Susan B. Racette, Ph.D. – Curriculum Vitae

LinkedIn Profile: https://www.linkedin.com/in/susan-racette-00236411/
Public Bibliography: https://www.ncbi.nlm.nih.gov/myncbi/1pMZjMhNpChQa/bibliography/public/
Professional Website: https://search.asu.edu/profile/4149126
Electronic Mail: Susan.Racette@asu.edu
Place of Birth: Jersey City, New Jersey, USA

Current Position

2022 – present: Professor with Tenure
Director of Training Grants
College of Health Solutions
Arizona State University

Address: 850 N. 5th Street
Mail Code 9020
Phoenix, AZ 85004

Office Phone: (602) 543-1563

Voluntary Research Professor
Program in Physical Therapy
Washington University School of Medicine
St. Louis, MO

Education

Postgraduate: Postdoctoral Fellow, Exercise Physiology, 1994-1997, Department of Medicine
Washington University School of Medicine, St. Louis, MO
Mentor: John O. Holloszy, MD

Graduate: PhD, Nutritional Biology, 1994, Division of Biological Sciences
University of Chicago, Chicago, IL
Mentor / PhD Advisor: Dale A. Schoeller, PhD

Undergraduate: Bachelor of Science, Major - Biology, Minor – Biochemistry, 1988
Bucknell University, Lewisburg, PA

Academic Positions

2022 – present	Professor with Tenure, Arizona State University, Phoenix, AZ
2022 – present	Voluntary Research Professor, Washington University School of Medicine, St. Louis, MO
2014 – 2022	Professor, Washington University School of Medicine
2009 – 2014	Associate Professor, Washington University School of Medicine
2001 – 2009	Assistant Professor, Washington University School of Medicine
1997 – 2001	Instructor, Washington University School of Medicine

Clinical Position

2017 – 2018 Exercise Physiologist in the $\dot{V}O_{2peak}$ Testing Lab
Barnes-Jewish Hospital Cardiac Diagnostics Lab / Washington University School of Medicine, St. Louis, MO

Consulting

2024 – present	Board Member, Pritikin Scientific Advisory Boad, Pritikin ICR
2017 – 2019	Healthy Lifestyle Expert – *Peak Performance* employee wellness program. McKinsey & Company

University & Medical Center Committees

Key: ASU = Arizona State University; WashU Med = Washington University School of Medicine, St. Louis, MO

2026 - present	Center for Precision Metabolic Health, ASU, Executive Committee Member
2025 - present	University Promotion and Tenure Committee, ASU, Tempe, AZ, Member
2023 - 2025	Admissions Committee, PhD Program in Exercise and Nutritional Sciences, ASU College of Health Solutions, Co-Director
2023	Faculty Search Committee, ASU College of Health Solutions, Member
2022 - present	Metabolic Health Translational Team, ASU College of Health Solutions, Co-Director
2018 - 2021	Faculty Search Committee, Program in Physical Therapy, WashU Med, Member
2014 - 2018	Barnes-Jewish Hospital Foundation/Washington University Institute of Clinical and Translational Sciences (ICTS), WashU Med, Clinical and Translational Research Proposal Review Committee Member
2011 - 2022	Center for Diabetes Translation Research, WashU Med, Member
2011 - 2016	Transdisciplinary Research in Energetics and Cancer, WashU Med, Internal Advisory Board Member
2008 - 2025	PRIDE Summer Institute in Cardiovascular Genetic Epidemiology, WashU Med Leadership Committee Member and Mentor
2010 - 2022	Program in Physical Therapy, Research Advisory Committee, WashU Med, Member
2008 - 2022	Institute of Clinical and Translational Sciences, WashU Med, Investigator and Mentor
2008 - 2022	WashU Med Wellness Council, Member
2008 - 2022	Institute for Public Health, WashU Med, Scholar
2007	"Health, Fitness, Recreation & Sport" Strategic Planning Committee, Washington University in St. Louis, Committee Member
2005 - 2022	Diabetes Research Center, WashU Med, Committee Member
2004 - 2008	BJC HealthCare^{SM}, Health Literacy Advisory Committee Member
2004 - 2008	Human Research Protection Office, WashU Med, Review Committee Member
2000 - 2022	Nutrition Obesity Research Center, WashU Med (P30 DK056341), Investigator & Grant Reviewer
1999 - 2011	Center for Applied Research Sciences, WashU Med, Advisory Committee Member

National Grant & Program Review Committees

2025 - present	NIH / Aging Systems & Geriatrics (ASG) Study Section. Grant Reviewer
2026	NIH / Endocrine and Metabolic Systems (EMS) Study Section. Grant Reviewer
2025	NIH / National Institute on Minority Health and Health Disparities (NIMHD). Special Emphasis Panel. Grant Reviewer
2025	NIH / National Institute on Aging (NIA). Special Emphasis Panel. Grant Reviewer
2023	NIH / National Institute on Minority Health and Health Disparities (NIMHD). Special Emphasis Panel. Grant Reviewer
2023	NIH / National Institute on Aging (NIA). Special Emphasis Panel. Grant Reviewer
2022	NIH / National Heart, Lung, and Blood Institute (NHLBI). Review panel for NHLBI Mentored Career Development K-Awards. Grant Reviewer
2018	CDC National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP), Special Emphasis Panel. Grant Reviewer
2016	NIH / National Institute on Minority Health and Health Disparities (NIMHD), Special Emphasis Panel. Grant Reviewer
2015	Biotechnology and Biological Sciences Research Council (BBSRC). Grant Reviewer

2014	Diabetes UK, Research Committee. External Grant Reviewer
2013	Research Grants Council (RGC) of Hong Kong, China. External Reviewer
2012	The Netherlands Organisation of Health, Research and Development (Zon Mw), Prevention Program. Grant Reviewer
2011	U.S. Army Research Institute of Environmental Medicine: Military Nutrition Division. Program Reviewer for American Institute of Biological Sciences
2011	CDC National Center for Chronic Disease Prevention and Health Promotion, Affordable Care Act (ACA): Childhood Obesity Research Demonstration. Grant Reviewer
2010	Research Grants Council (RGC) of Hong Kong. External Reviewer
2010	Health Research Board (Ireland), Health Research Awards. Grant Reviewer
2009	NIH / National Heart, Lung, and Blood Institute (NHLBI). Grant Reviewer
2008	U.S. Army Research Institute of Environmental Medicine: Military Nutrition Division. Panel Member for American Institute of Biological Sciences
2008	CDC National Center for Chronic Disease Prevention and Health Promotion. Grant Reviewer
2007	NIH / National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). Grant Reviewer
2007	NIH / Clinical and Integrative Diabetes and Obesity (CIDO) Study Section. Grant Reviewer
2007	CDC Dissertation Research Review Panel. Grant Reviewer
2006	U.S. Army Research Institute of Environmental Medicine: Military Nutrition Division. Program Reviewer for American Institute of Biological Sciences
2004 - 2005	NIH / Community Level Health Promotion (CLHP) Study Section. Grant Reviewer
2003	NIH / Center for Scientific Review. Grant Reviewer
2002	NIH / National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), Special Emphasis Panel. Grant Reviewer

Community Service

2023 - 2025	Arizona State Nutrition & Physical Activity (SNUPA) Action Committee, Member
2023 - 2025	Arizona State Hierarchy of Physical Activity (HOPA) Needs Working Group, Member
2023 - 2025	ASU Community Cohort: Building Partnerships for Healthy Communities, Member
2016	University of Arizona, American Indian Youth Wellness Camp, Prescott AZ: Camp Counselor
2014 - 2022	The Obesity Society, Annual Conference Abstract Review Committee, Member
2014 - 2017	City of St. Louis Dept. of Health, *Healthy Eating, Active Living Partnership*: Member
2009 - 2020	St. Louis Public School District, Health and Wellness Council: Member
2009 - 2014	Lou Fusz Soccer Club, United Elite Girls' Team: Treasurer
2007 - 2010	Girls on the Run: Assistant Coach
2005 - 2006	St. Louis Healthy Youth Partnership (HYP): Committee Member
2004 - 2007	Clayton School District Nutrition Committee, Clayton, MO: Member

Professional Societies and Organizations

The Obesity Society – Fellow
American Association for the Advancement of Science – Member
American College of Sports Medicine – Member
American Diabetes Association – Member
American Heart Association – Member
American Physiological Society – Member
American Society for Nutrition – Member
International Atomic Energy Agency (IAEA) Doubly Labeled Water Database Consortium - Member

Sigma Xi Scientific Research Society – Member

Editorial Responsibilities

Guest Editor: *Experimental Gerontology* - Special Issue "Calorie restriction and intermittent fasting." 2022 Sep.

Invited Presentations – National

Apr 2026	American Physiology Summit. Session Speaker: *CALERIE™ Legacy Study: Design of the Longitudinal Follow-Up Study of Participants in the CALERIE™ 2 Trial.* Minneapolis, MN.
Feb 2026	North American Artery, 2026 Conference: Targeting Vascular Aging to Improve Healthspan. Keynote Speaker. Virtual
May 2024	The University of Arizona College of Medicine, Endocrine Grand Rounds. Invited Speaker: *Calorie Restriction and Healthspan: Highlights from the CALERIE™ Trial*, Tucson, AZ
Apr 2024	American Physiology Summit. Session Speaker: *Increasing the Health-span: Unique Role for Exercise.* Long Beach, CA
May 2023	MEDAXIOM (an American College of Cardiology Company), Webinar Speaker: *Benefits of the First Pritikin Outpatient ICR Program*
Apr 2022	American College of Cardiology, 71st Annual Scientific Session, Session Panelist: *Advances in Cardiac Rehabilitation—Not Your Same Old Same Old.* Washington, DC
Mar 2022	Movement System Impairment Syndromes (MSI) Retreat. Invited Speaker: *Exercise, Energy Compensation, and Adiposity in Humans.* Columbia, IL
Sep 2018	University of Chicago, Department of Medicine Seminar. *Calorie Restriction & Cardiorespiratory Fitness: Keys to Health & Longevity?* Chicago, IL
Sep 2013	University of Wisconsin, Department of Nutritional Sciences, Dale Schoeller Symposium: Energy Balance and Obesity Prevention. *Caloric Restriction.* Madison, WI
Apr 2011	Keystone Symposium. Speaker and Session Chair, Metabolic Responses to Extreme Conditions. *Human Responses to CR: The CALERIE Project.* Big Sky, MT
Feb 2009	Visiting Scholar - Purdue University, Department of Foods and Nutrition, Ingestive Behavior Research Center. *Weekend, Holiday, and Freshman Indulgences – What are the Consequences?* West Lafayette, IN
Jun 2007	American Diabetes Association, 67th Scientific Sessions, Symposium: Type 2 Diabetes – the Importance of Physical Activity. *Is Weight Loss or Fitness More Important to Improve Insulin Action?* Chicago, IL
Mar 2007	National Institutes of Health. General Clinical Research Center National Annual Meeting, National Association of GCRC Bionutritionists. Keynote Speaker: *Current Trends in Obesity Research.* Washington, DC
May 2005	National Institutes of Health, National Institute on Aging; Annual Meeting of Grantees. *Washington University CALERIE (Comprehensive Assessment of Long-term Effects of Reducing Intake of Energy) Study – Phase I.* Bethesda, MD
Nov 2004	Association for Advancement of Behavior Therapy, 2004 Annual Conference; Symposium: Calorie Restriction: Beneficial or Harmful for Health? *Caloric Restriction and Aging.* New Orleans, LA
Nov 2003	University of Illinois at Urbana-Champaign, Department of Kinesiology. *Assessment of Free-Living Energy Expenditure with DLW: Advantages and Pitfalls.* Champaign, IL
Jun 2003	American Physical Therapy Association, 2003 Annual Conference; Educational Session. *Obesity and its Implications for Physical Therapy.* Washington, DC
Nov 1997	Institute of Food Technologists & the American Dietetic Association Joint Meeting. *Diabetes, Obesity, and the Role of Lifestyle Intervention.* St. Louis, MO

Jul 1993 University of Chicago, Clinical Nutrition Research Unit. Debate Moderator: *Moderate Obesity: To Treat or Not to Treat?* Chicago, IL

Invited Presentations – Regional / Local

May 2026 Mirabella at ASU. Lifelong Learning Signature Lecture: *Healthy Lifestyles and Brain Health.* Tempe, AZ

Mar 2026 Barrow Neurological Institute, Alzheimer's and Memory Disorders Program – Brain Health Workshop. *Lifestyle & Brain Health.* Phoenix, AZ (virtual)

Dec 2025 Symposium hosted by the College of Health Solutions' Metabolic Health Translational Team, The American Board of Precision Medicine, and Theriome Inc: Molecular Foundations of Multiomic Medicine. *Calorie Restriction and Biological Aging: The CALERIE™ Trial.* Phoenix, AZ.

Nov 2025 Arizona State University, Center for Evolution & Medicine Seminar series. *Calorie Restriction and Biomarkers of Aging: Highlights from the CALERIE™ Trial.* Tempe, AZ.

Aug 2025 Barrow Neurological Institute, Alzheimer's and Memory Disorders Outreach Program; Dementia with Dignity workshop series. *Lifestyle & Brain Health.* Phoenix, AZ (virtual)

Feb 2025 Arizona State University Digital Health Summit. *Time Restricted Eating in Alzheimer's Disease (TREAD): Digital Tools to Enhance & Assess Adherence.* Phoenix, AZ

Mar 2024 Arizona State University, Precision Nutrition & Metabolic Medicine Symposium. Session Speaker. *Calorie Restriction and Healthspan: Highlights from the CALERIE™ Trial*. Phoenix, AZ

Mar 2020 Washington University School of Medicine, Program in Physical Therapy Continuing Education Seminar. *Influence of Cardiac Rehabilitation and Aerobic Capacity on Cardiovascular Disease Outcomes.* St. Louis, MO

Sep 2015 Washington University School of Medicine, Prevention & Control Research Program Fall Symposium. *Collaborative Approaches to Enhance Fitness of Urban Public School Students in St. Louis.* St. Louis, MO

Oct 2014 National Food Day Panel, Washington University School of Medicine medical student symposium. St. Louis, MO

Sep 2014 Washington University School of Medicine, Institute for Public Health, Transdisciplinary Research in Energetics and Cancer (TREC) Retreat. *Urban public schools: Influence of environment on child weight status and health indices.* St. Louis, MO

Sep 2013 Washington University School of Medicine, Program in Physical Therapy Alumni Day Symposium. Theme: Exercise in the Prevention of Chronic Disease. *Physical Activity and Cardiometabolic Risk Among Youth in Urban Public Schools.* St. Louis, MO

Dec 2012 15th Annual Contemporary Women's Health Issues. Sponsored by Washington University School of Medicine Continuing Medical Education. Theme: In The Mood - Women's Wellness and Feeling Well. *Nutrition and Wellness.* St. Louis, MO

Jul 2012 Nerinx Hall High School Cross Country Team Summer Camp. *Nutrition for Runners*. Webster Groves, MO

May 2012 Delmar Gardens Family Workplace Wellness Symposium: *Workplace Wellness*. Town & Country, MO

Apr 2012 First Annual St. Charles County Workplace Wellness Summit: *Striving to Improve Cardiovascular Health*. St. Charles, MO

Sep 2011 Washington University School of Medicine, Human Research Protection Office, Community-Engaged Research Conference. Round Table Discussion Leader and Think Tank Facilitator. *Community-Engaged Research: Exploring the Unique Community-Academic Relationship.* St. Louis, MO

Sep 2011 Washington University School of Medicine, Program in Physical Therapy Seminar. *Nourishing an Urban Community: Attentiveness to Cardiovascular Disease Risk Factors in Urban School*

Students. St. Louis, MO

Oct 2010 Washington University Institute for Public Health, 3rd Annual Conference. Panelist. *What Hurts, What Works, and What Have We Learned in Eliminating Health Disparities?* St. Louis, MO

Sep 2009 Washington University Institute for Public Health, National Council Dinner. *Nourishing an Urban Community.* St. Louis, MO

Sep 2008 Washington University School of Medicine, Geriatrics and Nutritional Science Seminar. *Phytosterols: Effects on Cholesterol Metabolism and Their Contribution to DASH and Other Common Diets.* St. Louis, MO

Sep 2007 Washington University School of Medicine, Program in Physical Therapy Alumni Day Symposium. Theme: Exercise & Nutrition: Prescription for Sarcopenia*. Side-Stepping Sarcopenia: What to Chew for a Stronger You.* St. Louis, MO

Jun 2007 Washington University School of Medicine, Clinical Research Training Center. Clinical Seminars in Translational Research. *Worksite Opportunities for Wellness (WOW).* St. Louis, MO

Feb 2006 American Medical Association - Medical Student Regional Conference. *Lifestyle Change.* St. Louis, MO

Mar 2005 Foundation for Physical Therapy Continuing Education Series Symposium. Theme: Metabolic and Musculoskeletal Implications of Obesity. *Current Obesity Research.* St. Louis, MO

Sep 2004 Red Hot Mamas® Menopause Management Education Program: Invited Speaker, St. Louis, MO

Jun 2002 Applied Physiology Reunion Meeting: A tribute to John Holloszy. *Overview of Applied Physiology Human Aging Research.* St. Louis, MO

Apr 2002 Washington University School of Medicine, Department of Medicine, Section of Applied Physiology Seminar. *Doubly Labeled Water (DLW) Method for Assessing Total Energy Expenditure.* St. Louis, MO

Nov 2001 Physical Therapy Community Meeting: Invited Speaker, *Role of Exercise in the Prevention / Management of Obesity & Diabetes,* St. Louis, MO

Oct 2001 Washington University School of Medicine, Program in Physical Therapy Seminar. *Control of Adiposity Throughout College Years.* St. Louis, MO

Aug 2001 Washington University School of Medicine, Program in Physical Therapy Seminar. *Health Promotion, Disease Prevention & Lifestyle Intervention.* St. Louis, MO

Dec 2000 Washington University School of Medicine, Center for Health Behavior Research Seminar. *Control of Adiposity Throughout College Years: Managing the Challenge of Organizational Culture and Research Design.* St. Louis, MO

Nov 1999 Washington University School of Medicine, Department of Medicine, Section of Applied Physiology Seminar. *FIT Study.* St. Louis, MO

May 1998 Washington University School of Medicine, Department of Medicine, Section of Applied Physiology Seminar. *Effects of Lifestyle Intervention on Glucose Tolerance in Centrally Obesity African Americans.* St. Louis, MO

Apr 1996 Washington University School of Medicine, Department of Medicine, Division of Geriatrics and Gerontology. *Prevention of NIDDM in Centrally Obese African Americans.* St. Louis, MO

Jun 1995 Washington University School of Medicine, Department of Medicine, Section of Applied Physiology Seminar. *NIDDM Prevention Study.* St. Louis, MO

Aug 1994 Washington University School of Medicine, Department of Medicine, Section of Applied Physiology Seminar. *Effects of Aerobic Exercise on Energy Expenditure & Body Composition During Weight Reduction in Obese Women.* St. Louis, MO

Research

GRANTS – Active – Governmental						
	Funding Agency	**Grant #**	**PI**	**Title**	**Project Dates**	**Role**
6	NIH / NIA	T32 AG082658	Wu T Klein J Li Baoxin	Intergenerational Community Driven Training in Alzheimer's Disease Research: An AI+X Approach	9/15/2024 – 9/14/2029	Mentor
5	NIH / NIDDK	T32 DK137525	Whisner CM Liu L	Interdisciplinary Systems-based Training for Precision Nutrition	9/1/2023 – 8/31/2028	Mentor
4	NIH / NHLBI	R61 HL155858	Peterson LR	The Inorganic Nitrate and eXercise performance in Heart Failure (iNIX-HF): - a phase II clinical trial	8/1/2022 – 7/31/2027	Co-I
3	NIH / NIA	R01 AG071717	Das SK **Racette SB** Redman LM	Legacy Effects of CALERIE, a 2-year Calorie Restriction Intervention, on Hallmarks of Healthspan and Aging (NCT05651620)	9/30/2021 – 1/31/2027	**Multiple PI**
2	NIH / NHLBI	R34 HL158947	Brooks JL	Mind Your Heart Intervention for American Indian Women	7/1/2021 – 6/30/2026	Co-I
1	NIH / NIA	R33 AG070455	Huffman KM	Enhancing the CALERIE Network to Advance Aging Biology	2/15/2021 – 1/31/2031	Co-I

GRANTS – Active – Foundation & Other					
	Funding Agency	**PI**	**Title**	**Dates**	**Role**
3	Arizona Alzheimer's Consortium / Barrow Neurological Foundation	Sabbagh MN **Racette SB**	Acute Effects of Exercise, With and Without Anti-Amyloid Therapy, on Fluid Biomarkers in Patients with Mild Cognitive Impairment	7/1/2025 – 6/30/2027	**Multiple PI**
2	American Beverage Association	Kavouras S	Adequate Hydration and Health Outcomes	12/2/2024 – 12/1/2027	Co-I
1	Barrow Neurological Foundation	Geda YE **Racette SB**	Time- Restricted Eating in Alzheimer's disease: The TREAD trial (NCT06429124)	5/16/2023 – 5/31/2027	**Multiple PI**

GRANTS – Active – Institutional					
	Funding Agency	**PI**	**Title**	**Dates**	**Role**
1	ASU College of Health Solutions	**Racette SB**	Promoting Cardiovascular Health Among American Indian Youth	6/1/2023 – 12/31/2026	**PI**

GRANTS – Completed – Governmental						
	Funding Agency	**Grant #**	**PI**	**Title**	**Project Dates**	**Role**
21	NIH / NHLBI	R25 HL105400	Dávila-Román VG Rao DC de las Fuentes L	PRIDE Summer Institute in Cardiovascular Disease Comorbidities, Genetics and Epidemiology (CVD-CGE)	9/20/2010 – 12/31/2025	Leadership Committee & Mentor
20	NIH / NHLBI	R21 HL165018	Ebong IA	Adipokines, Sex Hormones and Cardiac Dysfunction in Women of the MESA Study - An analysis of Secondary Data	9/1/2022 – 8/31/2024	Co-I
19	NIH / NIA	R01 AG060499	Forman DE	Modified Application of Cardiac Rehabilitation for Older Adults (MACRO)	8/1/2018 – 5/31/2024	Co-I

18	NIH / NHLBI	K01 HL127278	Hardy DS	Searching for missing heritability for cardiometabolic outcomes by race	12/15/2015 - 2/15/2022	Mentor
17	NIH / NIA	U24 AG047121	Kraus WE	Biomarkers of Caloric Restriction in Humans: the CALERIE Biorepository	7/15/2015 - 5/31/2021	Steering Committee Member
16	NIH / NCI Pilot Project	U54 CA155496	**Racette SB**	Urban public schools: influence of environment on child weight status and health indices	6/1/2014 - 5/31/2015	PI of Pilot Project
15	US Dept of Education	Q215F120 077	White ML	AIM for Fitness	8/1/2012 - 7/31/2015	Co-I
14	NIH / NHLBI	R01 HL108160	Ostlund RE	Reverse Cholesterol Transport in Humans	1/1/2012 – 11/30/2016	Co-I
13	NIH / NCI	U54 CA155496	Colditz G	A Multilevel Approach to Energy Balance and Cancer Across the Lifecourse	6/15/2011 - 5/31/2016	Mentor
12	NSF	850815	Pontzer HD	Metabolic Cost of Living in Human Foragers	5/1/2009 - 4/30/2011	Co-PI
11	NIH / NIDDK	K01 DK080886	Weiss EP	Caloric Restriction, Exercise, and Glucoregulation in Humans	4/1/2008 - 3/31/2013	Scientific Advisor
10	NIH / NHLBI	R25 HL085040	Rao DC	Genetic Epidemiology of Cardiovascular Disease and Risk Factors	09/15/2006 - 06/30/2011	Mentor
9	CDC	R01 DP000092	**Racette SB**	Worksite Opportunities for Wellness	9/30/2004 - 9/29/2008	PI
8	NIH / NCRR Pilot Project	P41 RR000954	**Racette SB**	Exercise Training on Glucose Tolerance & Insulin Action in Elderly Men and Women	8/1/2003 - 1/31/2005	PI of Pilot Project
7	NIH / NCRR Pilot Project	P41 RR000954	**Racette SB**	Thiazolidinediones Enhance Insulin Suppression of Fatty Acid Flux in Type 2 Diabetes	8/01/2003 - 1/31/2005	PI of Pilot Project
6	NIH / NIA	U01 AG20487	Holloszy JO	Caloric Restriction and Aging in Humans (NCT00099138, NCT00427193)	9/30/2001 - 8/31/2011	Co-I
5	NIH / NIDDK	R01 DK057461	**Racette SB**	Weight Control in Peri- and Early Postmenopausal Women	9/30/1999 - 8/31/2004	PI
4	NIH / NIA Pilot Project	P60 AG013629	**Racette SB**	Effects of Endurance Exercise Training on Glucose Tolerance and Insulin Action in Elderly Men and Women	9/1/1998 - 8/31/2001	PI of Pilot Project
3	NIH / NCRR Pilot Project	P41 RR000954	**Racette SB**	Leptin Production During Moderate Intensity Aerobic Exercise	10/1/1997 - 7/31/1999	PI of Pilot Project
2	NIH / NHLBI	R01 HL050420	Ostlund RE	Regulation of Intestinal Cholesterol Absorption	5/1/1994 - 3/31/2010	Co-I
1	NIH / NHLBI	T32 HL007456	Wilfley DE	Nutrition–Behavioral Cardiovascular Disease Prevention	7/1/1980 – 8/31/2017	Mentor

GRANTS – Completed – Foundation					
	Funding Agency	**PI**	**Title**	**Project Dates**	**Role**
8	Foundation for Barnes-Jewish Hospital	**Racette SB**	Personalizing Exercise for Parkinson's Disease	1/1/2020 – 12/31/2023	**PI**
7	Foundation for Barnes-Jewish Hospital	**Racette SB**	Enhancing Physical Function after COVID-19 among the Underserved	7/1/2021 – 6/30/2023	**PI**
6	Foundation for Barnes-Jewish Hospital	Rich MW	Home-Based Cardiac Rehabilitation (HCR) in the Time of COVID-19	7/1/2020 – 6/30/2022	Co-I
5	Foundation for Barnes-Jewish Hospital	Peterson LR	Benefits of Intensive Cardiac Rehabilitation (ICR) for Patients with Heart Failure with Reduced Ejection Fraction (HFrEF)	7/1/2019 – 6/30/2022	Co-I
4	Foundation for Barnes-Jewish Hospital	Peterson LR **Racette SB**	Heart Failure and Aerobic Capacity	8/1/2018 - 12/31/2019	**Co-PI**
3	Foundation for Barnes-Jewish Hospital	Peterson LR	Intensive cardiac rehabilitation (ICR) with the Pritikin program: tolerability and effectiveness	10/1/2016 - 06/30/2019	Co-I
2	Longer Life Foundation	Deusinger SS	Influence of Exercise and Dietary Patterns on Weight Gain Throughout College	7/1/2003 - 12/31/2004	Co-I
1	Robert Wood Johnson Foundation	Johnson CA	Play Across St. Louis: Presence and Condition of Publicly Accessible Parks, Facilities, and Playgrounds	9/1/2014 - 8/31/2015	Collaborator

GRANTS – Completed – Institutional & Community					
	Funding Agency	**PI**	**Title**	**Project Dates**	**Role**
11	Healthcare Innovation Lab and Washington U. Institute for Informatics	Garr Barry V	Improving Diagnosis of Superimposed Preeclampsia in Pregnant Patients: A Wearable Device for Non-invasive Continuous Monitoring of Fluid Dynamics	7/1/2022 – 6/30/2024	Mentor
10	Washington University Institute of Clinical and Translational Sciences	**Racette SB**	Metabolic Adaptations in the CALERIE Trial	8/1/2021 – 7/31/2022	**PI**
9	Washington University Institute of Clinical and Translational Sciences	**Racette SB**	Effect of Intensive Cardiac Rehabilitation on Ceramides	5/7/2018 - 5/6/2019	**PI**
8	Washington University Institute of Clinical and Translational Sciences	Peterson LR	Dietary Nitrates for Heart Failure	2/16/2017 - 2/15/2018	Co-I
7	Washington University Institute of Clinical and Translational Sciences	Peterson LR	Dietary NO3- affects perfusion in heart failure with preserved ejection fraction	6/1/2016 - 5/31/2017	Co-I
6	Washington University Institute of Clinical and Translational Sciences	**Racette SB**	American Indian Tribal Youth	4/12/2016 - 4/11/2017	**PI**
5	City of St. Louis Department of Health	**Racette SB**	Obesity Surveillance in St. Louis	4/1/2015 - 2/29/2016	**PI**
4	Community/University Health Research Partnerships	**Racette SB**	Nourishing an Urban Community II	10/1/2010 - 4/30/2013	**PI**
3	Washington University Diabetic Cardiovascular Disease Center	Peterson LR	Nutritional Therapy for Diabetic Cardiomyopathy	9/1/2010 - 12/31/2012	Co-I
2	Washington University Program in Physical Therapy	**Racette SB**	Nourishing an Urban Community: Physical Activity Interventions for SLPS Students	6/1/2010 - 5/31/2011	**PI**
1	Washington University Institute for Public Health	**Racette SB**	Nourishing an Urban Community	6/24/2009 - 12/31/2012	**PI**

Bibliography: Peer-reviewed articles in scientific journals

h-index: 66
i10-index: 129
Citations: 16298 (all); 6835 (since 2021)

List of Published Work in MyBibliography:
https://www.ncbi.nlm.nih.gov/myncbi/Susan_Racette_Bibliography

**Reverse Chronological Order*

163) Forman DE, Rich MW, Perera S, **Racette SB**, Bland MD, Glynn NW, Toto PE, Peterson LR, Pruskowski J, Byard T, Delligatti A, Lenze EJ. Modified Application of Cardiac Rehabilitation for Older Adults (MACRO): A Pragmatic Randomized Trial. *J Am Heart Assoc.* 2026. In Press.

162) Archer L, Alsaqabi A, Ibrahim D, Safar NA, Ainslie PH, … **Racette SB**, …Hudda MT, on behalf of the IAEA DLW Database Group. Global external validation of fat mass prediction models for adults. *Nat Health.* 2026. In Press. doi: 10.1038/s44360-026-00196-w.

161) Mitra A, Deych E, Lucas M, **Racette SB**, Pruiett A, Peterson LR. Improving Patient Enrollment in Cardiac Rehabilitation: the NAVIGATOR Program. *J Cardiopulm Rehabil Prev.* 2026. In Press.

160) Moore N, Bareja A, Ross LM, Collins-Bennett KA, **Racette SB**, Redman LM, Martin CK, Das SK, Ryan CP, Belsky DW, Kraus WE, Huffman KM. Biological Pathways of Strength Preservation During Calorie Restriction-Induced Weight Loss Among Adults Without Obesity. Obesity. 2026 Sep 1. doi: 10.1002/oby.70293.

159) Orenduff MC, Woolf EK, Zhang R, Belsky DW, Das SK, Hastings W, Mucinski JM, **Racette SB**, Redman LM, Waziry R, Kraus WE, Pieper CF, Huffman KM. Metabolic Adaptations to Caloric Restriction: Time- and Group-Dependent Metabolomic Signatures from the CALERIE™ Trial. *Res Sq* 2026 Mar 30:rs.3.rs-9237764. doi: 10.21203/rs.3.rs-9237764/v1.

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exercise on insulin action in individuals with abnormal glucose tolerance. *J Appl Physiol* 1999:86(6):1930-1935.

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1) Schoeller DA, **Racette SB**. A review of field techniques for the assessment of energy expenditure. *J Nutr* 1990:120(Suppl 11):1492-1495.

Book Chapter

Racette SB and Das SK. Caloric Restriction and Biomarkers of Aging. Chapter 1 in: *Intermittent and Periodic Fasting, Aging and Disease.* Editors: Varady K, Manoogian EN, Longo VD. Springer, Cham. 2024. https://doi.org/10.1007/978-3-031-49622-6_1.

Trainees / Mentees

Postdoctoral Scholars

Key: ASU = Arizona State University
C-STAR = Clinical Scientist Training & Research
MiM = Mentors in Medicine
WashU Med = Washington University School of Medicine, St. Louis, MO

#	Name	Years	Program	Institution	Mentor Role
11	Jordan Gunning, PhD	2024-present	Exercise & Nutritional Sciences	ASU	Research Mentor
10	Valene Garr Barry, PhD	2021-2024	T32 Postdoctoral Fellow	WashU Med	Research Co-Mentor
9	Lauren K. Park, PhD	2020-2023	T32 Postdoctoral Fellow	WashU Med	Research Co-Mentor
8	Clifton J. Holmes, PhD, CSCS	2020-2022	T32 Postdoctoral Fellow	WashU Med	Research Co-Mentor
7	Fatima Lakhani, MD	2020-2022	Medicine Resident, MiM Program	WashU Med	Research Co-Mentor
6	Andrew Lai, MD	2020-2021	Medicine Resident, MiM Program	WashU Med	Research Co-Mentor
5	Mustafa Husaini, MD	2019-2020	Cardiology Fellow	WashU Med	Research Co-Mentor

4	Andrea N. Soares, MD	2018-2021	Medicine Resident, MiM Program	WashU	Research Co-Mentor
3	Michael Madigan, MD	2018-2020	Medicine Resident, MiM Program	WashU	Research Co-Mentor
2	Dominique Williams, MD	2017-2019	Cardiology Fellow	WashU	Research Co-Mentor
1	Vinaya Mulkareddy, MD	2016-2018	Medicine Resident, MiM and C-STAR Programs	WashU	Research Co-Mentor

Doctoral Students

Key: ASU = Arizona State University
DPT = Doctor of Physical Therapy
MD = Doctor of Medicine
OTD = Clinical Doctorate of Occupational Therapy
PhD = Doctor of Philosophy
WashU = Washington University in St. Louis
WashU Med = Washington University School of Medicine, St. Louis, MO

#	Name	Years	Program	Institution	Mentor Role
15	Karla Cabrera, MSN, RN, FNP-C	2026-present	PhD - Exercise & Nutritional Sciences	ASU	Dissertation Committee Member
14	Sajjad Rezai, MS	2026-present	PhD - Exercise & Nutritional Sciences	ASU	Dissertation Committee Member
13	Gracie Larson, MS	2026-present	PhD - Exercise & Nutritional Sciences	ASU	PhD Advisor
12	Elias Figueroa, MS, CPT	2026-present	PhD - Exercise & Nutritional Sciences	ASU	Dissertation Committee Member
11	Mahasin Alqurashi	2026-present	PhD - Exercise & Nutritional Sciences	ASU	Supervisory Committee Member
10	Holly Emmanuel, MA, ATC	2026-present	PhD - Exercise & Nutritional Sciences	ASU	Supervisory Committee Member
9	Behzad Gudarzi, MS	2025-present	PhD - Exercise & Nutritional Sciences	ASU	PhD Advisor
8	Madeline Converse, MS	2024-present	PhD - Exercise & Nutritional Sciences	ASU	PhD Advisor
7	Chao Cao, MPH	2019-2021	PhD - Movement Science	WashU Med	Research Co-Mentor
6	Andrea N. Soares	2017-2018	MD	WashU Med	Research Elective Preceptor
5	Cara Ocobock, MA	2013-2014	PhD - Anthropology	WashU	Dissertation Committee Member
4	Tiffany C. Dill, MPH	2012-2013	OTD	WashU Med	Research Mentor
3	Lynn Monahan Couch, MPH, RD, LDN	2009	PhD - Nutritional Science	University of Medicine and Dentistry of NJ	Dissertation Proposal Reviewer
2	Ashley Glade	2007	DPT & Predoctoral Clinical Research Training	WashU Med	Research Mentor
1	Timothy E. Meyer, MS	2004-2005	PhD - Movement Science	WashU Med	Dissertation Committee Member

Master's Students

Key: ASU = Arizona State University
DPT = Doctor of Physical Therapy
MA = Master of Arts
MS = Master of Science
WashU = Washington University in St. Louis
WashU Med = Washington University School of Medicine, St. Louis, MO

#	Name	Years	Program	Institution	Mentor Role
16	Gracie Larson	2025-2026	MS - Clinical Exercise Physiology	ASU	Thesis Committee
15	Kassie Demetropoulos	2025-2026	MS – Nutritional Science	ASU	Thesis Committee
14	Alanoud Alrashdi	2024-2025	MS – Nutritional Science	ASU	Thesis Advisor
13	Mario I. Hernandez	2023-2024	MS - Clinical Exercise Physiology	ASU	Thesis Committee

12	Emily Mansour	2019-2020	MS - Applied Health Behavior Research	WashU Med	Research Mentor
11	Nikhil Das	2018-2019	MS - Applied Health Behavior Research	WashU Med	Research Mentor
10	Christopher Graham	2018	MS - Biostatistics	WashU Med	Research Mentor
9	Kristin Montgomery	2017-2018	MS - Applied Health Behavior Research	WashU Med	Research Mentor
8	Rahul Dey	2016-2017	MS - Applied Health Behavior Research	WashU Med	Research Mentor
7	Liyang Yu	2016	MS - Biostatistics	WashU Med	Research Mentor
6	Rohan Shirali	2015-2016	MA - Mathematics	WashU	Research Mentor
5	Nicholas C. DuPont	2014	MS - Biostatistics	WashU Med	Research Mentor
4	Monica Metzger	2013	MS - Biostatistics	WashU Med	Research Mentor
3	Carling E. Butler	2011-2013	DPT, MS - Clinical Investigation	WashU Med	Thesis Advisor
2	Jacqueline C. Castillo	2011-2013	DPT, MS - Clinical Investigation	WashU Med	Thesis Advisor
1	Irene T. Tran	2010-2012	DPT, MS - Clinical Investigation	WashU Med	Thesis Advisor

Undergraduate Students *Key:* ASU = Arizona State University

#	Name	Years	Program	Institution	Mentor Role
14	Saahithi Indukuri	2026	BS - Biological Sciences	ASU	Honors Thesis Advisor
13	Olivia Thex	2025-2026	BS - Nutritional Science	ASU	Honors Thesis Advisor
12	Amelie Checroun	2025-2026	BS - Health	ASU	Honors Thesis Advisor
11	Mariel Kamleiter	2025	BS - Nutritional Science	ASU	Capstone Advisor
10	Yehansa Hettiwatte	2024-present	BS – Neuroscience	ASU	Research Mentor
9	Megan Cooksey	2024-2025	BS - Psychology	ASU	Honors Thesis Advisor
8	Rachel Bournias	2024-2025	BS - Kinesiology	ASU	Honors Thesis Advisor
7	Candice DeCuna	2023-2024	BS - Biological Sciences	ASU	Honors Thesis Advisor
6	Zocelyne Kow	2023-2024	BS - Biological Sciences (Biomedical Sciences)	ASU	Honors Thesis Advisor
5	Kelsey Dykema	2023-2024	BS - Nutritional Science	ASU	Research Mentor
4	Carine Wahba	2023	BS - Medical Studies	ASU	Research Mentor
3	Dhaky Mullangi	2023	BA - Business (Law) & BS - Biochemistry	ASU	Research Mentor
2	Jasmyn DeGraff	2022-2025	BS - Dietetics	ASU	Research Mentor
1	Jaclyn DiGregorio	2016-2017	BA - Business	Georgetown University	Mentor on Senior book-writing project

Abstracts: Slide & Poster Presentations at National, International, and Local Meetings

**Reverse Chronological Order*

122. Racette SB, Eagan DE, Krell-Roesch J, Gunning JA, Zaniletti I, Demeke MT, Hettiwatte YS, DeCuna CJ, Smith TL, Khan NA, Aliskevich E, Chahal G, Geda, YE. Time Restricted Eating in Alzheimer's Disease (TREAD): Preliminary Results. *Alzheimer's Association International Conference. London, United Kingdom*. Jul 2026.
121. Converse MF, Beyene KM, Racette SB. Longitudinal Assessment of Exercise on Physical Function and Quality of Life in Parkinson Disease. *World Parkinson Congress*, 7th Annual Congress, Phoenix, AZ. May 2026.
120. Racette SB, Redman LM, Huffman KM, Das SK. CALERIE™ Legacy Study: Design of the Longitudinal Follow-Up Study of Participants in the CALERIE™ 2 Trial. *American Physiology Summit,* Minneapolis, MN. Apr 2026.
119. Converse M, Racette SB. Exercise Engagement and its Influence on Quality of Life Among People with Parkinson's Disease Over One Year. *American Physiology Summit,* Minneapolis, MN. Apr 2026.
118. Gudarzi B, Kow Z, Magaña J, Gachupin FC, Racette SB. Assessment of Cardiovascular Health among Native American Youth and Adults. *American Association for the Advancement of Science,* Annual Meeting, Phoenix, AZ. Feb 2026.
117. Converse MF, Kamleiter M, Racette SB. Impact of Exercise Engagement on Physical Function and Quality of Life in People with Parkinson's Disease. *American Association for the Advancement of Science,* Annual Meeting, Phoenix, AZ. Feb 2026.
116. Gunning JA, Demeke M, Hettiwatte Y, DeCuna C, Zaniletti I, Smith T, Khan N, Aliskevich E, Chahal G, Eagan D, Krell-Roesch J, Geda YE, Racette SB. Time Restricted Eating in Alzheimer's Disease: The TREAD Trial. *Arizona Alzheimer's Consortium 26th Annual Scientific Conference.* Tempe, AZ. Sep 2025.
115. Kosciuszko M, Huen H, Simpson L, Mattin L, Witard O, Lett A, McClelland I, Kraus WE, Huffman K, Martin CK, Das SK, Racette SB, Dorling JL. Association between dietary fibre intake and body composition and inflammatory markers in healthy adults without obesity: A cross-sectional analysis. *European Association for the Study of Obesity: ECO 2025 - 32nd European Congress on Obesity.* Malaga, Spain. May 2025
114. Forman DE, Rich MW, Glynn NW, Bland M, Racette S, Peterson L, Toto P, Delligatti A, Byard T, Perera S, Lenze E. Modified Application of Cardiac Rehabilitation for Older Adults (MACRO). *American College of Cardiology*, Annual Scientific Session, Chicago, IL. Mar 2025.
113. Klein-Seetharaman J, Hughes C, Racette SB, Jasbi P, Gunning J, Sarkar S, Goh N, Converse C. ASU Team Healthspan's approach to AI-powered personalized intervention for reducing biological age and improving sarcopenia outcomes. International Conference on Frailty and Sarcopenia Research (ICFSR). Toulouse, France. Mar 2025.
112. Geda YE, Krell-Roesch J, Zaniletti I, Chahal G, Smith T, DeCuna CJ, Aliskevich E, Gunning JA, Khan N, Eagan D, Racette SB. Time Restricted Eating in Alzheimer's Disease (TREAD): A Pilot Study. *Arizona Alzheimer's Consortium 25th Annual Scientific Conference.* Tempe, AZ. Sep 2024.
111. Krell-Roesch J, Syrjanen JA, Kremers WK, Algeciras-Schimnich A, Knopman DS, Petersen RC, Racette SB, Woll A, Vassilaki M, Geda YE. Cross-sectional associations between physical activity and CSF biomarkers of Alzheimer's disease: The Mayo Clinic Study of Aging. *Arizona Alzheimer's Consortium 25th Annual Scientific Conference.* Tempe, AZ. Sep 2024.
110. Racette S, Garr Barry V, DeGraff J, Gilhooly C, Das SK. A 2-Year Calorie Restriction Intervention Improves Diet Quality Without Compromising Nutritional Adequacy: The CALERIE™ Trial. *American Physiology Summit,* Long Beach, CA. Apr 2024.
109. Corbin C, Tahsin CT, Tahmin CI, Ahmed Z, Waterro R, Modamed A, Racette S, Park J, Fonkoue I. Estradiol Levels are Differentially Associated with Arterial Stiffness in Trauma-Exposed Premenopausal Women with and without PTSD. *American Physiology Summit,* Long Beach, CA. Apr 2024.
108. Yismaw G, Azage M, Krell-Roesch J, Mekonnen A, Mersha T, Enquobahrie D, Racette S, Boes K, Geda YE. The Design and Conduct of a Pilot Project on Mild Cognitive Impairment in Northern Ethiopia. *GRAL Conference,* Phoenix, AZ. Jan 2024.
107. Krell-Roesch J, Syrjanen JA, Krafft J, Barisch-Fritz B, Woll A, Vermuri P, Scharf EL, Fields J, Kremers WK, Lowe VJ, Jack Jr CR, Knopman DS, Petersen RC, Racette SB, Vassilaki M, Geda YE. A longitudinal investigation of physical and cognitive activities and the outcome of trajectories of AD neuroimaging

biomarkers: The Mayo Clinic Study of Aging. *Arizona Alzheimer's Consortium 24th Annual Scientific Conference.* Tempe, AZ. Sep 2023.

106. Onugha E, Banerjee A, Vimalajeewa HD, Dave J, Racette SB. Association of Hypertension and Food Insecurity with Dietary Sodium and Potassium in Adults. *Hypertension* 2023 Scientific Sessions, Boston, MA. Sep 2023.
105. Fonkoue IT, Silva M, Safo S, de las Fuentes L, Racette S, Saeed A, Reis S. Sleep Quality Partially Mediates the Association of Depressive Symptoms with Baseline Brachial Artery Diameter in Post-Menopausal Women. *PRIDE (Programs to Increase Diversity Among Individuals Engaged in Health-Related Research) Annual Meeting*. Bethesda, MD. Apr 2023.
104. Krell-Roesch J, Syrjanen JA, Bezold J, Barisch-Fritz B, Kremers WK, Knopman DS, Petersen RC, Woll A, Racette SB, Vassilaki M, Geda YE. Physical activity and incident depression and anxiety in old age. *American Neuropsychiatric Association,* 33rd Annual Meeting, Boston, MA. Mar 2023.
103. Park LK, Deych E, McKenzie KM, Stranzczek NA, McKenzie EJ, Haley D, de las Fuentes L, Rich MR, Jonagan J, Carson T, Durbin D, Racette SB, Peterson LR. Effectiveness of Outpatient Intensive Cardiac Rehabilitation (ICR) in Patients with Heart Failure with Reduced Ejection Fraction. *American College of Cardiology*, 72nd Annual Scientific Session, New Orleans, LA. Mar 2023.
102. Park L, McKenzie KM, McKenzie EJ, Stranzczek N, Deych E, Talpade N, Das N, Racette SB, Peterson LR. Effectiveness of the Outpatient Pritikin Intensive Cardiac Rehabilitation Program in Patients with Heart Failure. *American Heart Association,* Scientific Sessions. Nov 2021.
101. Lai A, Racette SB, Joynt Maddox K, Park L, Deych E, McKenzie KM, Das N, Talpade N, Rahdi S. Stranzczek N, Rich MW, de las Fuentes L, Husaini M, Peterson LR. Intensive Cardiac Rehabilitation: Impact on mortality. *American Heart Association* Scientific Sessions. Nov 2021.
100. Hoddy KK, Singh P, Dorling JL, Beyl RA, Kirwan JP, Huffman K, Racette SB, Das SK, Martin CK. Calorie Restriction Equalizes Glycemic Control between Short and Adequate Sleepers. *American Diabetes Association,* 83rd Scientific Sessions. Diabetes 2021;70 (Supplement_1): 303-OR. Jun 2021.
99. McKenzie KM, Park L, Deych E, Racette SB, Lenze EJ, Rich MW, de las Fuentes L, Jonagan J, Rashdi S, Talpade N, Montgomery K, Peterson LR. Impact of the Outpatient Pritikin Intensive Cardiac Rehabilitation on Depression and Cardiac Self-Efficacy. *American College of Cardiology*, 70th Annual Scientific Session, Atlanta, GA. May 2021.
98. Lakhani F, Racette SB, Deych E, Park L, McKenzie K, Durbin D, Jonagan J, Carson T, Talpade N, Rich MW, de las Fuentes L, Peterson LR. Impact of Intensive Cardiac Rehabilitation (ICR) vs. Traditional Cardiac Rehabilitation (CR) on Diet Quality and Cardiovascular Health Measures. *American College of Cardiology*, 70th Annual Scientific Session, Atlanta, GA. May 2021.
97. Soares A, Mansour E, Puritz A, Zhao M, Cao C, Barger P. Foraker RE. Racette SB, Peterson LR. Aerobic Capacity (VO_{2peak}) in Congenital Heart Disease: Prognostic Implications. *American Heart Association* Scientific Sessions. Nov 2020.
96. Mansour EA, Cao C, Puritz A, Zhong Q, Soares A, Peterson LR, Racette SB. Prognostic Value of Peak Oxygen Uptake Trajectories for Mortality Risk in Patients with Heart Failure. *American Heart Association* Scientific Sessions. Nov 2020.
95. Husaini M, Deych E, Racette SB, Rich MW, Joynt Maddox KE, Peterson LR. Intensive Cardiac Rehabilitation and Traditional Cardiac Rehabilitation are Markedly Underutilized: Results from a Medicare Sample Analysis. *American Heart Association* Scientific Sessions. Nov 2020.
94. Dorling JL, Redman L, Ravussin E, Huffman K, Racette SB, Das SK, Kraus WE, Höchsmann C, Martin CK. The Role of Weight Loss in Mediating the Effects of a 2-year Caloric Restriction Regimen on Cardiometabolic Risk Markers in Individuals Without Obesity. *American Heart Association* Scientific Sessions. Nov 2020.
93. Soares A, Mansour E, Puritz A, Zhao M, Cao C, Barger P. Foraker RE. Racette SB, Peterson LR. A Comparison of Aerobic Capacity (VO_{2peak}) in Heart Failure and Congenital Heart Disease. *Heart Failure Society of America* Virtual Annual Scientific Meeting. Sep 2020.
92. Peterson LR, Racette SB, Cade T, Thies D, Schechtman K, Gray DA, Coggan AR. Pharmacokinetics and Tolerability of KNO_3 in Patients With Heart Failure With Reduced Ejection Fraction. *American Heart Association* Scientific Sessions. Nov 2019.
91. Williams D, Mulkareddy V, Montgomery K, Carpenter T, Soares A, Graham C, McKenzie K, Rashdi S, de las Fuentes L, Rich M, Racette S, Peterson L. Effectiveness of the First Outpatient Pritikin Intensive Cardiac Rehabilitation (ICR) Program. *American Heart Association Epi/Lifestyle* 2019 Scientific Sessions,

Houston, TX. Mar 2019.

90. Martin C, Bhapkar M, Das S, Racette S, Apolzan J, Fearnbach N, Lynch K, Steward T. In normal weight to mildly overweight adults, calorie restriction for 2 years increases state measures of appetite, which is countered by increased restraint and self-efficacy. *Association for Behavioral and Cognitive Therapies* (ABCT) 52nd Annual Convention, Washington, DC. Nov 2018.
89. Williams D, Mulkareddy V, Das N, Jonagan J, Durbin D, Montgomery K, Carpenter T, Soares A, Graham C, Rashdi S, de las Fuentes L, Rich M, Racette S, Peterson L. Effectiveness of the First Outpatient Pritikin Intensive Cardiac Rehabilitation (ICR) Program. *Washington University School of Medicine Cardiovascular Research Day*, St. Louis, MO. Nov 2018.
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85. Lin X, Racette SB, Ma L, Wallendorf M, Ostlund RE. Ezetimibe increases reverse cholesterol transport in humans. *American Heart Association 2016 Scientific Sessions,* New Orleans, LA. Nov 2016.
84. Hardy DS, Mersha T, Xu H, Racette SB. Role Of A Genetic Risk Score With Dietary Intake And Physical Activity In Relation To Metabolic Syndrome. *American Heart Association Epi|Lifestyle 2016 Scientific Sessions,* Phoenix, AZ. Mar 2016.
83. Gachupin FC, Joe JR, Shirali R, Racette SB. American Indian Youth Wellness Initiative. *American Heart Association Epi|Lifestyle 2016 Scientific Sessions*, Phoenix, AZ. Mar 2016.
82. Racette SB, Uhrich ML, White ML, DuPont NC, Clark BR. Prevalence of obesity and severe obesity among urban public elementary school children in St. Louis, MO: 2008-2015. *The Obesity Society* Annual Scientific Meeting, Los Angeles, CA. Nov 2015.
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School District's Physical Education Program Grant. *Washington University Institute for Public Health* 2013 Annual Conference, St. Louis, MO. Oct 2013.

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69. Butler C, Clark BR, Burlis T, Racette S. Impact of a Worksite Wellness Program on Physical Activity and Cardiovascular Disease Risk Factors. *Missouri Physical Therapy Association (MPTA)* Spring 2013 Meeting, St. Louis, MO. Apr 2013.
68. Deusinger SS, Racette SB. Teaching the Obligation of Health Promotion and Prevention: Novel Classroom and Community Activities. *Washington University School of Medicine* Education Day, St. Louis, MO. Apr 2013
67. Castillo J, Clark BR, Burlis T, Racette S. Evaluation of in-school physical activity and cardiovascular disease risk factors in urban children. *American Physical Therapy Association (APTA)* Combined Sections Meeting, San Diego, CA. Jan 2013.
66. Butler C, Clark BR, Burlis T, Racette S. Impact of a Worksite Wellness Program on Physical Activity and Cardiovascular Disease Risk Factors. *American Physical Therapy Association (APTA)* Combined Sections Meeting, San Diego, CA. Jan 2013.
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63. Tran IT, Clark BR, Kim MJ, Racette SB. Physical Activity During Indoor and Outdoor Recess in School Children. *The Obesity Society* Annual Scientific Meeting, San Antonio, TX. Sep 2012.
62. Deusinger SS, Racette SB. Teaching the Obligation of Health Promotion and Prevention: Novel Classroom and Community Activities. *American Physical Therapy Association (APTA)* 2012 Conference & Exposition, Jun 2012.
61. Butler CE, Clark BR, Racette SB. Physical Activity for Campus Employees (PACE): A pilot study of the impact of a worksite wellness program on physical activity and cardiovascular disease risk factors. *National Predoctoral Clinical Research Training Program* - Annual Meeting. Mayo Clinic, Rochester, MN. May 2012.
60. Castillo JC, Clark BR, Racette SB. Evaluation of In-school Physical Activity and CVD Risk Factors in Urban Children. *National Predoctoral Clinical Research Training Program* - Annual Meeting. Mayo Clinic, Rochester, MN. May 2012.
59. Tran IT, Clark RB, Kim MJ, Racette SB. Recess physical activity in children: indoor versus outdoor recess and a multi-component intervention. *National Predoctoral Clinical Research Training Program* Annual Meeting, Washington University School of Medicine, St. Louis, MO. May 2011.
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57. Racette SB, Clark BR, White ML, Royer NK. Nourishing an Urban Community: Assessing Health Risk Among Public School Students. *Obesity Society* Annual Scientific Meeting. *Obesity* 18 (Suppl 2): S222, 2010.
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55. Clark R, Koster DN, Royer N, Weimer B, Williams A, Castillo J, Racette SB. Nourishing an Urban

Community. *Gephardt Institute for Public Service,* Faces of Hope Conference, Washington University, St. Louis, MO. Apr 2010.

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51. Racette S, Lin X, Ma L, Spearie C, Lefevre M, Ostlund R. Dietary Phytosterols in Low Dose Increase Cholesterol Excretion and Reduce LDL Cholesterol. *Atherosclerosis Supplements,* 9(1): 255, 2008.
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47. Racette SB, Weiss EP, Villareal DT, Holloszy JO. Insulin-Resistant and Insulin-Deficient Phenotypes in Adults Aged 48-94 Years with Abnormal Glucose Tolerance. *American Diabetes Association* 67th scientific sessions, Abstract #1315-P, Chicago, Jun 2007.
46. Bales CW, McCrory M, Zheng J, Champagne C, Gilhooly C, Hannah J, Racette S, Martin C, Obert K, Das S, DeLany J, Mandel S, Rochon J, Roberts S, Schechtman K. Quality of self-selected diets of non-obese participants in a randomized controlled trial of caloric restriction (CR): the CALERIE study. Experimental Biology Meeting. *FASEB J.* 21:350.5*,* 2007.
45. Racette SB, Phillips KM, Ma L, Ostlund RE. Phytosterol quantification in DASH and other popular diets. Experimental Biology Meeting. *FASEB J.* 21:542.8*,* 2007.
44. Racette SB, Weiss EP, Schechtman KB, Steger-May K, Holloszy JO. Influence of weekend lifestyle patterns on body weight. Experimental Biology Meeting. *FASEB J.* 21:111.5*,* 2007.
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41. Racette SB, Deusinger SS, Inman CI, Burlis, T, Highstein GR. Worksite Opportunities for Wellness (WOW): Improvements in BMI and Cardiovascular Disease Risk Factors After 1 Year. NAASO Obesity Society Meeting. *Obes Res,*14 (Suppl), 2006.
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39. Racette, SB; Deusinger, SS; Inman, CL; Burlis, T; Highstein, GR; Thompson, PA. Worksite Opportunities for Wellness (WOW): a novel worksite program to promote physical activity. *International Congress on Physical Activity and Public Health,* Atlanta; 2006.
38. Evans EM, Villareal DT, Racette SB, Holloszy JO. Soy Protein Isolate and Moderate Exercise Independently and Additively Impact Bone Turnover but not Bone Mineral Density in Postmenopausal Women. *6th International Symposium on the Role of Soy in Preventing and Treating Chronic Disease,* Chicago; 2005.
37. Racette S, Deusinger S, Killion K. Assessing and targeting health risks among healthcare employees: A model program. NAASO Obesity Society Meeting. *Obes Res,*13 (Suppl): A208, 2005.

36. Racette S, Deusinger S, Strube M, Highstein G, Deusinger R. Changes in weight and health behaviors from freshman to senior year of college. NAASO Obesity Society Meeting. *Obes Res,*13 (Suppl): A122, 2005.
35. Kraus WE, Moon A, McCrory M, Racette S, Heilbronn L, Dutta C, CALERIE Physical Activity Committee. An accelerometer analysis and modeling program written for excel that permits assessment of missing data and comparison with 7-day PAR and doubly labeled water. Presented at the scientific meeting: "Objective Monitoring of Physical Activity: Closing gaps in the science of accelerometry." {Sponsored by Get Kids in Action, a partnership between the University of North Carolina at Chapel Hill and The Gatorade Company} Dec 2004.
34. Evans EM, Van Pelt RE, Racette SB, Villareal DT, Holloszy JO. Soy protein enhances body composition in postmenopausal women. Experimental Biology Meeting, *FASEB J,* 18, #583.7, 2004.
33. Deusinger SS, Racette SB, Strube MJ, Highstein GR, Deusinger RH. Influence of Exercise and Dietary Patterns on Weight Gain Throughout College. Longer Life Foundation Advisory Board Meeting. Nov 2003.
32. Evans EM, Ross KM, Racette SB. BMI standards in midlife and older postmenopausal women. *10th Measurement and Evaluation Symposium: Measurement Issues and Challenges in Aging Research,* Champaign-Urbana, IL, 2003.
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29. Racette SB, Evans EM, Villareal DT, Holloszy JO. Fitness and abdominal fat predict insulin action in old adults. American College of Sports Medicine Meeting, *Med Sci Sports Exerc* 35(5) Suppl: S68, 2003.
28. Peterson LR, Waggoner AD, Herrero P, Racette S, Meyer R, de las Fuentes L, Klein S, Davila-Roman VG, Gropler RJ. Glucose intolerance and obesity alter myocardial metabolism in young women. *J Am Coll Cardiol* 41(6) Suppl: 428A, 2003.
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25. Deusinger SS, Racette SB, Highstein GR, Strube MJ, Deusinger RH. BMI and Exercise Habits of College Freshmen and Sophomores. Longer Life Foundation of the Longer Life Center, Washington University School of Medicine, Division of Health Behavior Research, 2002.
24. Racette SB, Evans EM, Greiwe JS, Holloszy JO. Endurance exercise training improves insulin action in 78+ year-old men and women. American College of Sports Medicine Meeting, *Med Sci Sports Exerc* 33(5) Suppl: S290, 2001.
23. Deusinger SS, Racette SB, Strube MJ, Highstein GR, Deusinger RH, Henry J, Traughber M. Changes in weight and exercise habits in college freshmen. NAASO Obesity Society Meeting. *Obes Res* 8 (Suppl 1):110S, 2000.
22. Racette SB, Johnston BD, Obert KA, Peterson LR. Weight Control in Peri- and Early Postmenopausal Women. *NIH Office of Research on Women's Health, 10th Anniversary; Celebrating a Decade of Progress: Embracing Challenges for the 21st Century:* page 41, 2000.
21. Racette SB, Davis AO, McGill JB, Klein S. Troglitazone enhances insulin-mediated suppression of fatty acid flux in type 2 diabetes mellitus. American Diabetes Association Meeting, *Diabetes* 49 (Suppl 1): A301, 2000.
20. Racette SB, Weiss EP, Obert KA, Kohrt WM, Holloszy JO. Modest lifestyle intervention improves insulin action and glucose tolerance in obese African Americans. American College of Sports Medicine Meeting, *Med Sci Sports Exerc* 31(5) Suppl: S69, 1999.
19. Greiwe JS, Hickner RC, Hansen PA, Racette SB, Chen MM, Holloszy JO. Effects of endurance exercise training on muscle glycogen accumulation in humans. American College of Sports Medicine Meeting, *Med Sci Sports Exerc* 31(5) Suppl: S54, 1999.
18. Hickner RC, Racette SB, Binder EF, Fisher JS, Kohrt WM. Effects of exercise training on the suppression of whole-body and regional lipolysis by insulin. American College of Sports Medicine Meeting, *Med Sci Sports Exerc* 31(5) Suppl: S53, 1999.

17. Fisher JS, Hickner RC, Racette SB, Binder EF, Kohrt WM. Leptin response to insulin in humans is related to the lipolytic state of abdominal subcutaneous fat. Experimental Biology Meeting, *FASEB J* 13(4) Suppl: A370, 1999.
16. Racette SB, Weiss EP, Obert KA, Kohrt WM. Intensive vs. conventional weight loss program in African Americans with IGT or type 2 DM. American Diabetes Association Meeting, *Diabetes* 47 (Suppl 1): A312, 1998.
15. Hickner RC, Racette SB, Binder EF, Fisher JS, Kohrt WM. Whole-body and regional suppression of lipolysis by insulin: effect of training status and obesity in women. American College of Sports Medicine Meeting, *Med Sci Sports Exerc* 30(5) Suppl: S211, 1998.
14. Racette SB, Weiss EP, Obert KA, Hickner RC, Kohrt WM, Holloszy JO. Prevention of NIDDM in centrally obese African Americans. American Diabetes Association Meeting, *Diabetes* 46 (Suppl 1): 372A, 1997.
13. Hickner RC, Fisher JS, Hansen PA, Racette SB, Mier CM, Turner MJ, Holloszy JO. Muscle glycogen accumulation in trained and untrained individuals. Experimental Biology Meeting, *FASEB J* 11(3): A214, 1997.
12. Hickner RC, Racette SB, Binder E, Klein S, Kohrt W. The effect of 10 days of endurance training on the antilipolytic response to insulin in non-obese women. American Diabetes Association Meeting, *Diabetes* 45 (Suppl 2): 324A, 1996.
11. Weiss EP, Racette SB, Kohrt WM. Hydrostatic weighing with head above water in obese African Americans: a validation study. American College of Sports Medicine Meeting, *Med Sci Sports Exerc* 28(5) Suppl: S195, 1996.
10. Schoeller DA, Luke A, Stetson B, Racette S, Cooper R, Kushner R. Reduced precision of self-reported energy intake in a minority population. Experimental Biology Meeting, *FASEB J* 10(3): A561, 1996.
9. Holloszy JO, Racette SB, Jackson P. Prevention of NIDDM in centrally obese African Americans. *NIDDK Meeting: Diabetes Research in Minority Populations*, NIH, Bethesda, MD, 1995.
8. Schoeller DA, Kushner R, Racette S, Shay K-J. Midwesterners do not defend body weight. *FASEB Summer Research Conference on Obesity*, 1995.
7. Arciero P, Vukovich M, Kohrt W, Racette S, Holloszy J. Effects of 10 days of exercise on insulin action in obese men and women with mild NIDDM. American College of Sports Medicine Meeting, *Med Sci Sports Exerc* 27(5) Suppl: S130, 1995.
6. Schoeller D, Racette S, Neil K, Kushner R. Aerobic exercise during weight loss: effect on energy expenditure and energy intake. *NIH Conference on Obesity & Physical Activity*, 1994.
5. Racette S, Schoeller D, Kushner R. Aerobic exercise: an important component of obesity treatment. *Obes Res*, 1993.
4. Racette S, Schoeller D, Kushner R. TDEE measurements in obese women: comparison of heart rate monitoring and physical activity recall questionnaires with doubly labeled water. Experimental Biology Meeting, *FASEB J* 7(4): A649, 1993.
3. Schoeller D, Racette S, Neil K, Kushner R. Underestimation of energy intake among women during dietary restriction. NAASO Obesity Society Meeting, *Obes Res*, 1992.
2. Racette S, Schoeller D, Kushner R, Marcis L. Effect of carbohydrate and aerobic exercise during weight reduction. Experimental Biology Meeting, *FASEB J* 6(5): A1648, 1992.
1. Racette S, Schoeller D, Luke A, Hnilicka J, Kushner R. Effect of adiposity on relative dilution spaces of ^{2}H and ^{18}O labeled water in humans. Experimental Biology Meeting, *FASEB J* 5(4): A555, 1991.

Teaching (Course Director or Lecturer)

PhD Course – Arizona State University

- EXW 701 - Scientific Grant Writing (previously Advanced Research Methods): Course Director 2023 - present

MS in Clinical Exercise Physiology – Arizona State University

- EXW 560 - Cardiopulmonary Rehabilitation: Course Director 2023 - present

Doctor of Physical Therapy (DPT) – Washington University School of Medicine

- Exercise Physiology: Course Director 2009-2021, Lecturer 2003-2021

- Cells Systems and Disease II: Lecturer 1995-2022
- Health, Fitness and Prevention: Lecturer 1995-2022
- Human Anatomy and Physiology Lab: Lecturer 1995-2003
- Issues in Diagnosis of General Medical Conditions: Lecturer 1995-2003

PhD in Movement Science – Washington University School of Medicine

- Program Seminar: Lecturer 2006-2022
- Bioenergetics: Course Director 2003

Doctor of Medicine (MD) – Washington University School of Medicine

- Cell Biology and Physiology: Lecturer 2018-2019
- Practice of Medicine II: Lecturer 2003

Bachelor of Science – Washington University in St. Louis

- Human Physiology: Lecturer 1995-2002

University College – Washington University in St. Louis

- Biology of Aging: Lecturer 2010-2021

Other Programs at Washington University

- Physical Medicine and Rehabilitation Residency Program: Lecturer 2009-2017
- MPH Program - Brown School of Social Work: Lecturer 2011
- Rehabilitation & Participation Science PhD Program: Lecturer 2021