
CURRICULUM VITA
CARMEN CASTANEDA SCEPPA, MD, PHD

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EDUCATION

1983 **Bachelor's in Science (Pre-Med)**
Del Valle University, Guatemala City, Guatemala

1987 **Medical Doctor**
School of Medicine, Francisco Marroquin University, Guatemala City,
Guatemala

1994 **Ph.D. in Nutrition**
School of Nutrition Science and Policy, Tufts University, Medford, MA

1995 – 1997 **Post-doctoral Clinical Nutrition Fellow**
New England Medical Center, Tufts University, Boston, MA

FACULTY APPOINTMENTS AND EMPLOYMENT HISTORY

2015 – **Chair, Department of Health Sciences**
Northeastern University, Boston, MA

2014 **Professor, Health Sciences**
Northeastern University, Boston, MA

Jul 12 – Dec 13 **Interim Chair, Department of Health Sciences**
Northeastern University, Boston, MA

2011 – 2015 **Director, Graduate Program in Exercise Science**
Northeastern University, Boston, MA

2008 – 2013 **Associate Professor, Health Sciences** (*Tenured 2011*)
Northeastern University, Boston, MA

2004 – 2007 **Associate Professor, Nutrition**
Friedman School of Nutrition Science and Policy, Tufts Univ., Boston, MA

2002 – 2004 **Interim Director, Exercise Physiology and Sarcopenia Laboratory**
Jean Mayer USDA Human Nutrition Research Center on Aging, Tufts
University, Boston, MA

2002 – 2004 **Assistant Professor, Medicine**
Tufts University School of Medicine, Boston, MA

2000 – 2004 **Assistant Professor, Nutrition**
Friedman School of Nutrition Science and Policy, Tufts Univ., Boston, MA

1997 – 2007 **Scientist II, Exercise Physiology and Sarcopenia Laboratory**
Jean Mayer USDA Human Nutrition Research Center on Aging, Tufts
University, Boston, MA

1994 – 1997 **Scientist III, Exercise Physiology and Sarcopenia Laboratory**

Jean Mayer USDA Human Nutrition Research Center on Aging, Tufts University, Boston, MA

AWARDS AND HONORS

- 2017 **Network of Minority Health Research Investigators (NIDDK/NIH) Medallion** in recognition of highest commitment to improve our understanding of minority health.
- 2015 **Faculty of The Year**, Department of Residential Life, Northeastern University, Boston, MA
- 2010 **Outstanding Professor**, Sister of Sigma Delta Tau Society, Northeastern University, Boston, MA
- 2008 **People Exercising Program Archstone Foundation's Award for Excellence in Program Innovation**, Gerontological Health Section, American Public Health Association, Long Beach, CA
- 2001 **Advancement in Leadership Award**, Brookdale Foundation, New York, NY
- 2000 **Future Leader Award**, International Life Sciences Institute, Washington, DC
- 1998 **Brookdale National Fellow**, Brookdale Foundation, New York, NY
<http://www.brookdalefoundation.org/Leadership/Fellows/bio.html>
- 1989 **Dr. Fernando Biguria Scholarship**, Guatemala City, Guatemala
- 1987 **Cum laude**, School of Medicine, Francisco Marroquin University, Guatemala City, Guatemala
- 1983 **Excellence Scholarship**, School of Medicine, Francisco Marroquin University, Guatemala City, Guatemala

RESEARCH AND SCHOLARSHIP

My program of research addresses three main areas in the field of aging including: (1) assessing the efficacy of nutrition and exercise interventions on chronic disease risk factors and health outcomes; (2) translating evidence based lifestyle interventions into ‘real world’ settings for older adults; and (3) developing sustainable strategies to promote health and reduce the burden of impairment, disease and disability in older adults. My translational research is funded by federal agencies, foundations, and industry. In addition to advancing the field, the randomized controlled trials and participatory community-based research projects I have and continue to lead, constitute an opportunity for teaching, learning and mentoring of new generations of health professional and researchers.

Refereed Original Articles

(* indicates student/fellow author; † indicates lead/senior role in primary data collection)

1. *Cox C, Hoffman J, Shiyko M, Briesch A, **Castaneda-Sceppa C**. Factors Related to Head Start Teachers’ Implementation of I am Moving, I am Learning: A Physical Activity Promotion Program. *In review*.
2. John D, Khrapko K, Cloutier G, Brooks N, Roubenoff R, Castaneda F; **Castaneda-Sceppa C**. Micro to Macro Cardio-Metabolic Effects of Prolonged and Increased Sedentary Behavior: A Bed-Rest and Recovery Paradigm. *In review*.
3. *Cadena SM, *Brooks NE, Carambula S, **Castaneda-Sceppa C**, Vannier E. Inbred Mouse Strains Differ in their Adaptation to Hindlimb Unloading. *PLOS ONE*: in press.

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4. Todorova I, Turner H, **Castaneda-Sceppa C**, Young D, Bonner A. “I do it with love”: Engagement in caring for people with dementia. *Global Qualitative Nursing Research*: 2016;3:1-14. †
 5. Shiyko MP, *Hallinana S, Seif El-Nasr M, Durga S, **Castaneda-Sceppa C**. Effects of Playing a Serious Computer Game on Body Mass Index & Nutrition Knowledge in Women. *Journal of Medical Internet Research* 2016;4(1):e8.
 6. Seif El-Nasr M, Durga S, Shiyko M, **Castaneda-Sceppa C**. Data-Driven Retrospective Interviewing (DDRI): A Proposed Methodology for Formative Evaluation of Pervasive Games. *Entertainment Computing Journal* 2015;11:1-19.
 7. Hoffman J, Wirth C, *Johnson S, Carter S, *DuBois M, *Cox C, **Castaneda-Sceppa C**. Communicating with Head Start Parents about their Child’s Weight Status. *National Head Start Association Dialog*, 2015;18:31-42. †
 8. Hoffman J, Wirth C, *Johnson S, Carter S, *DuBois M, *Cox C, **Castaneda-Sceppa C**. Engaging Head Start Families in Childhood Obesity Prevention: School-Home Communication about Children’s Height and Weight Screenings. *National Head Start Association Dialog*, 2015;18:92-97. †
 9. *Saksono H, *Ranade A, *Kamarthi G, **Castaneda-Sceppa C**, Hoffman J, Wirth C, Parker A. Spaceship Launch: Designing a Collaborative Exergame for Families. *Computer-Supported Cooperative Work and Social Computing* 2015:1776-1787. †
 10. *Brooks N, *Cadena SM, *Cloutier G, *Vega Lopez S, Roubenoff R, **Castaneda-Sceppa C**. Influence of Exercise on the Metabolic Profile Caused by 28 days of Bed Rest with Energy Deficit and Amino Acid Supplementation in Healthy Men. *International Journal of Medical Sciences* 2014;11(12):1248-1257. †
 11. **Castaneda-Sceppa C**, Hoffman JA, *Thomas J, *DuBois M, *Agrawal T, Griffin D, Bhaumik U, Healey CL, Dickerson D, Nethersole S, Wirth C. Family Gym: A Model to Promote Physical Activity for Families with Young Children. *Journal of Health Care for the Poor and Underserved* 2014;25(3):1101-1107. †
 12. Smith SM, **Castaneda-Sceppa C**, O’Brien KO, Abrams SA, Gillman P, *Brooks NE, Cloutier GJ, Heer M, Zwart SR, Wastney ME. Calcium Kinetics During Bed Rest with Artificial Gravity and Exercise Countermeasures. *Osteoporosis International* 2014;25:2237-2244. †
 13. Todorova I, Tejada S, **Castaneda-Sceppa C**. “Let’s Stretch Life a Bit”: Perspectives of Puerto Rican Adults about Heart Health and a potential Community Program. *American Journal of Health Education* 2014;45(2):76-85. †
 14. *Van Rompay MI, McKeown NM, **Castaneda-Sceppa C**, Ordovas JM, Tucker KL. Carbohydrate nutrition differs by diabetes status and is associated with dyslipidemia in Boston Puerto Rican adults without diabetes. *Journal of Nutrition* 2013;143(2):182-8.
 15. *He J, Bhasin S, Binder EF, Yarasheski KE, **Castaneda-Sceppa C**, Schroeder ET, Roubenoff R, Chou C-P, Azen SP, Sattler FR. Cardiometabolic risks during anabolic hormone supplementation in older men. *Obesity* 2013;21(5):968-75. †
 16. *Van Rompay MI, McKeown NM, **Castaneda-Sceppa C**, Falcon, LM, Ordovas JM, Tucker KL. Acculturation and sociocultural influences on dietary intake and health status among Puerto Rican adults in Massachusetts. *Journal of the American Dietetic Association* 2012;112:64-74.
 17. Hoffman J, Agrawal R, Wirth C, Watts C, *Adeduntun G, *Myles L, **Castaneda-Sceppa C**. Farm to Family: Increasing Access to Affordable Fruits and Vegetables among Head Start Families. *Journal of Hunger and Environmental Nutrition* 2012;7:165-177. †

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18. Hoffman J, Agrawal T, Carter S, Grinder A, **Castaneda-Sceppa C**. Cultural/Favorite Recipe Day: Strengthening Approaches to Increase Culturally Diverse Foods Served in Head Start Meals. *NHSA Dialog* 2012;15(3):266–271. †
 19. Hoffman JA, Agrawal T, Thompson D, Ferguson T, Grinder AM, Carter S, Healey C, Bhaumik U, **Castaneda-Sceppa C**. Increasing Culturally Diverse Foods in Head Start Meals Using a Collaborative Approach: Lessons Learned for School Food Service Modifications. *NHSA Dialog* 2012;15(3):246–259. †
 20. Agrawal T, Hoffman J, Ahl M, Bhaumik U, Healey C, Carter S, Joyce D, Dickerson D, Nethersole S, **Castaneda-Sceppa C**. Collaborating for impact: Partnership and programming model of a multi-level early childhood obesity prevention initiative. *Journal of Family and Community Health* 2012;35(3):192–202. †
 21. Schroeder ET, He J, Yarasheski KE, Binder EF, **Castaneda-Sceppa C**, Bhasin S, Dieli-Conwright C, Kawakubo M, Roubenoff R, Azen SP, Sattler FR. Value of measuring muscle performance to assess changes in lean mass with testosterone and growth hormone supplementation. *European Journal of Applied Physiology* 2012;112(3):1123–1131. †
 22. Sattler FR, Bhasin S, He J, Yarasheski KE, Binder EF, Schroeder TE, **Castaneda-Sceppa C**, Kawakubo M, Roubenoff R, Dunn M, Hahn C, Stewart Y, Martinez C, Azen SP. Durability of the effects of testosterone and growth hormone supplementation in older community dwelling men: The HORMA Trial. *Clinical Endocrinology* 2011;75,103–111. †
 23. Yarasheski KE, **Castaneda-Sceppa C**, He J, Kawakubo M, Bhasin S, Binder EF, Schroeder ET, Roubenoff R, Azen SP, Sattler FR. Whole body and muscle protein metabolism are not affected by acute deviations from habitual protein intake in older men: The HORMA Study. *American Journal of Clinical Nutrition* 2011;94(1):172-181. †
 24. Lincoln A, *Shepherd A, Johnson PL, **Castaneda-Sceppa C**. Resistance training improves depression and health related quality of life among Hispanic older adults with type 2 diabetes. *Journal of Gerontology: Psychosocial Sciences* 2011;66B(5):567-570. †
 25. Smith TJ, Schwarz JM, Montain SJ, Rood J, Pikosky MA, **Castaneda-Sceppa C**, Glickman EL, Young AJ. High protein diet maintains glucose production during exercise-induced energy deficit: a controlled trial. *Journal of Nutrition and Metabolism* 2011;8:26.
 26. *Van Rompay MI, **Castaneda-Sceppa C**, McKeown NM, Ordovas JM, Tucker KL. Prevalence of cardiovascular disease risk factors among older Puerto Rican adults living in Massachusetts. *Journal of Immigrant and Minority Health* 2011;13:825-33.
 27. Sattler FR, Bhasin S, He J, Choud C-P, **Castaneda-Sceppa C**, Yarasheski KE, Binder EF, Schroeder TE, Kawakubod M, Zhang A, Roubenoff R, Azen SP. Testosterone threshold levels and lean tissue mass targets needed to enhance skeletal muscle strength and function: The HORMA Trial. *Journal of Gerontology Medical Sciences* 2011;66A(1):122–129. †
 28. *Brooks N, *Cadena SM, Cloutier G, Carambula S, Myburgh KH, Roubenoff R, Vannier E, **Castaneda-Sceppa C**. Effects of 28 days of bed rest and 14 days of active recovery on human skeletal muscle gene expression. *Muscle and Nerve* 2010;42: 927–935. †
 29. **Castaneda-Sceppa C**, Castaneda F. Calcitriol mediates the activity of SGLT1 through an extranuclear initiated mechanism that involves intracellular signaling pathways. *Journal of Physiology and Biochemistry* 2010;66(2):105–115. †
 30. **Castaneda-Sceppa C**, Price LL, *Noel SE, Bassett Midle J, Falcon LM, Tucker KL. Health status and physical function in aging Puerto Rican adults: The Boston Puerto Rican Health Study. *Journal of Aging and Health* 2010;22(5):653–672.
 31. *Chen J, Godfrey S, Ng T, *Moorthi R, *Liangos O, Ruthazer R, Jaber B, Levey AS, **Castaneda-Sceppa C**. Effect of intra-dialytic, low-intensity strength training on functional

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- capacity in adult hemodialysis patients: A randomized trial. *Nephrology Dialysis Transplantation* 2010;25(6):1936-1943. †
32. Dawson-Hughes B, **Castaneda-Sceppa C**, Harris SS, Palermo NJ, Cloutier G, Ceglia L, Dallal GE. Impact of supplementation with bicarbonate on lower-extremity muscle performance in older men and women. *Osteoporosis International* 2010;21(7):1171-1179.
 33. Balakrishnan VS, Rao M, Menon V, *Gordon PL, Pilichowska M, Castaneda F, **Castaneda-Sceppa C**. Resistance Training Increases Skeletal Muscle Mitochondrial Biogenesis in Patients with Chronic Kidney Disease. *Clinical Journal of the American Society of Nephrology* 2010;5(6):996-1002. †
 34. **Castaneda-Sceppa C**, *Subramanian S, Castaneda F. Protein Kinase C mediated intracellular signaling pathways are involved in the regulation of sodium-dependent glucose co-transporter SGLT1 activity. *Journal of Cellular Biochemistry* 2010;109(6):1109-1117. †
 35. Smith TJ, Pikosky MA, Grediagin A, **Castaneda-Sceppa C**, Byerley L, Glickman EL, Young AJ. Aerobic fitness does not modulate protein metabolism in response to increased exercise: a controlled trial. *Nutrition and Metabolism* 2009;6:28.
 36. *Layne JE, Arabelovic S, Wilson LB, Cloutier GJ, *Pindrus, MA, Mallio CJ, Roubenoff R, **Castaneda-Sceppa C**. Community-based strength training improves physical function in older women with osteoarthritis. *Journal of Lifestyle Medicine* 2009;3(6):466-473. †
 37. Bhasin S, He J, Kawakubo M, Schroeder T, Yarasheski K, Opiteck GJ, Reicin A, Chen F, Lam R, Tsou JA, **Castaneda-Sceppa C**, Binder EF, Azen SP, Sattler FR. N-Terminal Propeptide of type III Procollagen (P3NP) as a biomarker of anabolic response to recombinant human growth hormone and testosterone. *Journal of Clinical Endocrinology and Metabolism* 2009;94:4224-4233.
 38. Chung H, Ferreira A-L, Epstein S, Paiva S, **Castaneda-Sceppa C**, Johnson EJ. Site-Specific Concentrations of Carotenoids in Adipose: Relationships with dietary and serum carotenoid concentrations in healthy adults. *American Journal of Clinical Nutrition* 2009;90(3):533-539.
 39. Sattler FR, **Castaneda-Sceppa C**, Binder EF, Schroeder TE, Wang Y, Bhasin S, Kawakubo M, Stewart Y, Yarasheski KE, Ulloor J, Colletti P, Roubenoff R, Azen SP. Testosterone and growth hormone improve body composition and muscle performance in older men. *Journal of Clinical Endocrinology and Metabolism* 2009;94(6):1991-2001. †
 40. Dawson-Hughes B, Harris SS, Palermo N, **Castaneda-Sceppa C**, Rasmussen HM, Dallal GE. Treatment with potassium bicarbonate lowers calcium excretion and bone resorption in older men and women. *Journal of Clinical Endocrinology and Metabolism* 2009;94:96-102.
 41. **Castaneda-Sceppa C**, Bermudez OI, Wanke C, Forrester JE. Predictors of insulin resistance among Hispanic adults infected with or at risk of infection with the human immunodeficiency virus and hepatitis C virus. *Journal of Viral Hepatology* 2008;15:878-887.
 42. *Layne JE, *Sampson SE, Mallio CJ, Hibberd PL, Griffith JL, Das SK, Flanagan, WJ, **Castaneda-Sceppa C**. Successful dissemination of a community-based strength training program for older adults by peer and professional leaders. *Journal of the American Geriatrics Society* 2008;56:2323-2329. †
 43. Pikosky MA, Smith TJ, Grediagin A, **Castaneda-Sceppa C**, Byerley L, Glickman EL, Young AJ. Increased protein maintains nitrogen balance during exercise-induced energy deficit. *Medicine and Science in Sports and Exercise* 2008;40(3):505-512.
 44. *Chen JT, Lerner D, Ruthazer R, **Castaneda-Sceppa C**, Levey AS. Association of physical activity with mortality in chronic kidney disease. *Journal of Nephrology* 2008;21:243-252.
 45. *Brooks N, Cloutier GC, *Cadena SM, *Layne JE, Nelsen CA, Freed AM, Roubenoff R, **Castaneda-Sceppa C**. Resistance training and timed essential amino acids protect against
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- the loss of muscle mass and strength during 28 days of bed rest and energy deficit. *Journal of Applied Physiology* 2008;105(1):241-248. †
46. *Schroeder ET, **Castaneda-Sceppa C**, Wang Y, Binder E, Kawakubo M, Stewart Y, Storer T, Roubenoff R, Bhasin S, Yarasheski KE, Sattler FR, Azen SP. Hormonal Regulators of Muscle and Metabolism in Aging (HORMA): design and conduct of a complex, double masked multicenter trial. *Clinical Trials* 2007;4(5):560-571. †
47. **Castaneda-Sceppa C**, Sarnak MJ, Wang X, Greene T, Madero M, Kusek JW, Beck G, Collins AJ, Kopple JD, Levey A, Manon V. Role of the adipose tissue in determining muscle mass in patients with chronic kidney disease. *Journal of Renal Nutrition* 2007;17(5):314-322.
48. *Madero M, Sarnak MJ, Wang X, **Castaneda-Sceppa C**, Greene T, Beck GJ, Kusek JW, Collins AJ, Levey AS, Menon V. Body mass index and mortality in chronic kidney disease. *American Journal of Kidney Disease* 2007;50(3):404-411.
49. *Schroeder ET, Wang Y, **Castaneda-Sceppa C**, Cloutier G, *Vallejo AF, Kawakubo M, Jensky NE, Coomber S, Azen SP, Sattler FR. Reliability of maximal voluntary muscle strength and power testing in older men. *Journal of Gerontology* 2007;62(5):543-549.
50. *Brooks N, *Layne JE, *Gordon PL, Roubenoff R, Nelson ME, **Castaneda-Sceppa C**. Strength training improves muscle quality and insulin sensitivity in Hispanic older adults with type 2 diabetes. *International Journal of Medical Sciences* 2006;4(1):19-27. †
51. *Gordon PL, Vannier E, Hamada K, Witsell A, *Layne JE, Hurley BF, Roubenoff R, **Castaneda C**. Effects of resistance training on cytokine gene expression in skeletal muscle of older adults with type 2 diabetes. *International Journal of Immunopathology & Pharmacology* 2006;19(4):487-497. †
52. Castaneda F, *Layne JE, **Castaneda C**. Skeletal muscle sodium glucose co-transporters in older adults with type 2 diabetes undergoing resistance training. *International Journal of Medical Sciences* 2006;3(3):84-91. †
53. **Castaneda C**, *Janssen I. Ethnic comparisons of low skeletal muscle mass and obesity in diabetes. *Ethnicity and Disease* 2005;15(4):664-670.
54. **Castaneda C**, *Gordon PL, Parker R, Uhlin KL, Roubenoff R, Levey AS. Resistance Training to reduce the malnutrition-inflammation complex syndrome of chronic kidney disease. *American Journal of Kidney Disease* 2004; 43(4):607-616. †
55. Nelson ME, *Layne J, *Bernstein M, Nuernberger A, **Castaneda C**, *Kaliton D, Hausdorff J, Judge J, Buchner DM, Roubenoff R, Fiatarone Singh MA. The effects of multi-dimensional home based exercise on functional performance in the elderly. *Journal of Gerontology* 2004;59A(2):154-160.
56. **Castaneda C**, *Layne J, Munoz-Orians L, *Gordon PL, *Walsmith J, Foldvari M, Roubenoff R, Tucker KL, Nelson M. A randomized control trial of progressive resistance exercise training in older adults with type 2 diabetes. *Diabetes Care* 2002;25(12):2335-2341. †
57. *Bernstein MA, Nelson ME, Tucker KL, *Layne J, Johnson E, Neurenberger A, **Castaneda C**, Judge JO, Buchner D, Fiatarone Singh MA. Home-based nutrition intervention to increase consumption of fruits, vegetables and calcium-rich foods in community dwelling elders. *Journal of the American Dietetic Association* 2002;102:1421-1427.
58. *Bathalon GP, *Hays NP, McCrory MA, *Vinken AG, Tucker KL, Greenberg, AS, **Castaneda C**, Roberts S. The energy expenditure of postmenopausal women classified as restrained or unrestrained eaters. *European Journal of Clinical Nutrition* 2001;55:1059-1067.
59. **Castaneda C**, *Gordon PL, Uhlin KL, Levey AS, Kehayias JJ, Dwyer JT, Roubenoff R, Fielding RA, Fiatarone Singh, MA. Resistance training to counteract the catabolism of a low protein diet in patients with chronic renal insufficiency. A randomized, controlled trail. *Annals of Internal Medicine* 2001;135 (11):965-976. †
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60. **Castaneda C**, Bermudez OI, Tucker KL. Protein nutritional status and function are associated with type 2 diabetes in Hispanic elders. *American Journal of Clinical Nutrition* 2000;72:89-95.
 61. Tucker KL, Bermudez O, **Castaneda, C**. Type 2 diabetes is prevalent and poorly controlled among Caribbean origin Hispanic elders. *American Journal of Public Health* 2000;90:1288-1293.
 62. **Castaneda C**, *Gordon PL, Fielding RA, Evans WJ, Crim MC. Marginal protein intake results in reduced plasma IGF-I levels and skeletal muscle fiber atrophy in elderly women. *Journal of Nutrition Health and Aging* 2000;4(2):85-90. †
 63. Foldvari M, Clark M, Lavolette LC, *Bernstein MA, *Kaliton D, **Castaneda C**, *Pu CT, Hausdorff JM, Fielding RA, Fiatarone Singh MA. Association of muscle power with functional status in community-dwelling elderly women. *Journal of Gerontology* 2000;55A(4):M192-M199.
 64. Johnson, EJ, Hammond BR, Yeum K-J, Qin J, Wang XD, **Castaneda C**, Snodderly M, Russell, RM. Relation among serum and tissue concentrations of lutein and zeaxanthin and macular pigment density. *American Journal of Clinical Nutrition* 2000;71:1555-1562.
 65. King JE, Mazariegos M, Valdez C, **Castaneda C**, Solomons NW. Nutritional status indicators and their interactions among rural Guatemalan elderly. An ecological study in San Pedro Ayampuc. *American Journal of Clinical Nutrition* 1997;66:795-802. †
 66. Prior RL, Crim MC, **Castaneda C**, Lammi-Keefe C, Dawson-Hughes B, Rosen CJ, Spindler AA. Conditions altering plasma concentrations of urea cycle and other amino acids in elderly subjects. *Journal of the American College of Nutrition* 1996;15(3):237-247.
 67. **Castaneda C**, Charnley JM, Evans WJ, Crim MC. Elderly women accommodate to a low protein diet with losses of body composition, muscle function, and immune response. *American Journal of Clinical Nutrition* 1995;62:30-39. †
 68. **Castaneda C**, Dolnikowski GG, Dallal GE, Evans WJ, Crim MC. Protein turnover and energy metabolism of elderly women chronically fed a low protein diet. *American Journal of Clinical Nutrition* 1995;62:40-48. †
 69. Boisvert WA, **Castaneda C**, Mendoza I, Langeloh G, Solomons NW, Gershoff SN, Russell RM. Prevalence of riboflavin deficiency among Guatemalan elderly people and its relationship to milk intake. *American Journal of Clinical Nutrition* 1993;58:85-90. †
 70. Boisvert WA, Mendoza I, **Castaneda C**, Portocarrero L, Solomons NW, Gershoff SN, Russell RM. Riboflavin requirement of healthy elderly humans and its relationship to macronutrient composition of the diet. *Journal of Nutrition* 1993;123:915-925. †
 71. Bulux J, Carranza E, **Castaneda C**, Solomons NW, Sokoll LJ, Morrow FD, Russell RM. Studies on the application of the relative-dose-response (RDR) test for assessing vitamin A status in older adults. *American Journal of Clinical Nutrition* 1992;56:543-7.

Refereed Original Articles In Review/Preparation

(* indicates student/fellow author; † indicates lead/senior role in primary data collection)

1. Seif El-Nasr M, Durga S, Shiyko M, **Castaneda-Sceppa C**. Unpacking Adherence and Engagement in Persuasive Health Games. *Foundations of Digital Games*.
2. **Castaneda-Sceppa C**, Castaneda F. Resistance training modulates the expression of genes involved in glucose transport and oxidative reactions in skeletal muscle in type 2 diabetes. *Diabetes*. †
3. **Castaneda-Sceppa C**, Bhaumik U, *Agrawal T, Carter S, Ahl M, Healey C, Nethersole S,

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- Hoffman J. Using a walk challenge to promote physical activity among preschool staff and parents/caregivers. *Medicine and Science in Sports and Exercise*. †
- *Agrawal T, Devine C, Wirth C, **Castaneda-Sceppa C**, Hoffman J. “A lesson” or “a hassle:” environmental contexts linked to participant experiences with and motivations to join a community-based fresh fruit and vegetable access program. *Journal of Hunger and Environmental Nutrition*.
 - Binder EF, *He J, Bhasin S, **Castaneda-Sceppa C**, Schroeder ET, Roubenoff R, Yarasheski KE, Azen SP, Sattler, FR. Effects of Testosterone with and without Growth Hormone Supplementation on Bone Markers and Bone Mineral Density in Healthy Older Men. *Calcified Tissue International*.
 - *Jiaxiu He J, Yarasheski K, Bhasin S, **Castaneda-Sceppa C**, Binder T, Schroeder T, Azen S, Sattler F. Effects of Acute Androgen Deprivation on Skeletal Muscle Protein Synthesis and Breakdown. *Journal of Clinical Nutrition*.

Refereed Position Statements, Technical Reports, Reviews, and Editorials

(* indicates student/fellow author; † indicates lead/senior role in primary data collection)

- Castaneda-Sceppa C**, Castaneda F. Sodium-dependent glucose transporter protein as a potential therapeutic target for improving glycemic control in diabetes. *Nutrition Reviews* 2011;69(12):720–729. †
- Michael W. Rich MW, Mensah GA, and the PRICE-V Investigators. Fifth Pivotal Research in Cardiology in the Elderly (PRICE-V) Symposium: Preventive Cardiology in the Elderly—Executive Summary. Part II: Afternoon Session. *Geriatric Cardiology* 2010: doi: 10.1111/j.1751-7141.2009.00047.x.
- *Sawyer K, **Castaneda-Sceppa C**. Impact of physical activity on cardiovascular and non-cardiovascular outcomes: Is anyone ever too old to exercise? *Aging Health* 2010;6:251-260.
- Castaneda-Sceppa**. Amino acids, in nutrition and metabolism. *Encyclopedia of Lifestyle Medicine and Health*. 2010.
- Nelson ME, Rejeski WJ, Blair SN, Duncan PW, Judge JO, King AC, Macera CA, **Castaneda-Sceppa C**. Physical activity and public health in older adults: Recommendation from American College of Sports Medicine and the American Heart Association. *Circulation* 2007;116(9):1094-1105.
- Nelson ME, Rejeski WJ, Blair SN, Duncan PW, Judge JO, King AC, Macera CA, **Castaneda-Sceppa C**. Physical activity and public health in older adults: Recommendation from American College of Sports Medicine and the American Heart Association. *Medicine and Science in Sports and Exercise* 2007;39(8):1435–1445.
- Sigal RJ, Kenny GP, Wasserman DH, **Castaneda-Sceppa C**, White RD. Physical Activity/Exercise and Type 2 Diabetes: A consensus statement from the American Diabetes Association. *Diabetes Care* 2006;29(6):1433-1438.
- Sigal RJ, Kenny GP, Wasserman DH, **Castaneda-Sceppa C**. Physical Activity/exercise and type 2 diabetes: Technical review. *Diabetes Care* 2004;27(10):2518-2539. †
- Castaneda C**. Muscle wasting and protein metabolism. *Journal of Animal Science* 2002;80 (Suppl 2):E98-105.
- Roubenoff R, **Castaneda C**. Editorial. Understanding the dynamics of aging muscle. *Journal of the American Medical Association* 2001;286(10):1230-1231.
- Beaufrère B, **Castaneda C**, de Groot L, Kurpad A, Roberts S, Tessari P. Report of the IDECG working group on energy and macronutrient metabolism and requirements of the elderly. *European Journal of Clinical Nutrition* 2000;54(Suppl 3):S162-S163.

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12. **Castaneda C**, *Grossi L, Dwyer JT. Potential benefits of resistance exercise training on nutritional status in renal failure. A Review. *Journal of Renal Nutrition* 1998;8(1):2-10. †

Non-Referred Abstracts and Reviews

(* indicates student/fellow author; † indicates lead/senior role in primary data collection)

1. *Ashwini R, *Saksono H, Parker A, Hoffman J, *Kamarthi G, Wirth C, **Castaneda-Sceppa C**. Spaceship Launch: A Community-Driven technology intervention promoting physical activity in a low-income, minority neighborhood. *Northeastern University Research Expo*, Boston, MA, April 10, 2014.
2. *Kenny H, *Smileye J,*DuBois M,*Thomas J, *Larracuenta M, Agrawal T, Hoffman J, **Sceppa C**. Healthy Kids, Healthy Futures: A multilevel approach to prevent obesity. *Northeastern University Research Expo*, Boston, MA, March 25, 2010.
3. *Layne JE, *Sampson S, *Thomas J, *Milton H, Mallio CJ, **Sceppa C**. The People Exercising Program, dissemination of a community-based group exercise program for older adults through exercise leadership training and certification. *Northeastern University Research Expo*, Boston, MA, March 26, 2009. †
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Refereed Abstracts

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Thesis Monographs

1. **Castaneda C**. Adaptation to Marginal Dietary Protein Intakes in Elderly Women. An unpublished thesis in partial fulfillment for the degree of Doctor of Philosophy, School of Nutrition Science and Policy, Tufts University, 1994.
2. **Castaneda C**. Prevalence of Retinoblastoma among Urban Children in Guatemala. An unpublished thesis in partial fulfillment for the degree of Licenciata as Physician and Surgeon, Francisco Marroquin University, Guatemala City, Guatemala, 1987.

Media Featuring Scholarship

Muscle Health – role of Nutrition and Exercise:

<http://www.northeastern.edu/tomorrow/healthcare-delivery/carmen-sceppa-redefines-exercise>
<http://www.northeastern.edu/magazine/the-future-of-healthy-aging/>
<http://nutrition.tufts.edu/news/notes/2006-03.html>
<http://www.ars.usda.gov/is/AR/archive/may05/sarco0505.htm>
<http://www.ars.usda.gov/is/pr/2002/020412.htm>
http://www.thedoctorwillseeyounow.com/articles/nutrition/protein_2

Student Training and Mentoring

<http://www.northeastern.edu/insolution/other/2012/11/middle-school-comes-to-college/>

Northeastern University – Interdisciplinary Translational Research

<http://www.northeastern.edu/news/stories/2012/02/sceppa.html>
<http://www.northeastern.edu/news/stories/2012/01/squid.html>
<http://www.thebostonchannel.com/video/29837712/detail.html>
<http://www.northeastern.edu/news/stories/2009/05/scepparesearch.html>
<http://www.northeastern.edu/voice/pdfs/090515/page6-7.pdf>

Community Partnerships (Health Disparities Translational Research):

<http://www.northeastern.edu/news/2012/07/taking-a-community-based-approach-to-health/>
http://www.northeastern.edu/news/stories/2010/05/NIH-Tucker_grant.html
<http://www.northeastern.edu/voice/pdfs/0521Voice.pdf>
<http://www.northeastern.edu/news/stories/2009/05/scepparesearch.html>
<http://www.northeastern.edu/voice/pdfs/090515/page6-7.pdf>

Family Gym – <http://www.northeastern.edu/healthykids/for-families/>

Boston Neighborhood Network:

<https://www.youtube.com/watch?v=AdaBgxSVPUc&feature=youtu.be>
Olympics: <https://www.dropbox.com/sh/70h6gui9p0ghzld/1lu6grNDc9>
<http://www.northeastern.edu/news/2009/06/open-gym/>
<http://vimeo.com/34619139>
http://www.cityofboston.gov/cable/video_library.asp?id=2342

Healthy Kids Healthy Futures – <http://www.northeastern.edu/healthykids>

<http://www.northeastern.edu/news/2013/05/head-start/>
<http://www.northeastern.edu/insolution/technology/2013/03/parker/>
http://www.northeastern.edu/servicelearning/pdfs/April_2012_Service-Learning_Newsletter.pdf
<http://www.northeastern.edu/news/stories/2011/06/sceppa.html>
<http://www.baystatebanner.com/health22-2011-04-28>
<http://wbztv.com/centro/WBZ.TV4.Centro.2.1022458.html>
<http://www.northeastern.edu/news/2009/04/healthykidshealthyfutures/>

Participatory Community-Based Exercise Program for Older Adults:

http://tuftsjournal.tufts.edu/archive/2004/january/features/living_well.shtml
<http://nutrition.tufts.edu/magazine/2003fall/strongliving.html>

Nutrition, Culture and Disease:

<http://www.ars.usda.gov/is/AR/archive/apr03/nutr0403.htm>

<http://www.ars.usda.gov/is/pr/2000/000921.htm>

Resistance Training Benefits in Older Hispanic Adults with Type 2 Diabetes:

<http://nutrition.tufts.edu/news/notes/2005-05.html>

<http://nutrition.tufts.edu/feature/hispanic.shtml>

<http://www.ars.usda.gov/is/pr/2002/021218.htm>

Resistance Training Benefits in People with Chronic Kidney Disease:

<http://nutrition.tufts.edu/news/notes/2004-08.html#kidney>

http://nutrition.tufts.edu/news/notes/2002-01.html#kidney_disease

SERVICE TO THE DISCIPLINE/PROFESSION

Adjunct Appointments

- 2013 – 2014 **Adjunct Professor of Health Sciences**
City University London, London, UK
- 2007 – **Adjunct Associate Professor of Nutrition**
Friedman School of Nutrition Science and Policy, Tufts Univ., Boston, MA

Committees

- 2015 – Member, Aging in Public Health Council, Association of Schools and
Programs of Public Health (ASPPH)
- 2014 – 2016 Chair, Aging & Chronic Disease Research Interest Section (RIS), American
Society for Nutrition (ASN)
- 2012 – 2014 Chair-Elect, Aging & Chronic Disease Research Interest Section (RIS),
American Society for Nutrition (ASN)
- 2013 – 2014 Past-Chair, Planning Committee, Network of Minority Research
Investigators (NMRI), National Institute of Diabetes and Digestive and
Kidney Diseases (NIDDK), Washington, DC
- 2012 – 2013 Chair, Planning Committee, Network of Minority Research
Investigators (NMRI), National Institute of Diabetes and Digestive and
Kidney Diseases (NIDDK), Washington, DC
- 2011 – 2012 Chair-Elect, Planning Committee, Network of Minority Research
Investigators (NMRI), National Institute of Diabetes and Digestive and
Kidney Diseases (NIDDK), Washington, DC
- 2011 – 2012 Chair, Intervention Working Group, Centers for Population Health and
Health Disparities, National Heart Lung and Blood Institute (NHLBI) and the
National Cancer Institute (NCI)
- 2010 – 2012 Member, Planning Committee, Network of Minority Research
Investigators (NMRI), National Institute of Diabetes and Digestive and
Kidney Diseases (NIDDK), Washington, DC
- 2004 – Member, Network of Minority Research Investigators (NMRI), National
Institute of Diabetes and Digestive and Kidney Diseases (NIDDK),
Washington, DC
- 2004 – American Diabetes Association Council on Exercise
- 2003 – Faculty, W.B. Schwartz Research Training Program Division of Nephrology,
Tufts Medical Center, Boston, MA

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- 2002 – 2005 Committee on Professional Nutrition Education, American Society for
Clinical Nutrition
- 2000 – 2004 Diversity in Medicine Committee, Massachusetts Medical Society,
Waltham, MA

Data Safety Monitoring Board (DSMB)

- 2014 – National Institute on Aging, Division of Geriatrics and Clinical Gerontology,
Clinical trial: NCT02145949

Grant Review

- 2015 – National Heart Lung and Blood Institute (NHLBI) Special Emphasis Panel
(SEP): Mentored Career Development Award to Promote Faculty Diversity in
Biomedical Research (K01) - RFA-HL-16-006
- 2014 – U.S. Army and the Army Medical Research and Material Command
- 2014 – The British Diabetic Association, Diabetes UK
- 2013 The John A Hartford Foundation Center of Geriatric Nursing Excellence.
Review on “*Evidence Based Guidelines on Progressive Resistance Training
in the Older Adults*”
- 2013 Maryland Industrial Partnerships Program (MIPS), University of Maryland
on “*Muscle Recovery with Fifth Quarter Fresh*”
- 2012 NIH Review 2012/08 ZRG1 BBBP-E (53) R - NIH Director's Early
Independence Award
- 2009 – Brookdale Leadership in Aging Fellowship Program
- 2008 Diabetes Australia Research Trust (DART)
- 2007 Scottish Executive Health Department
- 2005 Ah Hoc Reviewer, National Space Biomedical Research Institute

Abstract Review

- 2008 – American Society for Nutrition (ASN)
- 2004 – European Society for Parenteral and Enteral Nutrition (ESPEN) Annual
Meeting

Editorial

Editorial Board Member:

- 2013 – Journal of Aging and Health
- 2014 – 2016 Journal of Epidemiology and Preventive Medicine

Journal Review:

- | | |
|---|--|
| Applied Physiology | Applied Physiology |
| Nutrition and Metabolism | American Journal of Clinical Nutrition |
| American Journal of Kidney Disease | American Journal of Physiology |
| British Journal of Nutrition | Clinical Rehabilitation |
| Diabetes Care | Journal of Aging and Health |
| Journal of Aging and Physical Activity | Journal of Aging Research |
| Journal of Applied Physiology | Journal of Clinical Endocrinology and Metabolism |
| Journal of Metabolism and Endocrinology | Journal of Nephrology |

Journal of Nutrition
Journal of Physical Activity and Health
Medicine Science in Sports and Exercise
Nutrition

Journal of Nutritional Biochemistry
Journal of the American Geriatrics Society
Nephrology Dialysis Transplantation
Nutrition Research

SERVICE TO THE COMMUNITY/PUBLIC

- 2013 – Advisory Committee, Epidemiology, Health & Fitness Group, Cambridge Public Health Department (CPHD), Cambridge, MA
- 2013 – 2014 Advisory Committee, the Puerto Rico Testsite for Exploring Contamination Threats (PROTECT) Center, Puerto Rico
- 2011 – Advisory Committee, FriendshipWorks, Boston, MA
- 2011 – Advisory Committee, Heart Disease and Stroke Prevention and Control Program, Bureau of Community Health Access and Promotion, Massachusetts Department of Public Health, Boston, MA
- 2009 – 2011 Advisory Committee, Community Health Education and Literacy Program (CHELP). Center for Community Health Education Research and Service (CCHERS), Boston, MA
- 2009 – Advisory Committee, ABCD Head Start Citywide Health Services, Boston, MA
- 2002 – Healthcare Advisory Group, MA, Cardiovascular Health Initiative, Massachusetts Public Health Association, Boston, Boston, MA
- 2001 – 2003 Outreach Workers Elder Health Education and Training, Boston Public Health Commission, Boston, MA
- 1998 – 2007 Member, Latin American Health Public Council, Boston Public Health Commission, Boston, MA
- 1998 – Member, Multicultural Coalition on Aging, Boston, MA

PROFESSIONAL ORGANIZATIONS

- 2011 – American College of Sports Medicine (ACSM)
- 2004 – Network of Minority Research Investigators (NMRI), National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)
- 2001 – American Diabetes Association and ADA’s Council on Exercise (ADA)
- 1999 – Researchers against Inactivity Related Diseases (RID)
- 1999 – Massachusetts Public Health Association (MAPH)
- 1997 – Gerontological Society of America (GSA)
- 1994 – American Society for Nutrition (ASN)
- 1994 – Society of International Nutrition Research (SINR)
- 1987 – College of Physicians and Surgeons of Guatemala