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EDUCATION

- 03/92-02/00 **B.A., German Language and Literature.** Department of German Language & Literature, College of Liberal Arts, Hanyang University, South Korea.
- 03/02-02/04 **M.S., Clinical Exercise Physiology & Sports Medicine.** Department of Physical Education, College of Education, Seoul National University, South Korea. Thesis: "*The effects of exercise and nutrition education on the components of metabolic syndrome and physical fitness*"
- 03/04-08/07 **Ph.D., Physical Activity Epidemiology.** Department of Physical Education, College of Education, Seoul National University, South Korea. Dissertation: "*A cohort study of exercise effect on chronic diseases – focusing on hypertension, diabetes, hyperlipidemia, and obesity*" in over 650,000 Korean adults from the Korean National Health Insurance Database.
- 11/07-07/12 **Post Doctoral Research Fellow, Physical Activity Epidemiology.** Department of Exercise Science, Arnold School of Public Health, University of South Carolina. (Mentor: Dr. Steven N. Blair)

PROFESSIONAL EXPERIENCE / SERVICE

Positions and Employment

- 01/94-03/96 Military service, South Korean Army
- 08/00-02/02 Exercise Specialist (*International Youth Sports Center and Sports Club Green Hill* in South Korea)
- 05/02-Present South Korea National Coordinator (InterFuture, International Education Organization in U.S.A)
- 03/03-02/05 Research Project Manager, Sports Medicine and Physical Activity Epidemiology Lab, Seoul National University, South Korea
- 01/03-12/05 Lecturer in the National Public Health Centers in South Korea: Exercise and Chronic Diseases Prevention
- 02/04-12/05 Lecturer in the Personal Trainer Certificate Course (Weight Training Methodology) at Korea Strength & Conditioning Association
- 09/04-06/07 Lecturer in Seoul National University, Kyung-won University, and Hoseo University in South Korea.
- 12/05-06/07 Health Promotion Project Committee Member, the National Public Health Center (Jungrang-gu), South Korea
- 08/12-Present Research Consultant, Department of Exercise Science, Arnold School of Public Health, University of South Carolina
- 01/13-12/16 Courtesy Appointment, Department of Food Science and Human Nutrition, College of Human Sciences, Iowa State University
- 08/12-06/17 Assistant Professor, Department of Kinesiology, College of Human Sciences, Iowa State University
- 07/17-Present Associate Professor, Department of Kinesiology, College of Human Sciences, Iowa State University

Certifications / Training

- 08/98 Life Sports Instructor License: Bodybuilding (Korea Ministry of Culture & Tourism)
- 09/04 Certificate of Athletic Trainer (The Korean Society of Sports Medicine)
- 06/05 Fitness Specialist for Older Adults (The Cooper Institute, Texas, US)
- 06/06 Certified Exercise Specialist (Korean Exercise Instruction Association)
- 06/06 Certified Strength & Conditioning Specialist (CSCS, US National Strength and Conditioning Association)
- 09/09 Physical Activity and Public Health Research Course (US Centers for Disease Control and Prevention & University of South Carolina)
- 07/10 The 36th Ten-Day Seminar on the Epidemiology and Prevention of Cardiovascular Disease (American Heart Association)

Honors / Awards

- 03/92 Baeknam Academic Award (4-year undergraduate free tuition and free dormitory boarding, \$24,000). Hanyang University.
- 11/98 College of Liberal Arts Undergraduate Thesis Presentation Award (first place, \$500). Hanyang University.
- 06/05-07/05 Study Abroad Award (visited Texas A&M University) (\$3,000). Seoul National University.
- 07/10 Travel Stipend, The 36th Ten-Day Seminar on the Epidemiology and Prevention of Cardiovascular Disease (\$500). American Heart Association.
- 03/15 “*Top Ten Publication Award*” for the first author paper titled “Leisure-time running reduces all-cause and cardiovascular mortality risk” published in *JACC. Lifestyle and Cardiometabolic Health Council.* American Heart Association.
- 04/15 “*Early Achievement in Research Award*”. College of Human Sciences. Iowa State University.
- 04/16 Fellow of the American College of Sports Medicine (FACSM). American College of Sports Medicine.
- 04/17 Early tenure and promotion to Associate Professor. Iowa State University.
- 06/17 “*Atlas Award*,” international research award for a better world for the paper titled “Running as a key lifestyle medicine for longevity” published in *Progress in Cardiovascular Diseases* in 2017. This article was selected from over 35,000 published research articles around the world in May 2017 in over 2,500 science and medical journals such as *Lancet, JACC, Mayo Clinici Proceedings.* Elsevier.
- 06/20 “*Paper of the Year*” award for the journal *Medicine & Science in Sports & Exercise* for the corresponding author paper titled “Associations of resistance exercise with cardiovascular disease morbidity and mortality” published in 2019. American College of Sports Medicine.

University Committees and Services

- 2012-2013 Faculty Search Committee member for the Tenure-track assistant professor position in Kinesiology, Department of Kinesiology, Iowa State University
- 2012-2014 Graduate Executive Committee member, Department of Kinesiology, Iowa State University
- 2013-2014 Faculty Search Committee member for the Tenure-track assistant professor position in Physical Activity and Health, Department of Kinesiology, Iowa State University
- 2013-2014 Ad hoc committee member to review the current status of the “Community and Public Health” option, and offer suggestions for future directions for the option, Department of Kinesiology, Iowa State University

2013-2014	International Committee member, College of Human Sciences, Iowa State University
2014-2015	Kinesiology Department Building Renovation Project committee member, Department of Kinesiology, Iowa State University
2013-2017	Executive Committee member, Department of Kinesiology, Iowa State University
2016-2017	Outcomes Assessment and Continuous Improvement Plan Committee <u>Chair</u> , Department of Kinesiology, Iowa State University
2016-2017	Faculty Search Committee member for two Tenure-track assistant professor positions in “Physical Activity and Health” and “Kinesiology”, Department of Kinesiology, Iowa State University
2015-2018	Social Committee member, Department of Kinesiology, Iowa State University
2017-2018	Pease Family Scholar Committee member, Department of Kinesiology, Iowa State University
2017-2020	Evaluation and Governance Committee member (<u>Chair</u> in 2019-2020), Department of Kinesiology, Iowa State University
2018-2020	Appeals Committee member, Department of Kinesiology, Iowa State University
2019-2020	Faculty Search Committee member for a Tenure-track assistant professor positions in “Physical Activity and Health”, Department of Kinesiology, Iowa State University
2019-2020	Kinesiology Representative to the ISU IRB, Department of Kinesiology, Iowa State University
2017-Present	Pease Family Scholar Committee member, Department of Kinesiology, Iowa State University
2017-Present	Promotion and Tenure Committee member, Department of Kinesiology, Iowa State University
2015-Present	Data Driven Science Initiative (DDSI) Faculty Steering Committee, Iowa State University (University committee to support President’s vision for Big Data)
2013-Present	Adviser, Korean Language Club (University Student Organization), Iowa State University

Professional Affiliations

1. American College of Sports Medicine, Member: 2005~; Fellow: 2016~.
2. American Heart Association, Member: 2008~.
3. US National Strength and Conditioning Association, Member: 2006~2014.
4. The Obesity Society, Member: 2009~2011.
5. American Public Health Association, Member: 2013~2014.
6. North American Artery Society, Member: 2014~2017.

Invited Journal Review (in alphabetical order. Selected major journals)

- American Journal of Epidemiology
- Annals of Internal Medicine
- British Journal of Sports Medicine
- British Medical Journal (BMJ)
- Circulation
- Diabetes
- Diabetes Research and Clinical Practice
- Hypertension
- Journal of Epidemiology
- Journal of Physical Activity and Health

- Journal of Sports Science and Medicine
- Journal of the American College of Cardiology (JACC)
- Journal of the American Medical Association (JAMA)
- Mayo Clinic Proceedings
- Medicine and Science in Sports and Exercise
- Obesity
- Pediatrics
- PLOS ONE

Invited Grant Review

- Swiss National Science Foundation. Peer Review Panel Member. 2016.
- National Institutes of Health (NIH). *Neurological, Aging, and Musculoskeletal Epidemiology (NAME)* Study Section. Peer Review Panel Member (ad hoc reviewer). Arlington, VA, October 19-20, 2017. Total 46 out of 90 applications were discussed.
- National Institutes of Health (NIH). Special Emphasis Panel on “Integrated Metabolic Topics” [ZRG1-EMNR-B(02)M] study section. Reviewer. November 2nd, 2018. Total 13 applications were discussed.
- National Institutes of Health (NIH). *Biomedical Computing and Health Informatics (BCHI)* Study Section. Peer Review Panel Member (ad hoc reviewer). Seattle, WA, June 26-27, 2019. Total 55 out of 102 applications were discussed.

Data Safety and Monitoring Board

- WalkIT: Neighborhood walkability and moderation of adaptive walking interventions (R01CA198915. Project period: 8.1.2015-7.31.2020. PI: Marc A. Adams).

External Tenure and Promotion Reviewer

- Oregon State University. College of Public Health and Human Sciences. School of Biological and Population Health Sciences.

RESEARCH

Web of Science **H-Index=30** since 2009 (as of Dec. 30, 2019)

Lee has 10 papers with greater than 100 citations per paper (5 as first author). The total number of non-self citations is 3,745 (over 650 times cited last year in 2019).



Referred Journal Publications (In chronological order. *Indicates mentored graduate student or postdoctoral fellow)

2005-2008 (In South Korea)

1. Kim KB, Hong GD, **Lee DC**, Lee SW, Jun TW. Estimation of one repetition maximum by anthropometric measurements in weight training beginners. *Exercise Science*. 2005;14(4):495-504.
2. Park IR, Kim CH, **Lee DC**, Park GS, Lim WG. The effect of weight reduction on exercise capacity and physiological changes. *Korea Strength and Conditioning Journal*. 2005;2(1):9-18.
3. **Lee DC**, Kim YS, Park IR. Metabolic syndrome and exercise. *Korea Strength and Conditioning Journal*. 2005;2(1):31-51.
4. Park SM, Kim YS, **Lee DC**. The effects of seated exercise for 12 weeks on the physical fitness and blood lipids in arthritis elderly women. *Korean Journal of Sport Science*. 2005;16(2):74-84.
5. Kim YS, Park KD, Kang HJ, **Lee DC**, Lee JH, Kwon HS, Yoon KH, Lee WC, Son HY. The effects of exercise and nutrition education on insulin resistance, cardiopulmonary function and body composition in metabolic syndrome. *Korean Journal of Sport Science*. 2005;16(2):54-63.
6. **Lee DC**, Koh MY, Kim YS, Gang HJ. Correlation between cardiorespiratory fitness measured by step test and HbA1c, blood pressure and blood lipids in type II diabetic patients. *Korean Journal of Sport Science*. 2006;17(4):28-36.
7. **Lee DC**. Physical activity and vascular inflammatory response in stroke patients. *Korea Strength and Conditioning Journal*. 2006;3(3):59-72.
8. Um HD, **Lee DC**, Lee SY, Kim YS. A prospective cohort study of exercise and the incidence of Type 2 diabetes in impaired fasting glucose group. *Journal of Preventive Medicine and Public Health*. 2008;41(1):45-50.

2009 (since post doctoral fellow in the US)

9. Chase NL, Sui X, **Lee DC**, Blair SN. The Association of Cardiorespiratory fitness and physical activity with incidence of hypertension in men. *Am J Hypertens*. 2009;22(4):417-24.
10. **Lee DC**, Sui X, Church TS, Lee IM, Blair SN. Associations of cardiorespiratory fitness and obesity with risks of impaired fasting glucose and type 2 diabetes in men. *Diabetes Care*. 2009;32(2):257-62.
11. **Lee DC**, Sui X, Blair SN. Does physical activity ameliorate the health hazards of obesity? *Br J Sports Med*. 2009;43(1):49-51.

12. Ruiz JR, Sui X, Lobelo F, **Lee DC**, Morrow JR Jr, Jackson AW, Hébert JR, Matthews C, Sjöström M, Blair SN. Muscular strength and adiposity as predictors of adulthood cancer mortality in men. *Cancer Epidemiol Biomarkers Prev.* 2009;18(5):1468-76.

2010

13. Ortega FB, **Lee DC**, Sui X, Kubzansky LD, Ruiz JR, Baruth M, Castillo MJ, Blair SN. Psychological well-being, cardiorespiratory fitness, and long-term survival. *Am J Prev Med.* 2010;39(5):440-8.
14. **Lee DC**, Artero EG, Sui X, Blair SN. Mortality trends in the general population: the importance of cardiorespiratory fitness. *J Psychopharmacol.* 2010;24(4 Suppl):27-35.
15. Sui X, **Lee DC**, Matthews CE, Adams SA, Hébert JR, Church TS, Lee CD, Blair SN. The influence of cardiorespiratory fitness on lung cancer mortality: Findings from the Aerobics Center Longitudinal Study. *Med Sci Sports Exerc.* 2010;42(5):872-8.
16. Mertz K, **Lee DC**, Sui X, Powell KE, Blair SN. Falls among adults: the association of cardiorespiratory fitness and physical activity with walking-related falls. *Am J Prev Med.* 2010;39(1):15-24.
17. Mitchell JA, Bornstein DB, Sui X, Hooker SP, Church TS, Lee CD, **Lee DC**, Blair SN. The impact of combined health factors on cardiovascular disease mortality. *Am Heart J.* 2010;160(1):102-8.
18. Jackson A, **Lee DC**, Sui S, Morrow JR, Church TS, Maslow AL, Blair SN. Muscular strength is inversely related to prevalence and incidence of obesity in adult Men. *Obesity (Silver Spring).* 2010;18(10):1988-95.
19. Ortega FB, **Lee DC**, Sui X, Ruiz JR, Cheng YJ, Church TS, Miller CC, Blair SN. Cardiorespiratory fitness, adiposity and incident asthma in adults. *J Allergy Clin Immunol.* 2010;125(1):271-3.e1-5.
20. Héroux M*, Janssen I, Lam M, **Lee DC**, Hébert JR, Sui X, Blair SN. Dietary patterns and the risk of mortality: impact of cardiorespiratory fitness. *Int J Epidemiol.* 2010;39(1):197-209.
21. Sieverdes JC, Sui X, **Lee DC**, Church TS, McClain A, Hand GA, Blair SN. Physical activity, cardiorespiratory fitness, and the incidence of type 2 diabetes in a prospective study of men. *Br J Sports Med.* 2010;44(4):238-44.

2011

22. Sui X, Lavie CJ, Hooker SP, **Lee DC**, Colabianchi N, Lee CD, Blair SN. A prospective study of fasting plasma glucose and risk of stroke in asymptomatic men. *Mayo Clin Proc.* 2011;86(11):1042-9.
23. Ajja R*. **Lee DC**, Sui X, Church TS, Blair SN. Usefulness of serum bilirubin and cardiorespiratory fitness as predictors of mortality in men. *Am J Cardiol.* 2011; 108(10):1438-42.
24. **Lee DC**, Sui X, Artero EG, Lee IM, Church TS, McAuley PA, Stanford FC, Kohl HW, Blair SN. Long-term effects of changes in cardiorespiratory fitness and body mass index on all-cause and CVD mortality in men: The Aerobics Center Longitudinal Study. *Circulation.* 2011;124(23):2483-90.
25. Gander J*, **Lee DC**, Sui X, Hébert JR, Hooker SP, Blair SN. Self-rated health status and cardiorespiratory fitness as predictors of mortality in men. *Br J Sports Med.* 2011;45(14):1095-100.
26. **Lee DC**, Sui X, Ortega FB, Kim YS, Church TS, Winett RA, Ekelund U, Katzmarzyk PT, Blair SN. Comparisons of leisure-time physical activity and cardiorespiratory fitness as predictors of all-cause mortality in men and women. *Br J Sports Med.* 2011;45(6):504-10.
27. Howie EK, Sui X, **Lee DC**, Hooker SP, Hébert JR, Blair SN. Alcohol consumption and risk of all-cause and cardiovascular disease mortality in men. 2011. *J Aging Res.* 2011;2011:805062.
28. Sieverdes JC, Sui X, **Lee DC**, Lee IM, Hooker SP, Blair SN. Independent and joint associations of physical activity and fitness on stroke in men. *Phys Sportsmed.* 2011;39(2):119-26.

29. Kim J, Byun W, Sui X, **Lee DC**, Cheng YLJ, Blair SN. Heart rate recovery after treadmill exercise testing is an independent predictor of stroke incidence in men with metabolic syndrome. *Obes Res Clin Pract*. 2011;5(4):E295-E303.
30. Artero EG, **Lee DC**, Ruiz JR, Sui X, Ortega FB, Church TS, Lavie CJ, Castillo MJ, Blair SN. A prospective study of muscular strength and all-cause mortality in men with hypertension. *J Am Coll Cardiol*. 2011;57(18):1831-7.
31. Baruth M, **Lee DC**, Sui X, Church TS, Marcus BH, Wilcox S, Blair SN. Emotional outlook on life predicts increases in physical activity among initially inactive men. *Health Educ Behav*. 2011;38(2):150-8.
32. Maslow AL, Mathews AE, Sui X, **Lee DC**, Vuori I, Blair SN. Fitness and adiposity as predictors of functional limitation in adults. *J Phys Act Health*. 2011;8(1):18-26.
33. Ortega FB, Brown WJ, **Lee DC**, Baruth M, Sui X, Blair SN. In fitness and health? A prospective study of changes in marital status and fitness in men and women. *Am J Epidemiol*. 2011;173(3):337-44.

2012

34. Sieverdes JC, Ray BM, Sui X, **Lee DC**, Hand GA, Baruth M, Blair SN. Association between leisure-time physical activity and depressive symptoms in men. *Med Sci Sports Exerc*. 2012;44(2):260-5.
35. **Lee DC**, Sui X, Jackson AS, Church TS, Lavie CJ, Blair SN. Changes in fitness and fatness on the development of cardiovascular disease risk factors focusing on hypertension, metabolic syndrome, and hypercholesterolemia. *J Am Coll Cardiol*. 2012;59(7):665-72.
36. Racine E, Laditka SB, Dmochowski J, Alavanja M, **Lee DC**, Hoppin JA. Farming activities and carrying and lifting: The Agricultural Health Study. *J Phys Act Health*. 2012;9(1):39-47.
37. Heroux M, Janssen I, **Lee DC**, Sui X, Hébert JR, Blair SN. Clustering of unhealthy behaviors in the Aerobics Center Longitudinal Study. *Prev Sci*. 2012;13(2):183-95.
38. Goodrich KM*, Crowley SK, **Lee DC**, Sui X, Hooker SP, Blair SN. Associations of cardiorespiratory fitness and parental history of diabetes with risk of type 2 diabetes. *Diabetes Res Clin Pract*. 2012;95(3):425-31.
39. McAuley PA, Artero EG, Sui X, **Lee DC**, Church TS, Lavie CJ, Myers JN, España-Romero V, Blair SN. The obesity paradox, cardiorespiratory fitness, and coronary heart disease. *Mayo Clin Proc*. 2012;87(5):443-51.
40. Shook RP*, **Lee DC**, Sui X, Prasad V, Hooker SP, Church TS, Blair SN. Cardiorespiratory fitness reduces the risk of incident hypertension associated with a parental history of hypertension. *Hypertension*. 2012;59(6):1220-4.
41. **Lee DC**, Park IH, Nam BH, Cho SI, Steven N. Blair, Kim YS. Physical activity and body mass index on the development of type 2 diabetes in Korean men. *Am J Epidemiol*. 2012;176(1):43-51.
42. Sui X, Jackson AS, Church TS, **Lee DC**, O'Connor DP, Liu J, Blair SN. Effects of Cardiorespiratory fitness on aging-glucose trajectory in a cohort of healthy men. *Ann Epidemiol*. 2012;22(9):617-22.
43. Artero EG, **Lee DC**, Lavie CJ, España-Romero V, Sui X, Church TS, Blair SN. Effects of muscular strength on cardiovascular risk factors and prognosis. *J Cardiopulm Rehabil Prev*. 2012;32(6):351-358.
44. Jackson AS, Sui X, O'Connor DP, Church TS, **Lee DC**, Artero EG, Blair SN. Longitudinal non-exercise algorithms for estimating cardiorespiratory fitness: ACLS Cohort. *Am J Prev Med*. 2012;43(5):512-9.
45. Artero EG, España-Romero V, **Lee DC**, Sui X, Church TS, Lavie CJ, Blair SN. Ideal cardiovascular health and mortality: the Aerobics Center Longitudinal Study. *Mayo Clin Proc*. 2012;87(10):944-52.

2013

46. Ortega FB, **Lee DC**, Katzmarzyk PT, Ruiz JR, Sui X, Church TS, Blair SN. The intriguing metabolically healthy but obese phenotype: cardiovascular prognosis and role of fitness. *Eur Heart J*. 2013;34(5):389-97.
47. Sui X, Zhang J, **Lee DC**, Church TS, Lu W, Liu J, Blair SN. Physical activity/fitness peaks during perimenopause and BMI change patterns are not associated with baseline activity/fitness in women: a longitudinal study with a median 7-year follow-up. *Br J Sports Med*. 2013;47(2):77-82.
48. Earnest CP, Artero EG, Sui X, **Lee DC**, Church TS, Blair SN. Maximal estimated cardiorespiratory fitness, cardiometabolic risk factors, and metabolic syndrome in the Aerobics Center Longitudinal Study. *Mayo Clin Proc*. 2013;88(3):259-70.
49. Blake CE, Hébert JR, **Lee DC**, Adams SA, Steck SE, Sui X, Kuk JL, Baruth M, Blair SN. Adults with Greater Weight Satisfaction Report More Positive Health Behaviors and Have Better Health Status Regardless of BMI. *J Obes*. 2013;2013:291371.
50. Stoutenberg M, **Lee DC**, Sui X, Hooker SP, Horigian V, Perrino T, Blair SN. Prospective study of alcohol consumption and the incidence of metabolic syndrome in U.S. men. *Br J Nutr*. 2013;110(5):901-10.
51. Moliner-Urdiales D, Artero EG, **Lee DC**, España-Romero V, Sui X, Blair SN. Body adiposity index and all-cause and cardiovascular disease mortality in men. *Obesity*. 2013;21(9):1870-6.
52. Saxena A*, Minton D, **Lee DC**, Sui X, Fayad R, Lavie CJ, Blair SN. Protective role of resting heart rate on all-cause and cardiovascular disease mortality. *Mayo Clin Proc*. 2013;88(12):1420-6.
53. España-Romero V, Artero EG, **Lee DC**, Sui X, Baruth M, Ruiz JR, Pate RR, Blair SN. A prospective study of ideal cardiovascular health and depressive symptoms. *Psychosomatics*. 2013;54(6):525-35.

2014

54. Cuenca-García M, Artero EG, Sui X, **Lee DC**, Hebert JR, Blair SN. Dietary indices, cardiovascular risk factors and mortality in middle-aged adults: Findings from the Aerobics Center Longitudinal Study. *Ann Epidemiol*. 2014;24(4):297-303.
55. Artero EA, Jackson AS, Sui X, **Lee DC**, O'Connor DP, Lavie CJ, Church TS, Blair SN. Longitudinal Algorithms to Estimate Cardiorespiratory Fitness: Associations with Nonfatal Cardiovascular Disease and Disease-Specific Mortality. *J Am Coll Cardiol*. 2014;63(21):2289-96.
56. **Lee DC**, Pate RR, Lavie CJ, Sui X, Church TS, Blair SN. Leisure-time running reduces all-cause and cardiovascular mortality risk. *J Am Coll Cardiol*. 2014;64(5), 472-81. **“Top Ten Publication Award” winning article by American Heart Association Lifestyle and Cardiometabolic Health Council.**
57. McAuley P, Chen H, **Lee DC**, Artero EG, Bluemke DA, Burke GL. Physical activity, measures of obesity, and cardiometabolic risk: The Multi-Ethnic Study of Atherosclerosis (MESA). *J Phys Act Health*. 2014;11(4):831-7.
58. Sénéchal M, McGavock JM, Church TS, **Lee DC**, Earnest CP, Sui X, Blair SN. Cut-points of muscle strength associated with metabolic syndrome in men. *Med Sci Sports Exerc*. 2014;46(8):1475-81.
59. Prasad VK*, Hand GA, Sui X, Shrestha D, **Lee DC**, Lavie CJ, Blair SN. Association of exercise heart rate response with incidence of hypertension in men. *Mayo Clin Proc*. 2014;89(8):1101-7.
60. Puett RC, Teas J, España-Romero V, Artero EG, **Lee DC**, Baruth M, Sui X, Paluch A, Montresor-Lopez J, Blair SN. Physical activity: does environment make a difference for tension, stress, emotional outlook, and perceptions of health status? *J Phys Act Health*. 2014;11(8):1503-11.
61. Moliner-Urdiales D, Artero EG, Sui X, España-Romero V, **Lee DC**, Blair SN. Body adiposity index and incident hypertension: The Aerobics Center Longitudinal Study. *Nutr Metab Cardiovasc Dis*. 2014;24(9):969-75.

2015

62. Becofsky KM, Sui X, **Lee DC**, Wilcox S, Zhang J, Blair SN. A prospective study of fitness, fatness, and depressive symptoms. *Am J Epidemiol*. 2015;181(5):311-20.
63. Becofsky KM, Sui X, **Lee DC**, Wilcox S, Blair SN. Becofsky et al. respond to "Misclassifying fitness and depression". *Am J Epidemiol*. 2015;181(5):325-6.
64. **Lee DC**, Pate RR, Lavie CJ, Sui X, Church TS, Blair SN. Reply: "'add 10 min for your health": the new Japanese recommendation for physical activity based on dose-response analysis. *J Am Coll Cardiol*. 2015;65(11):1154-5.
65. **Lee DC**, Lavie CJ, Vedanthan R. Optimal dose of running for longevity: is more better or worse? *J Am Coll Cardiol*. 2015;65(5):420-2.
66. Becofsky KM, Sui X, **Lee DC**. Three Authors Reply. *Am J Epidemiol*. 2015;182(3):279.
67. Lavie CJ, Arena R, Swift DL, Johannsen NM, Sui X, **Lee DC**, Earnest CP, Church TS, O'Keefe JH, Milani RV, Blair SN. Exercise and the cardiovascular system: Clinical science and cardiovascular outcomes. *Circ Res*. 2015;117(2):207-19.
68. Lavie CJ, **Lee DC**, Sui X, Arena R, O'Keefe JH, Church TS, Milani RV, Blair SN. Effects of running on chronic diseases, and cardiovascular and all-cause mortality. *Mayo Clin Proc*. 2015;90(11):1541-52.

2016

69. Eijsvogels TMH, Molossi S, **Lee DC**, Emery MS, Thompson PD. Exercise at the extremes: The amount of exercise to reduce cardiovascular events. *J Am Coll Cardiol*. 2016;67(3):316-29.
70. **Lee DC**, Lavie CJ, Sui X, Blair SN. Running and mortality: Is more actually worse? *Mayo Clin Proc*. 2016;91(4):534-541.
71. Thompson PD, Molossi S, **Lee DC**, Emery MS, Eijsvogels TM. Reply: Exercise at the extremes. *J Am Coll Cardiol*. 2016;67(24):2911.
72. Jiménez-Pavón D, Artero EG, **Lee DC**, España-Romero V, Sui X, Pate RR, Church TS, Moreno LA, Lavie CJ, Blair SN. Cardiorespiratory fitness and risk of sudden cardiac death among men and women in the United States. A prospective evaluation from the Aerobics Center Longitudinal Study. *Mayo Clin Proc*. 2016;91(7):849-57.
73. Everding B, Hallam JE, Kohut ML, **Lee DC**, Anderson AA, Franke WD. Association of sleep quality with cardiovascular disease risk and mental health in law enforcement officers. *J Occup Environ Med*. 2016;58(8):e281-6.
74. Lee O, **Lee DC**, Lee S, Kim YS. Associations between physical activity and obesity defined by waist-to-height ratio and body mass index in the Korean population. *PLOS ONE*. 2016;11(7):e0158245.
75. Sloan RA, Haaland BA, Sawada SS, Lee I-Min, Sui X, **Lee DC**, Ridouane Y, Müller-Riemenschneider F, Blair SN. A fit-fat index for predicting incident diabetes in apparently health men: A prospective cohort study. *PLOS ONE*. 2016;11(6):e0157703.
76. **Lee DC**, Shook RP, Drenowatz C, Blair SN. Physical activity and sarcopenic obesity: definition, assessment, prevalence, and mechanism. *Future Science OA*. 2016;2(3):FSO127.
77. **Lee DC**, EC Schroeder. Resistance training improves cardiovascular health in postmenopausal women. *Menopause*. 2016;23(11):1162-1164.

2017

78. Schroeder EC*, Welk GJ, Franke WD, **Lee DC** (corresponding author). Associations of health club membership with physical activity and cardiovascular health. *PLOS ONE*. 2017;12(1):e0170471.
79. Sui X, Sarzynski MA, **Lee DC**, Lavie CJ, Zhang J, Kokkinos PF, Payne J, Blair SN. Longitudinal patterns of cardiorespiratory fitness predict the development of hypertension among men and women. *Am J Med*. 2017;130(4):469-476.
80. Bakker EA*, **Lee DC** (corresponding author), Sui X, Artero EG, Ruiz JR, Eijsvogels TMH, Lavie CJ, Blair SN. Association of resistance exercise, independent of and combined with aerobic exercise, with the incidence of metabolic syndrome. *Mayo Clin Proc*. 2017;92(8):1214-1222.

81. Sui X, Sarzynski MA, **Lee DC**, Kokkinos PF. Impact of changes in cardiorespiratory fitness on hypertension, dyslipidemia, and survival: an overview of the epidemiological evidence. *Prog Cardiovasc Dis*. 2017;60(1):56-66.
82. **Lee DC**, Brellenthin AG, Thompson PD, Sui X, Lee IM, Lavie CJ. Running as a key lifestyle medicine for longevity. *Prog Cardiovasc Dis*. 2017;60(1):45-55. **“Atlas Award” winning article by Elsevier.**
83. Kim Y*, Winjndalel K, **Lee DC**, Sharp SJ, Wareham N, Brage S. Independent and joint associations of grip strength and adiposity with all-cause and cardiovascular disease mortality in 403,199 adults: The UK Biobank study. *Am J Clin Nutr*. 2017;106(3):773-782.
84. Lavie CL, Archer E, **DC Lee**. Persistent physical activity translating to persistent reduction in mortality. *Eur J Prev Cardiol*. 2017;24(15):1612-1614.

2018

85. Bakker EA*, **Lee DC** (corresponding author), Sui X, Eijsvogels TMH, Ortega FB, Lee I-Min, Lavie CJ, Blair SN. Association of resistance exercise with the incidence of hypercholesterolemia in men. *Mayo Clin Proc*. 2018;93(4):419-428.
86. Garcia-Hermoso A, Cavero-Redondo I, Ramirez-Velez R, Ruiz J, Ortega FB, **Lee DC**, Martinez-Vizcaino V. Muscular strength as a predictor of all-cause mortality in apparently healthy population: a systematic review and meta-analysis of data from approximately 2 million men and women. *Arch Phys Med Rehabil*. 2018;99(10):2100-2113.
87. Bakker EA*, Sui X, Brellenthin AG, **Lee DC** (corresponding author). Physical activity and fitness for the prevention of hypertension. *Current Opinion in Cardiology*. 2018;33(4):394-401.
88. Brellenthin AG*, **Lee DC** (corresponding author). Physical activity and the development of substance use disorders: Current knowledge and future directions. *Progress in Preventive Medicine*. 2018;3(3):e0018.
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Before 2009

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2009

6. **Lee DC**, Sui X, Blair SN. Physical activity, cardiorespiratory fitness, and mortality in men. American Heart Association. Cardiovascular Disease Epidemiology and Prevention & Nutrition, Physical Activity and Metabolism. Poster presentation. Palm Harbor, Florida, 2009.
7. Sui X, McAuley P, **Lee DC**, Blair SN. Associations among cardiorespiratory fitness, fatness, and mortality in men with hypertension. American Heart Association. Cardiovascular Disease Epidemiology and Prevention & Nutrition, Physical Activity and Metabolism. Poster presentation. Palm Harbor, Florida, 2009.
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2010

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23. Artero EG, **Lee DC**, Romero VE, Mitchell JA, Sui X, Blair SN. Ideal cardiovascular health assessments and all-cause and cardiovascular disease mortality. American College of Sports Medicine Annual Meeting. Thematic poster presentation. Denver, Colorado, 2011.
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- the Aerobics Center Longitudinal Study. American College of Sports Medicine Annual Meeting. Poster presentation. Denver, Colorado, 2011.
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2012

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29. Sui X, **Lee DC**, Artero EG, Church TS, Hand GA, Blair SN. Cardiorespiratory fitness and the risk of cardiovascular disease mortality in men with hypercholesterolemia. American College of Sports Medicine Annual Meeting. Poster presentation. San Francisco, California, 2012.
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32. **Lee DC**, Sui X, Lavie CJ, Blair SN. Relative contributions of cardiorespiratory fitness and body fatness to cardiovascular disease mortality in the Aerobics Center Longitudinal Study. World Congress of Cardiology Scientific Sessions. Slide presentation. Dubai, United Arab Emirates. 2012.
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50. Tabung FK, Steck SE, Zhang J, Wirth M, Shivappa N, Hurley T, Sui X, **Lee DC**, Blair SN, Hebert JR. Dietary inflammatory index and risk of mortality: Findings from the Aerobics Center Longitudinal Study. American Institute for Cancer Research Conference. Poster presentation. Washington, DC, 2013.

2014

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54. **Lee DC**, Sui X, Artero EG, España-Romero V. Blair SN. Cardiorespiratory fitness and all-cause mortality in cancer survivors. American Public Health Association Annual Meeting. Slide presentation. New Orleans, Louisiana, 2014.

2015

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57. Meier NF*, Schroeder EC, **Lee DC**. Sedentary time and cardiovascular health indicators. American College of Sports Medicine Annual Meeting. Poster presentation. San Diego, California, 2015.
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2016

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64. Schroeder EC*, **Lee DC**. Objectively measured aerobic and resistance exercise and cardiovascular disease risk factor response. American College of Sports Medicine Annual Meeting. Poster presentation. Boston, Massachusetts, 2016.
65. **DC Lee**, Meier NF, Bakker E. Associations of Walking with sarcopenic obesity and cardiovascular disease risk factors in older adults. North American Artery Society Annual Meeting. Poster presentation. Chicago, Illinois, 2016. Scheduled in September, 2016.
66. **DC Lee**, Meier NF. Associations of Cardiorespiratory fitness and muscular strength with sarcopenic obesity in older adults. Australian Institute for Musculoskeletal Science. Oral presentation. Melbourne, Victoria, Australia. 2016.

2017

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68. **Lee DC**, Brellenthin AG, Sui X, Blair SN. Resistance exercise and incident hypertension. North American Artery Society Annual Meeting. Oral presentation. Chicago, Illinois, 2017.
69. **Lee DC**, Meier NF. New get-up test as an indicator of sarcopenia, sarcopenic obesity, and cardiovascular disease risk factors. American College of Sports Medicine Annual Meeting. Poster presentation. Denver, Colorado, 2017.
70. Lim JJ, Kim YS, Moon HS, Kim GS, Choi HY, **Lee DC**, Lee SH, Kim JW, Kim JS. Effects of exercise program on prostate cancer patients with androgen deprivation therapy. American College of Sports Medicine Annual Meeting. Poster presentation. Denver, Colorado, 2017.
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73. Meier N*, Bai Y, **Lee DC**. Validation of a multi-electrode bioelectrical impedance analyzer with a dual-energy X-ray absorptiometer. American College of Sports Medicine Annual Meeting. Poster presentation. Denver, Colorado, 2017.
74. Park DY, Kim YS, Ryu SH, **Lee DC**, Choi YH. Association of physical activity and sedentary behavior with hyperuricemia. American College of Sports Medicine Annual Meeting. Poster presentation. Denver, Colorado, 2017.

2018

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76. Brellenthin AG*, **Lee DC**, Sui X, Blair SN. Resistance exercise reduces the risk of developing excess body fat and abdominal obesity. American Heart Association. Epidemiology and Prevention/Lifestyle and Cardiometabolic Health Annual Conference. Poster presentation. New Orleans, Louisiana, 2018.
77. **Lee DC**, Lavie CJ, Sui X, Blair SN. Muscular strength and cardiovascular and all-cause mortality in adults with hypercholesterolemia. American College of Sports Medicine Annual Meeting. Thematic Poster presentation. Minneapolis, Minnesota. 2018.
78. Albin E*, Meier NF, **Lee DC**. Predictors of central blood pressure in older adults. American College of Sports Medicine Annual Meeting. Poster presentation. Minneapolis, Minnesota. 2018.
79. Flynn MH*, Meier NF, **Lee DC**. Associations of body fatness and cardiorespiratory fitness on central blood pressure in older adults. American College of Sports Medicine Annual Meeting. Poster presentation. Minneapolis, Minnesota. 2018.
80. Meier NF*, **Lee DC**. Predictors of diagnostic variables of sarcopenia in older adults. American College of Sports Medicine Annual Meeting. Poster presentation. Minneapolis, Minnesota. 2018.
81. Danzer H*, Meier NF, **Lee DC**. Associations of cardiorespiratory fitness and percent body fat with health-related quality of life in elderly. American College of Sports Medicine Annual Meeting. Poster presentation. Minneapolis, Minnesota. 2018.
82. Kim H*, Meier NF, **Lee DC**. Muscular strength and cardiorespiratory fitness on osteopenia in older adults. American College of Sports Medicine Annual Meeting. Thematic Poster presentation. Minneapolis, Minnesota. 2018.
83. Bakker EA, **Lee DC**, Hopman MTE, Verbeek ALM, Thijssen DHJ, Eijssvogels TMH. Determinants of sedentary behavior in adults: Who is at risk of high sedentary time.

American College of Sports Medicine Annual Meeting. Poster presentation. Minneapolis, Minnesota. 2018.

84. Wolf T, Komjathy C, Schmidt E, Brellenthin A, **Lee DC**, Lanningham-Foster L. Dash diet compliance in middle-aged and elderly adults with elevated or high blood pressure. Society for Nutrition Education and Behavior Annual Conference. Poster presentation. Minneapolis, Minnesota. 2018.
85. Kim Y, **Lee DC**, Welk GJ. Independent and joint associations of sedentary behavior and moderate-to-vigorous physical activity with obesity: A comparison of subjective versus objective measures from the Physical Activity Measurement Survey. International Society of Behavioral Nutrition and Physical Activity Annual Meeting. Oral presentation. Wanchai, Hong Kong. 2018.
86. **Lee DC**, Brellenthin AG, Sui X, Blair SN. The effect of age on the association between muscular strength and mortality in overweight or obese men. International Society for Physical Activity and Health Congress. Oral presentation. London, UK. 2018.
87. Bennie JA, **Lee DC**, Wiesner GH, Bauman AE, Stamatakis E, Biddle SJH. Muscle-strengthening exercise among 397,423 U.S. adults: Prevalence, correlates, and associations with health conditions. International Society for Physical Activity and Health Congress. Oral presentation. London, UK. 2018.
88. **Lee DC**, Brellenthin AG, Sui X, Blair SN. Running and mortality in adults with hypertension following the 2017 blood pressure guidelines. American Heart Association Scientific Sessions. Poster presentation. Chicago, IL, 2018.

2019

89. Brellenthin AG*, **Lee DC**. Alcohol consumption and cardiovascular disease mortality in adults with hypertension following the 2017 blood pressure guidelines. American Heart Association. Epidemiology and Prevention/Lifestyle and Cardiometabolic Health Annual Conference.. Poster presentation. Houston, Texas. 2019.
90. Brellenthin AG*, **Lee DC**. Associations of fast walking with sleep quality and duration in older adults. American College of Sports Medicine Annual Meeting. Oral presentation. Orlando, Florida. 2019.
91. Albin E*, Brellenthin AG, **Lee DC**. Associations of cardiorespiratory fitness and muscular strength with arterial stiffness in older adults. American College of Sports Medicine Annual Meeting. Poster presentation. Orlando, Florida. 2019.
92. Kim H*, Brellenthin AG, **Lee DC**. Muscular strength and whole-body bone mineral density in older adults with and without artificial joints. American College of Sports Medicine Annual Meeting. Poster presentation. Orlando, Florida. 2019.
93. Saavedra J*, Brellenthin AG, **Lee DC**. Cardiorespiratory fitness and body mass index with gastroesophageal reflux disease in Older Adult. American College of Sports Medicine Annual Meeting. Poster presentation. Orlando, Florida. 2019.
94. Gutiérrez-Martínez L*, Brellenthin AG, **Lee DC**. Effects of arterial stiffness between objectively measured physical activity and domain-specific cognition in older adults. American College of Sports Medicine Annual Meeting. Poster presentation. Orlando, Florida. 2019.
95. McGrath R, **Lee DC**, Kraemer W. Handgrip strength and congestive heart failure in aging adults: Getting a grip on heart health. American College of Sports Medicine Annual Meeting. Poster presentation. Orlando, Florida. 2019.

2020

96. Cantón AP*, Brellenthin AG, **DC Lee**. Association of Muscle Quality and Prevalence of Diabetes in Older Adults. American College of Sports Medicine Annual Meeting. Poster presentation. San Francisco, California. 2020. Cancelled due to COVID-19 Pandemic.
97. Brellenthin AG*, **DC Lee**. Associations of Cardiorespiratory Fitness and Muscular Strength with Cognition in Older Adults. American College of Sports Medicine Annual Meeting. Poster presentation. San Francisco, California. 2020. Cancelled due to COVID-19 Pandemic.

98. Song BK*, Brellenthin AG, **DC Lee**. Associations between Muscular Strength and Digestive System Disorders in Older Adults. American College of Sports Medicine Annual Meeting. Poster presentation. San Francisco, California. 2020. Cancelled due to COVID-19 Pandemic.
99. Saavedra J*, Brellenthin AG, **DC Lee**. Stair climbing and sedentary behavior with Type 2 diabetes. American College of Sports Medicine Annual Meeting. Poster presentation. San Francisco, California. 2020. Cancelled due to COVID-19 Pandemic.
100. Gutiérrez-Martínez L*, Brellenthin AG, **DC Lee**. Associations between daily steps, stepping cadence, and arterial stiffness in older adults. American College of Sports Medicine Annual Meeting. Thematic poster presentation. San Francisco, California. 2020. Cancelled due to COVID-19 Pandemic.
101. **DC Lee**, Brellenthin AG. High-Intensity Interval Training Improves Cardiorespiratory Fitness in Prior Non-Responders to Traditional Aerobic Exercise. American College of Sports Medicine Annual Meeting. Late Breaking poster presentation. San Francisco, California. 2020. Cancelled due to COVID-19 Pandemic.

Invited Presentations (in chronological order)

1. **Lee DC**. Health benefits of getting active and fit for everyone. Korean United States Applied Physiology Society (KUSAPS). San Francisco, California, 2012.
2. **Lee DC**. Physical activity and health. Korean-American Scientists and Engineers Association (KSEA). Iowa State University. Ames, Iowa, 2013.
3. **Lee DC**. The key to a long and healthy life: physical activity and fitness. A series of research brown bag. Master of Public Health Program. College of Health Sciences. Des Moines University. Des Moines, Iowa, 2014.
4. **Lee DC**. Aerobic and resistance exercise training on blood pressure. Physical Activity Publications Conference. Pennington Biomedical Research Center. Baton Rouge, Louisiana, 2014.
5. **Lee DC**. Health benefits of physical activity and cardiorespiratory fitness. Research Seminar in the Department of Exercise Science and Health Promotion. School of Nutrition and Health Promotion. College of Health Solutions. Arizona State University. Phoenix, Arizona, 2016.
6. **Lee DC**. Optimal dose of running for longevity-Is more better or worse? American College of Sports Medicine annual meeting Exercise Is Medicine Symposium (Session title: Optimal Dose of Running for Health_Is more Better or Worse?). Boston, Massachusetts. 2016.
7. **Lee DC**. Effect of long-term endurance exercise on cardiovascular health: Can too much of a good thing actually be bad? The 26th Scientific Meeting of the International Society of Hypertension. Seoul. South Korea. 2016. Invited as a distinguished speaker.
8. **Lee DC**. Health benefits of physical activity and fitness: What type of physical activity is best for health? Radboud University Medical Center. Nijmegen, The Netherlands. 2017.
9. **Lee DC**. Running for Longevity: Is more better or worse?. Korean United States Applied Physiology Society (KUSAPS). Minneapolis, Minnesota, 2018.
10. **Lee DC**. Hulk vs. Flash: Who is Healthier and Lives Longer? American College of Sports Medicine annual meeting Basic Science World Congress – Highlighted Symposium (Session title: What if Fixx and Cooper were Lifters? The Health benefits of Resistance Exercise). Minneapolis, Minnesota. 2018.
11. **Lee DC**. What is the best type of exercise: endurance or strength training? American College of Sports Medicine annual meeting Exercise Is Medicine Symposium (Session title: What Dose, Type and Intensity of Exercise is the Best Medicine?). Orlando, Florida. 2019.
12. **Lee DC**. What type and does of physical exercise is the best medicine? University of Granada. Granada, Spain. 2019.
13. **Lee DC**. Key issues in the design and implementation of exercise-based RCTs. University of Almeria. Almeria, Spain. 2019.

14. **Lee DC.** Key issues in exercise RCTs. Radboud University Medical Center. Nijmegen, The Netherlands. 2019.
15. **Lee DC.** CardioRACE project: How to run exercise RCTs. Seoul National University. Seoul, South Korea. 2019.

GRANTS

Currently Funded

07/16-6/21 **Comparison of the cardiovascular benefits of resistance, aerobic, and combined exercise (Cardio-RACE)**
Principal Investigator: Lee, DC.
Source: NIH (NHLBI) R01 (1R01HL133069-01)(Total Cost: \$3,355,624).
This research is to investigate the comparative effectiveness of the cardiovascular benefits of resistance, aerobic, and a combined exercise by conducting 1) a large cohort data analysis using the Aerobics Center Longitudinal Study and 2) a 1-year randomized controlled trial in 400 adults who are at high risk of developing cardiovascular diseases.

Pending

04/21-3/25 **Cardiovascular health adaptations and mechanisms of high-intensity interval training in prior non-responders (CHAMP)"**
Principal Investigator: Lee, DC.
Source: NIH (NHLBI) R01 (Total Cost: \$2,999,089).
This project is to investigate whether 6-month HIIT exercise is effective to improve cardiorespiratory fitness and cardiovascular disease (CVD) risk factors for prior non-responders to traditional aerobic exercise and possible mechanistic pathways between HIIT and CVD risk factors.

04/21-3/26 **Refinement and preliminary testing of ActiveCBT for depression**
Principal Investigator: Meyer, Jacob
Source: NIH (NIMH) R61/R33 (Total Cost: \$3,033,456).
This project is to investigate the effects of aerobic exercise immediately prior to cognitive behavior therapy (CBT) sessions to enhance the effects of CBT session in people with depression.
Role: Co-Investigator

Awarded and Declined

07/16-6/19 **Comparison of the cardiovascular benefits of resistance, aerobic, and combined exercise (Cardio-RACE)**
Principal Investigator: Lee, DC.
Source: American Heart Association (\$231,000 Total Requested. Scored at 0.01 percentile rank and awarded, but declined to receive an alternative NIH R01 award, funded at the same time in June 2016).
This project is to investigate the mechanistic pathways of resistance and aerobic exercise on inflammatory and immune responses by conducting a 6-month randomized controlled trial in 120 adults.

Completed

06/04-09/04 **Weight management and exercise prescription system development using information technology (IT)**
Principal Investigator: Kim, YS.
Source: Samsung Electronics (\$30,000).

- Role: Co-Investigator & Exercise prescription and programming director
This project formulated an exercise prescription program for weight management using information technology.
- 11/06-07/07 **Cost-effectiveness analysis of regular exercise and sport participation using Korean National Health Insurance Data**
Principal Investigator: Park, Ilhyeok.
Source: Seoul Olympic Sports Promotion Foundation (\$200,000).
Role: Study Design and Data Analysis
This study investigated the economical effects of exercise and sports participation through analyzing Korean National Health Insurance Data.
- 08/07-07/08 **Seoul National University Study Abroad Research Grant**
Principal Investigator: Lee, DC.
Source: Seoul National University (\$15,000).
The purpose of this grant was to study physical activity epidemiology in the University of South Carolina.
- 08/09-07/10 **Korea NEST Foundation postdoctoral research fellowship grant**
Principal Investigator: Lee, DC.
Source: Korea NEST Foundation (\$25,000).
The goal of this grant was to study cardiorespiratory fitness and physical activity on health using the Aerobics Center Longitudinal Study.
- 05/10-04/12 **Understanding patterns of change in obesity and physical activity in adults**
Principal Investigator: Sui, X.
Source: NIH/NIDDK (R21 DK088195-01) (\$398,750).
Role: Co-investigator (Study design, data analysis, and manuscript development)
The goal of this study is to expand our knowledge of the patterns of changes in weight and activity during adulthood using the Aerobics Center Longitudinal Study database.
- 01/09-12/12 **Research grant from The Coca-Cola Company** (Analyses in the Aerobics Center Longitudinal Study) – Year 1, 2, 3, and 4
Principal Investigator: Blair, SN.
Source: Coca-Cola Company (\$45,000 per year for 4 years).
Role: Co-investigator (Data analysis and manuscript development)
This study analyzed the associations of physical activity and physical fitness with health from the Aerobics Center Longitudinal Study.
- 12/12-06/13 **Independent and combined associations of aerobic and resistance exercise with blood pressure**
Principal Investigator: Lee, DC.
Source: Iowa State University College of Human Sciences (\$10,000).
The proposed research will compare the associations of aerobic exercise, resistance exercise, and a combination of both with blood pressure by conducting a cross-sectional study in 400 adults.
- 5/14-4/16 **Independent and combined effects of aerobic and resistance training on blood pressure**
Principal Investigator: Lee, DC.
Source: Iowa State University College of Human Sciences (\$25,000).
The proposed research will compare the effects of aerobic training, resistance training, and a combination of both on blood pressure and other CVD risk factors by conducting a 8-week randomized controlled trial.
- 10/15-5/19 **Physical activity and sarcopenia**
Principal Investigator: Lee, DC.
Source: Biospace (\$20,000 Total Funded).

- This research is to investigate the associations of physical activity and fitness with sarcopenia in 300 older adults by conducting a 1-year prospective observational study.
- 7/18-6/19 **Determining the Dimensions of the Priming Window of Exercise in Major Depression**
Principal Investigator: Meier, Jacob
Source: Iowa State University College of Human Sciences (\$10,000 Total Funded).
The goal of the proposed project is to develop an innovative exercise plus psychotherapy treatment for major depressive disorder.
Role: Senior Faculty Mentor
- 8/18-2/19 **Statistical causal inference analyses of the effect of physical activity on cardiovascular disease and diabetes**
Principal Investigator: Wang, Chong
Source: Central Plains Research Data Center (CPRDC) (\$10,000 Total Funded).
This project is to study the effect of physical activity on cardiovascular disease and diabetes as well as related outcomes (blood pressure, blood sugar, mortality etc.) through statistical causal inference methods.
Role: Co-Investigator
- 5/19-4/20 **Endocannabinoid System Responses to Resistance, Aerobic, and Combined Exercise (E-RACE)**
Principal Investigator: Angelique Brellenthin
Source: Iowa State University Postdoctoral Seed Grant (\$2,400 Total Funded).
The goal of the proposed project is to evaluate the effects of different types and combination of exercise training on the endocannabinoid system.
Role: Senior Faculty Mentor
- Not Funded**
- 07/12-06/17 **Effects of resistance exercise and muscular strength on cardiovascular health**
Principal Investigator: Lee, DC.
Source: NIH/NHLBI (K99/R00) (\$743,000). (Scored at 45th percentile).
The goal of this study is to conduct a randomized controlled exercise trial to examine the effects of resistance exercise and muscular strength on cardiovascular health.
- 07/13-06/17 **Effects of aerobic and resistance training on cardiovascular health**
Principal Investigator: Lee, DC.
Source: NIH/NHLBI (K01) (\$552,420 Total Requested).
The goal of this study is to conduct a randomized controlled exercise trial to examine the independent and combined effects of aerobic and resistance training on blood pressure and other cardiovascular disease risk factors.
- 09/13-08/15 **Comparisons of the health benefits of aerobic, resistance, and combined Exercise**
Principal Investigator: Lee, DC.
Source: NIH/NHLBI (R21) (\$225,759 Total Requested). (Scored at 15th percentile).
The proposed research will investigate the effects of resistance exercise and muscular strength, independent of and combined with aerobic exercise and cardiorespiratory fitness, on cardiovascular disease morbidity and mortality using a large prospective cohort study data from the Aerobics Center Longitudinal Study.

- 07/15-06/17 **Influence of CVD risk factors on clinical outcomes in law enforcement officers**
Principal Investigator: Franke, WD.
Source: NIOSH (R03) (\$150,000 Total Requested).
Role: Co-investigator (Data collection, analysis, and interpretation)
The objective of this proposal is to test the hypothesis that conventional CVD risk factors are primary contributors to the development of CVD in law enforcement officers over time.
- 07/15-06/17 **Independent and combined cardiovascular effects of aerobic and resistance exercise**
Principal Investigator: Lee, DC.
Source: NIH/NHLBI (R21) (\$231,108 Total Requested).
The proposed research will investigate the effects of resistance exercise, independent of and combined with aerobic exercise on cardiovascular disease morbidity and mortality.
- 07/15-06/17 **Resistance exercise and muscular strength on diabetes, obesity, and metabolic health**
Principal Investigator: Lee, DC.
Source: NIH/NIDDK (R21) (\$419,487 Total Requested).
The proposed research will investigate the effects of resistance exercise and muscular strength on diabetes, obesity, and metabolic health.
- 07/15-06/16 **Optimal dose of running for chronic disease prevention and longevity**
Principal Investigator: Lee, DC.
Source: American College of Sports Medicine (\$10,000 Total Requested).
This research is to investigate dose-response relationships between leisure-time running and cardiovascular health outcomes.
- 04/18-03/20 **Designing cardiovascular fitness standards to promote cardiometabolic health in adults**
Principal Investigator: Laurson, Kelly R.
Source: NIH R21
The goal of the proposed project is to develop cardiorespiratory fitness standards in adults based on objectively measured treadmill exercise test and clinical indicators such as blood pressure, fasting glucose, body fatness, and blood lipids using the nationally representative data (NHANES).
Role: Co-Investigator
- 07/20-6/24 **Cardiovascular Benefits of High-Intensity Interval Training Among Prior Non-Responders (CHAMP)**
Principal Investigator: Lee, DC. (MPI: Angelique Brellenthin)
Source: NIH (NHLBI) R01 (Total Cost: \$1,541,143).
This project is to investigate whether 6-month HIIT exercise is effective to improve cardiorespiratory fitness for prior non-responders to traditional aerobic exercise and possible mechanistic pathway of the endocannabinoid system between various types, combinations, and intensities of exercise and cardiovascular disease risk factors.

TEACHING

- 2004 **Weight Training** (undergraduate course), Hoseo University in South Korea
Instructor: Lee, DC.
- 2005 **Exercise Physiology** (graduate and undergraduate courses), Hoseo University in South Korea
Instructor: Lee, DC.

2005	Human Physiology (graduate course), Hoseo University in South Korea Instructor: Lee, DC.
2006	Human Anatomy (undergraduate course), Kyung-Won University in South Korea Instructor: Lee, DC.
2006	Exercise Testing and Prescription (undergraduate course), Hoseo University in South Korea Instructor: Lee, DC.
2006-2007	Physical Fitness Training (undergraduate course), Seoul National University in South Korea Instructor: Lee, DC.
2010	Controlled Trials in Exercise Science. EXSC 755B (graduate course, enrollment=7), University of South Carolina Instructor: Blair, SN., Lee, DC., and Sui, X.
2012	Physical Activity Epidemiology Research & Practice. EXCS 700 (graduate course, enrollment=18), University of South Carolina Instructor: Blair, SN., Lee, DC., and Sui, X.
2012	Physical Activity Epidemiology & Research Method. EXCS 882 (graduate course, enrollment=4), University of South Carolina Instructor: Blair, SN., Lee, DC., and Sui, X.
2013	Physical Activity Assessment for Health Related Research. KIN 570 (graduate course, enrollment=8), Iowa State University Instructor: Lee, DC.
2013-Present	Human Diseases. HS 350 (undergraduate core course, average enrollment=150-200), Iowa State University Instructor: Lee, DC and Kohut, M
2014-Present	Physical Activity Epidemiology. HS 464x/564x (undergraduate and graduate dual-listed course, enrollment=35-70 (including graduate students)), Iowa State University Instructor: Lee, DC.

Graduate Students / Research Staff Supervised

During Postdoctoral Fellowship at University of South Carolina

1. Jason R. Jagers, University of South Carolina, U.S.A. (2008). Incidence of metabolic syndrome with regular and sugar free soft drink consumption. Independent study research mentoring.
2. Vaughn Barry, University of South Carolina, U.S.A. (2008). Cardiorespiratory fitness, percent body fat and all-cause mortality in women. Independent study research mentoring.
3. Nancy L. Chase, University of South Carolina, U.S.A. (2008). The Association of cardiorespiratory fitness and physical activity with incidence of hypertension in men. Research mentoring.
4. Mariane Héroux, Queen's University, Canada (2009). Dietary patterns and the risk of mortality: impact of cardiorespiratory fitness. Thesis research mentoring.
5. Enrique G. Artero, University of Granada, Spain (2009). A prospective study of muscular strength and all-cause mortality in men with hypertension. Research mentoring.
6. Jong-gyu Kim, University of South Carolina, U.S.A. (2009). The association of heart rate recovery with stroke. Research mentoring.
7. Rui Liu, University of South Carolina, U.S.A. (2009). The association of cardiorespiratory fitness, muscular strength, and physical activity with depressive symptoms. Dissertation research mentoring.
8. Sara L. Sugar, The association of cardiorespiratory fitness and adiposity with hypertension. Dissertation research mentoring.

9. John C. Sieverdes, University of South Carolina, U.S.A. (2009). Physical activity, cardiorespiratory fitness, and the incidence of type 2 diabetes in a prospective study of men. Research mentoring.
10. Anna E. Mathews, University of South Carolina, U.S.A. (2009). Fitness and adiposity as predictors of functional limitation in adults. Research mentoring.
11. Jonathan A. Mitchell, University of South Carolina, U.S.A. (2010). The impact of combined health factors on cardiovascular disease mortality. Research mentoring.
12. Jennifer Gander, University of South Carolina, U.S.A. (2010). Self-rated health status and cardiorespiratory fitness as predictors of mortality in men. Independent study research mentoring.
13. Erin K. Howie, University of South Carolina, U.S.A. (2010). Alcohol consumption and risk of all-cause and cardiovascular disease mortality in men. Research mentoring.
14. Joseph Alemany and Vanessa Rettinger, University of South Carolina, U.S.A. (2010). Alcohol consumption and risk of metabolic syndrome. Research mentoring.
15. Rahma Ajja, University of South Carolina, U.S.A. (2010). Usefulness of Serum Bilirubin and Cardiorespiratory Fitness as Predictors of Mortality in Men. Independent study research mentoring.
16. Hashel Al Tunajji, University of British Columbia, Canada (2011). Cardiorespiratory fitness and type 2 diabetes. Research mentoring.
17. Kara Goodrich and Shannon Cornelius, University of South Carolina, U.S.A. (2011). Associations of cardiorespiratory fitness and parental history of diabetes with risk of type 2 diabetes. Research mentoring.
18. Robin Shook and Vivek Prasad, University of South Carolina, U.S.A. (2011). Association of cardiorespiratory fitness and parental history of hypertension with incident hypertension. Research mentoring.
19. Vivek Prasad, University of South Carolina, U.S.A. (2011). Association of heart rate reserve and incident hypertension. Independent study research mentoring.
20. Katie Becofsky. University of South Carolina, U.S.A. (2012). Association of cardiorespiratory fitness and fatness on depression. Independent study research mentoring.
21. Aditi Narsale and Song Gao. University of South Carolina, U.S.A. (2012). Resting heart rate on cancer mortality. Research mentoring.
22. Arpit Saxena and Dawn Minton. University of South Carolina, U.S.A. (2012). Resting heart rate on cardiovascular and all-cause mortality. Research mentoring.
23. Amanda Paluch. University of South Carolina, U.S.A. (2012). Sodium intake on incident hypertension: Effect of cardiorespiratory fitness. Independent study research mentoring.
24. Lujing Zhan. University of South Carolina, U.S.A. (2012). Fish and seafood consumption and weight control. Independent study research mentoring.

After Appointment at Iowa State University

Major Professor / Supervisor

Research Staff

25. Shannon Kooima. Full-time Research Associate for NIH project (CardioRACE). 2017-2018. Supervisor.
26. Taylor Watson. Full-time Research Associate for NIH project (CardioRACE). 2017-2018. Supervisor.
27. Joseph Saavedra. Full-time Research Associate for NIH project (CardioRACE). 2018-2019. Supervisor.
28. Katie McGriff. Full-time Research Associate for NIH project (CardioRACE). 2018-2019. Supervisor.
29. Kacie Schumann. Full-time Research Associate for NIH project (CardioRACE). 2018-Present. Supervisor.
30. Tyler Schmidt. Full-time Research Associate for NIH project (CardioRACE). 2019-Present. Supervisor.

31. Aaron Stravers. Full-time Research Associate for NIH project (CardioRACE). 2019-Present. Supervisor.

Post-Doctoral Fellow

32. Angelique G. Brellenthin. PhD. University of Wisconsin-Madison (2017). Department of Kinesiology (Major: Exercise Psychology). October 3, 2016-Present. Supervisor.

33. Bong Kil Song. PhD. Seoul National University (2018). Department of Physical Education (Major: Physical Activity Epidemiology). August 1, 2019-Present. Supervisor.

PhD

34. Nathan F. Meier. Iowa State University, U.S.A. (2018). Physical activity and sarcopenia in older adults. PhD dissertation. Major professor.

MS

35. Elizabeth C. Schroeder. Iowa State University, U.S.A. (2015). Independent and combined effects of aerobic and resistance training on blood pressure (ART-B). MS thesis. Major professor.

36. Esmée Bakker. Iowa State University, U.S.A. (2016). The associations of physical activity (aerobic and resistance) and sedentary behavior with the development of cardiovascular risk factors and cardiovascular morbidity and mortality. Research Internship from Radboud University Medical Center (Epidemiology major in Master program), Netherlands. International Internship supervisor.

37. Yuehan Wang. Iowa State University, U.S.A. (2018). The association between muscular strength and leisure-time running and type 2 diabetes. Research Internship from Radboud University Medical Center (Epidemiology major in Master program), Netherlands. International Internship supervisor.

38. Heather Danzer. Iowa State University, U.S.A. (2018). Effects of aerobic and resistance exercise on health-related quality of life in inactive adults with elevated blood pressure. MS thesis. Major professor.

39. Markus Flynn. Iowa State University, U.S.A. (2019). Effect of physical activity as a moderator on the association between perceived racial discrimination and depression in African Americans. Major professor.

40. HyunSoo Kim. Iowa State University, U.S.A. (2019). Associations of muscular strength and cardiorespiratory fitness with bone mineral density in older adults. Major professor.

41. Emma E. Albin. Iowa State University, U.S.A. (2019). Associations of cardiorespiratory fitness and muscular strength with arterial stiffness in older adults. Major professor.

Committee Member

PhD

42. Youngwon Kim. Iowa State University, U.S.A. (2015). Sedentary lifestyle and obesity in adults. Ph.D. dissertation.

43. Yang Bai. Iowa State University, U.S.A. (2016). School fitness assessment and promotion: State and national evaluations with FITNESSGRAM. Ph.D. dissertation.

44. Karissa Peyer. Iowa State University, U.S.A. (2016). Longitudinal validity of the FNPA screening tool to predict changes in weight status in children. Ph.D. dissertation.

45. Zachary Zenko. Iowa State University, U.S.A. (2016). Comparative validity of measured vs implicit exercise associations. Ph.D. dissertation.

46. Martijn Maessen. Radboud University Medical Center in The Netherlands (2017). Cardiovascular benefits of lifelong exercise. PhD in the Department of Physiology in Radboud University Medical Center in The Netherlands. Invited and served as an official International Opponent in the area of epidemiology.

47. Tovah Wolf. Iowa State University, U.S.A. (2019). Chronic disease prevention: Nutrition and behavioral neuroscience approaches. Ph.D. dissertation.

MS

48. Tianna Allen. Iowa State University, U.S.A. (2014). The utility of the interactive health partner in a worksite wellness program. BS/MS Diet and Exercise program Creative Component.

49. Erin M. Nelson. Iowa State University, U.S.A. (2014). Formative evaluation of intervention methods designed to improve behavior change strategies. MS thesis.
50. Braden Everding. Iowa State University, U.S.A. (2014). Association of sleep and inflammation in law enforcement (AISLE). MS thesis. Committee member.
51. Kelsey Quinn. Iowa State University, U.S.A. (2014). Timespan of the effects of a single bout of sprint interval training on insulin sensitivity in young healthy males. MS thesis.
52. Lauren Maze. Iowa State University, U.S.A. (2016). The effects of different exercise regimens on body water compartments in older adults. MS thesis.
53. Jonah N. Cullen. Iowa State University, U.S.A. (2016). An examination of epidemiological study designs in veterinary science. MS thesis.

MISCELLANEOUS

Media Appearances

The followings are selected media appearances and interviews that I have participated in regarding my research articles (On average, I participate in 1-3 media interviews per month).

- Research article (titled “Mortality trends in the general population: the importance of cardiorespiratory fitness”) published in *J Psychopharmacol* in 2011 (as first author) has been featured in ‘The New York Times.’
- Research article (titled “Does physical activity ameliorate the health hazards of obesity?”) published in *Br J Sports Med* in 2011 (as first author) has been featured in several media outlets including ‘LA Times’ and ‘Chicago Tribune.’
- Research article (titled “Long-term effects of changes in cardiorespiratory fitness and body mass index on all-cause and CVD mortality in men: The Aerobics Center Longitudinal Study”) published in *Circulation* in 2011 (as first author) has been featured in over 200 major media outlets around the world including ‘TIME’, ‘CNN’, ‘The Washington Post’, ‘Forbes’, ‘Discovery News’, ‘WACH Fox TV’, and ‘WLTX TV’ (CBS-affiliated TV station in Columbia. SC).
- Research article (titled “Changes in fitness and fatness on the development of cardiovascular disease risk factors focusing on hypertension, metabolic syndrome, and hypercholesterolemia”) published in *J Am Coll Cardiol* in 2012 (as first author) has been featured in over 100 major media outlets including ‘The New York Times’ and ‘Chicago Tribune.’
- Research abstract (titled “Running and all-cause mortality risk – Is more better”) presented in the ACSM annual meeting in 2012 (as first author) has been featured in over 100 media outlets including ‘The New York Times’ and ‘US News’.
- Research article (titled “Leisure-time running reduces all-cause and cardiovascular mortality risk”) published in *J Am Coll Cardiol* in 2014 (as first author) has been featured in over 350 major media outlets around the world including ‘NBC News’, ‘ABC News’, ‘The New York Times’, ‘LA Times’, ‘CNN’, ‘The Washington Post’, ‘Forbes’, ‘UK Mirror’, ‘Calgary Herald’, ‘Times of India’, ‘Le Magazine de la Sante’, ‘Voice of Russia’, ‘TV Asahi’, ‘KBS’, ‘MBC’, ‘SBS’.
 - YouTube video: <https://www.youtube.com/watch?v=wUyU-RU8O1w>
 - TV Interview: <http://whotv.com/2014/08/19/running-study-less-may-be-more>
- TV Interview “Iowa State Exercise Study Seeking Participants”: <http://whotv.com/2014/09/09/iowa-state-exercise-study-seeking-participants>
- Research article (titled “Running as a key lifestyle medicine for longevity”) published in *Progress in Cardiovascular Diseases* in 2017 (as first author) has been featured in over 200 major media outlets around the world including ‘The New York Times’, ‘TIME’, ‘Runner’s World’, ‘The Guardian’, ‘Naver’.

- Research article (titled “Associations of resistance exercise with cardiovascular disease morbidity and mortality”) published in *Medicine & Science in Sports & Exercise* in 2018 (as corresponding author) has been featured in over 100 major media outlets including ‘The New York Times’, ‘US News & World Report’, ‘WebMD’, ‘Reader’s Digest’, ‘MSN.com’, ‘Men’s Health.’
- Research article (titled “Associations of muscular strength and incidence of type 2 diabetes”) published in *Mayo Clinic Proceedings* in 2019 (as corresponding author) has been featured in over 100 major media outlets including ‘CNN’, ‘US News & World Report’, ‘Yahoo News’, and over 50 TV News.