

In Balance

THE UNIVERSITY OF TEXAS
MD Anderson
Cancer Center
Making Cancer History®

July 2018

The Center for Energy Balance in Cancer Prevention and Survivorship, of the Duncan Family Institute, facilitates and conducts state-of-the-science research to understand the relationship between activity, nutrition, obesity and cancer, and uses this knowledge to optimize interventions to decrease cancer risk and improve cancer outcomes. The Center sponsors collaborative research, transdisciplinary educational opportunities and seminars to create, produce and disseminate innovative and practice-changing research results.

Upcoming Conferences

July 28 – August 2, 2018, Vancouver, British Columbia, Canada
[Joint Statistical Meeting](#)

August 9 – 12, 2018, San Francisco, CA
[American Psychological Association: Annual Convention](#)

October 3 – 5, 2018, Atlanta, GA
[International Cancer Education Conference](#)

Upcoming Abstract Submission Deadlines

February 17 – 20, 2019, Charleston, SC
[Active Living Research Conference 2019](#)
Abstract Due: August 31, 2018

February 19 – 22, 2019, San Diego, CA
[AACR: Modernizing Population Sciences in the Digital Age](#)
Abstract Due: November 19, 2018

March 20 – 23, 2019, Auckland, New Zealand
[International Society for Gastrointestinal Hereditary Tumors \(InSiGHT\) Biennial Meeting](#)
Abstract Due: October 29, 2018

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Center for Energy Balance in Cancer Prevention & Survivorship



Energy Balance Research Seminar Thursday, July 19, 2018

Title: “The Emerging Field of Nutritional Suicidology: The Scope of Suicidality in the U.S. and How Nutrition, Health Psychology, and Exercise Promotion Can Enhance Protective Factors”

Facilitated by: Daniel DeBrule, Ph.D., MA

Location: CPB8, Room 5

Time: 12:00 – 1:00 PM

Research Spotlight: Getting to Know Daniel DeBrule, Ph.D., MA

Dr. Daniel DeBrule had an interest in abnormal psychology and teaching from an early age. But it's doubtful he could ever predict his current professional path in suicide prevention, post-traumatic stress disorder and trauma recovery. Today, he wears many hats, including his role as a private practice psychologist at the Lovett Center and Assistant Professor in Baylor College of Medicine's Psychiatry Department and Department of Medicine. But it's his principal post as the Health Promotion Disease Prevention Program Manager and Health Behavior Coordinator at the Michael E. DeBakey VA Medical Center in Houston, where he works most tirelessly to help veterans prolong and lead more successful and healthier lives.

“We serve over 110,000 vets in Houston, where assessing and preventing suicide risk is an ongoing issue. Research has demonstrated that poor health behaviors can lead to suicide risk, and we have recently developed a Whole Health Initiative that asks vets to participate in their own healthcare,” he explains. “Cognitive behavioral methods are taught regarding motivation, weight management and diet, and we are taking steps to integrate more meditation, yoga, tai chi, and similar alternative health programs to help vets alter their mood, combat tobacco use, inactivity and poor diets. Between 70-80% of vets are overweight or obese, and we have customized the national VA “MOVE” program here to educate them on the need for increasing their exercise, master actions for losing and managing their weight, and enable them to create their own personal health plan, focusing on areas of greatest interest. We provide opportunities to participate when they are willing and available, without appointments or mandatory classes. The veteran selects what works best for them, as we honor the patient-centered care principles that lead to the best outcome. We offer options for coping and reaching out for help, when it's needed. Ultimately, this connects to safety planning, in which we mobilize a vet's unique qualities and strengths to prevent suicide and other negative health behaviors.”

“Suicide safety planning is sometimes conducted in a primary care setting at the VA,” he adds. “Tobacco use will alter a vet's ability to successfully manage depression and anxiety and smokers tend to have more stress. We're now designing new stress management classes with interactive interventions and more telehealth apps to assist even the youngest veterans returning from overseas. Research has also found expressive writing can help process trauma and decrease the amount of anxiety and medical visits. This processing occurs regularly in our PTSD program and hopefully, more frequently in Primary Care as time goes on.”

“More recently, we're looking to share ideas which help vets with nutrition and possibly partner with others on research initiatives. I am interested in the use of probiotics, prebiotics and the entire gut microbiome and teaching the importance of health promotion and health-conscious behaviors. I welcome anyone in the energy balance field to share their ideas for joint programs and/or research that would be useful here at the VA.”

Dr. DeBrule earned his BS with honors in Psychology with a minor in Neuroscience from the University of North Carolina (Charlotte). He went on to earn his MA and Ph.D. in Clinical Psychology at the University of Southern Mississippi (Hattiesburg). Dr. DeBrule studied PTSD after Hurricane Katrina in a Predoctoral Internship at the New Orleans VA, and continued his work in trauma recovery at the University of Mississippi Medical Center VA (Jackson). He served as an Adjunct Instructor at Indiana University/Purdue University (Indianapolis), and was a Tenure-track Assistant Professor at Indiana University (South Bend). After serving as the Program Director at the Alice Swarm Fund for Suicide Prevention & Severe Mental Illness in South Bend, he returned to the Gulf Coast, where he has worked for over five years. He has been a presenter at numerous meetings, workshops and symposia, and has expertise in PTSD, Suicide Assessment, Whole Health, and Disease/Suicide Prevention in the VA.

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[Studies in Progress](#)

[Spotlighted Researchers](#)

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Survivorship Week 2018 - OncWalk

During the Survivorship Week 2018 the Center for Energy Balance organized a daily walk across the sky bridge with various MD Anderson experts giving advice about nutrition and physical activity.

To inform and recruit survivors to participate in the daily walk, we handed out healthy snacks and hosted an information table at the Mays Clinic.

Dr. Peter Pisters led the walk on Friday, June 8, 2018.

Over 75 survivors and Energy Balance members joined the walk.

Bionutrition Research Core (BRC):

Thank you and best wishes to our founder and director, Susan Schembre, PhD, RD, as she transitions to her new position as Associate Professor at University of Arizona College of Medicine. When Dr. Schembre arrived at MD Anderson in 2012, she recognized the need for a core to assist investigators who examine the role of diet in cancer prevention and progression to conduct state-of-the-art nutritional science research by establishing best dietary practices and by providing the resources necessary to plan and conduct human feeding studies. Dr. Schembre's drive, along with the support of the Center for Energy Balance, the Department of Behavioral Science, core staff, and the Duncan Family Institute, built what we have in 2018: a thriving core collaborating with federally, privately, and internally-funded investigators across the Institution.

We are looking forward to continued growth and expansion under our new director (and previous co-director), Epidemiology Assistant Professor Carrie Daniel-MacDougall, PhD, MPH. Dr. Daniel-MacDougall is a nutritional epidemiologist with a basic science background in molecular biology and nutritional biochemistry; and considerable experience in the design, collection, and integrative analysis of diet, physical activity, and anthropometric assessments for both large and small-scale studies. Dr. Basen-Engquist will serve as our co-director on an interim basis.

Energy Balance Faculty Search

Job Title: Open Rank, Term Tenure of Term Tenure Track

We are interested in recruiting a faculty member in basic, translational, clinical, or population science. Investigators with expertise in physical activity, nutrition, obesity, or metabolic disease who would like to refocus their research on cancer are welcome to apply. Possible areas of research include, but are not limited to:

- Weight loss, nutrition, physical activity trials and/or studies to test novel interventions, novel methods of assessment and investigate mechanisms underlying behavior change, weight loss and weight regain
- Muscle and adipose tissue physiology and sleep/circadian biology related to weight loss and exercise interventions
- Physiologic effects of exercise/diet/weight change and their impact on cancer-related biomarkers and outcomes
- Dissemination/implementation and health disparities research related to energy balance and weight loss interventions in clinical or community populations

Email: Energybalance@mdanderson.org for additional information.

Current Funding Opportunities:

National Institutes of Health [Standard dates apply]

Cancer Prevention and Control Clinical Trials Grant Programs (R01): [PAR-18-559](#)

Testing Interventions for Health-Enhancing Physical Activity: [PAR-18-324 \(R01\)](#)

Developing Interventions for Health-Enhancing Physical Activity: [PAR-18-307 \(R21/R33\)](#)

Collaborative Innovation Award, Clinical and Translational Science Award (CTSA)

Program (U01): [PAR-18-244](#)

Advancing Translational and Clinical Probiotic/Prebiotic and Human Microbiome Research: [PA-15-127\(R01\)](#)

Education and Health: New Frontiers (R21): [PAR-18-387](#); (R01): [PAR-16-080](#);

(R03): [PAR-18-388](#)

Examination of Survivorship Care Planning Efficacy and Impact (R21): [PA-18-012](#);

(R01): [PA-18-002](#)

Exploratory/Developmental Clinical Research Grants in Obesity: [PA-18-104 \(R21\)](#)

Education and Health: New Frontiers (R21): [PAR-18-387](#); (R01): [PAR-16-080](#)

Systems Science and Health in the Behavioral and Social Sciences

(R01): [PAR-15-048](#)

Translational Research to Improve Diabetes and Obesity Outcomes

(R01): [PA-13-352](#)

Leveraging Cognitive Neuroscience to Improve Assessment of Cancer Treatment-

Related Cognitive Impairment (R01): [PAR-16-212](#); (R21) [PAR-16-213](#)

Predicting Behavioral Responses to Population-Level Cancer Control Strategies

(R21): [PAR-18-024](#)

Innovative Approaches to Studying Cancer Communication in the New Media

Environment (R01): [PAR-16-249](#); (R21): [PAR-16-248](#)

Cancer-Related Behavioral Research through Integrating Existing Data

(R01): [PAR-16-256](#); (R21): [PAR-16-255](#)

Stimulating Innovations in Behavioral Intervention Research for Cancer Prevention

and Control (R21): [PAR-18-018](#)

National Cancer Institute Program Project Applications (P01): [PAR-18-290](#)

Physical Activity and Weight Control Interventions Among Cancer Survivors: Effects on

Biomarkers of Prognosis and Survival (R21): [PAR-18-016](#). (R01): [PAR-18-006](#)



American Cancer Society

The Extramural Grants Department encourages applications for research projects that focus on the multifaceted relationship between nutrition, physical activity and cancer:
[Extramural Grants](#)



Cancer Prevention & Research Institute of Texas

Company Relocation Product Development Research Award: [RFA C-18.2-RELCO](#)
High-Impact/High-Risk Research Awards (HIHR): [RFA R-18.2-HIHR](#)
Multi-Investigator Research Awards (MIRA): [RFA R-18.2-MIRA](#)
Texas Company Development Research Award: [RFA C-18.2-TXCO](#)

