

# In Balance

THE UNIVERSITY OF TEXAS  
MDAnderson  
Cancer Center  
Making Cancer History®

## September 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

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

**October 17 – 19, 2018**, Boston MA  
[Connected Health Conference](#)

**October 27 – 29, 2018**, Scottsdale, AZ  
[15<sup>th</sup> International Conference of the Society for Integrative Oncology](#)

## Upcoming Abstract Submission Deadlines

February 28 – March 2, 2019, Atlanta, GA  
[American Psychological Oncology Society \(APOS\) 16<sup>th</sup> Annual Conference](#)  
**Abstract Due: September 28, 2018**

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

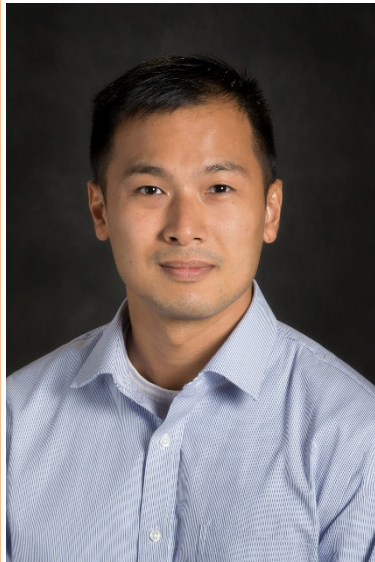
March 20 – 23, 2019, Auckland, New Zealand  
[International Society for Gastrointestinal Hereditary Tumors \(InSiGHT\) Biennial Meeting](#)  
**Abstract Due: October 29, 2018**

## Directors:

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## Center for Energy Balance in Cancer Prevention & Survivorship



## Energy Balance Research Seminar Thursday, September 20, 2018

**Title:** Health Disparities Related to Sleep, Physical Activity, and Obesity

**Facilitated by:** Ivan Wu, MA, PhD

**Location:** CPB8, Room 5

**Time:** 12:00 – 1:00 PM

## Research Spotlight: Getting to Know Ivan H.C. Wu, MA, PhD

“My career so far has been non-linear; I’ve always looked for something interesting and pursued it,” claims Ivan Wu, currently a Cancer Prevention Research Training Program Post-Doctoral Research Fellow in M.D. Anderson’s Department of Health Disparities Research. Armed with a B.A. in Psychology from University of San Francisco, California, and a Ph.D. in Clinical Psychology from Michigan State University, East Lansing, Michigan, Dr. Wu was initially interested in a career in physics, but moved toward social sciences in college. “I found psychology melded my interest in research and human behavior, and I really enjoyed being able to help people while conducting science,” he adds.

Dr. Wu originally became interested in health disparities research studying how Chinese immigrants manage diabetes and understand the health care system at USFCA. This led to studying mental health among immigrants in the U.S., and working with racial/ethnic minority veterans at the New Mexico VA Health Care System in Albuquerque, New Mexico. “I’ve had the honor to help many people in one-on-one settings,” he explains. “But I wanted to get more exposure to intervening at the community level, and followed the path to join the Health Disparities Research Department here at M.D. Anderson.”

Among many studies, Dr. Wu is currently focused on a pilot study to understand the sleep practices and implement a sleep intervention for sedentary and obese African American adults in Houston. “Sleep is often an afterthought in our health practices until you feel the pain of sleep deprivation. Worse yet, insufficient sleep increases the risk of health problems, and sleep deprivation has become a norm for many. I am studying how the lack of sleep can help prevent cancer by preventing obesity and increasing physical activity. We have adapted a four-week sleep intervention for sedentary African Americans who don’t get enough sleep to help them overcome sleep barriers, improve sleep hygiene and ultimately change their relationship with sleep. We will meet with them once a week to assess their progress and teach healthy sleep habits.”

“We know that a third of American adults are sleep deprived – getting less than the recommended 7-8 hours of sleep – and our research shows that a staggering 60% of the local African American churchgoing population is sleep deprived. These sleep disparities can have a major health impact, such as increased risk for mortality, diabetes, obesity and cancer. We hope to better understand the struggles they face to improve the quality and duration of their sleep in a culturally-sensitive, meaningful way. By understanding sleep in one community, we can then adapt and model the same efforts for other communities using community-centered approaches, and shape thinking to impact cancer prevention.”

Dr. Wu has spent 12 months at M.D. Anderson, and enjoys interacting with physicians in different disciplines around the institution. “I am truly grateful to be doing the kind of work I do in health disparities research. Learning how our work dovetails with energy balance and the importance of sleep and healthy weight in human behavior and cancer prevention is understudied and has the potential to make a great impact among minority communities. And M.D. Anderson is an amazing place to do it.”

## Boot Walk to #endcancer:

Houston Boot Walk | Saturday, November 10 | 1p.m. | Texas Medical Center | Free Registration

Make a Donation and to Join our Team visit: [Team ALAC](#)

100% of funds raised directly support MD Anderson’s mission to end cancer. Wear your favorite boots and join your community for a short walk as we give cancer the boot!

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[Studies in Progress](#)

[Spotlighted Researchers](#)

[Energy Balance Website](#)

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## 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](#)

