DOROTHY D. SEARS, PhD

CONTACT

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Google Scholar profile: http://tinyurl.com/Sears-GoogleScholar
Faculty website: https://search.asu.edu/profile/5054954

RESEARCH & PROFESSIONAL INTERESTS

My health promotion-related research focus is on obesity and risk for obesity-related diseases including insulin resistance, type 2 diabetes, cardiovascular disease, and cancer in diverse populations. My transdisciplinary approach incorporates dietary and behavioral intervention, systems biology, metabolomics, gut microbiome, epigenetics, gene expression profiling, and single gene analyses in humans and rodent models. My goals are to identify genes, biochemical pathways, dietary factors, and behaviors associated with obesity-related cancer and cardiometabolic disease risk, which can be used as novel targets for disease risk reduction and/or therapy. The breadth of my formal training and independent and team science research experience gives me a unique "genes-to-public health" scope for innovative hypothesis generation, study design and data interpretation. My most active areas of interest are currently centered on the health impacts of food intake timing and intermittent fasting, sedentary behavior and sitting time, breast cancer survivorship, gut microbiome-environment interaction, energy balance, and diet composition. My research focuses primarily on postmenopausal women and I lead the Women's Health Collaboratory. I have strong leadership skills and experience but also enjoy and seek out research projects where I am part of a transdisciplinary team. My collaborations span multiple departments, schools, and institutions across the globe. I have an internationally strong research reputation. I am passionate about mentoring trainees of all levels and supporting diversity in STEMM (Science, Technology, Engineering, Math, and Medicine). My teaching activities span the community level to the undergraduate, graduate and postgraduate levels in classroom, laboratory, and clinical study settings. I am actively engaged in community service, advocacy, and outreach related to my research and professional interests.

EDUCATION & UNIVERSITY APPOINTMENTS

Arizona State University
Professor
John Shufeldt School of Medicine and Medical Engineering — 08/2025-present
Professor of Nutrition
College of Health Solutions — 11/2018-present
Affiliate Faculty
John Shufeldt School of Medicine and Medical Engineering — 09/2024-07/2025
Executive Director, Clinical & Community Translational Science
College of Health Solutions — 07/2022-06/2026
Interim Executive Director, Clinical & Community Translational Science
College of Health Solutions — 03/2022-06/2022

University of California, San Diego
Adjunct Professor of Medicine (Non-salaried) — 2019-2024
Division of Endocrinology and Metabolism, School of Medicine
Adjunct Professor of Family Medicine & Public Health (Non-salaried) — 2019-2024
Division of Preventive Medicine, School of Medicine

Adjunct Professor of Medicine 2018-2019
Division of Endocrinology and Metabolism, School of Medicine
Adjunct Professor of Family Medicine & Public Health 2018-2019
Division of Preventive Medicine, School of Medicine
Associate Professor of Family Medicine & Public Health 2015-2018
Division of Preventive Medicine, School of Medicine
Associate Professor of Medicine 2011-2018
Division of Endocrinology and Metabolism, School of Medicine
Assistant Professor of Medicine 2003-2011
Division of Endocrinology and Metabolism, School of Medicine
Assistant Project Scientist 2001-2003
Division of Endocrinology and Metabolism, School of Medicine

Trainee positions
Postgraduate research endocrinologist & postdoctoral fellow 11/95 – 06/01
UCSD School of Medicine
Mentor: Jerrold Olefsky, M.D., Division of Endocrinology and Metabolism
Postdoctoral fellow 06/94-07/95
The Johns Hopkins University School of Medicine
Mentor: Philip Hieter, Ph.D., Department of Molecular Biology & Genetics
Ph.D., The Johns Hopkins University School of Medicine 08/89-05/94
Biochemistry, Cellular and Molecular Biology Program
Thesis advisor: Philip Hieter, Ph.D., Department of Molecular Biology & Genetics
B.S., University of Southern California
Major: Molecular Biology, Minor: Chemistry 08/84-05/88
Research advisor: Norman Arnheim, Ph.D., Department of Biological Sciences & Biochemistry

AWARDS AND HONORS

ASU CHS Graduate Mentoring Award nominee 2026
ASU Faculty Women's Association Outstanding Faculty Mentor Award nominee 2025
ASU Sun Award (Supporting student success) 2025
ASU Sun Award (Exemplary service, demonstrating leadership, Sun Devil pride, supporting student success) 2025
Editor's Choice Award, MDPI Nutrients Journal 2024
James DL, Hawley, NA, Mohr AE, Hermer J, Ofori E, Yu F, & **Sears DD**. Impact of Intermittent Fasting and/or Caloric Restriction on Aging-Related Outcomes in Adults: A Scoping Review of Randomized Controlled Trials. Nutrients 2024;16(2):316.
ASU Sun Award (Demonstrating leadership, innovation, supporting student success, sustainability) 2024
ASU Sun Award (Serving University Needs) 2022
ASU Sun Award (Serving University Needs) 2021
President's Award - Association for Women in Science (AWIS), San Diego Chapter 2016
Greater San Diego Area American Diabetes Association ACT Advocacy Award 2015
State of California Certificate of Recognition for Outstanding Community Service 2014
UCSD Clinical and Translational Research Institute Catalyst Award 2013
P. Robert Majumder Charitable Foundation Awards (2 research awards) 2011
UCSD Clinical and Translational Research Institute Category 2 Seed Award 2011
Athena San Diego Pinnacle Award nominee for "Individual in Education" category 2011 & 2012
P. Robert Majumder Charitable Foundation Awards (2 research awards) 2010
University of California Health Sciences Academic Senate Grant 2010
Diabetes & Endocrinology Research Center Pilot & Feasibility Award 2007
University of California Health Sciences Academic Senate Grant 2004

K01 Career Development Award Recipient, NIH/NIDDK (3 years)	2002-05
Charles H. & Anna S. Stern Foundation Fellowship Award	2002
F32 Individual National Research Award Recipient, NIH/NIDDK (3 years)	1997-2000
The Johns Hopkins University School of Medicine Young Investigators Day Certificate of Merit	1994
USC Presidential Scholarship	1984-88
USC Dean's Scholarship	1984-88

UNIVERSITY AND PUBLIC ASSOCIATIONS AND SERVICE (current at top)

University Committees, Initiatives & Leadership

Arizona State University

ASU JS SOMME Department of Foundational Sciences Search Committee – Biochemist	2026
ASU JS SOMME Department of Foundational Sciences Search Committee – Teaching Professor	2025
ASU JS SOMME Admissions Committee	2025-present
Colleges Against Cancer at Arizona State University - student organization associated with the American Cancer Society, Faculty advisor	2025-present
ASU Pre-Health Post Baccalaureate Certificate Planning Committee	2025
ASU CHS Green Team	2025
ASU Health Grand Rounds CME Planning Committee	2024-2026
ASU CHS Academic Standards and Grievances Committee	2024-present
ASU CHS Design and Innovation Studio for Health (DISH) Collaboratory	2022-2026
ASU CHS Research Council	2021-present
ASU Bioscience Institutional Review Board (IRB)	2019-present
ASU CHS Cancer Prevention & Control Translational Team (**Co-Lead** 2021-present)	2021-present
ASU CHS Metabolic Health Translational Team (MHTT) (**Co-Lead** 2020-2022) Pilot Research Project ("Work Well") Team (2018-present)	2018-present
ASU CHS Grant Review Committee	2018-present
ASU CHS Laboratory Safety Committee (**Co-Chair** 2023-2025)	2021-2025
ASU CHS Maternal Child Health Equity Search Committee	2023-2024
ASU Clinical and Community Translational Research Committee (anticipated, inaugural **Chair**)	2023
ASU Faculty Mentorship Program, Participant (Summer), Facilitator (Fall)	2020-2022
ASU CHS Exercise and Nutritional Sciences PhD Program, Executive Committee	2020-2024
ASU CHS Ad Hoc Annual Review Committee (**Co-Chair** 2021-2023)	2020-2023
ASU CHS Personnel Committee; Ad hoc Promotion & Tenure (2020, 2025); Elected (2020); **Chair** (2020/21), Summer expedited reviews (2 in 2020, 3 in 2021)	2020-2022
ASU CHS Clinical and Translational Research Planning Committee	2019-2022
Arizona Wellbeing Commons – **Co-Chair**, Nutrition, Obesity, Exercise & Lifestyle Division	2019-2022
ASU CHS ENS PhD Program Core Competencies & Progressive Exam Task Force	2021-2022
ASU CHS ENS PhD Program Basic Nutrition Sciences Task Force	2021-2022
ASU CHS/Biodesign Microbiome Search Committee	2021-2022
ASU CHS Clinical & Community Translational Science Search Committees	
Executive Director	2021-2022
Research Project Coordinator	2021-2022
Advanced Practice Provider	Summer 2021
ASU CHS COVID-19 Grant Review Committee	2020
ASU CHS Geographic Information Sciences & Technologies Affinity Network	2020
ASU CHS Faculty Annual Review Task Force	2020
ASU CHS Nutrition Faculty Search Committee (**Chair** 2019-2020)	2019-2022
ASU CHS Vice Dean Search Committee	2019-2020
ASU Masters in Nutritional Science Admissions Committee	2019-2020
ASU CHS Translational Team and Affinity Network Review Committee, ad hoc	2019

ASU CHS Cancer Prevention & Control Working Group (**Co-Director** 2019-2021) 2019-2021
ASU CHS Dissemination & Implementation Affinity Network Training Program Mentor 2019-2022
American Diabetes Association MHTT Tour de Cure team, **Co-Captain** 2020

University of California, San Diego
UCSD Center for Circadian Biology 2015-present
Executive Committee (2016-present)
Acting Associate Director (July 2017-June 2018)
UCSD Altman Clinical & Translational Research Institute (CTRI) - Associate Member 2010-2024
UCSD/UCLA Diabetes Research Center (DRC) 2007-2024
UCSD Moores Cancer Center, Cancer Prevention & Control Program - Participating Member 2010-2024
Senior Leaders Council (2018-2019)
UCSD Center for Microbiome Innovation - Member 2016-2022
Advisory Board 2018-2019
UCSD Women in Health Sciences Committee https://wihs.ucsd.edu 2014-2022
Co-Founder (2014)
Spring Event Committee (**Co-Chair**, 2016-2018) 2016-2020
Chair-Elect (2017-2018)
UCSD Women's Cardiovascular Health Research Center 2016-2021
Executive Committee & Principal Investigator, Basic Science Project
https://healthsciences.ucsd.edu/som/fmph/divisions/prevmed/research/wrc/Pages/default.aspx
Scientista, UCSD Chapter – Faculty Advisor 2016-2018
UCSD Department of Medicine Committee on Academic Personnel (DOM CAP) 2015-2017
UCSD Extension Post Baccalaureate Premedical Program - Admissions Committee & Mentor 2014-2018
UCSD School of Medicine Recruitment & Admissions Committee (RAC) 2007–2018
Chair, Executive Committee (2012-2015)
Vice-Chair, Executive Committee (2011-2012)
Executive Committee (2010-2018)
UCSD School of Medicine Health Sciences Faculty Council (HSFC) 2012-2015
UCSD School of Medicine Committee on Educational Policy (CEP) 2012-2015
UCSD Transdisciplinary Research on Energetics and Cancer (TREC) Center 2011-2016
Director, Developmental Projects Core (2011-2016)
Chair, TREC Consortium Biomarkers Working Group (UCSD/UPenn/WUStL/Harvard) (2011-2014)
Co-chair, TREC Consortium Biomarkers Working Group (2014-2016)
UCSD Institute of Metabolomic Medicine 2012-2017
UCSD Department of Family Medicine & Public Health "Energy Balance, Obesity and Cancer Prevention" Center of Excellence 2013-2016
UCSD Department of Family Medicine & Public Health "Women's Health" Center of Excellence 2012-2022
UCSD School of Medicine Core Curriculum Committee (CCC) 2010-2012
UCSD Bioinformatics & Systems Biology Graduate Program – Faculty member 2010-2018
UCSD/Pfizer Diabetes Seminar Series - Coordinator 2005

Community Service & Leadership
American Diabetes Association – Desert Southwest [Arizona/New Mexico]
Community Leadership Board 2020-2026
NCI-funded Transdisciplinary Research in Energetics & Cancer Training Workshop Faculty 2016-present
Senior Advisory Board (R25 CA203650; Irwin - PI, 2020-present); Website
Association for Women in Science (AWIS) 2001-present
AWIS-San Diego (AWIS-SD) Executive Board
Past-President (2014-15)
President (2010-13)

Member-at-Large (2010)
AWIS-SD Scholars Celebration Planning Committee (**Chair**, 2014)
AWIS-SD Women in Science & Technology (WIST) Conference - Planning Committee
Co-Chair, Facilities Subcommittee (2015)
Co-Chair (2013)
AWIS-SD Leadership Network (**Co-Founder** 2012; Member 2012-present)
AWIS-SD Strategy Sessions Committee (**Co-Chair** 2009-2010; Member 2007–2015)
Co-organizer/presenter of 10+ career development seminars including topics: "Making an Impact," "Speed Networking," "Negotiation Skills," "Develop Effective Communication," "Get Promoted," "Body Language"

American Heart Association "*The Heart of Team Science*" Pilot Test, participant & evaluator 2020

American Diabetes Association - San Diego Area Community Leadership Board 2011-2018
Board President (2013-2017)
Executive Leadership Committee (2013-2017)
Advocacy Committee (2012-2018)

American Diabetes Association - San Diego Research Committee 2009-2015
Education & fundraising advocate, speaker, and "local researcher" participant for events
Committee Chair (2011-2015)

Association for Women in Science (AWIS), Central Arizona Chapter (AWIS-CAZ) 2018-2021

External Research Grant Proposal Review Service

Curebound: Accelerating Cancer Research Into Cures 2026
PhD Thesis External Reviewer for the University of Jyväskylä, FINLAND 2026
California Initiative to Advance Precision Medicine (CIAPM) Representative Research Partnership Grant Selection Committee; California Health and Human Services 2026
NIH/NIA ZRG1 AN-Y(41) Special Emphasis Panel, P01 Program Projects (PAR-22-130) 2025, 2026
The Dutch Cancer Society [NETHERLANDS] 2024
KWF Kankerbestrijding; leading funder of cancer research in the Netherlands
NIH/NCI Clinical Research (L30) Loan Repayment Program Special Emphasis Panel ZCA1 PCRB-A 2023-2025
NIH/NIDDK Diabetes Endocrinology & Metabolism NRSA Fellowship Training Grant Review Committee ZDK1 GRB-R (2015-2023), DDK-E (2023-present) 2015-2025
NIH/NCI R13 Grant Review Committee Special Emphasis Panel/Scientific Review Group ZCA1 PCRB-E (M1, 2024 **Co-Chair**) 2020, 2024
Department of Defense Congressionally Directed Medical Research Program (DOD-CDMRP) Grant Review Committee 2018
UC San Diego Institute for Public Health (IPH) Pilot Project Grants, Phase I review 2018
Diabetes UK (leading UK non-profit supporting people with diabetes) 2017
UCSD Altman Clinical Translational Research Institute KL2 Grant Program 2017
National Institute for Health Research (NIHR) Programme Grants for Applied Research [UNITED KINGDOM] 2015
Doris A. Howell Foundation for Women's Health Research 2014
Christian Doppler Research Association, Site Reviewer [AUSTRIA] 2013
American Diabetes Association Research Grant Review Committee (3-year term) 2012-2014
Christian Doppler Research Association (CDG) [AUSTRIA] 2011
Michigan Metabolomics & Obesity Center/Nutrition Obesity Research Center 2010
Pennsylvania Department of Health 2008

Manuscript Review Service

The Journal of Biological Chemistry – 2004

Molecular Genetics and Metabolism – 2005
John Wiley & Sons, Inc. (Systems Biology book manuscript review) – 2007
PLoS ONE – 2009-present (**Guest Editor** 2017)
Diabetes – 2010+
Cell Metabolism – 2010+
Journal of Lipids Research – 2010-present
Journal of Inflammation – 2010-present
Diabetes Care – 2012-present
International Journal of Molecular Sciences – 2013
AJP- Renal Physiology - 2015
Cancer Epidemiology, Biomarkers & Prevention – 2015-present
Genome Biology - 2017
Journal of Human Nutrition & Dietetics – 2017-present
Hormone Molecular Biology & Clinical Investigation - 2017
Applied Physiology, Nutrition, and Metabolism – 2017-present
Obesity Research and Clinical Practice – 2018-present
Contemporary Clinical Trials Communications – 2018-present
Journal of Biological Rhythms – 2019
Nature Communications – 2019-present
Nutrition Research – 2019-present
European Journal of Nutrition – 2019-present
Communications Biology – 2019-present
Obesity - 2019-present
Journal of the American College of Cardiology – 2019-present
New England Journal of Medicine – 2020
Nutrients – 2020-present, **Editorial Board member** 2021-present
IF 5.8 (Journal Citation Report, 2026). JCR: 19/114, Q1 in Nutrition & Dietetics); CiteScore 10.2
American Journal of Preventive Medicine – 2021-present
Journal of the National Cancer Institute – 2022-present, **Monograph Coordinator**, reviewer
iScience – 2023-present
Journal of Molecular Medicine – 2023 – present
British Journal of Cancer – 2023
eBioMedicine – 2024
Nutrition, Metabolism, & Cardiovascular Disease - 2025

Industry Consulting and Laboratory Service

Pfizer (Laboratory Service Agreement)	2005-2012
Metabolomics (Laboratory Service Agreement)	2008-2011
Merck (Laboratory Service Agreement)	2010-2011
Zone Labs, Inc. (Grant proposal consultant)	2010-2011
Clinical Metabolomics, Inc. (Systems Biology consultant)	2012-2015

INVITED PRESENTATIONS

2026:

Indiana University School of Medicine Center for Diabetes & Metabolic Diseases 11th Annual Symposium
Sears Keynote Presentation (Aug 7th): "Mind the Clock - Reduce Cardiometabolic Risk"
Arizona Cancer Coalition Annual Meeting – Keynote Speaker
Sears Keynote Presentation (Apr 27th): "It's About Time: Impact of Intermittent Fasting and Food Intake Timing on Cardiometabolic Disease and Cancer Risk"
ASU College of Health Solutions Nutrition Research Seminar Series

Sears Presentation (Mar 26th): “It's About Time: Impact of Intermittent Fasting and Food Intake Timing on Cardiometabolic Disease and Cancer Risk”

Arizona Metabolomics & T32 Symposium 2026

Sears Presentation (Feb 20th): “Leveraging metabolomics to characterize mechanistic impacts of short- and long-term interventions in prolonged sitting time”

2025:

University of Miami Sylvester Cancer Center – Faculty Development Meeting

Sears Presentation (Dec 5th): "Social Media, Altmetrics and Other Tools: Demonstrate your impact and advance your career"

University of Miami Sylvester Cancer Center – Cancer Control Seminar Series

Sears Presentation (Dec 3rd): "Metabolism-Targeted Interventions for Improving Cancer Outcomes"

Rise and Restore – Cancer Support Community Arizona (Oct 25th)

Sears Presentation: “It's About Time: Impact of Intermittent Fasting and Food Intake Timing on Cardiometabolic Disease and Cancer Risk”

Arizona Urology Specialists Prostate Cancer Symposium (Oct 18th)

Prostate Cancer Panel Session Panelist with Drs. Bernard Gburek, Benjamin Stockton, and Kamal Nagpal and Sherry Denton, NP

College of Health Solutions’ Innovation Talks Series

Sears Presentation (Sept 4th): “Food Intake and Health – It’s About Time”

ASU Cancer Prevention & Control Translational Team’s Community Wellness Event “Lifestyle Behaviors that Reduce Risk for Cancer” (May 17th)

Sears Presentation #1: “Reduce Cancer Risk with Lifestyle Behavior Change”

Sears Presentation #2: “Type 2 Diabetes and Cancer”

Professional Development Day for the University of Pavia Master’s Program in Dietetics and Clinical Nutrition “Obesity and Health: Multidisciplinary Approaches and New Therapeutic Perspectives” (Pavia, Italy)

Sears Presentation (April 16th, presented remotely): “Types of Nutritional Treatments: Benefits and Limitations”

Mirabella at Arizona State University Lecture Series

Sears Presentation (Jan 22nd): “Aligning Food Intake Timing with Circadian Rhythms to Improve Health”

2024:

5th Fondazione Paolo Sorbini International Congress (Milan, Italy); HEALTHY LIFESPAN: Positive nutrition, antiinflammation diet, physical activity and sport

Sears Presentation (Oct 5th): “Food Intake and Metabolic Health: It’s About Time”

University of Arizona College of Public Health, College-Wide Seminar (Tucson, AZ)

Sears Presentation (April 10th): “Metabolism-Targeted Behavior Interventions for Improving Cancer Outcomes”

ASU Cancer Prevention & Control Translational Team’s Preventing & Controlling Cancer Workshop (Feb 28th). Roles: Workshop Co-Organizer, Roundtable Discussion Lead “Cancer Prevention & Control Clinical Trials; NCI RFA”

UCSD Center for Circadian Biology 14th Annual Symposium – From Cells to Clinic

Sears Presentation (Feb 23rd): “Translational Impact of Food Intake Timing on Cardiometabolic Disease & Cancer Risk”

ASU College of Health Solution’s Faculty Research Day (Jan 24th).

“Nutrition for Adjuvant Disease Treatment and Cancer Survivorship” Session presenter and panelist with Katherine Petersen, MS, RDN, CDO (Phoenix VA Health Care System (PVAHCS))

Sears Presentation: “Aligning Food Intake Timing with Circadian Rhythms to Improve Cancer Outcomes”

2023:

University of Alabama Birmingham O'Neal Comprehensive Cancer Center Research Seminar Series
Sears Presentation (Nov 3rd): "Metabolism-Targeted Interventions for Reducing Cancer Risk"

Mayo Clinic Cancer Center Coalition of Blacks Against Breast Cancer monthly support & education meeting
Sears Presentation (Mar 19th): "Intermittent Fasting and Breast Cancer: Evidence for Prevention, Treatment Adjuvant, and Survivorship Benefit"

American Society of Preventive Oncology Annual Meeting. Early-Stage Investigator Special Interest Group Workshop (Mar 12th)
Co-Chairs: Melissa Lopez-Pentecost, PhD, MS, RDN & Marlo Vernon PhD, MPH
Sears Presentation: "Your Scholarly Impact: Practical tools and advice for tracking and measurement"

Mayo Clinic Cancer Center Med/Onc Breast Case Conference Series
Sears Presentation (Feb 21st): "TRE & Prolonged Nightly Fasting: Feasibility in Reducing Cancer Risk, Improving Cancer Outcomes"

2022:

Trans-NIH Obesity & Cancer Working Group's Time Restricted Eating Subgroup Webinar (Mar 16th)
"Time Restricted Eating and Dietary Adherence: Current Evidence and Future Directions." Roles: Presenter and expert panelist. Chairs: Dr. Sydney O-Connor & Dr. Edward Sauter (NCI). Co-presenter: Dr. Krista Varady.
Sears Presentation: "TRE & Prolonged Nightly Fasting: Feasibility in Reducing Cancer Risk, Improving Cancer Outcomes"

ASU Cancer Prevention & Control Translational Team's Preventing & Controlling Cancer Workshop (Mar 17th). Roles: Workshop Co-Organizer, Roundtable Discussion Lead "Physical Activity & Sleep"

Mirabella at Arizona State University (May 26th) Lecture
"Prolonged Sitting Time Impairs Your Health and Reduces Your Life Span - Get Up, Stand Up!"

ASU College of Health Solutions Health Talks Series Webinar (Dec 8th)
"Vitamin Supplements and Precision Health: Insights and Uses." Role: Presenter. Moderator: Simin Levinson, MS, RD, CSSD; Co-Presenter: Carol Johnston, MS, PhD. 69 attendees, 318 registrants emailed presentation recording.

American Society of Preventive Oncology, Lifestyle Behaviors, Energy Balance, and Chemoprevention Special Interest Group Webinar (Dec 9th)
"Current Perspectives on Chrononutrition for Cancer Survivorship." Role: Presenter. Co-Chairs: Drs. Adriana Coletta and Cynthia Thomson. Co-presenters: Dr. Mary Playdon, Dr. Susan Schembre.
Sears Presentation: "Chrononutrition and Cancer: What the Mice Tell Us"

2021:

San Diego High School Chemistry and Biology; Science & Research Interest Group (Feb 18th)
"Stand Up and Improve Your Health!"

UC San Diego Preventive Medicine Residency Program Seminar Series (Feb 26th)
"Disease Prevention Simply by Intervening on Sitting Time: Physiologic, Metabolic, and Epigenetic Impact"

Sedentary Behavior Science Presentation Series (June 23rd)
"Arriba por la Vida Estudio Clinical Trial: Preliminary Results"

American Diabetes Association 81st Scientific Sessions (virtual event due to COVID-19)
5-speaker Symposium: "When Time Matters—The Influence of Time-Restricted Feeding" (June 25th)
Chair: Lisa S. Chow, MD, MS; Speakers: Dorothy D. Sears, PhD, Amandine Chaix, PhD, Leonie Heilbronn, PhD, Manjunath Pai, PharmD, Courtney M. Peterson, PhD, MSc, MA, MS
Sears Presentation: "Timing of Food Intake and Fasting: Circadian Rhythms and Biological Mechanisms that Mediate Health Benefits"

UC San Diego Moores Cancer Center – Cancer Control & Prevention Program Retreat (Sept 24th)
"Dietary interventions and cancer: Have we moved beyond a low-fat diet?"

American Diabetes Association Wellness Week (Oct 6th)
"Intermittent Fasting to Reduce Diabetes Risk: What we know and what we don't know"

Association for Women in Science San Diego Virtual Open House (Oct 7th)
2-Speaker Panel: "Gender Diversity in Leadership"
Chair: Varykina Thackery, PhD. Panelists: Rachel Soloff, PhD, Dorothy D. Sears, PhD
The Obesity Society's Obesity Week (Nov 1-5)
2-Speaker Symposium: "Lifestyle Interventions and Weight Loss for Cancer Prevention and Control"
Chair: Tanya Agurs-Collins, PhD, RD; Speakers: Kathryn Schmitz, PhD, MPH, Dorothy D. Sears, PhD
Sears Presentation: "Biomarkers of Obesity-Related Cancer Risk and Lifestyle Intervention Efficacy"

2020:
ASU CHS Research Day: Flash Talk (Jan 31st)
"Get Up Off of Your Seat - Epigenetic and Physiologic Mechanisms Impacted by Prolonged Sitting Time"
NIH National Cancer Institute's Time-Restricted Feeding & Intermittent Fasting Webinar Series (inaugural webinar, Mar 11th). Organized by the Division of Cancer Control and Population Science's (DCCPS) Behavioral Research Program (BRP). Initiative aims to foster cross-disciplinary behavioral and social science research on Time-Restricted Eating/Feeding (TRF) and Intermittent Fasting (IF) that can help prevent, treat, and/or control cancer. Presenter and expert panelist. Co-presenters: Dr. Courtney Peterson, Dr. Satchin Panda.
Sears Presentation: "Food Intake Timing and Fasting: Associations with Cancer Risk"
American Diabetes Association New Mexico Community Leadership Board guest speaker (Apr 21st)
"Prolonged Sitting Time Impairs Your Health and Reduces Your Life Span - Get Up, Stand Up!"
American Diabetes Association Arizona Community Leadership Board guest speaker (Aug 20th)
"Prolonged Sitting Time Impairs Your Health and Reduces Your Life Span - Get Up, Stand Up!"
American Society of Preventive Oncology, Lifestyle Behaviors, Energy Balance, and Chemoprevention Special Interest Group Webinar (Oct 21st)
"Intermittent Fasting, Body Weight and Cancer Risk" Presenter and expert panelist. Co-presenters: Dr. Krista Varady, Dr. Catherine Marinac, Dr. Marian Neuhouser.
Academy of Nutrition and Dietetics Weight Management Group Teleforum (Nov 11th)
"Intermittent Fasting to Improve Weight Control and Metabolic Outcomes - What we know and what we don't know"

2019:
UCSD Center for Circadian Biology, Public Workshop (Feb 13th)
"It's About Time for Health: Exercise, Light & Food" - Workshop Co-Organizer
Presentation: "Effect of Meal-Timing and Fasting on Rhythms, Sleep and Health"
ASU College of Health Solutions, Undergraduate Research Colloquium (Feb 19th)
"Healthy Behaviors, Health Solutions"
ASU College of Health Solutions, Grant Writing Workshop (Mar 14th)
"NIH Clinical Trials – What You Need to Know" Co-presented w/Nancy Osgood, & Matt Buman, PhD
American Association for Cancer Research (AACR), Annual Meeting (April 1st; Atlanta, GA)
Session: "Nonpharmacologic Approaches to Improving Survival and Patient-Reported Outcomes."
Presentation: "Dietary interventions and cancer: Have we moved beyond a low-fat diet?"
Fleet Science Center, Sharp Minds Lecture Series (June 3rd; San Diego, CA)
"Prolonged Sitting Time Impairs Your Health and Reduces Your Life Span - Get Up, Stand Up!"
ADAPT Phoenix AZ (Oct 5th)
"Health Benefits of Food Intake Timing/Time-Restricted Feeding" Part 1. Part 2.
University of Arizona, Cancer Biology Program Seminar Series (Oct 21st)
"Dietary Interventions and Cancer: Have We Moved Beyond a Low-Fat Diet?"

2018:
American Gut Project Mini-Symposium (May 15th; La Jolla, CA)
"Nucleotides to Neighborhoods: Bridging Citizen Science to Defined Cohorts"

Quantified Self CVD Symposium (April 19th; La Jolla, CA)
"Why One Measurement Is Not Enough: Circadian Rhythms and Cardiometabolic Health"
19th Annual Meeting of the Society of Urologic Oncology (Nov 28th; Phoenix, AZ)
Co-Chair of and presenter during session "Fasting Interval, Metabolism, and Cancer Risk"
"Impact of Time-Restricted Feeding on Cancer Risk in Mice"
Conference highlights write-up about presentation here
Villanova University M. Louise Fitzpatrick College of Nursing and the MacDonald Center for Obesity Prevention and Education (COPE) Professional Webinar Series (Dec 12th)
"The Evidence: Impact of Intermittent Fasting and Food Intake Timing on Cardiometabolic Disease and Cancer Risk"
This webinar had the highest registration for the series in 2018.

2017:
Mayo Clinic (Scottsdale, AZ; telecast to Rochester, MN site)
"Novel Diet & Behavioral Interventions for Reducing Cardiometabolic Disease & Cancer Risk"
UCSD Center for Circadian Biology 8th Annual Symposium – From Cells to Clinic
"Translational Impact of Food Intake Timing on Cardiometabolic Disease & Cancer Risk"
UCSD Endocrine Grand Rounds
"Acute Effects of Interrupting Prolonged Sitting Time"
UCSD Center for Microbiome Innovation Research Summit
"Built Environment and Food Exposure Effects on Host and Gut Microbe Genomics"
UCSD FMPH Center of Excellence for Women's Health
"Acute Glucoregulatory and Vascular Effects of Interrupting Prolonged Sitting Time: A Laboratory Study in Postmenopausal Women"
Washington State University College of Medicine – Faculty & Trainee Workshop
(with Cindy Simpson, Association for Women in Science)
"Strategies for Addressing Biases and Barriers in Advancing to Positions of Leadership"
Washington State University College of Medicine – Faculty & Trainee Workshop
(with Cindy Simpson, Association for Women in Science)
"Importance of Mentoring Relationships for Sustained Career Success"
C3 Scientific Retreat – Sanford Burnham Prebys Medical Discovery Institute
"Mechanisms Linking Prolonged Nightly Fasting with Cancer Risk"
14th Women in Science and Technology Conference: Explore, Encourage, Evolve
"P(l)ay it Forward: Past AWIS SD Presidents Panel"
Oncology Nutrition Dietetic Practice Group - Spotlight session for the Centennial Food & Nutrition Conference and Expo. (Chicago, IL)
"The Evidence: Intermittent Fasting Effects on Cardiometabolic Disease and Cancer"

2016:
Corona Rotary Club – "Stand Up and Reduce Your Risk!"
UCSD Frontiers in Innovation Scholars Program Symposium (Keynote Speaker)
"Researching the Frontiers of Biomedical Knowledge Using Innovative Transdisciplinary Science"
https://students.ucsd.edu/sponsor/fisp/
The Doris A. Howell Foundation for Women's Health Research Health Lecture Series (La Jolla, CA)
"Simple Lifestyle Changes for Improving Women's Health" - La Jolla Light article about presentation:
http://www.lajollalight.com/news/2016/jun/01/howell-speaker-touts-lifestyle-changes/
Arizona State University School of Nutrition & Health Promotion's Spring Speaker Series
"Novel Diet & Behavioral Interventions for Reducing Cardiometabolic Disease & Cancer Risk"
NIH/NCI Transdisciplinary Research on Energetics & Cancer (TREC) Scientific Meeting (Bethesda, MD)
"Leveraging the Power of TREC: Cross-Center Study of Cancer Recurrence/Mortality Risk Biomarkers"
American Diabetes Association - Riverside Father of the Year Honorees Reception

Casa de las Campanas Retirement Community (San Diego, CA)
"Type 2 Diabetes: What Do We Know & What Can We Do About It?"
UCSD CVD/EPI NIH T32 Trainees Seminar Series
"Sedentary Behavior and Cardiometabolic Disease Risk"

2015:
Zone Diet Mexico Conference (2 presentations) (Mexico City, MX)
"Pilot Diet Intervention Study for Reducing Insulin Resistance in Obese Subjects with the Metabolic Syndrome"
"Novel Diet & Behavioral Interventions for Reducing Chronic Disease Risk"
National IRACDA Conference (San Diego, CA)
"Advocacy and Its Role in Shaping Science Policy, Politics, and Funding Opportunities" (Panelist)
Pint of Science, San Diego
"How Can You Reduce Your Risk of Type 2 Diabetes?"
UCSD Pathology Research Lecture Series
"Novel Diet & Behavioral Interventions for Reducing Insulin Resistance & Cancer Risk"
WGEA/WGSA/WOSR/WAAHP Regional Spring Meeting (San Diego, CA)
"Boundaries: Does Shadowing Cross the Line?" (Panelist)
UCSD Society for Advancement of Women in Anesthesiology (SAWA)
"Networking in Medicine"
American Diabetes Association - San Diego Father of the Year Honorees Reception
American Diabetes Association - Riverside Father of the Year Honorees Reception
UCSD Women's Conference "Campus Climate Change for Women in STEMM" (Panelist)
Video link below
American Diabetes Association – Greater San Diego Area Annual Meeting and Volunteer Awards (Temecula, CA)
"Sedentary Behavior: An Under-Studied, Mis-Understood Risk Factor for Type 2 Diabetes"

2014:
Transdisciplinary Research on Energetics & Cancer (TREC) Scientific Meeting (2 presentations) (Boston, MA)
"Novel Biomarkers of Energetics-Related Cancer Risk: Thinking Outside the Box"
"Lipidomic Profiling of Energetics-Associated Cancer Models in Mice"
Association for Women in Science – "Building a Leadership Network for Senior Career Level Women in Science" (national webinar)
Centers for Population Health & Health Disparities/Transdisciplinary Research on Energetics & Cancer (TREC) Conference (Los Angeles, CA)
"Diet Composition-Specific Intervention for Reducing Insulin Resistance and Cancer Risk in Obese Subjects: A Pilot Study"
UCSD Endocrine Grand Rounds
"Pilot Diet Intervention Study for Reducing Insulin Resistance in Obese Subjects with the Metabolic Syndrome"
We are WELL (San Diego community health organization)
"Recent Experimental Findings about Diet Interventions for Reducing Risk for Type 2 Diabetes"

2013:
UCSD Department of Family and Preventive Medicine
The Center for Ethics in Science and Technology - Exploring Ethics Series: "Women in Science: 50 Years After Silent Spring Series" (presentation & panelist) (San Diego, CA)
UCTV Video link below

2012:
UCSD General Internal Medicine Division Seminar Series

UCSD Topics and Advances in Internal Medicine CME Course
American Diabetes Association - Riverside Father of the Year Honorees Reception

2011:
NIH/NIDDK Workshop "Drug Response – A Tool for Understanding the Systems Biology of Type 2 Diabetes" (Bethesda, MD)
We are WELL (San Diego community health organization)
UCSD Endocrine Grand Rounds
UCSD Frontiers in Bioinformatics and Systems Biology Colloquium

2010:
University of Maryland School of Medicine
University of Wisconsin Department of Biochemistry
UCSD Hillcrest Biomedical and Clinical Research seminar series
American Diabetes Association - San Diego Father of the Year Honorees Reception
American Diabetes Association - 4th Annual Diabetes EXPO (Long Beach, CA)

Prior to 2010:
The 6th Aegean International Conference on Pathways, Networks & Systems Medicine – 2008
UCSD Atherosclerosis and Vascular Biology Seminar Series – 2008

ONLINE VIDEO INTERVIEWS/PRESENTATIONS/LAY ARTICLES

AARP Health Living (2026) "The Best Times to Eat if You Are Over 50; How meal frequency affects your health: Timing is everything" by Debbie Koenig. Contains quotes from interview with Dr. Sears. Link to article.

Conecta Arizona (2025) "Lucha contra el cáncer: prevención y recursos convierten el miedo en esperanza" by Julio Cisneros. English translation "Fighting cancer: prevention and resources turn fear into hope" Contains quotes from interview with Dr. Sears. Link to article.

Axios Arizona (2024) "Arizona cancer diagnoses likely to climb in 2024" by Jessica Boehm & Tina Reed. Contains quotes from interview with Dr. Sears. Link to article.

Smore Science Magazine (2024) "Can Intermittent Fasting Make You Live Longer?" by Sheena Shah & Sarita Menon, PhD. Contains quotes from interview with Dr. Sears. Link to article.

Arizona Horizon (2022, Arizona PBS television) "The link between cancer and suppressed insulin." Interview of Dr. Sears. Link to episode with interview.

Food Sleuth Radio hosted by Melinda Hemmelgarn, RD. (2022) 30-minute interview of Dr. Sears on meal timing (intermittent fasting and circadian rhythm) and the benefits of standing during bouts of sitting to improve overall health. Follow up from 2017 interview. Public Radio Exchange. Link to episode.

Cancer Today, Forward Look section (2022) "Fasting-Mimicking Diet Increases Anti-Tumor Immunity" by Robin Donovan. Contains quotes from interview with Dr. Sears. Link to article.

Washington Post, Health section (2021) "Intermittent fasting and why when you eat makes a difference" by Andreas von Bubnoff. Contains quotes from interview with Dr. Sears. Link to article.

Knowable Magazine, from Annual Reviews (2021) "The when of eating: The science behind intermittent fasting" by Andreas von Bubnoff. Contains quotes from interview with Dr. Sears. https://knowablemagazine.org/article/health-disease/2021/the-when-eating-update-intermittent-fasting

Consumer Reports (2021) "Reap the Rewards of Intermittent Fasting, and Avoid the Downsides" by Jennifer Cook. Contains quotes from interview with Dr. Sears. https://www.consumerreports.org/dieting-weight-loss/intermittent-fasting-best-times-to-eat-for-weight-loss-health/

Washington Post, Health section (2021) "How sensible intermittent fasting can keep you healthy", by Jennifer Cook. Contains quotes from interview with Dr. Sears. https://www.washingtonpost.com/health/intermittent-fasting-tips/2021/05/21/73dd17cc-a22c-11eb-85fc-06664ff4489d_story.html

KJZZ Phoenix Radio (2020) "Study Links Sitting To Health Risks In Older Women, But A Little Standing Can Help", by Lauren Gilger. Interview of Dr. Sears on sitting research projects. Listen here.

Health Magazine (2020) - Nutrition section (Sept 2020) – "3 Benefits of Fasting for a Healthy Gut" by Marnie Schwartz. Contains quotes from 2020 interview with Dr. Sears. https://www.health.com/nutrition/how-to-fast-healthy-gut

Fitbit Blog (2019) "Just How Healthy is Intermittent Fasting?" by Alice Oglethorpe. Contains quotes from interview with Dr. Sears. https://blog.fitbit.com/intermittent-fasting/

New York magazine The Cut article (2018) "The Ultimate Guide to Intermittent Fasting" by Katie Heaney. Contains quotes from interview with Dr. Sears. https://www.thecut.com/article/intermittent-fasting.html

Medscape Gastroenterology article (2018) "Hungry for Health: Fasting's Medical Benefits" by John Walker. Contains quotes from interview with Dr. Sears. https://www.medscape.com/viewarticle/898953_1

Food Sleuth Radio hosted by Melinda Hemmelgarn, R.D. (2017) 30-minute interview of Dr. Sears on the evidence supporting intermittent fasting and cardiometabolic disease and cancer risk. Public Radio Exchange https://beta.prx.org/stories/225407

UC San Diego Community Marching for Science (2017 article, "Why I March") http://ucsdnews.ucsd.edu/feature/marching_for_science

UC San Diego Go Red For Women Strategically Focused Research Network – Sedentary Behavior Research in Latinas (2016, American Heart Association video and interview) - https://youtu.be/bZHafjYbcus

Campus Climate Change for Women in STEMM (2015, panelist) - http://ucsdwomensconference.com/2015/03/19/session-video-campus-climate-change-for-women-in-stemm/

Hera Hub "Women in Science Rock" (2014, interview) - http://herahub.com/blog/2014/02/27/women-science-rock-dorothy-sears-ph-d/

Career Girls "Diabetes Researcher" (2014, interview) - http://www.careergirls.org/careers/diabetes-researcher

Elsevier "Empowering Knowledge in the Lab and Beyond" (2015, interview) – https://www.elsevier.com/connect/video-empowering-knowledge-in-the-lab-and-beyond

American Diabetes Association Tour de Cure (2012, event promotion video) - https://www.youtube.com/watch?v=FKsageRUAPg

Women in Science: 50 Years After Silent Spring Series (2013, presentation & panel) - http://www.uctv.tv/shows/Women-in-Science-50-Years-After-Silent-Spring-The-Silent-Spring-Series-Exploring-Ethics-24437

Selecting a Mentor – Building a Successful Career (2012, panelist) https://www.youtube.com/watch?v=IE0rm4yBTsE

ADDITIONAL TRAINING

CITI IRB – Native American Research Certification	2026
CITI Responsible Conduct of Research (RCR, Biomedical) Certification	2026
ASU Annual Student Employment Supervision Action Plan training	2025
CITI Conflicts of Interest	2023-present
ASU peerLA (Leadership Academy)	2022-2023
CITI Good Clinical Practice (GCP) Social and Behavioral Research Best Practices for Clinical Research Certification	2020-present
American Heart Association Research Leaders Academy (Salt Lake City, UT)	2018
Cultivating a Culture of Respect in the Academic Environment (UCSD OFA, PACE, OPHD, EDI)	2018
CITI Human Research – IRB - Biomedical Research (Group 1) Certification	2011-present
TREC Consortium Training Workshop (Los Angeles, CA) - "Media Communications Training"	2014
TREC Consortium Training Workshop (Boston, MA) - "Energy Balance Research in Cancer Survivors: Integrating Medical Oncology and Behavioral Science"	2014
TREC Consortium Training Workshop (San Diego, CA) - "Career Development and Mentoring for Young Investigators"	2013
AAMC Mid-Career Women Faculty Professional Development Seminar (3 days, Austin, TX)	2013
TREC Consortium Training Workshop (Washington University, St. Louis) - "Cost effectiveness with a broad focus for multiple disciplines"	2012

UCSD Medical Education Development Series – regular attendee 2008-2017
UCSD Extension – "Intermediate Statistics" 2005
UCSD National Center of Leadership in Academic Medicine (NCLAM) 2005
UCSD Pathology 241 – "Ethics and Survival Skills in Academia" 2003
UCSD Extension– "Biostatistics" & "Microarray Technologies: An Overview" 2003
UCSD Extension– "Database & Genome Analysis" workshop 2002

TEACHING, ADVISING, MENTORING, STUDENT RECRUITMENT/RETENTION

Formal Teaching

ASU

SOMME Course MED 807 "Homeostasis II" – Course Co-Director, Co-Creator 2025-present
SOMME Course MED 805 "Homeostasis I" – Course Development Working Group 2024-present
CHS Course CHS 600 2025
Modules:
CHS Course EXW 438/538 - Obesity, Exercise and Health 2025
Lecture "Intermittent Fasting Impacts on Energy Balance and Other Health Outcomes"
CHS Course EXW 701 – Scientific Grant Writing (was Advanced Research Methods) 2024-present
Lecture "Significance & Preliminary Data"
CHS Course GCO 650 Cancer, Cardiac Genomics & Precision Medicine 2023-present
Lecture "Nutrigenomics & Precision Health: Insights and Uses"
CHS Course CHS 791 "Professional Development Seminar"
Faculty Panelist - "Establishing Research Collaborations with Industry" 2024
CHS Course CHS 791 "F31 Training Grant Preparation" 2020, 21, 23
Presentation "Experience of and advice from an F31 Study Section Member"
CHS Course NTR 535 "Nutrigenomics" (Fall & Spring, Session A or B), Instructor 2019-present
CHS Course Mayo School of Medicine Selective "Food as Medicine" 2019-2024
Lecture "Anti-Inflammatory Diet" (Mar 14, 2019)
Lecture "Intermittent Fasting & Food Intake Timing" (Mar 13, 2020)
Lecture "Anti-Inflammatory Diets" (Aug 10, 2022)
Lecture "Aligning Food Intake Timing with Circadian Rhythms: Cardiometabolic, cancer and other health benefits" (Aug 10, 2023)
Lecture "Diet and Cancer: Diet strategies to lower disease risk and complement cancer treatment" (Oct 21, 2024)
Course highlighted in Fall 2022 ASU News article
CHS Course NTR 511 "Medical Nutrition" (Session A or B), Instructor 2019-2021
CHS Course NTR/EXW 791
Lecture: "Scholarly Impact" (Jan 29, 2019; Feb 4, 2020) 2019-2020
CHS Course NTR 290 "Intro to Evidence-Based Practice" (Fall, Session C), Instructor 2019

NIH-Funded

Transdisciplinary Research in Energetics & Cancer Training Course; NIH/NCI R25 CA203650 2016-present
Week-long summer course presentations; year-long mentorship of 2 trainees per year

UC San Diego

UCSD Course NEU 233 "Circadian Biology & Health"; Co-Creator/Co-Director (2018-2024) 2018-present
Annual lecture about Food Intake Timing on Cardiometabolic Disease and Cancer Risk
UCSD BIOM 285 "Statistical Inference" for PhD & PharmD students 2021
Topic: Epidemiology; 3 lectures
UCSD Course SOMC 223 "Renal System" – Problem Based Learning Facilitator 2017-2018
UCSD Course SOMC 223 "Gastrointestinal System" – Problem Based Learning Facilitator 2013-2018
UCSD Course SOMC 227 "Mind, Brian & Behavior" – Problem Based Learning Facilitator 2012-14,16,17

UCSD Course SOMC 220 "Foundations of Human Biology" – Literature Group instructor 2010-14
UCSD Courses SOMC 229A "Endocrinology/Reproduction/Metabolism" – Problem Based Learning Facilitator 2010-2018
UCSD Courses SOMC 221A "Cardiovascular System"– Problem Based Learning Facilitator 2010-11,14,15
UCSD Course SOMC 230A "Microbiology/Immunology"– Problem Based Learning Facilitator 2011
UCSD Course SOM204 "Cell Biology & Biochemistry" – Reading Group Workshop instructor 2006-09
UCSD Course SOM209 "Endocrinology, Reproduction & Metabolism" 2006-10
Facilitator for Problem-Based Learning & Small Group Discussion sections
UCSD Course BIOM226 Hormone Action - "Receptors" & "Signaling" lectures 2006-08
UCSD Course MED260 Modern Techniques of Biomedical Research 2003
"Protein Expression In Vitro" lecture

Research advisor/mentor

Assistant/Associate Faculty:

ASU

Ronald O'Donnell, PhD (2022-2024, 2026) - Currently Clinical Professor at Arizona State University CHS
Allison Poulos, PhD (2025-present) – Currently Assistant Professor at Arizona State University CHS
Taichi Suzuki, PhD (2023-2025) - Currently Assistant Professor at Arizona State University CHS, Biodesign
Maricarmen Vizcaino, PhD (2023-2025) (Co-PI, co-investigator), CHS Assistant Research Professor, then Swette Center for Sustainable Food Systems Visiting Scholar, Arizona State University
Susan Racette, PhD (2022-2025) – Currently Professor at Arizona State University CHS
Min-Hyun Kim, PhD (2022-2025) - Currently Assistant Professor at Arizona State University CHS
Corrie Whisner, PhD, RD (2019-2022) - Currently Associate Professor at Arizona State University CHS
Sonia Vega Lopez, PhD, RD (2019-2022) – Currently Professor at Arizona State University CHS
Jennifer Huberty, PhD (2020-2021) – Currently Founder & CSO, Fit Minded, LLC
Abhinav Acharya, PhD (2019-2021) – Currently Assistant Professor at Arizona State University Engineering, Biodesign

ASU-Associated Clinicians

Arti Sangave, MD, (2025) – Scholar with the ASU-Banner Southwest Safety Net Embedded Scientist Training and Research (SSNE-STaR) Center

UC San Diego

Sheri Hartman, Ph.D. (2013-2019) (NIH/NCI K07 Award Research Mentor) – Currently Associate Dean & Professor, UC San Diego School of Public Health
Marta Jankowska, Ph.D. (2017-2021) (Co-PI; co-investigator) - Currently Associate Professor, City of Hope

UC San Diego Clinical Faculty

Jamie Resnik, M.D. (2001-02) (Research advisor) – Currently Clinical Professor of Reproductive Medicine, UC San Diego

Columbia University Irving Medical Center

Nour Makarem, PhD (2019-present) (NIH K99/R00 Award Mentor; R00 HL148511) – Currently Assistant Professor at Columbia University Irving Medical Center

University of South Alabama

Darith L. James, PhD (2022-2024) (NIH/NIA LRP and CTSA KL2 Award Mentor; Co-Investigator) – Currently Massachusetts General Hospital

Postdoctoral Fellows/Visiting Scholars:

ASU

Masha Remskar (2025-present) – Research co-advisor,
Nina Russin, DPH (2024-present) Research co-advisor, Cancer Prevention & Control Translational Team
Darith (Dara) L James, PhD (2019-2022) - Research co-advisor; co-investigator; NIH/NIA LRP Award Mentor
Maricarmen Vizcaino (2019-2023) Research co-advisor, ISSR project co-investigator

UC San Diego
Yessica Diaz Roman, DPH (2013-2017) - UCSD; Research advisor
Adriana Villaseñor, PhD (2013-2019) - UCSD; Research co-advisor
Marta Jankowska, PhD (2013-2017) - UCSD; Research co-advisor, co-PI
Morgana Mongraw-Chaffin, PhD (2013-2016) - UCSD; Research co-advisor
Lorena Martin, PhD (2013-2016) - UCSD; Research co-advisor
Michelle Takemoto, PhD (2017-2019) - UCSD; Research co-advisor
Ya-Ju Chang, PhD (2018-2021) - UCSD; Research advisor
John Bellettiere, PhD (2018-2019) - UCSD; Research co-advisor
Nour Makarem, PhD (2017-2019) - Columbia University Medical Center; Research co-advisor, co-PI

UC San Diego Clinical Fellows:
Barbara Ramlo-Halsted, MD (1996-98) (Research advisor) – Currently Assistant Professor, Director of The Diabetes Center, University of Cincinnati School of Medicine
Andrej Janez, MD (1998-1999) (Research advisor) – Currently Professor, Head of Dept. of Endocrinology and Diabetes at University Medical Center Ljubljana, Slovenia.
Adrienne Nassar, MD (2011-2013) – Currently Endocrinologist at Kaiser Permanente in San Diego, CA.
Ellen Lee, MD (2017-2019) (Research co-advisor) – Currently Associate Professor at UC San Diego.

Pre-Doctoral Students:
PhD Graduate Student Trainees:
ASU
Khadijah Jack, MEd, MS (2025-present) – INTERACT T32 Fellow Co-Mentor; ASU College of Health Solutions Biomedical Informatics Program.
Katherine Petersen (2025-present) – PhD thesis advisor, ChatBCT T32 Fellowship Co-Mentor; ASU College of Health Solutions Exercise & Nutrition Sciences Program.
Casey Filler (2025-present) – PhD thesis co-advisor with Dr. Diane Ehlers (Mayo Clinic); ASU College of Health Solution Exercise & Nutrition Sciences Program, ChatBCT T32 Fellow.
Magdalena Amézquita Ernult (2022-present) – PhD Supervisory & Dissertation Committee; ASU College of Health Solution Exercise & Nutrition Sciences Program.
Blake Dirks (2025) – PhD Supervisory & Dissertation Committee; ASU School of Life Sciences Microbiology PhD Program. PhD granted 2025. Dissertation title: Eating for Two: The Interactions Between Human Diet and Gut Microbial Communities
Jeffrey Patterson, MS (2021-2025) – PhD thesis advisor; ASU College of Health Solutions Exercise & Nutrition Sciences Program. PhD granted in Spring 2025. Dissertation title: Metabolome and Physiological Improvements After Interrupting Prolonged Sitting in Acute Clinical Settings and Free-Living Postmenopausal Women
Shannon Wilson (2020-2022) - PhD Supervisory & Dissertation Committee, research mentor/supervisor; ASU College of Health Solutions Exercise & Nutrition Sciences Program. PhD granted in Spring 2022. Dissertation title: Evaluation of the Effects of Corn Flour Consumption on Cardiometabolic Outcomes and the Gut Microbiota in Adults with High Cholesterol
Priyanka Gopal (2020) - PhD thesis advisor; ASU College of Health Solutions Exercise & Nutrition Sciences Program. Left program due to COVID-related VISA challenges.
Alex Mohr (2019-2022) – PhD Supervisory & Dissertation Committee; ASU College of Health Solutions Exercise & Nutrition Sciences Program. PhD granted in Fall 2022. Dissertation title: Resiliency and Individuality Influence on the Gut Microbiome Through Nutritional and Feeding Behavior Pressures

Kristina Hasanaj (2019-2023) – PhD Supervisory & Dissertation Committee; ASU College of Health Solutions & Edson College of Nursing. PhD granted in Spring 2023. Dissertation title: SEDENTARY SCREEN TIME, 24-HOUR BEHAVIORS, AND ADIPOSITY IN ADULTS

Miranda Larouche (2019-2023) – PhD Supervisory Committee; ASU College of Health Solutions Exercise & Nutrition Sciences Program. Did not reach candidacy.

Armando Peña (2019-2022) – NIH/NIDDK F31 Training Grant Co-Sponsor (funded), Thesis Committee; ASU College of Health Solutions Exercise & Nutrition Sciences Program. PhD granted in Spring 2022. Dissertation title: Effects of a Diabetes Prevention Program Among Latino Youth with Prediabetes

Selicia Mayra (2019-2020) – PhD Supervisory & Dissertation Committee; ASU College of Health Solutions Exercise & Nutrition Sciences Program. PhD granted in 2020.

Adam Seal (2018) – NIH/NIDDK F31 Training Grant Application Co-Sponsor; ASU College of Health Solutions Exercise & Nutrition Sciences Program. PhD granted in 2020. Currently Assistant Professor at CSU San Luis Obispo.

UC San Diego

Albert Hsiao, MD, PhD (2003-2005) – Bioengineering Ph.D. thesis research advisor and committee member. Currently Assistant Professor of Radiology and Associate Director of Cardiovascular Diseases for the Center for Translational Imaging and Personalized Medicine (CTIPM) at UCSD. Ph.D. in 2005, M.D. in 2007.

Gene Hsiao, PhD (2004-2010) - PhD thesis research co-advisor and committee member. Bioengineering PhD in 2010.

Merrie Mosedale, PhD (2007) - Minor Committee Member. PhD in 2012, School of Medicine BSMS program.

Alex Thomas (2011-2015) – PhD thesis research advisor and committee member, Senate Exam Committee Co-Chair. PhD granted in 2015.

Nassim Ajami, PhD (2013-2018) – Rotation project research advisor & thesis research co-mentor in the Bioinformatics & Systems Biology Graduate Program of the UCSD Jacobs School of Engineering. PhD granted in 2018.

Anthony Aylward (2013-2021) – Rotation project research advisor & Thesis Committee Co-Chair in the Bioinformatics & Systems Biology Graduate Program of the UCSD Jacobs School of Engineering. PhD granted in 2021. Thesis title: “Statistical strategies and resources for deciphering mechanisms of diabetes risk loci”

Catherine Marinac, PhD (2013-2016) – (PhD Thesis Committee) – PhD granted in 2016, UCSD/SDSU Joint Doctoral Program. Assistant Professor at Harvard University School of Medicine and Dana-Farber Cancer Institute.

Lorena Pacheco (2016-2019) - PhD thesis research co-advisor and committee member. UCSD/SDSU Joint Doctoral Program. PhD granted in 2019. Currently postdoctoral fellow at Harvard University School of Public Health.

Benjamin Sarno (2018-2020) - PhD thesis research co-advisor and Senate Exam Co-Chair; UCSD Nanobiology Graduate Program. PhD granted in 2020.

Kelly Anne Fogelson (2022) – (PhD Thesis Committee) – PhD granted in 2022. UCSD Biomedical Sciences Graduate Program. PhD granted in Summer 2022. Dissertation title: The Role of Circadian Disruption in Mediating Non-Alcoholic Steatohepatitis.

University of Jyväskylä (Finland)

Suvi Lamberg (2026) – (PhD Thesis Committee)
Thesis title: “Interrupting sedentary behaviour: Insights from wearable electromyography in type 2 diabetes”

University of South Florida

Tiffany Gandolfo (2017-2020) – (PhD Thesis Committee) - PhD granted in 2020. University of South Florida.
Thesis title: “Circadian Rhythms and the Embodiment of Social Zeitgebers: Linking the Bio and Social”

UC San Diego Medical Students:

Hayley Baines, M.D. (2008-2012) – Independent Study Project (ISP) committee member.
Yarah Haidar, M.D. (2009) – Faculty mentor.
Benjamin Maslin, M.D. (2010-2012) – Independent Study Project (ISP) committee member.
Suzanne Hyun, M.D. (2010-2013) – Independent Study Project (ISP) committee member.
Praveena Selvaduray, M.D. (2012-2014) – Independent Study Project (ISP) Committee Chair. Currently OB/GYN resident, Kaiser Permanente San Diego.
Jenny Koo, M.D. (2014) – Independent Study Project (ISP) committee member. Currently Neonatology Fellow, UCSD Pediatrics/Rady Children's Hospital.
Susan Duan, M.D. (2014) – Independent Study Project (ISP) committee member. Currently Internal Medicine – Pediatrics resident, Baylor College of Medicine.
Simmi Deo (2012-2016) - Independent Study Project (ISP) Committee Chair. Currently Psychiatry Resident, University of Iowa.
Eleasa Sokolski (2013-2016) - Independent Study Project (ISP) committee member.
Christine Sugimoto (2015-2019) - Independent Study Project (ISP) Committee Chair. Currently MS4.
Torrey Czech (2016-2020) - Independent Study Project (ISP) Committee Chair. Graduated 2020.
Sophia Xiao (2020-2022) – NIDDK Summer Research Program, research advisor. Currently MS3.

UC San Diego Skaggs School of Pharmacy & Pharmaceutical Sciences Students:
Tiffany Wong, Pharm.D. (2010) – Research advisor for Summer Research Training Fellowship. Pharm.D. granted in 2012.
Iris Chen, Pharm.D. (2011) - Research advisor for Summer Research Training Fellowship. Pharm.D. granted in 2013, currently Oncology Pharmacist at UC Davis Medical Center.

Master's Degree Graduate Student Trainees:
ASU
Tiffany Peterson (2025) – Thesis committee; Master of Nutritional Science Program, College of Health Solutions
Julia Neil (2025-2026) – Thesis Advisor; Master of Nutritional Science Program, College of Health Solutions.
Melissa Buder (2025-2026) – Thesis committee; Master of Nutritional Science Program, College of Health Solutions. Thesis title: "Alternate-day Fasting Enhances Leptin Sensitivity by Upregulating Leptin Receptor Expression in the Hypothalamus"
Sony Lopez (2025-present) – Applied project advisor; Master of Biomedical Informatics Program, College of Health Solutions.
Alanoud Alrashdi (2025) – Thesis Committee; Master of Nutrition Sciences Program, College of Health Solutions. Thesis title: "Calorie Restriction, Health, & Aging"
Destiny Njos (2024-2026) – Thesis Advisor; Master of Nutrition Sciences Program, College of Health Solutions.
Kassie Demetropoulos (2024-2026) – Thesis Advisor; Master of Nutrition Sciences Program, College of Health Solutions.
Nataly Beacham (2024-2025) - Thesis Committee; Master of Auditory and Language Neuroscience Program, College of Health Solutions. Thesis title: "The Effects of Child Language Brokering on Cognitive Performance and Acute Cortisol Response"
Carissa Weiberg (2023-2025) – Thesis Committee; Master of Nutrition Sciences Program, College of Health Solutions. Thesis title: "Postpartum Depression and its Association with the Abundance of Bacteria Found in the Breast Milk Microbiome"
Christian Voutsas (2023-2024) – Thesis Advisor; Master of Nutrition Sciences Program, College of Health Solutions. Chose not to complete thesis.
Mario Hernandez (2022-2025) (Research advisor) – Master of Clinical Exercise Physiology Program; College of Health Solutions. MS degree granted in summer 2024. Manuscripts mentoring through 2025.
Vanessa Garcia (2022-2025) (Research advisor) - Master of Clinical Exercise Physiology Program; College of Health Solutions. MS granted in Dec 2024. Manuscripts and abstract presentations mentoring through 2025.

Jingyu Ling (2022-2024) – Thesis Committee; Master of Nutrition Sciences Program, College of Health Solutions. Thesis title: "The Effects of a Novel Fiber-rich Complex on Metabolic Biomarkers in Male Sprague-Dawley Rats"

Tav Gross (2022-2023) - Thesis Committee; Nutritional Science Master's Program and Dietetic Internship Program, College of Health Solutions. Thesis title: "How Does the % of Daytime vs Nighttime Sleep in Infants Associate with Microbial Community Structures?"

Bethany Liedike (2022-2024) - Thesis Committee; Nutritional Science Master's Program and Dietetic Internship Program, College of Health Solutions. Thesis title: "Longitudinal Characterization of Changes in the Infant Gut Microbiome Over the First Year of Life: Does the Trajectory Differ by Feeding Mode, Pumped vs at Breast?"

Christian Cebuhar (2021-2022) - Thesis Committee; Master of Science, Aviation Management and Human Factors; Fulton School of Engineering.

Brittany Hawkes (2020-2021) – Research advisor; Master of Medical Nutrition Program, College of Health Solution.

Samantha Toffoli (2020-2021) – Thesis Committee; Master of Nutrition Sciences Program, College of Health Solutions. MS granted in 2021.

Heather Ray Anderson (2020-2022) - Thesis Advisor; Master of Nutrition Sciences Program, College of Health Solutions. MS granted in 2022. Thesis title: Genetic Variants in GC, CYP2R1, and VDR Genes and Associations of Serum 25-Hydroxyvitamin D Concentrations in a Population of Hispanic and Non-Hispanic Adults Residing in San Diego County, California

Sara Lolley (2019-2020) – Thesis Committee; Master of Nutrition Sciences Program, College of Health Solutions. MS granted in 2020.

Natalie (Kopplin) Kravat (2019-2020) –Thesis Committee; Master of Nutrition Sciences Program, College of Health Solutions. MS granted in 2020.

Kelly Chondropoulos (2019-2020) – Thesis Committee; Master of Nutrition Sciences Program, College of Health Solutions

Amanda Harb (2019-2020) - Thesis Advisor; Master of Nutrition Sciences Program, College of Health Solutions. MS granted in 2020. Currently Nutrition PhD student at Columbia University.

Savannah Regensburger (2019-2020) – MS in Medical Nutrition student; NTR593 Applied Project Mentor and research mentor; College of Health Solutions. MS granted in 2020. Thesis title: "Intermittent Fasting as an Effective Treatment for Weight Loss in Menopause."

Mary Ahern (2019-2021) - Thesis Committee; Master of Nutrition Sciences Program, College of Health Solutions. MS granted in 2021.

Makenna Baum (2018-2019) – Master of Nutrition Sciences Program, College of Health Solutions. MS granted in 2019.

UC San Diego

Divya Thapar, MD, MS (2007-2008) – Master's Thesis research advisor. MS degree granted 2008. UC San Diego BS/MS program. Earned MD at UCSF in 2014. Currently ED Resident at UCSF.

Madlena Nalbandian, MD, MS, MPH (Fall 2012-2013) – Master's Thesis research advisor. MS in 2013. UC San Diego BS/MS program. MD and MPH in 2017 from St. George's University Medical School. Currently Internal Medicine Resident Physician

Rachel Marty (2015-2016) – Rotation project research advisor. Currently a PhD student in the Bioinformatics & Systems Biology Graduate Program of the UCSD Jacobs School of Engineering.

Kristina Mardinian, MPH (2017) - MPH, lab research advisor. UCSD/SDSU Joint Program. MPH granted in 2018.

Kaitlin Bessinger, MS (2018) - Master's Thesis research advisor. MS granted in 2018. UC San Diego BS/MS program.

Undergraduate Student Trainees:

ASU

Saanvi Upadyhay (2026-present) – Research advisor for RESTORE Study, Barrett Honors Thesis Director
Katrina Johnston (2026-present) - Research advisor for RESTORE Study
Noelia Vargas (2026-present) - Research advisor for CHS 484, RESTORE Study
Izhanae (Izzy) Harbor (2026-present) – Research advisor for CHS 484, RESTORE Study
Naomi Zerihun (2025-present) – Research advisor for RESTORE Study
Alexa Esquivel (2025-present) – Research advisor for CHS 484, RESTORE Study
Majd Jabri (2025-present) - Research advisor for CHS 484, WatchWell Project
Sean Howard (2025-2026) - Research advisor for CHS 484, WatchWell Project
Jackson Reeder (2024-2026) - Research advisor for CHS 484, WatchWell Project
Sebastian Vergara (2024-2025) - Research advisor for CHS 484, WatchWell Project
Shriya Bathula (2024-2026) - Research advisor for CHS 484, RESTORE Study, Barrett Honors Thesis Director. Thesis title: "A Review of the Impact of Our Gut Microbiome on the Development and Treatment of Gastric Cancer"
Andie Slade (2025-2026) - Barrett Honors Thesis Committee. Thesis title: "Workplace Physical Activity Interventions and Their Effects on Out-of-Work Activity Levels"
Anika Attaluri (2024-2025) - Barrett Honors Thesis Director. Thesis title: "Vascular and Metabolic Effects of E-Cigarette Use in a Diet-Induced Obesity Model of Mice"
Ngoc Bao Phuong (Emily) Ho (2024) – Summer research advisor; New College of Interdisciplinary Arts and Sciences
Adrianna Navarro (2024) – Capstone thesis advisor; College of Health Solutions
Kathryn Searson (2023-2024) - Barrett Honors Thesis committee. Thesis title: "To what extent does the mode of delivery impact the initial colonization and development of the gut microbiome in newborns?"
Amanda Huynh (2023) - Research advisor for CHS 494, Get Smart Project; WP Carey School of Business
Ashwaq Mohamed (2022-present) - Research advisor for CHS 494, MHTT WorkWell Project; College of Health Solutions
Aria Shah (2022-2024) - Research advisor for CHS 494; College of Health Solutions
Cambrei Hoffart (2022) - Research advisor, CHS 484; College of Health Solutions
David Clauschee (2022) - Research advisor; College of Health Solutions
Mario Hernandez (2021-2022) - Research advisor; College of Health Solutions
Vanessa Garcia (2021-2022) - Research advisor, CHS 484; College of Health Solutions
Sophia Demski (2021-2022) - Capstone Project Research advisor; College of Health Solutions
Krish Bhalla (2021-2022) - Research advisor, CHS 484; School of Life Sciences
Hannah Francis (2021) - Research advisor; College of Health Solutions
Carissa McEvoy (2020-2021) - Thesis Committee, Barrett Honors Student; College of Health Solutions
Autumn Childers (2020) - Thesis Committee, Barrett Honors Student; College of Health Solutions

UC San Diego/SDSU

Jessica Chao (Winter/Spring 2006) (BISP199 Research advisor, UCSD Faculty Mentor Program – Mentor) – BS in 2007
Jeff Lee (Winter 2008) - BISP199 Research advisor. BS in 2008
Simmi Deo (2012) (Research advisor) – BS degree granted in 2012, currently 2nd year medical school student at UCSD.
Madlena Nalbandian, MD, MS, MPH (2010-2012) (Research advisor) – BS degree granted in 2012, currently medical student at St. George's University Medical School.
Olushade Unger (2013-2014) (Research advisor) – BS degree granted in 2014.
Steven Noh (Summer 2015) (Research advisor) – UC Berkeley undergraduate.
Savannah Afsahi (2015-2016) (Research advisor) – UC San Diego undergraduate.
Basma Abdellaoui (2016-2019) (Research advisor) – UC San Diego undergraduate. BS granted in 2019.
Sabrina Aden (2016-2018) (Research advisor) – **SDSU** undergraduate. NIH U54 UCSD/SDSU Partnership Program. BS granted in 2018.

Kaitlin Bessinger, MS (2017-2018) (Research advisor) - BS degree granted in 2017, MS degree granted in 2018. UC San Diego BS/MS program.
Max Fang (2017-2018) (Research advisor) – **SDSU** undergraduate. NIH U54 UCSD/SDSU Partnership Program. BS granted in 2018.
Cloie Chiong (2018-2019) (Research advisor) - UC San Diego undergraduate. BS granted in 2019.
Yesenia Avitia (2018-2019) (Research advisor) – **SDSU** undergraduate. NIH U54 UCSD/SDSU Partnership Program. BS granted in 2019. Currently UCSD Staff Research Associate.
Joseph Maestas (2018-2121) (Research advisor) – UC San Diego undergraduate. BS granted in 2020.
Sabrina Ephrem (2019) (Research advisor) – **SDSU** undergraduate. NIH U54 UCSD/SDSU Partnership Program. BS granted 2020.

High School Research Trainees:
ASU
Riya Mehta (Summer 2024) (Research advisor) - Lab research advisor. Sophomore at Xavier High School

UCSD
Madeline Dow (Summer 2018) (Research advisor) – Lab research advisor.
John Finkelman (Summer 2017 & 2018) – Lab research advisor. High school diploma in 2019 from Torrey Pines High School.
Amal Gebara-Lamb (Summer 2015) (Research advisor) – High school diploma in 2016 from Torrey Pines High School, currently an undergraduate student at UC Davis.
Courtney Chaplin (Winter/Spring 2014) (Research advisor) – High school diploma in 2014, currently an undergraduate student at UC Davis.
Divya Bhat (summer 2006 and 2007) – Lab research advisor

Course Development:
ASU

Pre-Health Post-Baccalaureate Certificate Program Development Team	2025-present
SOMME MED 807 Course "Homeostasis II" – Course Co-Director	2025-present
SOMME MED 805bCourse "Homeostasis I" – Course Working Group	2024-present
CHS 600 "Translational Science" – Course Development Team	2022-2025

UCSD

UCSD Course NEU 233 "Circadian Biology & Health"; Co-Creator/Co-Director	2018-2024

ASU Student Recruitment & Retention Activities:

CHS Pre-Health Bootcamp, presenter: healthcare professional school preparation	Aug 2025
CHS Student Research Symposium (Spring), poster viewing/engagement	2023-present
Dinner with the Dean Events, Steps to Success, faculty participant	2019, 2024-26
EXW 701 Grant Reviewer	2023
Faculty presenter to Translational Research Club	2022, 2023
Faculty presenter to CHS 101	2022
Bowling with the Dean Event	2019

PUBLICATIONS - DOROTHY DEE SEARS & DOROTHY SEARS WORRALL
ORCID: 0000-0002-9260-3540
Google Scholar Profile: Citations: 11,950 h-index: 51 i10-index: 99 (updated June 16, 2026)
MyNCBI link: https://www.ncbi.nlm.nih.gov/myncbi/dorothy%20d.sears.1/bibliography/public/

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2. **Sears DD**, Hegemann JH, Hieter P. (1992) Meiotic recombination and segregation of human derived artificial chromosomes in *S. cerevisiae*. Proc Natl Acad Sci. USA 48:5296-5300. PMID: 1608938.
3. **Sears DD**, Hieter P, Simchen G. (1994) An implanted recombination hot spot stimulates recombination and enhances sister chromatid cohesion of heterologous YACs during yeast meiosis. Genetics 138:1055-1065. PMID: 7896090.
4. **Sears DD**, Hegemann JH, Shero J, Hieter P. (1995) Cis-acting determinants affecting centromere function, sister chromatid cohesion, and reciprocal recombination during meiosis in Saccharomyces cerevisiae. Genetics 139:1159-1173. PMID: 7768430.
5. Cohen H, **Sears DD**, Zenvirth D, Hieter P, Simchen G. (1999) Increased instability of human CTG repeat tracts on yeast artificial chromfosomes during gametogenesis. Mol Cell Biol. 19:4153-4158. PMID: 10330155.
6. Janez A, **Worrall DS**, Imamura T, Sharma PM, Olefsky JM. (2000) The osmotic shock-induced glucose transport pathway in 3T3-L1 adipocytes is mediated by Gab-1 and requires Gab-1-associated phosphatidylinositol 3-kinase activity for full activation. J Biol Chem. 275:26870-26876. PMID: 10842168.
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10. **Worrall DS*** & Olefsky JM.* (2002) The effects of intracellular calcium depletion on insulin signaling in 3T3-L1 adipocytes. *Corresponding authors. Mol Endocrinol. 16:378-389. PMID:11818508.
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40. Hartman SJ, Natarajan L, Palmer BW, Parker B, Patterson RE, **Sears DD**. (2015) Impact of increasing physical activity on cognitive functioning in breast cancer survivors: Rationale and study design of Memory & Motion. Contemp Clin Trials. 2015 Nov; 45(Pt B):371-6. Epub 2015 Sep 30. PMID: 26427563. PMCID: PMC4674350.
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    Note: Featured in the 2016 Research Highlights of the Epidemiology and Genomics Research Program (NCI, NIH), deemed to have the greatest potential for scientific and/or public health impact.
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PMC5123758. *Note: Featured article in May 2017 Nutrition Frontiers, the newsletter of the Nutritional Science Research Group (NCI, NIH), chosen based on scientific merit, innovation, and potential public health impact.*

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46. Patterson RE & **Sears DD**. (2017) Metabolic Effects of Intermittent Fasting. Annual Review of Nutrition. 2017 Aug 21; 37:371-393. PMID: 28715993. *Note: Annual Reviews published 1,098 review articles across 47 disciplines in 2017. This review was one of the 10 most downloaded from their website in 2017 (as of January 2018; only 5 months after publication date) and in 2020. It was one of 10 most-read Annual Reviews articles overall in 2018 and 2019. In Oct 2020, it was one of the top 2 Annual Review of Nutrition (ARN) articles downloaded in the previous 12 months. In Apr 2025, it had an Altmetric Score of 1735, which sets it 1) in the top 5% of all research outputs scored by Altmetric, 2) as the highest-scoring output from ARN (#1 of 701), and 3) in the 99th percentile compared to other scholarly outputs of the same age. It is the first reference cited for the WebMD slideshow "Fasting: What You Should Know" and cited in the Wikipedia page for "Intermittent Fasting." As of Apr 2025, it has been mentioned in 199 news stories, 315 tweets/X posts, 29 YouTube videos, and 9 Wikipedia pages.*
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50. Hartman SJ, Nelson SH, Myers E, Natarajan L, **Sears DD**, Palmer BW, Weiner LS, Parker BA, Patterson RE. (2017) Randomized controlled trial of increasing physical activity on objectively measured and self-reported cognitive functioning among breast cancer survivors: The Memory & Motion study. Cancer. 2018 Jan 1;124(1):192-202. Epub 2017 Sep 19. PMID: 28926676.
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58. Makarem N, Aggarwal B, **Sears DD**, St-Onge M-P, Castañeda SF, Talavera GA, Marinac CR, Patterson R, Sotres-Alvarez D, Garcia ML, Gallo LC. (2018) Circadian Timing of Food Intake is Associated with Cardiometabolic Risk in US Hispanics/Latinos: Results from the Hispanic Community Health Study/Study of Latinos. American Heart Association Scientific Sessions; Nov 2018. Oral presentation. Circulation. 2018;138 (Suppl 1):A11503.
59. Bellettiere, J, Ervin, D, Godbole S, Keshevarz S, Maestas J, [Unkart J, Allison M, Rock CL, Patterson RE, Kerr J, Natarajan L,] Chang, Y-J, **Sears DD**. (2018). [bracketed authors listed on actual poster but not in submitted abstract due to author number limitation] Ethnic Differences in Sitting Time and Associations of Sitting Time with Cardiometabolic-Risk Biomarkers in Postmenopausal Women. Gerontological Society of America Annual Scientific Meeting. Boston, MA. November 2018. Poster presentation. Innovation in Aging, Volume 2, Issue suppl_1, November 2018, Page 931, https://doi.org/10.1093/geroni/igy031.3461
60. Maestas JP, Bellettiere J, Ervin D, Godbole S, Keshevarz S, Chang Y-J, Avitia Y, Unkart J, Haimovich A, Gurrola ML, Allison M, Talavera G, Rock CL, Patterson RE, Kerr J, Natarajan L, **Sears DD**. (2018) Ethnic Differences in Sitting Time and Associations of Sitting Time Patterns with Cancer-Related Cardiometabolic Risk Biomarkers in Postmenopausal Women. UCSD Moores Cancer Center Delivering Discoveries Scientific Retreat. La Jolla, CA. November 2018. Poster presentation.
61. Takemoto M, **Sears D**, Talavera G, Allison M, Villa N, Kerr J. Individual behavior change strategies for reducing sedentary time in older adults. International Society for Behavioral Nutrition and Physical Activity Annual Meeting: Hong Kong, China, June 4-6, 2018. Oral presentation.
62. Das M, Gross E, Kumar D, Sauceda C, Park H-T, **Sears DD**, Ellies L, Webster N. (2018) Time-restricted feeding: A dietary intervention to treat breast cancer in postmenopausal obese mice. AACR Annual Meeting. Cancer Research 78 (13 Supplement), 377-377.
63. Chiong CL, Chang Y-J, Godbole S, Bellettiere J, Rock CL, Patterson RE, Kerr J, Jankowska M, Allison M, Natarajan L, **Sears DD**. (2019) Investigating the Relationship Between Sitting Time on DNA Methylation: A Predictive Marker of Aging and Disease Risk. 5th Annual UCSD Public Health Research Day, La Jolla, CA. April 2019. Poster presentation.

64. Avitia Y, Chang Y-J, Godbole S, Bellettiere J, Rock CL, Patterson RE, Kerr J, Allison M, Natarajan L, **Sears DD**. (2019). Associations between sedentary patterns and cardiometabolic disease-associated microRNAs among postmenopausal women. 5th Annual UCSD Public Health Research Day, La Jolla, CA. April 2019. Poster presentation.
66. Chiong CL, Chang Y-J, Godbole S, Bellettiere J, Rock CL, Patterson RE, Kerr J, Jankowska M, Allison M, Natarajan L, **Sears DD**. (2019) Investigating the Relationship Between Sitting Time on DNA Methylation: A Predictive Marker of Aging and Disease Risk. 2019 UCSD Biology Research Showcase, La Jolla, CA. June 2019. Poster presentation.
67. Hartman SJ, Weiner LS, Nelson SH, Natarajan L, **Sears DD**, Patterson RE, Palmer BW, Parker BA. (2019) Mediators of a Physical Activity Intervention on Cognition in Breast Cancer Survivors: Evidence from a Randomized Trial. Poster presentation. Annals of Behavioral Medicine 2019 Mar 1 (Vol. 53, pp. S13-S13).
68. Das M, Kumar D, Sauceda C, Gross E, Park H-T, Kaur M, Kuo K, Parwal P, **Sears D**, Ellies L, Newton I, Webster N. (2019) Time Restricted Feeding Delays Breast Cancer Initiation and Growth in a Mouse Model of Postmenopausal Obesity. Oral presentation. Journal of the Endocrine Society Vol 3, Supplement_1, April-May 2019, SAT–336
69. Withycombe JS, Mitchell R, Castellino S, **Sears DD**, Lin Y, McFatrich M, Reeve B, Pediatric PRO-CTCAE Study Team. Metabolomic Pathways and Biomarkers Associated with Pediatric Patient Reported Outcomes (PRO) during Childhood Cancer. Annual Conference of the Pediatric Research Alliance. Atlanta, GA. June 2019. Oral presentation.
70. Chang, Y-J, Avitia Y, Godbole S, Bellettiere J, Rock CL, Patterson RE, Jankowska MM, Kerr J, Allison MA, Natarajan L, **Sears DD**. (2019) Circulating extracellular vesicles as novel biomarkers of cardiovascular risk in older women with different sitting time patterns. American Heart Association Basic Cardiovascular Sciences 2019 Scientific Sessions: Approaches to Complex Cardiovascular Diseases. July 2019. Boston, MA. Poster presentation. Circulation Research. 2019;125 (Suppl 1):A748.
71. Makarem N, **Sears DD**, St-Onge M-P, Castaneda S, Gallo L, Talavera G, Liao M, Byun S, Mayat Z, Zuraikat F, Aggarwal B. (2019) Evening Caloric Intake is Associated with Cardiovascular Health in Women: Results from the American Heart Association Go Red for Women Strategically Focused Research Network. American Heart Association 2019 Scientific Sessions. November 2019. Philadelphia, PA. Oral presentation. Circulation. 2019;140 (Suppl 1):A11503. Press release.
72. Hartman SJ, **Sears DD**, Parker B, Palmer B, Natarajan L, Ahles T, Irwin M, Weiner L, Barkai HS, Deiotte E. (2020) A Randomized Controlled Trial of Physical Activity for Cognitive Functioning in Breast Cancer Survivors: Study Design of I Can! - Improving Cognition After Cancer. International Cognition and Cancer Task Force Meeting. February 2020. Denver, CO. Poster presentation.
73. Harb AA, Alexon C, Ohri-Vachaspati P, Jankowska M, **Sears DD**. (2020) Is a Dynamic Measurement of Exposure to the Retail Food Environment Associated with Fiber Intake of Adults Residing in San Diego County, California? Arizona State University College of Health Solutions Research Day. January 2020. Phoenix, AZ. Poster presentation.
74. Chang Y-J, Avitia Y, Tuz-Zahra F, Godbole S, Bellettiere J, Rock CL, Patterson RE, Jankowska MM, Kerr J, Allison MA, Natarajan L, **Sears DD**. (2020) Endothelial-Derived MicroRNAs are Novel Biomarkers Reflecting Prolonged Sitting Pattern and Physical Activity in Postmenopausal Women: Possible Ethnic Differences. Experimental Biology 2020. April 2020. San Diego, CA. For poster presentation – meeting cancelled due to COVID-19. The FASEB Journal 34 (S1), 1-1.
75. Xue C, Ramsey M, **Sears D**, Lee E. (2020) Associations between sleep disturbance and metabolic syndrome in persons with schizophrenia and a non-psychiatric comparison group. 2020 American Geriatrics Society Annual Conference. J Am Geriatrics Soc 68, S342-S343.
76. Ambeba EJ, **Sears DD**, Anderson CAM, Zamora S, Benmarhnia T, Natarajan L, Jankowska MM. (2020) Sex and Depression as Modifiers of the Association Between Life's Simple 7 and Perceived Quality of Life. American Public Health Association (APHA) Annual Meeting and Expo. October 2020. Virtual meeting (due to COVID-19). Poster presentation.

77. Natarajan L, Reuter C, Bellettiere J, Liles S, Di C, **Sears DD**, LaMonte M, Stefanick ML, LaCroix AZ. (2020) Diurnal pattern of sedentary behavior and physical function in older women. International Society of Behavioral Nutrition and Physical Activity (ISBNPA) Annual Meeting. June 2020. Virtual meeting (due to COVID-19). Poster presentation.
78. Jankowska MM, Benmarhnia T, **Sears DD**, Zamora S, Yang J-A, Spoon C. (2020) Dynamic versus static measures of air pollution exposure and their effects on insulin resistance in Hispanic/Latinos compared to non-Hispanics. International Society of Exposure Science (ISES) Annual Meeting. September 2020. Virtual meeting (due to COVID-19).
79. Talavera GA, Castañeda SF, Lopez-Gurolla M, Alvarez-Malo AR, Hernandez J, Reuter C, Natarajan L, **Sears DD**, Takemoto M, Chang Y-J, Avitia Y, Haimovich A, Ornelas L, De La Torre A, Carlson J, Allison MA. (2020) Arriba por la Vida Estudio (AVE): A single-blind randomized controlled trial promoting short bouts of standing behavior among sedentary postmenopausal Latinas. American Heart Association 2020 Scientific Sessions. November 2020. Virtual meeting (due to COVID-19). Circulation 142 (Suppl_3), A15954-A15954
80. Makarem N, **Sears DD**, St-Onge M-P, Zuraikat F, Gallo L, Talavera GA, Castaneda SF, Xi H, Aggarwal B. (2020) Social Jet Lag in Eating Patterns as a Marker of Meal Timing Variability Is Associated with Elevated Cardiometabolic Risk in the AHA Go Red for Women Strategically Focused Research Network. American Heart Association 2020 Scientific Sessions. November 2020. Virtual meeting (due to COVID-19). Circulation 142 (Suppl_3), A13175
81. Ambeba EJ, **Sears DD**, Benmarhnia T, Natarajan L, Anderson CAM, Zamora S, Jankowska MM. (2020) Social connectedness is independently associated with the American Heart Association's Impact Goals (Life's Simple 7). American Heart Association 2020 Scientific Sessions. November 2020. Virtual meeting (due to COVID-19). Circulation 142 (Suppl_3), A15768.
82. Makarem N, St-Onge M-P, Shimbo D, Aggarwal BA, Baccarelli A, **Sears DD**, Shea S, Mariani S, Marinac C, Zee P, Ouyang P, Redline S. (2020) Actigraphy-Derived Rest-Activity Patterns Are Associated With Blood Pressure Level and Hypertension: A Prospective Analysis of the Multi-Ethnic Study of Atherosclerosis (MESA). American Heart Association 2020 Scientific Sessions. November 2020. Virtual meeting (due to COVID-19). Circulation 142 (Suppl_3), A14153.
83. Anderson HR, Jankowska M, Zamora S, **Sears DD**. (2021). Do Genetic Variants Influence Circulating Levels of Vitamin D Resulting from Outdoor Time and Food Intake? Arizona State University College of Health Solutions Research Day. January 2021. Phoenix, AZ. Poster presentation.
84. Mavoa S, Jankowska MM, Crist K, Cuomo R, Tribby CP, Yang J, Zamora S, **Sears DD**, Natarajan L. (2021) Using sensors to assess UV radiation dose and associations with Vitamin D. Association of American Geographers Annual Meeting, Seattle, WA, United States. April 2021. Virtual meeting (due to COVID-19).
85. Bellerba F, Johansson H, **Sears D**, Gandini S, Chatziioannou C, Keski-Rahkonen P, Robinot N, Gicquiau A, Scalbert A, Bonanni B. (2021) Metabolic Effects of Metformin treatment in Breast Cancer Survivors with Metabolic Imbalance. Annual Conference of the Metabolomics Society. June 2021. Virtual meeting (due to COVID-19).
86. Giles ED, Liao Y, Thomson CA, **Sears DD**, Schembre SM. (2021) Pilot study to model inter-meal fasting (IMF) in preclinical animal models for translation to human postmenopausal, obesity-related cancer. 2021 MD Anderson Conference. Translating Energy Balance From Bench to Communities: Application of Parallel Animal-Human Studies. July 2021. Virtual meeting (due to COVID-19). Selected for live lightening session oral presentation.
87. Peña A, Colburn A, Nwabichie E, **Sears DD**, Vega-López S, Olson ML, Ayers SL, Knowler WC, Shaibi GQ. (2022) Changes in Adiponectin but Not TNFα Predict Changes in Insulin Sensitivity Following Health Behavior Interventions among Latino Youth. American Heart Association EPI|Lifestyle Scientific Sessions. March 2022. Chicago, IL. https://doi.org/10.1161/circ.145.suppl_1.P100 Circulation. 2022;145:AP100
88. Park S, Rong Z, Williamson L, Luger T, Johnson E, Hartman S, Lindsley C, **Sears DD**, Bejar R. (2022) Clonal hematopoiesis profiles in breast cancer survivors using error-corrected sequencing. American

Association for Cancer Research (AACR) Annual Meeting. April 2022. New Orleans, LA. Cancer Res (2022) 82 (12_Supplement): 1435. https://doi.org/10.1158/1538-7445.AM2022-1435.

89. Ibarra C, Hernandez A, **Sears DD**, Marquine M, Lee E. (2022) Differences in metabolic biomarkers in people with schizophrenia who are of Mexican descent compared to non-Hispanic Whites. American Association for Geriatric Psychiatry (AAGP) Annual Meeting. March 18-21, 2022. Orlando, FL. Poster presentation. The American Journal of Geriatric Psychiatry. 2022 Apr 1;30(4):S48-9.
90. Irwin ML, Lowry D, Neuhouser M, Henry C, **Sears D**, Schmitz K, Nebeling L, Ligibel J. (2022) Transdisciplinary Research in Energetics and Cancer (TREC) Training Program for Early Career Investigators. American Society of Clinical Oncology (ASCO) Annual Meeting. June 2022. Chicago, IL and online.
91. Jankowska MM, Tribby CP, Zamora S, **Sears DD**, Rosenberg D, Tuz-Zahra F, Bellettiere J, Carlson J, Hibbing PR, Zou J, LaCroix AZ, Greenwood-Hickman MA, Nakandala S, Kumar A, Natarajan L. (2022) A comparison of the CHAP versus cut point method for measuring accelerometry derived sitting patterns as associated with metabolic syndrome in adults. International Conference on Ambulatory Monitoring of Physical Activity and Movement (ICAMPAM). June 2022. Denver, CO.
92. James D, **Sears DD**, Larkey LK, Maxfield M, Ofori E, Han SY, Graves R, Alperin K. (2022) Intermittent Fasting in Older Adults: Pilot Analysis in Body Mass Index, Insomnia and Eating. The Obesity Society Obesity Week. November 2022. San Diego, CA. Poster presentation.
93. James D, **Sears DD**, Larkey LK, Maxfield M, Ofori E, Han SY, Osha P. (2022) Prolonged Nightly Fasting among Older Adults: A Pilot Study Exploring Changes in Cognitive Function. Gerontological Society of America Annual Scientific Meeting. November 2022. Indianapolis, IN. Poster presentation.
94. Makarem N, St-Onge M-P, Sun Y, **Sears DD**, Aggarwal BA, Baccarelli A, Shea S, Marinac C, Zee P, Ouyang P, Redline S. (2022) Actigraphy-Derived Rest-Activity Rhythms are Associated with Metabolic Markers and Type 2 Diabetes in the Multi-Ethnic Study of Atherosclerosis (MESA). American Heart Association 2022 Scientific Sessions. November 2022. Oral presentation and ROBERT LEVY MEMORIAL LECTURE AND LIFESTYLE AND CARDIOMETABOLIC HEALTH EARLY CAREER INVESTIGATOR Award Winner. Circulation 146 (Suppl 3), A10895.
95. Vaughan M, Vizcaino M, **Sears D**. (2023) The effect of yoga-based interventions on diurnal cortisol regulation among cancer patients: a systematic review. Society of Behavioral Medicine's 44th Annual Meeting & Scientific Sessions. April 2023. Phoenix, AZ. Poster presentation.
96. Patterson J, Rana BK, Natarajan L, **Sears DD**. (2023) Sitting Interruption Modalities Result in Acutely Improved Metabolome During Prolonged Sitting Time in Crossover Pilot Trial. Society of Behavioral Medicine's 44th Annual Meeting & Scientific Sessions. April 2023. Phoenix, AZ. Poster presentation.
97. Thomas JM, Kern PA, **Sears DD**, Pendergast JS. (2023) Sleep and Eating Rhythms are Associated with Metabolic Risk in Postmenopausal Women. SLEEP 2023, the 37th annual meeting of the Associated Professional Sleep Societies, LLC (APSS), a joint venture of the American Academy of Sleep Medicine (AASM) and the Sleep Research Society (SRS). June 2023. Indianapolis, IN. Sleep 46: Suppl_1, May 2023, A43–A44, https://doi.org/10.1093/sleep/zsad077.0097
98. Thomas JM, Kern PA, **Sears DD**, Armstrong SE, Bumgardner C, Mullen A, Fry JL, Pendergast JS. (2023) Sleep and Eating Rhythms are Associated with Metabolic Risk in Postmenopausal Women. University of Kentucky CCTS Spring Conference. April 2023. Louisville, KY. Poster presentation.
99. Patterson J, Jasbi P, Gu H, Allison MA, Talavera GA, Reuter C, Rana BK, Natarajan L, **Sears DD**. (2023) Metabolome alterations associated with 12-week sitting time reduction among sedentary, postmenopausal Latinas. American Diabetes Association Scientific Sessions. June 2023. San Diego, CA. Poster presentation.
100. James DL, Huynh A, Alperin K, Osha P, Kantor J, Alkhatib S, Checkett D, Hawley N, Chelberg P, **Sears DD**. (2023) Cognitive function and weight reduction: A nationwide pilot study testing a remotely-delivered prolonged nightly fasting intervention in stressed midlife adults living with obesity and memory decline. Arizona State University College of Health Solutions Student Research Symposium. April 2023. Phoenix, AZ. Poster presentation.

101. Thomas JM, Kern PA, **Sears DD**, Armstrong SE, Bumgardner C, Mullen A, Fry JL, Pendergast JS. (2023) Sleep and Eating Rhythms are Associated with Metabolic Risk in Postmenopausal Women. Biennial Rhythms in SouthEastern Region (RISER) Conference. May 2023. Blacksburg, VA.
102. Hernandez M, Garcia V, Wilson SL, Anderson H, Patterson J, Chen R, Dillon L, Natarajan L, **Sears DD**. (2023) Get up, stand up! (2023) Arizona State University College of Health Solutions Student Research Symposium. April 2023. Phoenix, AZ. Poster presentation.
103. Thomas JM, Kern PA, **Sears DD**, Armstrong SE, Bumgardner D, Mullen A, Fry JL, Pendergast JS. (2023) Sleep and Eating Rhythms are Associated with Metabolic Risk in Postmenopausal Women. UK Cardiovascular Research Day. Louisville, KY.
104. Thomas JM, Kern PA, **Sears DD**, Armstrong SE, Bumgardner D, Mullen A, Fry JL, Murray C, Coatley-Thomas J, Pendergast JS. (2023) Sleep and Eating Rhythms are Associated with Metabolic Risk in Postmenopausal Women. Markesbury Symposium. Louisville, KY.
105. Thomas JM, Kern PA, **Sears DD**, Armstrong SE, Bumgardner D, Mullen A, Fry JL, Pendergast JS. (2023) Sleep and Eating Rhythms are Associated with Metabolic Risk in Postmenopausal Women. UK Rising Stars Symposium. Nov 2023 Louisville, KY.
106. James DL, Larkey LK, Maxfield M, Ofori E, Hawley NA, Alperin K, Osha P, Mun CJ, **Sears DD**. (2024) A Nationwide Pilot Study Testing a Remotely-Delivered Prolonged Nightly Fasting Intervention in Stressed Midlife Adults Living with Obesity and Memory Decline. Association for Clinical and Translational Science (ACTS) Translational Science 2024 Conference. April 2024. Las Vegas, NV. J Clin & Trans Sci 8 (s1), 164-164, 2024.
107. Vizcaino M & **Sears DD**. A Feasibility Trial to Assess a New Yoga Program to Enhance Quality of Life and Well-Being among Hispanic Women at Risk for or Living with Type 2 Diabetes. International Society for Quality-of-Life Studies 2024 Winter Virtual Conference. Feb 7-8, 2024. Oral presentation.
108. Vizcaino M, **Sears DD**, Lee RE. (2024) Mi Ciudad, Mi Salud: Exploring elements of the urban environment that increase the risk of developing diabetes within Hispanic neighborhoods. Society of Behavioral Medicine's 45th Annual Meeting & Scientific Sessions. Philadelphia, PA. April 2024.
109. Hernandez M, Garcia V, Wilson SL, Anderson H, Patterson J, Chen R, Dillon L, Natarajan L, **Sears DD**. (2024) Get up, Stand up! Preventing and Controlling Cancer Workshop: Partnering to Understand Cancer Risk and Survivorship. February 2024. Phoenix, AZ. Poster presentation.
110. Patterson JS, Wilson SL, Trivedi M, Jorgensen T, Dillon L, Garcia V, Hernandez M, Anderson H, Castellanos L, Allison MA, Sallis J, Schenk S, Dunstan D, Owen N, Kerr J, LaCroix AZ, Natarajan L, **Sears DD**. (2024) Standing Breaks During Five-Hour Prolonged Sitting Conditions as a Means to Acutely Improve Postprandial Glucose Regulation: Three Condition, Randomized Controlled Crossover Laboratory-Based Trial. Third Annual Preventing and Controlling Cancer Workshop: Partnering to Understand Cancer Risk and Survivorship. February 2024. Phoenix, AZ. Poster presentation.
111. Thomas JM, Kern PA, **Sears DD**, Armstrong SE, Bumgardner D, Mullen A, Fry JL, Murray C, Coatley-Thomas J, Pendergast JS. (2024) Sleep and Eating Rhythms are Associated with Metabolic Risk in Postmenopausal Women. Society for Research on Biological Rhythms Biennial Conference. May 2024. San Juan, Puerto Rico. Poster presentation.
112. Hasanaj K, Leonard-Corzo K, **Sears DD**, Yu F, Petrov ME, Keadle S, Buman M. (2024) Person-Level and Daily Associations of Recreational Sedentary Screen Time with Sedentary Time, Physical Activity, and Sleep. American College of Sports Medicine Annual Meeting. May 2024. Boston, MA. Poster presentation.
113. Thomas JM, Jicha G, Harp JP, Kern PA, **Sears DD**, James DL, Katsumata Y, Pendergast JS. (2024) Feasibility of implementing time-restricted eating in women with mild cognitive impairment. NIH Director's visit to University of Kentucky. June 2024. Louisville, KY. Poster presentation.
114. Hasanaj K, Leonard-Corzo K, **Sears DD**, Yu F, Petrov ME, Keadle S, Buman M. (2024) Reallocating recreational sedentary screen time and 24-hour behaviors: Association with adiposity in adults with high levels of reported screen time. International Society for Measurement of Physical Behavior 2024 ICAMPAM Conference. June 2024. Rennes, Brittany, France. Poster presentation.

115. Thomas JM, Jicha G, Harp JP, Kern PA, **Sears DD**, James DL, Katsumata Y, Pendergast JS. (2024) Feasibility of implementing time-restricted eating in women with mild cognitive impairment. Alzheimer's Association International Conference.
116. Koskan AM, Vizcaino M, Khatib M, Brown TM, **Sears DD**. (2024). Abstract B082: Design Studios for Health to identify distinct outreach events and interventions to reduce the burden of cancer among Hispanic/Latino and Black adults in a major southwestern metropolitan region. The American Association for Cancer Research (AACR) 2024 Conference on Cancer Health Disparities. Sept 2024. Los Angeles, CA. Poster Presentation. Cancer Epidemiology, Biomarkers & Prevention, 33(9_Supplement), B082-B082.
117. Tang Y, Patterson JS, Tang R, Chi J, Ho NBP, **Sears DD**, Gu H. (2024) Metabolomic Profiles Impacted by Brief Mindfulness Intervention with Potential Contributions to Improved Health. Arizona Physiological Society (AZPS) Annual Conference. Oct 2024. Tucson, AZ. Poster presentation.
118. Hartman SJ, Zablocki RW, Chen R, LaCroix AZ, **Sears DD**, Patterson JS, Dillon L, Sallis JF, Schenk S, Dunstan DW, Owen N, Rosenberg D. (2025) Impacts of Reducing Sitting time or Increasing Sit-to-Stand Transitions on Blood Pressure and Glucose Regulation in Postmenopausal Women: A Three-arm Randomized Controlled Trial. Society of Behavioral Medicine's 46th Annual Meeting & Scientific Sessions. San Francisco, CA. March 2025. *Citation Abstract award winner, highlighted in the 2025 SBM Annual Meeting supplement*. Oral presentation.
119. Hartman SJ, Zablocki RW, Shao LY, Palmer BW, Parker BA, Ahles TA, **Sears DD**, Mac V, Dillon L, Natarajan L. (2025) Physical Activity Intervention to Improve Cognition in Breast Cancer Survivors: Results of a Randomized Controlled Trial. Paper presented at: Society of Behavioral Medicine; March 27, 2025; San Francisco, CA.
120. Patterson JS, Wilson S, Jorgensen T, Trivedi M, Dillon L, Garcia V, Hernandez MI, Zablocki R, Anderson H, Castellanos LR, Allison MA, Sallis JF, Schenk S, Dunstan DW, Owen N, Kerr J, LaCroix AZ, Natarajan L, **Sears DD**. (2025) Standing breaks during prolonged sitting improve glycemic control and endothelial function: a crossover laboratory trial. American College of Sports Medicine Annual Meeting. Atlanta, GA. May 2025. Poster presentation (presentation #1869). Will be published later this year in special edition of Medicine & Science in Sports & Exercise.
121. Njos D, Demetropoulos K, Bathula S, Jondac J, Ruhter L, Vizcaino M, Chen D, Koskan A, James DL, James SE, **Sears DD**. (2025) The RolE of prolonged nightly faSTing to improve sleep and cOgnition in bREast cancer survivors (RESTORE). Fourth Annual Preventing and Controlling Cancer Workshop: Fostering Community-Clinical-Academic Partnerships. February 2025. Phoenix, AZ. Poster presentation.
122. Patterson JS, Wilson S, Jorgensen T, Trivedi M, Dillon L, Garcia V, Hernandez MI, Zablocki R, Anderson H, Castellanos LR, Allison MA, Sallis JF, Schenk S, Dunstan DW, Owen N, Kerr J, LaCroix AZ, Natarajan L, **Sears DD**. (2025) Standing breaks during prolonged sitting improve glycemic control and endothelial function: a crossover laboratory trial. International Society of Behavior Nutrition & Physical Activity Annual Meeting. Auckland, New Zealand. June 2025. Oral presentation. Abstract #652.
123. **Sears DD**, James DL, Ahlich E, Maxfield M, James SE, & Koskan A. Perspectives of older adults with memory decline participating in a prolonged nightly fasting (PNF) pilot study: A qualitative exploration. (2025) International Society of Behavioral Nutrition and Physical Activity (ISBNPA) Annual Meeting. June 2025. Auckland, New Zealand. Poster Presentation.
124. Garcia VN, Hernandez MI, Wilson SL, Anderson H, Patterson JP, Chen R , Dillon L, LaCroix AZ, Zablocki RW, Natarajan L, **Sears DD**. (2025) Acute Fatigue Levels are Improved by Brief Standing Breaks in Prolonged Sitting Among Older Postmenopausal Women. American Association of Geriatric Psychiatry 2025 Annual Meeting. March 2025. Phoenix, AZ. Poster presentation. Am J Geriatr Psychiatry, 33(10): S69-S70.
125. Vizcaino M, **Sears DD**, Rebecca Lee, Juan Mundel, Nikki McClaran, Frank LoVecchio. (2025) Calor y Cuidado: Bridging Knowledge Gaps in Prevention and Treatment of Heat-Related Illnesses in the Hispanic Community. Society of Behavioral Medicine's 46th Annual Meeting & Scientific Sessions. San Francisco, CA. March 2025. Poster presentation.

126. Thomas JM, Jicha GA, Harp JP, Kern PA, **Sears DD**, James DL, Katsumata Y, Pendergast JS. (2025) Implementing a time-restricted eating intervention in women with mild cognitive impairment. Biennial Rhythms in SouthEastern Region (RISER) Conference. May 2025. Nashville, TN.
127. Thomas JM, Kern PA, **Sears DD**, Armstrong SE, Bumgardner D, Murray C, Russell CJ, Pendergast JS. (2025) Time-restricted eating advances meal timing in postmenopausal women. UK CCTS Spring Conference. Louisville, KY. April 2025. Poster presentation.
128. Reeder JS, Vergara S, Patterson JS, Jondac J, Yu J, Dorich C, Hollingshead K, Remskar M, Khatib M, LoVecchio F, Fernandez A, Whisner C, Racette S, Cain S, James DL, Buman M, **Sears DD**. (2025) WatchWell: Simple and practical strategies to reduce negative health impacts of recreational sedentary screen time. Arizona State University College of Health Solutions Student Research Symposium. May 2025. Phoenix, AZ. Poster presentation.
129. Rong Z, Park S, Tennis L, Luger T, Hartman S, Gibson C, **Sears D**, Lindsley RC, Bejar R. (2025) Error-corrected sequencing to quantify clonal hematopoiesis in breast cancer survivors treated with metformin in a randomized, placebo controlled, prospective clinical trial. 67th American Society of Hematology Annual Meeting. New Orleans, LA. Dec 2025. Poster presentation. Blood 146, Suppl 1, 2025, Page 4954, https://doi.org/10.1182/blood-2025-4954.
130. Njos D, Neil J, Jondac J, Ruhter L, Vizcaino M, Chen D, James DL, James SE, **Sears DD**. (2026) Relationships between food intake timing and sleep among ethnically and racially diverse breast cancer survivors with cancer-related cognitive impairment: The RESTORE Study. Fifth Annual Preventing and Controlling Cancer Workshop: Fostering Community-Clinical-Academic Partnerships. February 2026. Phoenix, AZ. Poster presentation.

MISCELLANEOUS

1. Tugendreich S, Feng QH, Kroll J, **Sears DD**, Boeke JD, Hieter P. (1994) Alu sequences in RMSA-1 protein? Nature 370(6485):106. (Letter to the Editor) PMID: 8022478.
2. Chapman J, **Worrall DS**, North M, Olefsky JM. (2003) Diagnostics & Therapeutics for the Gene Expression Signature of PPARγ Receptor Ligands. U.S. Patent Application #10/791,950; filed 03/03/04.
3. Bingham JT, Chapman JG, North MA, **Sears DD**. (2008+) Method for Controlling Glucose Uptake and Insulin Sensitivity. Patents #s: WO2008131094-A1 (2008); WO2008131094-A8 (2009); EP2140268-A1 (2010); CA2684254-A1 (2008); JP2010524961-W (2010); US2011008328-A1 (2011). Patent application.

RESEARCH SUPPORT

Ongoing Research Support

Collaborative Research Seed Grant (FP00043573) 9/30/2024-8/31/2026 Mayo Clinic/ASU Alliance for Health Care
"Prolonged nightly fasting among ethnically and racially diverse breast cancer survivors with cancer-related cognitive impairment: A pilot RCT to improve cognition, sleep, and quality of life"
Major Goals: Explore the use of an 8-week prolonged nightly fasting intervention to change sleep, fatigue, and quality of life, compared to a health education control group, among ethnically and racially diverse (≥50% Black, Hispanic, and/or Native American) breast cancer survivors with cancer-related cognitive impairment.
ClinicalTrials.gov Identifier: NCT06938555
Role: MPI

R01 CA281861-01 (PI – Crane, Tracy) 09/01/2023-06/30/2028 NIH/NCI
"Randomized Phase II Trial of Prolonged Overnight Fasting and/or Exercise on Fatigue and Other Patient Reported Outcomes in Women with Hormone Receptor Positive Advanced Breast Cancer (FastER)"
Major Goals: Investigate the impact of prolonged nightly fasting and/or exercise intervention on fatigue and other patient reported outcomes in women with metastatic hormone positive breast cancer.
Role: Subcontract PI, Co-Investigator, Lead – Biospecimen collection & inflammatory biomarkers

R01DK135488 (PI – Stecher, Chad) 12/15/2023-11/30/2026 NIH/NIDDK

"StandUPTV Habits: Feasibility trial for maintaining reductions in sedentary screen time"
Major Goals: Investigate the long-term maintenance of reducing sedentary screen time habits developed in a randomized controlled trial "StandUPTV"
Role: Co-Investigator, Lead – Glucoregulatory biomarkers

R01 DK124774 (PI - Pendergast) 04/01/2021 – 01/31/2027 (incl 1yr NCE) NIH/NIDDK
"Circadian regulation of metabolic risk in mice and women: role of estrogen and time-restricted feeding"
Aim: Investigate the mechanisms by which estrogen protects against diet-induced circadian clock disruption (mouse models) and the metabolic benefits of prolonged nightly fasting among postmenopausal women.
Role: Subcontract PI, Co-Investigator

R61 AG085253 (PI – Desplats) 05/15/2024 – 04/30/2026 NIH/NIA
"Time-Restricted Eating Intervention for Alzheimer's Disease (TREAD)"
Aim: Investigate the safety, feasibility, and effectiveness of prolonged night fasting in reducing cognitive decline and disease markers in patients with cognitive impairment due to Alzheimer's Disease.
Role: Consultant

Completed Research Support
P01 AG052352 (Program PI – LaCroix) 07/01/17-05/31/25 (incl 2yr NCE) NIH/NIA
"Sedentary Behavior Interrupted: Acute, medium and long-term effects on biomarkers of healthy aging, physical function and mortality"
Aim: Investigate the short-, medium-, and long-term effects of sedentary behavior interruptions on biomarkers associated with age-related, chronic disease in post-menopausal women. Project 1 (**Sears - PI**) is a clinical laboratory study of acute effects, Project 2 (Hartman – PI) is a randomized controlled trial of medium-term effects, and Project 3 (LaCroix – PI) is an epidemiological study of long-term effects. The Sedentary Time & Aging Research (STAR) Program is supported by Administrative & Biostatistics Cores.
STAR Program website: http://riseforhealth.ucsd.edu/
Roles:
PI – Project 1 "Sedentary Behavior Interrupted: A randomized crossover trial of acute effects on biomarkers of healthy aging in the laboratory" (AKA "Rise for Heath – Lab Study; ClinicalTrials.gov ID: NCT03511352, UCSD IRB Protocol ID: 171547)
Co-Investigator – Project 2 "Sedentary Behavior Interrupted: A randomized trial of 3-month effects on biomarkers of healthy aging and physical functioning in the real world" (AKA "Rise for Health – Field)
Publications: Project 2 protocol paper: #78 in list above.
Press releases: Medscape, UCSD

Internal # FP00039559 (PI – Ghassemzadeh, Hassan) CUNY/NIH AIMINGS
Selected for funding 2024; all pilot project funding then cut by NIH after Executive Orders
"STRONG: Simulation Technology to Recommend Optimal Nutrition for Glucose control"
Major Goals: Develop deep learning models that forecast blood glucose levels (Aim 1). Develop algorithms that use multimodal data about diet, activity, gut microbiome, and past glucose to predict postprandial glucose response. We will then develop algorithms to determine optimal behavior change for dysglycemia prevention (Aim 2). We will perform user-centered design of STRONG user interface for conducting simulations (Aim 3).
Role: Co-Investigator

Internal no # (Co-PIs – Sears, Dorothy; Vizcaino, Maricarmen) 03/01/2024-02/28/2025 Heat & Health CHS Pilot Grant Initiative
"Development of an evidence-based, culturally tailored social media campaign to address environmental justice in Hispanic neighborhoods of Phoenix, Arizona."
Major Goals: Generate and test culturally tailored educational material that disseminates heat adaptation strategies among and the protection of green spaces within local Hispanic communities. We will explore the

impact of newly generated social media material on environmental concerns and future health-related behaviors and community engagement.
Role: Co-PI

R01 CA225746-01A (PI – Hartman) 02/01/19 – 01/31/25 (incl 1yr NC) NIH/NCI
"A Randomized Trial of Physical Activity for Cognitive Functioning in Breast Cancer Survivors"
Aim: Conduct a 2-arm RCT in 250 breast cancer survivors to test the effect of exercise to improve cognition and related circulating biomarkers over a 12-month intervention period.
Role: Co-Investigator
Publications: Protocol, baseline, & main outcome papers: #75, #111, and #*pending*, respectively, in list above.

Internal no grant # (PI – Vizcaino, Maricarmen) 09/01/2023-08/31/2024 ASU SIRC/NIH-NIMHD
"A mixed methods approach to explore social and environmental factors that increase risk of developing type 2 diabetes among US Hispanics."
Major Goals: Using a mixed methods approach, the aim of this project is to explore how elements of the urban environment impact the ability to maintain a healthy diet and adequate levels of physical activity among Hispanic adults at risk for developing T2D.
Role: Co-Investigator

R01 DK124774-03S1 (PI – Pendergast) 05/01/2023-04/30/2024 NIH/NIDDK/NIA
"Feasibility of implementing time-restricted eating in women with mild cognitive impairment" [Administrative Supplement]
Aim: This is to a project responsive to the National Institute on Aging NOT-AG-22-025 Alzheimer's-focused administrative supplements for NIH grants that are not focused on Alzheimer's disease. The goals are to conduct a feasibility study of TRE in women with mild cognitive impairment. We will recruit from the ongoing, prospective study where participants are brought in once a year for comprehensive cognitive testing. We will recruit them from their annual appointment and then do the baseline texting to determine their eating/fasting durations and then do an 8-week TRE intervention. Fasting blood work and DXA at beginning and end to keep the burden small for the participants.
Role: Consultant/Co-Investigator

no grant # (PI – Mun) 03/01/23-02/28/24 Arizona State University Start-Up Funds
"Prolonged Nightly Fasting in Individuals with Fibromyalgia"
Aim: The present randomized-controlled pilot trial will test the feasibility, acceptability, and preliminary efficacy of an 8-week prolonged nightly fasting intervention protocol in 20 adults with fibromyalgia.
Role: Co-Investigator

R01 CA228147 (PIs – Jankowska, Benmarhnia) 04/01/19 – 03/31/24 NIH/NCI
"Integrating novel GIS and GPS data to assess the impact of built environments on changes in BMI, physical activity and cancer-related biomarkers in two successful weight loss interventions in women at risk for breast cancer"
Aim: Evaluate impact of dynamic measures of built environment exposures on variable associated with weight loss and breast cancer risk reduction.
Role: Co-Investigator

no grant # (PI – Vizcaino) 12/01/21-5/31/23 (incl 6mo NCE) ASU Institute for Social Science Research
A FEASIBILITY TRIAL TO ASSESS AN INNOVATIVE ONLINE YOGA-BASED PROGRAM THAT SEEKS TO IMPROVE OVERALL WELL-BEING, SELF-CARE, AND DIABETES OUTCOMES AMONG ADULTS WITH TYPE 2 DIABETES
Aim: Assess the feasibility and potential effectiveness of a yoga program intervention on well-being, self-care, and diabetes outcomes in adult Hispanic women how are living with type 2 diabetes.
Role: Co-PI

no grant # (PI – James) 06/01/21-05/31/23 (incl 1yr NCE) ASU Institute for Social Science Research
WEIGHT REDUCTION AND COGNITIVE HEALTH: A PILOT STUDY TESTING A PROLONGED NIGHTLY FASTING INTERVENTION AMONG OBESE, STRESSED MID-LIFE ADULTS (AKA "Get Smart")
Aim: Assess the feasibility and potential effectiveness of a prolonged nightly fasting intervention on cognition and cardiometabolic risk biomarkers among obese adults.
Role: Co-Investigator/-PI – PNF, biomarkers
Publications: Main outcomes and qualitative analyses #123 & #*pending*, respectively, in list above.

UL1TR003096/KL2TR003097 (PI – James) 2023 NIH/NCATS
Deep South Mentored Career Development Program (KL2), Center for Clinical and Translational Science
FEASIBILITY STUDY OF AN INTERMITTENT FASTING INTERVENTION TO REDUCE OBESITY AND DEVELOP A RACIALLY-OPTIMIZED PROTOCOL AMONG AFRICAN AMERICANS IN THE DEEP SOUTH REGION OF THE UNITED STATES
Role: Mentor, Co-Investigator
Funding declined after 6-months due to PI academic appointment change; project never initiated by institution.

MTA-2020-IMP-BMA-0587 (PI – Hartman) 01/27/2020-12/31/2022 International Agency for Research on Cancer (IARC)
MOLECULAR ANALYSES OF REACH FOR HEALTH
Aim: Biospecimens from the UCSD-based Reach for Health Study will be used for a multi-site, multi-omics study that includes targeted and untargeted metabolomic, biomarker (proteins and hormones), genotyping, and epigenomic analyses of metformin treatment and lifestyle intervention effects in breast cancer survivors.
Role: Co-Investigator, Lead – Biospecimens
Publications: Metabolomics & circulating biomarkers #97 & #108, respectively, in list above.

F31 DK125037 (PI – Peña) 08/10/2020-05/31/2022 NIH/NIDDK
INFLAMMATORY MEDIATORS AND BETA-CELL FUNCTION AMONG OBESE LATINO YOUTH WITH PREDIABETES
Aim: This study will explore the association between changes in pro- and anti-inflammatory mediators and changes in beta-cell function in obese Latino youth with prediabetes. This proposal leverages the resources and infrastructure of an ongoing diabetes prevention study and builds upon a transdisciplinary team of mentors to address a critical gap in chronic disease prevention in obese Latino youth, age 12-16 years. This innovative approach is an essential first step in the development of lifestyle interventions aimed at targeting inflammatory mechanisms to assess changes in T2D risk in this high-risk population.
Role: Co-Sponsor
Publication: #101 in list above.
Abstract: #87 in list above.

PG13248 (PI – James) 06/01/20-05/31/22 (incl 1yr NCE) ASU Institute for Social Science Research
PROLONGED NIGHTLY FASTING IN OLDER ADULTS WITH MILD COGNITIVE IMPAIRMENT (MCI): A PILOT STUDY EXPLORING CHANGES IN NEUROCOGNITIVE FUNCTION (AKA "Think Fast")
Aim: Examine the effects of prolonged nightly fasting on MCI, sleep, diet, and metabolic biomarkers.
Role: Co-Investigator/-PI – PNF, biomarkers
Publications: Main outcomes and qualitative analyses #125 & #128, respectively, in list above.

16SFRN28420000 (Center Director – Allison) 04/01/16-03/31/20 (+2yr NCE) American Heart Association
UCSD STRATEGICALLY FOCUSED GO RED FOR WOMEN RESEARCH CENTER
Aim: Establish a Women's Cardiovascular Health Research Center with investigative theme of sedentary behavior in Latinas focusing on behavioral and psychosocial parameters, behavioral intervention, and biological

mechanisms influencing cardiovascular disease risk. The Center research involves three interdependent projects (basic, clinical, and population science studies) and includes a scholars Training Core.
Center website: https://medschool.ucsd.edu/som/fmph/divisions/prevmed/research/wrc/Pages/default.aspx
Press story: https://www.universityofcalifornia.edu/news/new-uc-san-diego-center-will-focus-heart-health-among-latinas
Clinical study protocol paper: PMID: 30771560
Clinical study primary outcomes paper:
Go Red for Women SFRN summary paper: http://doi.org/10.1161/JAHA.120.019519
Role: PI - Project 1 (Basic Science Project "Molecular Transducers of Sitting Time")
Basic Science Project papers: #69 and #79 in list above.

25IB-0023 (PI – Davies) 08/01/2019-07/31/2020 (+1yr NCE) Calif. Breast Cancer Research Program - IDEA
ENHANCING MUSCLE STRENGTH AND IMMUNITY IN BREAST CANCER
Aim: This 1-year pilot study will test the hypothesis that high levels of immune activation markers are associated with muscle strength in breast cancer patients.
Role: Site PI

Demonstration Project in Systems Biomedicine (PIs – **Sears**; Jankowska) 5/1/15-4/30/22
UCSD Center for Computational Biology and Bioinformatics and the San Diego Center for Systems Biology
NUCLEOTIDES TO NEIGHBORHOODS: OBESITY-RELATED ASSOCIATION NETWORKS SPANNING GENOMES, BEHAVIORS, AND BUILT ENVIRONMENT
Aim: Model interaction between the behaviors (e.g., physical activity, nutrition), environment exposure (e.g., "built" characteristics, fast food density, outdoor time), clinical measures and obesity-related biomarkers, host genome and gut microbiome using systems biomedicine approaches.
Role: PI
Related review: Current Epidemiology Reports (2019) 6:476–485.

R15 CA242394-01 (PI – Kroll) 07/01/19 – 06/30/20 (+1yr NCE) NIH/NCI
"A combination therapy for interventional treatment of triple-negative breast cancer"
Aim: Exploit the potential vulnerability of glucose-requiring breast tumor growth with a combination of dietary and pharmaceutical manipulation of blood glucose levels in a murine breast cancer model.
Role: Consultant
Primary outcomes paper:

16SFRN28420002 (PI – Sharma; UCSD Site PI – **Sears**) 07/01/17 – 6/30/21 (+1yr NCE) American Heart Assn Go Red for Women Strategically Focused Research Network Soter Collaborative Grant
INTEGRATING METABOLOMICS INTO DEEP PHENOTYPING OF HEART FAILURE WITH PRESERVED EJECTION FRACTION
Aim: Metabolomic profiling of plasma, skeletal muscle and endomyocardial biopsies from HFpEF patients and control participants will be conducted and correlated with clinical features of HFpEF and covariates with the goal of identifying a biomarker for HFpEF patient diagnosis and targeted therapy.
Role: Site PI
Publications: #83 in list above.

R01 CA196853-01A1 (PI – Webster) 04/01/16-03/31/21 NIH/NCI
TIME-RESTRICTED FEEDING AND BREAST CANCER
Aim: The goal of this study is to test whether time-restricted feeding reduces inflammation, attenuates insulin resistance, and inhibits obesity-induced breast cancer growth in postmenopausal mouse models.
Role: Co-Investigator
Primary outcomes paper: https://doi.org/10.1038/s41467-020-20743-7.

PEDAL18 (PIs – **Sears**; Bejar) 03/01/19-2/29/20
San Diego NCI Cancer Centers Council (C3) Collaborative Translational Cancer Research Pilot Project

"Impact of Metformin on Clonal Hematopoiesis and Clinical Outcomes in Breast Cancer"
Aim: Using high-sensitivity error-corrected sequencing, characterize rates of clonal hematopoiesis in blood samples from a cohort of metformin-treated breast cancer survivors who have received adjuvant chemotherapy.
Role: PI

PEDAL15 (PIs – **Sears**; Patterson; Panda) 5/1/16-12/31/19
San Diego NCI Cancer Centers Council (C3) Collaborative Translational Cancer Research Pilot Project
MECHANISMS LINKING PROLONGED NIGHTLY FASTING WITH CANCER RISK
Aim: Compare associations of metabolic, inflammatory, and behavioral cancer risk factors in participants with "short" vs. "prolonged" nightly fasting patterns. Explore associations between the plasma metabolome and gut microbiome with nightly fasting patterns.
Role: PI

16SFRN28420002 (PI – Makarem; UCSD Site PI – **Sears**) 05/01/17 – 4/30/19 American Heart Assn
Go Red for Women Strategically Focused Research Network Soter Collaborative Grant
NIGHTLY FASTING AND EATING PATTERNS AND CARDIOMETABOLIC RISK IN HISPANIC/LATINA WOMEN
Aim: Conduct a prospective observational study in Hispanic/Latina women of the relationship between length of nightly fasting duration and parameters of cardiometabolic risk including biomarkers, and sleep.
Role: Site PI
Primary outcomes paper:

Pro1250 (PI – Lee; UCSD Site PI –Rana) 1/1/14-12/31/17 NASA
METABOLOMIC AND GENOMIC MARKERS OF ATHEROSCLEROSIS AS RELATED TO OXIDATIVE STRESS, INFLAMMATION, AND VASCULAR FUNCTION IN TWIN ASTRONAUTS
Aim: Astronauts participating in long-duration missions may be at an increased risk of oxidative stress and inflammatory damage. This proposal extends a current NASA-funded investigation to determine whether spaceflight contributes to an accelerated progression of atherosclerosis. We propose to measure blood and urine biomarkers of oxidative stress and inflammation as well as arterial structure and function in one twin astronaut before, during, and after long duration spaceflight and in his twin who serves as a ground-based control. We will also measure metabolomic and genomic markers to elucidate the molecular mechanisms involved. Our project is 1 of 10 in the NASA Twins Study.
Role: Co-investigator
Publications: Primary paper: PMID: 30975860 (#61 above).

R01 CA179977-01 (PI – Kerr) 09/01/13 – 08/31/17 NIH/NCI
GPS EXPOSURE TO HEALTHY ENVIRONMENTS & RELATIONS WITH BIOMARKERS OF CANCER RISK (aka, "Community of Mine")
Aim: Investigate whether dynamic GPS-GIS measures of exposure to PA-supportive, high fat and sugar food, and social environments will have a stronger association with cancer risk factors – insulin resistance and inflammation (e.g. CRP, IL-6, HOMA-IR) – than do static GPS-GIS measures.
Role: Lead - Biomarker Data Collection & Analysis
Protocol paper: PMID: 30760246 (#58 above). Data analyses are on-going.
Outcomes papers:

No grant# (PI – Knight) 09/01/17 – 08/31/22 IBM
"Artificial Intelligence for Healthy Aging and Microbiome"
Aim: Utilize Watson artificial intelligence and big data systems to conduct analyses on microbiome data generated from multiple sources and populations and develop a public-source platform for future analyses.
Role: Co-investigator

Internal pilot funding (PI – **Sears**) 01/01/16 – 12/31/16
Department of Family Medicine & Public Health, Women's Health Center of Excellence

SEDENTARY BEHAVIOR INTERRUPTED - A PILOT STUDY OF ACUTE INTERVENTIONS ON PROLONGED SITTING
Aim: To investigate the clinical, metabolic, and vascular outcomes of acute interruptions of prolonged sitting in a clinical laboratory setting. Study population is overweight/obese postmenopausal women aged 55+ years. ClinicalTrials.gov ID: NCT02743286, UCSD IRB Protocol ID: 150509
Role: PI
Main outcomes paper: PLOS ONE (Kerr, et al. Nov 2017). Preliminary data leveraged to secure NIH funding noted above from National Institute of Aging (P01 AG052352).
Metabolomics ancillary study:

U54 CA155435-01 (PI - Patterson) 07/01/11 – 05/31/16 NIH/NCI
ENERGETICS & BREAST CANCER: OBESITY, INFLAMMATION, INSULIN RESISTANCE & RISK
Aim: The overall objective of the UCSD Transdisciplinary Research on Energetics & Cancer (TREC) Center is to assemble transdisciplinary scientific collaborators to address questions regarding insulin resistance and inflammation underlying the association of energetic with breast cancer carcinogenesis, from the cell to the community.
Roles: Director - Developmental Projects Core; **Co-investigator -** Project #1
Outcome papers:

Developmental Cross-TREC Project (PI – **Sears**) 06/01/15 - 05/31/16 NIH/NCI - TREC
LEVERAGING THE POWER OF TREC: CROSS-CENTER STUDY OF CANCER RECURRENCE/ MORTALITY RISK BIOMARKERS
Aim: The goal of this study is to measure baseline levels of cancer recurrence/mortality biomarkers in a pan-TREC multi-site pooled cohort of breast cancer survivors and assess randomized controlled trial intervention efficacies in reducing these biomarkers.
Role: PI

No grant # (PI - **Sears**) 12/01/10 – 12/31/15 P. Robert Majumder Foundation
ROLE OF DIETARY FAT ON ADIPOSE TISSUE INFLAMMATION
Aim: Examine how the gene-diet interaction between 12/15-lipoxygenase expression in immune cells and dietary composition affects adipose tissue inflammation.
Role: PI

No grant # (PI - **Sears**) 12/01/10 – 12/31/14 P. Robert Majumder Foundation
NOVEL DIETARY INTERVENTIONS FOR TREATING INSULIN RESISTANCE
Aim: Test the efficacy of an anti-inflammatory diet to lower indices of insulin resistance and the metabolic syndrome in obese human subjects.
Role: PI

Developmental Cross-TREC Project (Site PI – **Sears**) 06/01/13 - 05/31/14 NIH/NCI – TREC
TRANSGENERATIONAL EFFECT OF MATERNAL DIET ON METHYLATION OF CANCER RELATED GENES
Aim: Assess maternal diet effects on epigenetic DNA methylation of cancer-associated genes.
Role: PI

Developmental Cross-TREC Project (Lead PI – **Sears**) 06/01/13 - 05/31/14 NIH/NCI - TREC
LIPIDOMIC PROFILING OF ENERGETICS-ASSOCIATED CANCER MODELS IN MICE
Aim: Create and assess lipid profiles from three mouse models of energetics-related cancer and identify tumor-promoting lipid-based biomarkers and biochemical pathways regulated by energetics.
Role: PI

No grant # (PI - Olefsky) 04/01/13 – 03/31/14 Regulus
TRANSCRIPTOME PROFILES OF HUMAN ADIPOSE, MUSCLE, AND LIVER IN INSULIN RESISTANCE

Aim: Determine a definitive expression atlas of liver, adipocytes, adipose tissue stromal vascular fraction, and skeletal muscle tissue associated with obesity, thiazolidinedione treatment, and bariatric surgery. Association of these expression profiles with biomarkers of insulin resistance and inflammation will be assessed. Advanced pathway and expression module analysis will be conducted.
Role: Co-investigator/Clinical Project Manager

BC102147 (PI - Olefsky) 03/15/11-03/14/13 DOD
ROLE OF INFLAMMATION AND INSULIN RESISTANCE IN MOUSE MODELS OF BREAST CANCER
Aim: Investigate the mechanism by which insulin resistance increases risk of breast cancer in mouse genetic models of obesity.
Role: Co-investigator

5R01DK074828 (PI - Snitker) 04/01/11 – 03/31/12 NIH/NIDDK
PHARMACOGENOMICS OF THIAZOLIDINEDIONE RESPONSE
Aim: Search for genomic polymorphisms that are associated with insulin sensitization response to thiazolidinedione drugs in human subjects.
Role: Consortium PI

UCSD Internal Support (PI - **Sears**) 05/01/10 – 4/30/11 UCSD Academic Senate
REGULATION OF BRANCHED CHAIN AMINO ACID DEGRADATION IN ADIPOCYTES
Aim: Study the mechanisms by which adipocyte branched chain amino acid degradation is regulated in the normal state, insulin resistance, and pharmacological insulin sensitization.
Role: PI

R01 HL81862-04 and S1 (PI - Miller) 04/01/2006 - 03/31/2011 NIH
EARLY FORMS OF OXIDIZED LDL, TLRS AND ATHEROSCLEROSIS
Aim: Examine the hypothesis that early forms of oxidized LDL promote inflammation in atherosclerotic lesions via modulation of Toll-like receptor-4 signaling.
Role: Co-investigator

UCSD# 2009-3206 (PI - Olefsky) 04/01/09 – 03/31/11 Pfizer
INFLAMMATION, INSULIN RESISTANCE & DIABETES
Aim: Explore the interlocking biology between pro-inflammatory and anti-inflammatory nuclear and 7-trasmembrane receptors and identify novel biologic targets uniquely expressed within the specialized population of pro-inflammatory tissue macrophages.
Role: Co-investigator

UCSD# 2009-2029R (PI - **Sears**) 07/31/09 – 07/30/10 Merck
VALIDATING MOUSE-DERIVED PPARγ SUB-NETWORKS WITH HUMAN ADIPOSE EXPRESSION PROFILING DATA
Aim: Identify key metabolic mechanisms involved in regulating insulin resistance by comparing expression profiling data sets from mouse and human models.
Role: PI

P30 DK063491 (PI - **Sears**) 04/01/09 – 03/31/10 NIH via the UCSD/UCLA Diabetes & Endocrinology Research Center
OSTEOPONTIN – A NOVEL MODULATOR OF INFLAMMATION-INDUCED INSULIN RESISTANCE IN ADIPOSE TISSUE
Aim: Study the mechanisms by which osteopontin-deficiency protects against diet-induced insulin resistance and adipose tissue inflammation.
Role: PI

UCSD# bio03-10383 (PIs – **Sears** & Olefsky) 01/21/04-01/20/06 Pfizer Biostar & UC Discovery
STUDIES OF SELECTIVE PPARγ MODULATOR BIOLOGY

Aim: Conduct gene expression profiling of human tissues to identify gene expression patterns that are associated with insulin resistance, type 2 diabetes, and pharmacological insulin sensitization.
Role: PI

UCSD# 2005-1103 (PI - **Sears**) 12/01/03 - 02/14/06 Pfizer
GLUCOSE CLAMP MODEL OF TEST AGENT
Aim: Conduct gene expression profiling of different tissues from an insulin resistant rat model to identify gene expression patterns that are associated with insulin resistance and pharmacological insulin sensitization.
Role: PI

UCSD Internal Support (PI - **Sears**) 01/01/05 – 12/31/05 UCSD Academic Senate
THE ROLE OF PPARγ GENES IN INSULIN ACTION
Aim: Screen for genes that are candidate modulators of insulin sensitivity. Using siRNA methods, the roles of these genes insulin-stimulated glucose transport will be characterized.
Role: PI

K01 DK62025-01 (PI – **Sears**/Worrall) 09/15/02 – 06/30/05 NIH/NIDDK
IDENTIFICATION AND STUDY OF PPARGAMMA-REGULATED GENES
Aim: Identify PPARgamma-regulated genes in 3T3-L1 adipocytes and characterization of the mechanisms that modulate pharmacological regulation of PPARgamma target genes.
Role: PI

F32 DK009595 (PI – **Sears**) 07/01/97 – 06/30/00 NIH/NIDDK
NOVEL INSULIN SIGNAL TRANSDUCTION PROTEINS
Aim: Identify and characterize new factors that are involved in insulin-mediated signal transduction by using protein-protein interaction studies.
Role: PI