Stephanie Perruzza, 2011, M.S. in Nutrition and Food Sciences (Thesis Chair)

Elizabeth Valente, 2011, M.S. in Nutrition and Food Sciences  
 Ahmet Burak Ozbay, 2011, Pharmaceutical Sciences (Comp. Examination Committee)  
 Katherine E. Cottell, 2010, M.S. in Nutrition and Food Sciences  
 Emily A. Cook, 2010, M.S. in Nutrition and Food Sciences  
 Gillis Carrigan, 2010, Ph.D. in Pharmaceutical Sciences (Dissertation Chair)  
 Jason Simeon, 2010, Ph.D. in Pharmaceutical Sciences (Dissertation Chair)  
 Jill Fernandes, 2009, M.S. in Nutrition and Food Sciences  
 Megan E. Sheehy, 2009, M.S. in Nutrition and Food Sciences  
 James L. Higginbottom, 2009, M.S. in Pharmaceutical Sciences (Thesis Chair)

**Directed/independent study and other**

2007-2008	Lynn Benetti, KIN 595: Independent Study (3 credits)
2008-2009	Jessica Carney, KIN 391: Directed Study (3 credits) Kaitlyn Cashman, KIN 391: Directed Study (3 credits) Leah Dorfman, KIN 391: Directed Study (3 credits) Nicholas Dovbniak, KIN 391: Directed Study (3 credits) Alison Green, KIN 391: Directed Study (3 credits) Eliza Martin, KIN 391: Directed Study (3 credits) Justin Payne, KIN 391: Directed Study (3 credits) Joanna Procopio, KIN 391: Directed Study (3 credits) Chad Straight, KIN 391: Directed Study (3 credits) Melanie Chauvin, KIN 391: Directed Study (3 credits)
2009-2010	Julie Krol, KIN 595: Independent Study (3 credits) Chad Straight, KIN 595: Independent Study (3 credits) Marisa Benson, KIN 391: Directed Study (3 credits) Kelli Christensen, KIN 391: Directed Study (3 credits) Brianne Day, KIN 391: Directed Study (3 credits) Kelly DeSimone, KIN 391: Directed Study (3 credits) Nicole Durand, KIN 391: Directed Study (3 credits) Elizabeth Fusco, KIN 391: Directed Study (3 credits) Timothy Haitz, KIN 391: Directed Study (3 credits) Lynn Katkowski, KIN 391: Directed Study (3 credits) Shea Lindsay, KIN 391: Directed Study (3 credits) Cara McLaughlin, KIN 391: Directed Study (3 credits) Sean Whalen, KIN 391: Directed Study (3 credits) Alexandra Zarenski, KIN 391: Directed Study (3 credits)
2010-2011	Steven Alden, KIN 391: Directed Study (3 credits) Kristen Brown, KIN 391: Directed Study (3 credits) Destiny Chearino, KIN 391: Directed Study (3 credits) Samantha Lutz, KIN 391: Directed Study (3 credits) Kourtney Messier, KIN 391: Directed Study (3 credits) Rijo Rajan, KIN 391: Directed Study (2 credits) Meghan Riley, KIN 391: Directed Study (3 credits) Andres Valencia, KIN 391: Directed Study (3 credits) Marisa Benson, KIN595: Independent Study (3 credits) Lynn Katkowski, KIN 595: Independent Study (3 credits)

2011-2012	Cooley, Victoria, KIN 391: Directed Study (2 credits) Lee, Lucia, KIN 391: Directed Study (1 credits) Lessack, Amanda, KIN 391: Directed Study (2 credits) Miezejeski, Julie, KIN 391: Directed Study (2 credits) Morgan, Michael, KIN 391: Directed Study (3 credits) Piccoli, Jessica, KIN 391: Directed Study (2 credits) Quintanilla, Dinah, KIN 391: Directed Study (3 credits) Rohrig, Courtney, KIN 391: Directed Study (2 credits) Shaffer, Megan, KIN 391: Directed Study (1 credits)
2012-2013	Babatunde, Michael, KIN 391: Directed Study (2 credits) Bankston, Bryna, KIN 391: Directed Study (3 credits) Bell, Abbie, KIN 391: Directed Study (1 credit) Bourget, Crystal, KIN 391: Directed Study (2 credits) Miller, Jessica, KIN 391: Directed Study (3 credits) Niebrzydowski, Monica, KIN 391: Directed Study (2 credits) Uy, Kathleen Mae, Honors Program
2015-2016	Chevalier, Shaun, KIN 391: Directed Study (1 credit)

**Departmental Undergraduate Major Advising:** 20-50 students per year since 2007

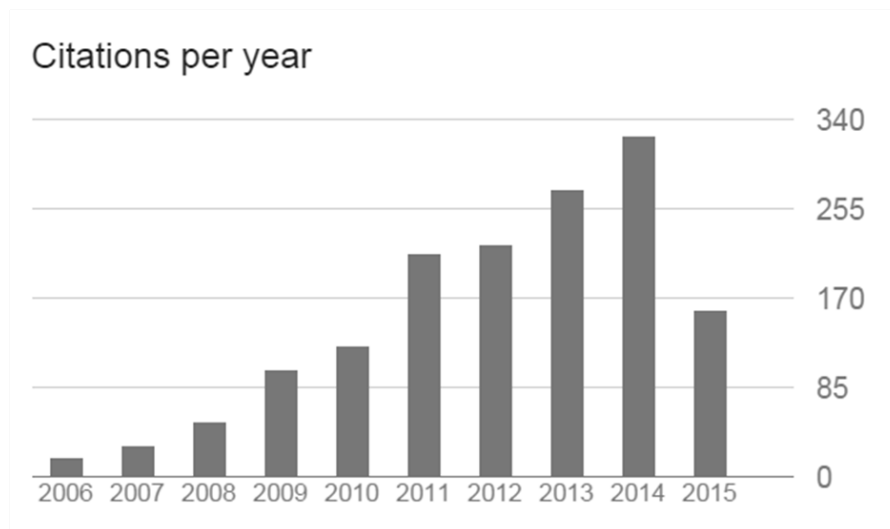
**Letters of Reference Written for Students**

2011-12:	16
2012-13:	26
2013-14:	25
2014-15:	16

## RESEARCH

### Summary/Statistics (updated 6/16/2015)

- 41 published/in-press manuscripts in refereed journals
- Number of citations: 1,543 (Google Scholar)
- h-Index: 19 (i.e. 19 papers cited 19 or more times; see *Nature* 436:900, 2005)
- i10 index: 26
- 8/19 articles first or senior author; first author in top two most cited articles
- First author of three articles with > 100 citations
- First or senior author on 18 of 41 published articles (43.9%)
- Journal impact factor (if) average: 3.479
- \$329,600 of external and internal grant funding since starting at URI



### Original Research Articles in Refereed Journals (in chronological order)

\*Denotes Dr. Delmonico as senior investigator.

#Denotes Dr. Delmonico's student as lead author.

1. **Delmonico MJ**, Ferrell RE, Meerasahib A, Martel GF, Roth SM, Kostek MC, and Hurley BF. Blood Pressure Response to Strength Training May Be Influenced by Angiotensinogen A-20C and Angiotensin II Type 1 Receptor A1166C Genotypes in Older Men and Women. Journal of the American Geriatrics Society, 53:204-210, 2005. *if*: 4.216
2. Rabon-Stith KM, Hagberg JM, Phares DB, Kostek MC, **Delmonico MJ**, Roth SM, Ferrell RE, Conway JM, Ryan AS, and Hurley BF. Vitamin D receptor (VDR) FokI genotype influences bone mineral density response to strength training. Experimental Physiology, 90:653-661, 2005. *if*: 2.871

3. **Kostek MC, Delmonico MJ**, Reichel JB, Roth SM, Ferrell RE, and Hurley BF. Muscle strength response to strength training is influenced by insulin-like growth factor-1 (IGF1) genotype in older adults. Journal of Applied Physiology, 98:2147-2154, 2005. *if: 3.434*
4. **Delmonico MJ**, Kostek MC, Doldo NA, Hand BD, Bailey JA, Rabon-Stith KM, Conway JM, Carignan CR, and Hurley BF. Effects of moderate-velocity strength training on peak muscle power and movement velocity: do women respond differently than men? Journal of Applied Physiology, 99: 1712-1718, 2005. *if: 3.434*
5. Doldo NA, **Delmonico MJ**, Bailey JA, Hand BD, Kostek MC, Rabon-Stith KM, Menon KS, Conway JM, Carignan CR, and Hurley BF. Muscle Power Quality: Does gender or race affect movement velocity in older adults? Journal of Aging and Physical Activity, 14:411-422, 2006. *if: 2.085*
6. **Delmonico MJ**, Kostek MC, Doldo NA, Hand BD, Walsh S, Conway JM, Carignan CR, Roth SM, and Hurley BF. The alpha-actinin-3 (ACTN3) R577X polymorphism influences knee extensor peak power response to strength training in older men and women. Journal of Gerontology: Medical Sciences, 62:206-212, 2007. *if: 4.984*
7. **Delmonico MJ**, Harris TB, Lee JS, Visser M, Nevitt M, Kritchevsky SB, Tyllavsky FA, and Newman AB. Alternative definitions of sarcopenia, lower extremity performance, and impairment with aging in older men and women. Journal of the American Geriatrics Society, 55:769-764, 2007. *if: 4.216*
8. Yao L, **Delmonico MJ**, Roth SM, Hand BD, Johns J, Conway JM, Douglass LW, and Hurley BF. Adrenergic receptor genotype influences the effects of strength training on mid-thigh intermuscular fat. Journal of Gerontology: Medical Sciences, 62:658-663, 2007. *if: 4.984*
9. Cerniglia LM, **Delmonico MJ**, Lindle RA, Hurley BF, and Rogers MA. The effects of acute supine rest on mid-thigh cross-sectional area as measured by computed tomography. Clinical Physiology and Functional Imaging, 27:249-253, 2007. *if: 1.376*
10. Hand BD, Kostek MC, Ferrell RE, **Delmonico MJ**, Roth SM, Douglass LW, Conway JM, and Hurley BF. Influence of insulin-like growth factor pathway gene polymorphisms on strength training response of muscle phenotypes in older adults. Journal of Applied Physiology, 103:1678-1687, 2007. *if: 3.434*
11. Walts CT, Hanson ED, **Delmonico MJ**, Yao L, Wang MQ, and Hurley BF. Do Sex or Race Differences Influence Strength Training Effects on Muscle or Fat? Medicine & Science in Sports and Exercise, 40:669-676, 2008. *if: 4.480*
12. Charbonneau DE, Hanson ED, **Delmonico MJ**, Ludlow AT, Hurley BF, and Roth SM. The influence of ACE genotype on muscle hypertrophic and strength responses to strength training in older adults. Medicine & Science in Sports and Exercise, 40:677-683, 2008. *if: 4.480*
13. Goodpaster BH, Chomentowski P, Ward BK, Rossi A, Glynn N, **Delmonico MJ**, Kritchevsky SB, Pahor M, and Newman AB. Effects of exercise on strength and skeletal muscle fat infiltration in older adults: a randomized controlled trial. Journal of Applied Physiology, 105: 1498–1503, 2008. *if: 3.434*
14. **Delmonico MJ**, Zmuda JM, Taylor BC, Cauley JA, Harris TB, Manini TM, Schwartz S, Li R, Roth SM, Hurley BF, Ferrell RE, and Newman AB. Association of the ACTN3 genotype and physical functioning with age in older adults. Journal of Gerontology: Medical Sciences, 63A: 1227–1234, 2008. *if: 4.984*



15. **Delmonico MJ**, Kostek MC, Johns J, Hurley BF, and Conway JM. Can dual energy x-ray absorptiometry provide a valid assessment of changes in thigh muscle mass with strength training in older adults? European Journal of Clinical Nutrition, 62: 1372–1378, 2008. *if: 2.95*
16. Cawthon PM, Sewall A, **Delmonico MJ**, Fox K, Chiou F, Gandra S, Goodpaster B, Satterfield S, Cummings SR, and Harris TB. Lean mass, physical function and risk of hospitalization in healthy older adults. Journal of the American Geriatrics Society, 57: 1411–1419, 2009. *if: 4.216*
17. Manini TM, Everhart JE, Anton S, Schoeller DA, Cummings S, Simonsick EM, **Delmonico MJ**, Colbert LH, Tylavsky F, Newman AB, and Harris TB. Activity energy expenditure and the change in body composition during late life. The American Journal of Clinical Nutrition, 90:1336-1342, 2009. *if: 6.918*
18. Hanson ED, Srivatsal SR, Agrawal S, Menon KS, **Delmonico MJ**, Wang MQ, and Hurley BF. Effects of strength training on physical function: influence of power, strength, and body composition. Journal of Strength and Conditioning Research, 23:2627-2637, 2009. *if: 1.80*
19. **Delmonico MJ**, Harris TB, Visser M, Park SW, Conroy M, Boudreau RM, Newman B, and Goodpaster BH. Longitudinal study of muscle strength, quality, and adipose tissue infiltration. The American Journal of Clinical Nutrition, 90:1579-1585, 2009. *if: 6.918*
20. Lofgren IE, Greene G, Schembre S, **Delmonico MJ**, Riebe D, and Clark PG. Comparison of diet quality, physical activity and biochemical values of older adults either reporting or not reporting use of lipid-lowering medication. Journal of Nutrition, Health and Aging, 14:168-172, 2010. *if: 2.659*
21. \*# Avila JJ, Gutierrez JA, Sheehy ME, Lofgren IE, and **Delmonico MJ**. Effect of moderate intensity resistance training during weight loss on body composition and physical performance in overweight older adults. European Journal of Applied Physiology, 109:517-525, 2010. *if: 2.298*
22. Kostek MC, Gordish-Dressman H, Harris TB, Thompson PD, Clarkson PM, Angelopoulos TJ, Gordon PM, Moyna NM, Pescatello LS, Visich PS, Zoeller RF, Seip RL, Garcia M, Li R, Zmuda JM, **Delmonico MJ**, Kanaya A, Hoffman EP, and Devaney JM. A polymorphism in the promoter region of IGF1 is associated with body composition and muscle function in women from the Health, Aging, and Body Composition Study and FMS cohort. European Journal of Applied Physiology, 110:315-324, 2010. *if: 2.298*
23. Devaney JM, Gordish-Dressman H, Harmon BT, Bradbury MK, Devaney S, Harris TB, Thompson PD, Clarkson PM, Price TB, Angelopoulos TJ, Gordon PM, Moyna NM, Pescatello LS, Visich PS, Zoeller RF, Seip RL, Seo J, Hyoung Kim B, Tosi LL, Garcia M, Li R, Zmuda JM, **Delmonico MJ**, Lindsay R, Howard BV, Kraus WE, Hoffman EP. *AKT1* polymorphisms are associated with risk for metabolic syndrome. Human Genetics, 129:129-39, 2011. *if: 4.522*
24. Cawthon PM, Fox KM, Gandra SR, **Delmonico MJ**, Chiou CF, Anthony MS, Caserotti P, Kritchevsky SB, Newman AB, Goodpaster BH, Satterfield S, Cummings SR, Harris TB. Clustering of strength, physical function, muscle and adiposity characteristics and risk of disability in older adults. Journal of the American Geriatrics Society, 59:781-787, 2011. *if: 4.216*
25. Cottell KE, Dorfman LR, Straight CR, **Delmonico MJ**, Lofgren IE. The effects of diet education plus light resistance training on coronary heart disease risk factors in community-dwelling older adults. Journal of Nutrition, Health, and Aging, 15:762-7, 2011. *if: 2.659*

26. Valente EA, Sheehy ME, Avila JJ, Gutierrez JA, **Delmonico MJ**, Lofgren IE. The effect of the addition of resistance training to a dietary education intervention on apolipoproteins and dietary quality in overweight and obese older adults. Clinical Interventions in Aging, 6:235-41, 2011. *if: 1.824*
27. Sood S, Hanson ED, **Delmonico MJ**, Kostek MC, Hand BD, Roth SM, Hurley BF. Does insulin-like growth factor 1 genotype influence muscle power response to strength training in older men and women? European Journal of Applied Physiology, 112:743-53, 2012. *if: 2.298*
28. \*# Straight C, Dorfman L, Cottell K, Krol J, Lofgren IE, **Delmonico MJ**. Effects of resistance training and dietary changes on physical function and body composition in overweight and obese older adults. Journal of Physical Activity and Health, 9:875-83, 2012. *if: 1.854*
29. \*# Katkowski LA, Benson MC, Magnanti S, Xu F, Lofgren IE, **Delmonico MJ**. Additive Effect of Tai Chi during Dietary Weight Loss on Physical Function and Body Composition in Obese Older Women, Journal of Aging Research & Clinical Practice, 2(1):78-85, 2013.
30. Beebe N, Magnanti S, Katkowski L, Benson M, **Delmonico MJ**, Xu F, Lofgren IE. Effects of the Addition of Tai Chi to a Dietary Weight Loss Program on Lipoprotein Atherogenicity in Obese Older Women, Journal of Alternative and Complementary Medicine, 19:759-766, 2013. *if: 1.518*
31. Tseng LA, **Delmonico MJ**, Visser M, Boudreau RM, Goodpaster BH, Schwartz AV, Simonsick EM, Satterfield S, Harris TB, Newman AB. Body Composition Explains Sex Differential in Physical Performance Among Older Adults, Journals of Gerontology: Medical Sciences, 69:93-100, 2014. *if: 4.984*
32. \*# Maris S, Quintanilla D, Taetzsch AG, Picard A, Letendre J, Mahler L, Lofgren IE, Xu F, **Delmonico MJ**. The Combined Effects of Tai Chi, Resistance Training, and Diet on Physical Function and Body Composition in Obese Older Women. Journal of Aging Research, Article ID 657851, 2014. <http://dx.doi.org/10.1155/2014/657851>
33. \* Xu F, Quintanilla D, Taetzsch AG, Picard A, Letendre J, Mahler L, Lofgren IE, **Delmonico MJ**. Impact of a Program of Tai Chi Plus Behaviorally-Based Dietary Weight Loss on Physical Functioning and Coronary Heart Disease Risk Factors: A Community-based Study in Obese Older Women. Journal of Nutrition in Gerontology and Geriatrics, 34:50-65, 2015.
34. Taetzsch AG, Quintanilla D, Maris S, Letendre J, Mahler L, Xu F, **Delmonico MJ**, Lofgren IE, Impact on Diet Quality and Resilience in Urban Community Dwelling Obese Women with a Nutrition and Physical Activity Intervention. Journal of Aging: Research and Clinical Practice, In Press, 2015.
35. LoBuono D, Taetzsch AG, Lofgren IE, Xu F, **Delmonico MJ**, Mahler LM. Cognitive Status and Cardio-Metabolic Risk of Patients with Acquired Brain Injury and Parkinson's Disease. Disability and Health Journal, In Press, 2015. *if: 1.50*

### **Invited Review Articles in Refereed Journals (in chronological order)**

1. **Delmonico MJ**, Roth SM, and Hurley BF. Effects of strength training on blood pressure in older adults: Can genotype influence response? American Journal of Medicine and Sports, 6:215-218, 2004.
2. Lofgren IE and **Delmonico MJ**. Weight management strategies for recreational athletes – what do we tell them? American Journal of Lifestyle Medicine, 4: 218-221, 2010.
3. **Delmonico MJ** and Lofgren IE. Resistance training during weight loss in overweight and obese older adults: What are the benefits? American Journal of Lifestyle Medicine, 4: 309-313, 2010.
4. Kostek MC and **Delmonico MJ**. Age-related changes in adult muscle morphology. Current Aging Science, 4:221-33, 2011.
5. **Delmonico MJ** and Beck DT. The Current Understanding of Sarcopenia: Emerging Tools and Interventional Possibilities. American Journal of Lifestyle Medicine, In Press, 2015.

### **Other Review Articles in Refereed Journals**

1. \*#Straight C, Lofgren IE, **Delmonico MJ**. Resistance Training in Older Adults: Are Community-Based Interventions Effective for Improving Health Outcomes? American Journal of Lifestyle Medicine, 5:407-414, 2012.

### **Manuscripts In Preparation and In Review**

1. #Uy KM, Maris SA, Quintanilla D, Taetzsch A, Picard A, Letendre J, Lofgren IE, Xu F, **Delmonico MJ**, Mahler L. Effect of an Exercise and Dietary Intervention on Cognitive Function in Obese Older Women. In Preparation, 2015.
2. **Delmonico MJ**, DeAngelis-Chichester AM, Chichester CO. Exercise Science Student Perceptions of Learning Physiologic Responses Using High-Fidelity Simulators. BMC Medical Education, In Preparation, 2015.
3. Adipose tissue density and cognitive decline and dementia. Yaffe K, Nettiksimmons J, Murphy R, Asao K, **Delmonico MJ**, Kritchevsky S, Rubin S, Simonsick E, Harris T. In Preparation, 2015.
4. Lyons MK, Lofgren IE, Xu F, Mahler L, **Delmonico MJ**. Longitudinal Study of Physical Function in Adults with Chronic Neurological Conditions. In Preparation, 2015.
5. Cavaco K, Lipka M, **Delmonico MJ**, Konin J. Case Study: Effects of an ACL Tear in a College Athlete on Body Composition. In Preparation, 2015.
6. Baker J, Leonard MB, Weber D, Long J, Zemel B, **Delmonico MJ**, Newman AB, Harris TB. Association between standard and fat-adjusted measures of sarcopenia with physical functioning in older individuals, In Preparation, 2015.
7. Francis SL, Xu F, **Delmonico MJ**, Lofgren IE. Diet quality in older community-dwelling adults. In preparation, 2015.

## **Invited Presentations**

1. **Delmonico, Matthew J.** Tutorial Presentation: Applying Exercise & Dietary Research to Obese Older Adults: What is Lost in Translation? Presented at the Annual Meeting of the New England Chapter of the American College of Sports Medicine, November 2013.

## **Conference Presentations and Refereed Abstracts (in chronological order)**

1. **Delmonico MJ**, DiPietro L, Cosmas AC, Lamont LS, Riebe D, and Manfredi TG. Correlation of physical activity and glycated hemoglobin in post-menopausal women. Presented at the American Aging Association annual meeting, San Francisco, CA, October 1996 and published in Journal of the American Aging Association, 19: 172, 1996.
2. Roth SM, Kostek MC, **Delmonico MJ**, Kwok WK, Hurley BF. The alpha-actinin-3 (ACTN3) R577X polymorphism is associated with muscle strength in older individuals. Presented at the American College of Sports Medicine annual meeting, Indianapolis, IN, June 2004 and published in Medicine and Science in Sports and Exercise, 36(5): S39, 2004.
3. **Delmonico MJ**, Meerasahib A, Ferrell RE, Martel GF, Roth SM, Kostek MC, Hurley BF. Blood pressure response to strength training may be influenced by angiotensinogen (AGT M235T) genotype in older adults. Presented at the Clinical Applications of Resistance Training Symposium at the American College of Sports Medicine annual meeting, Indianapolis, IN, June 2004 and published in Medicine and Science in Sports and Exercise, 36(5): S94, 2004.
4. Hand B, Rabon-Stith, K, Ferrell R, **Delmonico M**, Kostek M, Hurley B, Roth S. Influence of myostatin genotype on change in muscle strength with strength training in older adults. Presented at the Gerontological Society of America annual conference, Washington, DC, November 2004 and published in The Gerontologist, 44(S1): 8, 2004.
5. **Delmonico MJ**, Meerasahib A, Ferrell RE, Martel GF, Roth SM, Kostek MC, Hurley BF. Blood pressure response to strength training may be influenced by AGT A-20C and AGTR1 A1166C genotypes in older adults. Presented at the Gerontological Society of America annual conference, Washington, DC, November 2004 and published in The Gerontologist, 44(S1): 18, 2004.
6. **Delmonico MJ**, Kostek MC, Doldo NA, Hand BD, Bailey JA, Rabon-Stith KM, Conway JM, Carignan CR, Hurley BF. Moderate velocity strength training increases peak muscle power quality in older women. Presented at the American College of Sports Medicine annual meeting, Nashville, TN, June 2005 and published in Medicine and Science in Sports and Exercise, 37(5) Supplement: S129-S130, May 2005.
7. Roth SM, **Delmonico MJ**, Rabon-Stith KM, Walsh S, Hurley BF. The ACTN3 Gene R577X polymorphism is associated with muscle power response to strength training. Presented at the American College of Sports Medicine annual meeting, Nashville, TN, June 2005 and published in Medicine and Science in Sports and Exercise, 37(5) Supplement: S472, May 2005.
8. Hand BD, Ferrell RE, Kostek MC, **Delmonico MJ**, Doldo NA, Bailey JA, Roth SM, Hurley BF. Protein phosphatase-3 gene polymorphism influences muscle volume response to strength training. Presented at the American College of Sports Medicine annual meeting, Nashville, TN, June 2005 and published in Medicine and Science in Sports and Exercise, 37(5) Supplement: S164, May 2005.

9. Liu D, Walsh S, **Delmonico MJ**, Voss KL, Hurley BF, Roth SM. Newly identified myostatin mutation not observed in strength athletes or the general population. Presented at the American College of Sports Medicine annual meeting, Nashville, TN, June 2005 and published in Medicine and Science in Sports and Exercise, 37(5) Supplement: S165-S166, May 2005.
10. Conway JM, **Delmonico MJ**, Johns JR, Kostek MC, Rabon-Stith KM, Hurley BF. Comparison of the ability of computed tomography and dual energy x-ray absorptiometry to detect muscle size change with strength training in older adults. Presented at the 7<sup>th</sup> International *In Vivo* Body Composition Studies Symposium, Southampton, UK, September 2005 and published in International Journal of Body Composition Research, 3:90, 2005.
11. Yao L, **Delmonico MJ**, Hand BD, Johns J, Hurley BF. Adrenergic Receptor (ADR) Genotypes influence the effects of strength training on mid-thigh intermuscular adipose tissue. Presented at the American College of Sports Medicine annual meeting, Denver, CO, June 2006 and published in Medicine and Science in Sports and Exercise, 38(5) Supplement: S49, May 2006.
12. **Delmonico MJ**, Harris TB, Lee JS, Visser M, Nevitt M, Kritchevsky SB, Tylavsky FA, and Newman AB. Alternative definitions of sarcopenia and prediction of future function in older men and women. Presented at the Gerontological Society of America annual conference, Dallas, TX, November, 2006 and published in The Gerontologist, 46(S1): 336, 2006.
13. Goodpaster BH, **Delmonico MJ**, Visser M, Manini T, Nevitt M, Conroy, M, Harris TB, Velasquez P, and Newman AB. Sarcopenia, muscle fat accumulation and the loss of strength with age. Presented at the Gerontological Society of America annual conference, Dallas, TX, November, 2006 and published in The Gerontologist, 46(S1): 336, 2006.
14. Hanson ED, Srivatsal SR, Agrawal S, Menon KS, **Delmonico MJ**, Wang MQ, Hurley BF. Do Strength, Power, & Body Composition Predict Function in Older Adults? Presented at the American College of Sports Medicine annual meeting, San Francisco, CA, June 2007 and published in Medicine and Science in Sports and Exercise, 39(5) Supplement: S423, 2007.
15. Cawthon PM, Sewall A, **Delmonico MJ**, Fox K, Chiou F, Gandra S, Goodpaster B, Satterfield S, Cummings SR, and Harris TB. Lean mass, physical function and risk of hospitalization in healthy older adults. Presented at the American Geriatrics Society annual meeting, Washington, DC, May 2008 and published in Journal of the American Geriatrics Society, 56(S1): S86, 2008.
16. Kostek MC, Gordish-Dressman H, Harris TB, Thompson PD, Clarkson PM, Angelopoulos TJ, Gordon PM, Moyna NM, Pescatello LS, Visich PS, Zoeller RF, Seip RL, Garcia M, Li R, Zmuda JM, **Delmonico MJ**, Kanaya A, Hoffman EP, and Devaney JM. An IGF1 promoter polymorphism is associated with body composition and muscle function in women from the Health, Aging, and Body Composition Study and FMS cohort and published in Presented at the American College of Sports Medicine annual meeting, Indianapolis, IN, June 2008 and published in Medicine and Science in Sports and Exercise, 40(5):S617, 2008.
17. Manini TM, Everhart JE, Anton S, Schoeller DA, Cummings S, Simonsick EM, **Delmonico MJ**, Colbert LH, Tylavsky F, Newman AB, and Harris TB. Activity energy expenditure and the change in body composition during late life. Presented at the American College of Sports Medicine annual meeting, Indianapolis, IN, June 2008 and published in Medicine and Science in Sports and Exercise, 40(5): S2548, 2008.

18. Hanson ED, Walts CT, **Delmonico MJ**, Yao L, Wang MQ, Hurley BF. Do Sex Or Race Differences Influence Strength Training Effects On Muscle Or Fat? Presented at the American College of Sports Medicine annual meeting, Indianapolis, IN, June 2008 and published in Medicine & Science in Sports & Exercise, 40(5):S24, May 2008.
19. **Delmonico MJ**, Zmuda JM, Taylor BC, Cauley JA, Harris TB, Manini TM, Schwartz S, Li R, Roth SM, Hurley BF, Ferrell RE, and Newman AB. Association of the ACTN3 Genotype and Physical Functioning with Age in Older Adults. Presented at the American College of Sports Medicine annual meeting, Indianapolis, IN, June 2008 and published in Medicine and Science in Sports and Exercise, 40(5): S705, 2008.
20. **Delmonico MJ**. Resistance Training and Weight Loss in Overweight and Obese Older Adults. Symposium: Exercise and the Older Adult. New England Chapter of the American College of Sports Medicine. November, 2008.
21. Sheehy ME, Avila JJ, Gutierrez JA, **Delmonico MJ**, and Lofgren IE. Presented at the Experimental Biology Conference, New Orleans, LA, April 2009 and published in FASEB Journal, 23: 548.4, 2009.
22. Avila JA, Sheehy ME, Gutierrez JA, Manfredi TG, Lofgren IE, and **Delmonico MJ**. Determinants of Peak Leg Extensor Muscle Power in Overweight and Obese Older Adults. Presented at the American College of Sports Medicine annual meeting, Seattle, WA, June 2009 and published in Medicine & Science in Sports & Exercise, 41(5): 2009.
23. **Delmonico MJ**, Clark K, Chomentowski PJ, Newman AB, Goodpaster BH. Effect of resistance training with weight loss on lower extremity muscle power in overweight older adults. Symposium - Muscle Power and Mobility: Measures, Mechanisms and Interventions. Presented at the Gerontological Society of America annual conference, Atlanta, GA, November 2009 and published in The Gerontologist, 49(suppl2):533-552, 2009.
24. Cook EA, Smith CL, Domos CA, Gill CE, **Delmonico MJ**, Lofgren IE. Impact of DASH Diet Concordance on Coronary Heart Disease Risk in Overweight and Obese College Females. Presented at the American Heart Association meeting, San Francisco, CA, March 2010 and published in Circulation, 2010.
25. Cottell KE, Dorfman LR, Straight CR, **Delmonico MJ**, Lofgren IE. Assessment of Overweight and Obese Older Adults using a Dietary Questionnaire and Biochemical Values. Presented at the Experimental Biology Conference, Anaheim, CA, April 2010 and published in FASEB Journal, 24:738.1, 2010.
26. Cook EA, Smith CL, Domos CA, Gill CE, **Delmonico MJ**, Lofgren IE. Dietary Approaches to Stop Hypertension Diet Concordance and Coronary Heart Disease Risk in Overweight and Obese College Women. Presented at the Experimental Biology Conference, Anaheim, CA, April 2010 and published in FASEB Journal, 24:744.6, 2010.
27. Straight CR, Dorfman LR, Cottell KE, Cavaco CL, Manfredi TG, Lofgren IE, **Delmonico MJ**. Can isometric knee extensor torque from hand-held dynamometry predict physical function in overweight older adults? Presented at the American College of Sports Medicine annual meeting, Baltimore, MD, June 2010 and published in Medicine & Science in Sports & Exercise, 42:600, 2010.

28. Dorfman LR, Straight CR, Cottell KE, Riebe DA, Lofgren IE, **Delmonico MJ**. Body Composition Indices and their Association with Physical Functioning in Community-Dwelling Older Adults. Presented at the American College of Sports Medicine annual meeting, Baltimore, MD, June 2010 and published in Medicine & Science in Sports & Exercise, 42:602, 2010.
29. Sood S, Hanson ED, **Delmonico MJ**, Kostek MC, Hand BD, Roth SM, Hurley BF. IGF-1 genotype and muscle power response to strength training. Presented at the American College of Sports Medicine annual meeting, Baltimore, MD, June 2010 and published in Medicine & Science in Sports & Exercise, 42:794, 2010.
30. Gill CE, Cook EA, Smith CL, Domos CA, **Delmonico MJ**, Lofgren IE. Dietary approaches to stop hypertension diet compliance decreases coronary heart disease risk in overweight and obese college-age women. Journal of the American Dietetic Association, 110;9:A116, 2010.
31. Valente EA, Sheehy ME, Avila JJ, Gutierrez JA, **Delmonico MJ**, Lofgren IE. Additive effects of resistance training to diet education on lipid profiles and dietary quality in older overweight and obese adults. Presented at the Experimental Biology Conference, Washington, DC, April 2011 and published in FASEB Journal, 2011.
32. Beebe N, Magnanti S, Katkowski L, Benson M, **Delmonico MJ**, Xu F, Lofgren IE. Comparing Diet Quality Based on a Dietary Screening Tool and the DASH Diet Index in Obese, Older Women. To presented at the Experimental Biology Conference, San Diego, CA, April 2012 and published in FASEB Journal, 2012.
33. Benson MC, Katkowski LA, Magnanti S, Xu F, Lofgren IE, **Delmonico MJ**. Effect of Tai Chi on Physical Function during Dietary Weight Loss in Obese, Older Women. Presented at the American College of Sports Medicine annual meeting, San Francisco, May 2012 and published in Medicine & Science in Sports & Exercise, 2012.
34. Katkowski LA, Benson MC, Magnanti S, Xu F, Lofgren IE, **Delmonico MJ**. Effect of Tai Chi during dietary weight loss on body composition in obese, postmenopausal women. Presented at the American College of Sports Medicine annual meeting, San Francisco, CA, May 2012 and published in Medicine & Science in Sports & Exercise, 2012.
35. Tseng LA, **Delmonico MJ**, Boudreau R, Newman AB, Goodpaster BH, Visser M, Harris TB, Schwartz A, Satterfield S, Simonsick E, Visser M. Does body composition explain physical performance differences between men and women? Presented at the Gerontological Society of America annual conference, San Diego, CA, and published in The Gerontologist, November 2012.
36. Bekke J, Letendre J, Beebe N, Lofgren IE, Xu F, **Delmonico MJ**. Effects of a Dietary and Tai Chi Intervention on Body Composition in Obese Older Women. Presented at the Experimental Biology Conference, Boston, MA, April 2013 and published in FASEB Journal, April 2013.
37. Letendre J, Bekke J, Beebe N, Lofgren IE, Xu F, **Delmonico MJ**. The Effects of Tai Chi plus behaviorally-based dietary weight loss on physical functioning in community-dwelling obese older women. Presented at the Experimental Biology Conference, Boston, MA, April 2013 and published in FASEB Journal, 2013.
38. Taetzsch A, Lobo D, Letendre J, Bekke J, Beebe N, **Delmonico MJ**, Xu F, Lofgren IE. The effects of nutrition education and Tai-Chi on dietary intake and resiliency in community dwelling older adults. Presented at the Experimental Biology Conference, Boston, MA, April 2013 and published in FASEB Journal, April 2013.

39. **Delmonico MJ**, Bekke J, Letendre J, Beebe N, Quintanilla D, Lofgren IE, Xu F. Effect of Tai Chi plus dietary weight loss on blood pressure in obese older women. Presented at the American College of Sports Medicine annual meeting, Indianapolis, IN, May 2013 and published in Medicine & Science in Sports & Exercise, May 2013.
40. LoBuono DL, Taetzsch A, Quintanilla D, Maris S, Letendre J, Picard A, Delmonico MJ, Xu F, Lofgren IE, Mahler L. Cognition, nutrition and physical function in obese older women. Presented at the Experimental Biology Conference, San Diego, CA, April 2014 and published in FASEB Journal, April 2014.
41. Diet quality in community dwelling obese women following a behavioral-based diet, tai chi, and resistance training intervention. Taetzsch A, Lobo D, Quintanilla D, Maris S, Letendre J, A. Picard A, Mahler L, Xu F, Delmonico MJ, Lofgren IE. Presented at the Experimental Biology Conference, San Diego, CA, April 2014 and published in FASEB Journal, April 2014.
42. Quintanilla D, Maris SA, Taetzsch A, Picard A, Letendre J, Mahler L, Lofgren IE, Xu F, **Delmonico MJ**. Effects of Combined Tai Chi, Resistance Training and Diet on Percent Body Fat in Obese Older Women. Presented at the American College of Sports Medicine annual meeting, Orlando FL, May 2014 and published in Medicine & Science in Sports & Exercise, May 2014.
43. Maris SA, Quintanilla D, Taetzsch A, Picard A, Letendre J, Mahler L, Lofgren IE, Xu F, **Delmonico MJ**. Effects of Tai Chi, resistance training, and diet on physical function in obese older women. Presented at the American College of Sports Medicine annual meeting, Orlando FL, May 2014 and published in Medicine & Science in Sports & Exercise, May 2014.
44. Uy KM, Maris SA, Quintanilla D, Taetzsch A, Picard A, Letendre J, Mahler L, Lofgren IE, Xu F, **Delmonico MJ**. Effect of an Exercise and Dietary Intervention on Cognitive Function in Obese Older Women. To be presented at the American College of Sports Medicine annual meeting, San Diego, CA May 2015 and to be published in Medicine & Science in Sports & Exercise, May 2015.
45. Paulin C, Katkowski LA, Benson MC, Beebe N, Xu F, **Delmonico MJ**, Lofgren IE. Effect of Adding Tai Chi to a Dietary Weight Loss Program on Bone Mineral Density in Obese Older Women. Presented at the Experimental Biology Conference, Boston, MA, April 2015 and published in FASEB Journal, April 2015.
46. Adipose tissue density and cognitive decline and dementia. Yaffe K, Nettiksimmons J, Murphy R, Asao K, **Delmonico MJ**, Kritchevsky S, Rubin S, Simonsick E, Harris T. Submitted to the Alzheimer's Association International conference, 2015.

### **Chaired Symposia/Presentation Sessions**

1. **Delmonico MJ** (Symposium Co-Chair). Sarcopenia: Emerging Data from the Health, Aging and Body Composition Study, Gerontological Society of America annual conference, Dallas, TX, November 2006.
2. **Delmonico MJ** (Session Chair). Resistance Training thematic presentation session. American College of Sports Medicine Annual Meeting, Indianapolis, IN, May 2013.

### **Non-Refereed Articles**

1. **Delmonico MJ**. Is treating students as customers the right move for community colleges? Education Resources Information Center (ERIC) Database, <http://www.eric.ed.gov>, ED448838, 2000.



2. **Delmonico M.** The role of the community college in welfare reform since passage of the Welfare Reform Act of 1996. Education Resources Information Center (ERIC) Database, <http://www.eric.ed.gov>, ED444614, 2000.

### **Upcoming Research Projects**

Effects of a Periodized Resistance Training Program in Older Women with Sarcopenia. **Delmonico MJ**, Hatfield DL, Lofgren IE, Xu F. Fall 2015.

### **Research Support**

#### **Current Research Support**

**Delmonico, MJ** (PI), Xu F (PI) 10/2010-9/2015  
USDA, University of Rhode Island College of Environmental & Life Sciences Community Access to Research and Extension Services (CELS CARES) grant program.  
Tai Chi and weight loss in obese older women.  
Role: PI Awarded: \$119,260

#### **Completed Research Support**

**Delmonico MJ** (PI), Lofgren IE (PI) 10/2008-10/2010  
USDA, University of Rhode Island College of Environmental & Life Sciences Community Access to Research and Extension Services (CELS CARES) grant program.  
Healthy living for older adults.  
Role: PI Awarded: \$99,990

**Delmonico MJ** (PI) 3/2010-12/2010  
Rhode Island Foundation  
Tai Chi during weight loss in obese older women.  
Role: PI Awarded: \$3,100

**Delmonico MJ** (PI), Lofgren IE (PI) 12/2008-5/2009  
Champlin Foundations.  
Interdisciplinary student training in osteoporosis evaluation using dual-energy X-ray absorptiometry.  
Role: PI Awarded: \$95,750

**Delmonico, MJ** (PI) 5/2008-6/2009  
Faculty Assistance Fund, URI Foundation.  
Muscle power training with weight loss to improve muscle composition and physical functioning in overweight and obese older adults.  
Role: PI Awarded: \$1,500

**Delmonico, MJ** (PI) 4/2006-5/2009  
Claude D. Pepper Center, Pepper Scholar Pilot Grant Program, University of Pittsburgh  
The effect of exercise and weight loss on skeletal muscle power and movement velocity in older adults.  
Role: PI Awarded: \$8,290

**Delmonico MJ (PI)** 3/2006-7/2008  
University of Pittsburgh, Department of Epidemiology, Small Pilot Grant Program  
The influence of the alpha-actinin-3 (*ACTN3*) R577X polymorphism on muscle function and physical performance in older adults.  
Role: PI Awarded: \$2,445

Goodpaster, BH (PI) 12/2005-5/2009  
Claude D. Pepper Center Pilot Grant Program, University of Pittsburgh  
Effects of exercise and weight loss on skeletal muscle size, strength and quality in older adults.  
Role: Co-I Awarded: \$39,052

### **Funded as a Consultant**

Lofgren IE (PI) 9/2008-9/2010  
American Heart Association grant #0001868.  
Health Eating and Activity for Young Adults.  
Role: Consultant

### **Unfunded Grant Proposals**

Lofgren IE, **Delmonico MJ**, Xu F, Hatfield DL. 10/2014  
Global Cashew Council.  
Cashews and resistance training for health in older adults (C-RHODy Study).  
Role: Co-PI Requested: €151,741

**Delmonico MJ** (PI), Lofgren IE (PI), Mahler L (PI), 2/2014  
Xu F (PI)  
AstraZeneca HealthCare Foundation, Connections for Cardiovascular Health  
“Connecting HEARTS: Heart Health through Eating Right, Activity and Reductions To Stress in Minority Women”  
Role: Co-PI Requested: \$195,232

**Delmonico MJ** (PI), Lofgren IE (PI), Mahler L (PI), 2/2013  
Xu F (PI)  
AstraZeneca HealthCare Foundation, Connections for Cardiovascular Health  
“Diet and Exercise to Decrease Cardiovascular Disease Risk Factors in Older, Minority Women”  
Role: Co-PI Requested: \$195,000

**Delmonico MJ** (PI), Lofgren IE (PI) 10/2010  
1R15AT006390-01, R15 NIH/NCCAM  
Effect of Tai Chi during weight loss in obese older women  
Role: Co-PI Requested: \$300,000 Priority Score: 37 (March 2011)

**Delmonico MJ**, Greene G, Hatfield D, Lofgren IE, 4/2010  
Melanson K, Riebe D  
URI, Research and Economic Development, Equipment and Laboratory Infrastructure Renovation Grant Proposal  
Role: Co-PI Requested: \$61,750

**Delmonico MJ (PI), Lofgren IE (PI)** 9/2009  
1R01AG037582-01, R01 NIH/NIA  
Resistance training and soy milk during weight loss in obese older women  
Role: Co-PI Requested: \$2,188,267 Status: unscored

**Krol J (PI)** 11/2009  
Enhancement of Graduate Research and Scholarship Grant  
Graduate School, University of Rhode Island  
Tai Chi during weight loss in obese older women.  
Role: Faculty Sponsor Requested: \$975

**Delmonico MJ (PI)** 3/2009  
URI Council for Research Proposal Development Grant Program  
Effect of exercise training and dietary weight loss on physical function and heart disease risk factors  
in overweight Rhode Island senior center participants.  
Role: PI Requested: \$7,813

**Delmonico MJ (PI)** 3/2008  
URI Council for Research Proposal Development Grant Program  
Muscle power training with weight loss to improve physical functioning in overweight and obese  
older adults.  
Role: PI Requested: \$9,386

**K99/R00 KAG030375A Delmonico MJ (PI)** 9/2006  
NIH/NIA  
Weight loss and resistance training to optimize muscle function in obese elders.  
Priority Score: 181 Requested: \$715,193  
Role: PI

Other Funding

**Delmonico MJ (PI), Lofgren IE (PI)** 9/2009  
Soy Health Research Program, Grant Proposal Incentive Award, United Soybean Board.  
Role: Co-PI Awarded: \$10,000

## **SERVICE**

### **Kinesiology Department**

2007-2008; 2012-	Chair, Web Site Committee
2007-2013	Graduate Committee, Member
2007-2010	Meet the University Day, Department Representative
2008-2015	Welcome Day, Department Representative
2012-13	Open House, Department Representative
2009	Search Committee Member, Kinesiology Physical Education Position
2012	Search Committee Chair, Kinesiology-Biology Faculty Position
2012-	Mentor for Dr. Kim Fournier
2013-	Mentor for Dr. Darren Beck
2013	Sports Medicine Club, Guest Speaker
2014-	Graduate Program Director
2014	Chair, Kinesiology Scholarship (Reid and Massey) Award Committee
2014-15	Search Committee Chair, Kinesiology Faculty Positions (two)

### **College of Human Science and Services**

2009	Guest Speaker, Junior Faculty mentoring meeting (Topic: Student Involvement in Research)
2010	HSS Interdisciplinary Partnership Grants Review Committee
2010	Committee Chair, HSS Increasing Research Task Force Committee
2012	HSS Business Manager Search Committee Member
2014	DXA Demonstration for Volunteer Leadership Forum/Friends of the University

### **The University of Rhode Island**

2008	Panel member, URI New Faculty Orientation
2008	Faculty Participant, IDEA Student Evaluation Pilot
2008-2011	Graduation Marshal, URI Commencement Ceremonies
2009-2012	Centennial Scholarship Appeals Committee
2009-2012	Scholastic Standing Committee
2009-2015	Grant Review Committee, Undergraduate Research Initiative
2010-2012	Epidemiology Course Committee for Health Studies Major
2010-2012	Reviewer for Seed Grants for Arts, Humanities, Human, & Social Sci.
2011-	URI Speakers Bureau
2012	Session Chair, Honors Undergraduate Research Conference
2013-2015	Institutional Review Board, Member
2013	Responsible Conduct of Research Lecture: Ethical Human Subjects Research
2014	Research Division Strategic Plan Task Force, Committee Member
2014, 2015	Champlin Foundations Grant Review Screening Committee
2014	DXA Demonstration for the RI Dietetic Association
2015	Working Ad Hoc Task Force Committee on behalf of The Joint Committee on Academic Planning (JCAP), University of Rhode Island Strategic Academic Plan 2016-21
2015	<i>Rhode Island Ready</i> , Summer Pilot Program for High School Students
2015-	Chair, Institutional Review Board (as of 7-1-2015)

## **Professional Service**

### Book Reviewer

- 2015 *ACSM's Guidelines for Exercise Testing and Prescription, 10th Edition.* Reviewer for Chapter 7: Exercise Prescription for Health Populations with Special Considerations.

### Journal Reviewer (30 journals)

- 2006- *Journal of Gerontology: Medical Sciences* (5 reviews)  
2008- *Medicine & Science in Sports & Exercise* (16 reviews)  
2008- *Journal of the American Geriatrics Society*  
2009- *Obesity*  
2009- *Psychological Reports and Perceptual & Motor Skills*  
2009 *Journal of Applied Physiology*  
2010 *Nutrition Research*  
2010- *Journal of Nutrition, Health and Aging* (7 reviews)  
2010 *Aging Health*  
2010 *Experimental Aging Research*  
2010- *Journal of Aging and Health*  
2010 *Advances in Physiology Education*  
2010 *Journal of Aging Research*  
2010 *Clinical Orthopaedics and Related Research*  
2011- *International Journal of Sports Medicine*  
2011 *European Review of Aging and Physical Activity*  
2011 *Experimental Gerontology*  
2011 *American Journal of Preventive Medicine*  
2012 *Chronobiology International*  
2012 *Journal of Aging and Physical Activity*  
2012- *Journal of Physical Activity and Health*  
2012- *Archives of Gerontology and Geriatrics*  
2013 *BMJ Open*  
2013 *BMC Geriatrics*  
2013 *American Journal of Lifestyle Medicine*  
2014 *Calcified Tissue International and Musculoskeletal Research*  
2014 *Journal of Human Nutrition and Dietetics*  
2014 *Complementary Therapies in Clinical Practice*  
2014 *Applied Physiology, Nutrition, and Metabolism*  
2014 *PLOS ONE*

### External Grant Reviewer

- 2008 *Ad Hoc* Reviewer, USDA, Human Nutrition and Obesity Section, National Research Initiative Competitive Grants Program (NRICGP).
- 2012-13 External Grant Reviewer. Faculty On-Campus Grant Program, University of Central Oklahoma.

## Media Appearances

12/2/2008 *Fox and Friends* (Fox News Channel) segment, “In the Genes” - Expert commentator on genetic screening of children for the *ACTN3* gene polymorphism to identify future athletes.

## Professional Society Memberships, Offices Held and Other Professional Service

1998- American College of Sports Medicine, Professional Member  
2004-2011 Gerontological Society of America  
2006 American Physiological Society  
2008-2013 Chair, NE-1039 Multistate Research Project: Changing the Health Trajectory for Older Adults through Effective Diet and Activity Modifications  
2011-2013 American College of Sports Medicine, Membership Committee  
2013- New England American College of Sports Medicine, Executive Committee, Rhode Island Representative  
2014-2015 Scholarship Committee Member, New England American College of Sports Medicine

## **Community Service**

### Advisory Boards

2010-2011 Advisory Board Member, Rhode Island Free Clinic

### Community Outreach Programs

2012- Faculty Team Member, “Gateway Café”: Teaches individuals with acquired and traumatic brain injury life skills in the areas of cognitive-linguistics, nutrition, mobility, and psychosocial adjustment to enable their participation in activities of daily living.

### Community Talks

3/2010 Slocum Grange: Exercise and Weight Management for Seniors  
3/2010 South County Rotary Club: Exercise and Weight Management  
5/2010 Portsmouth Grange: Exercise for Seniors  
6/2010 URI Golden Grads Weekend: Exercise for Seniors  
10/2010 Pocasset Bay Manor (assisted living facility): Exercise for Seniors  
11/2010 Greenwich Bay Manor (assisted living facility): Exercise for Seniors  
12/2010 Chepachet Grange: Exercise for Seniors  
1/2011 North Kingstown Senior Center: Exercise for Seniors  
2/2011 Kingston Free Library: Tai Chi and Weight Loss for Seniors  
2/2011 Atria Lincoln Place (assisted living facility): Exercise for Seniors  
3/2011 Capital Ridge (assisted living facility): Exercise for Seniors  
3/2011 Rogers Free Library in Bristol: Exercise for Seniors  
4/2011 Bethany Home (assisted living facility): Exercise for Seniors  
5/2011 Greenwich Bay Manor (assisted living facility): Exercise for Seniors  
6/2011 National Assoc. of Retired Federal Employees: Exercise for Seniors  
9/2011 East Bay Manor assisted living facility): Exercise for Seniors  
9/2011 Atria Aquidneck Place (assisted living facility): Exercise for Seniors  
10/2011 Sakonnet Bay Manor (assisted living facility): Exercise for Seniors

3/2012 Atria Bay Spring Village (assisted living facility): Senior Exercise  
4/2012 Child and Family (Newport, RI): Exercise for Seniors  
6/2012 Greenwood Community Church: Exercise for Seniors  
2/2013 Rumford Grange: Exercise for Seniors  
2/2013 Kickemuit Grange: Exercise for Seniors  
6/2013 Health Care Services Company: Exercise for Seniors  
1/2014 Young at Heart Club, Quidnessett Baptist Church: Senior Exercise  
5/2014 Greater Providence Retired Teachers Assoc.: Exercise for Seniors  
8/2014 Matunuck Community Center: Exercise for Seniors  
9/2014 South Kingstown Senior Center: Exercise for Fall Prevention Seniors  
11/2014 North Kingstown Women's Club: Exercise for Older Women  
8/2015 Cumberland Senior Center: Exercise for Seniors  
8/2015 North Kingstown Senior Center: Aging, Muscle & Strength