

UPDATE

CI Rolls Out Lecture Series

Arkansas Governor Mike Huckabee kicked off "The 2006 Cooper Institute's Preventive Medicine and Wellness Lecture Series" on March 30.

Presented at the home of Lillie and Phil Romano in Dallas, Huckabee's message focused on "Adopting a Healthy Lifestyle and Public Action in Promoting Healthy Living."

The governor lost 110 pounds and became a committed runner after being diagnosed with type 2 diabetes in 2003.

Upcoming speakers and dates for the Lecture Series include the following:

- **William L. Haskell, Ph.D.**, professor emeritus of Medicine & Human Biology, Stanford University School of Medicine/Prevention Research Center, "Physical Activity: the Economics of Healthcare and Reform," Wednesday, May 3, 6:30 p.m., at the home of Ann and Cary Maguire, Dallas
 - **William B. Applegate, M.D., M.P.H.**, dean of Medicine/senior vice president, Wake Forest University School of Health Sciences, "Aging and the Prevention of Disabilities," Tuesday, September 19, 6:30 p.m., at the home of Joyce and Larry Lacerte, Dallas
 - **I-Min Lee, M.D., Sc.D.**, associate professor of Medicine and Epidemiology, Harvard School of Public Health, "Lessons Learned From the Women's Health Study: Men Are From Mars, Women Are (Sometimes) From Venus," Tuesday, November 7, 6:30 p.m., at the home of Dee and Charles Wyly, Dallas
- To obtain tickets for any of these events or to contribute to the series, contact Mary Westfall at (214) 969-0090.

Getting Active: Is It Risky?

Over the past decade, scientists at The Cooper Institute (CI) and other prestigious organizations have promoted the health benefits of moderate physical activity.

However, questions regarding the adverse

consequences of a physically active lifestyle still remain: How prevalent is the risk of injury for those who become active? Further, what strategies can be developed to help prevent injury?

To obtain some answers, the National Institute of Arthritis and Musculoskeletal and Skin Diseases has awarded a \$3.2 million grant to The Cooper Institute over the next five years. CI's research will focus exclusively on women.

"With all the recent national and international issues that have affected federal resources, getting a study of this size is a big accomplishment," said Michael LaMonte, Ph.D., director of Epidemiology.

The project involves several universities, as well as The Cooper Institute and the Cooper Clinic, with Michele Kettles, M.D., serving as the study's medical director. Steven Blair, P.E.D., president & CEO of The Cooper Institute, is the study's principal investigator.

Recruitment for study participants will

likely begin this summer. The project will involve women ages 20 and older, with about 25% minority representation. The purpose, LaMonte noted, is to better understand the overall risks and risk factors

for musculoskeletal injury in women, which includes pulled muscles, twisted ankles, stubbed toes, sprains, strains and arthritis.

LaMonte said previous studies have shown that female athletes tend to have more musculoskeletal injuries than their male counterparts. The upcoming project is the first one to look at a large group of diverse women who report a broad range of

physical activity habits, from no leisure-time physical activity to high activity levels including recreational sports.

Upon entering the study, each woman will undergo a comprehensive orthopedic exam at the Cooper Clinic. Elaine Jackson, Ph.D., professor of physical therapy at Texas Woman's University, and her team will perform assessments on the participant's lower bodies such as observing alignment of the bones, checking for loose ligaments, and testing muscle strength and flexibility.



Are active women more likely than inactive women to have musculoskeletal injuries? A new \$3.2 million study will provide some answers.

Building on Success: Strategic Plan Highlights



Strategic management is essential in nonprofit institutions like The Cooper Institute, just as it is in the corporate world. In 2000, the Institute implemented its first five-year strategic plan, "Expanding on Excellence." Due to the dedication and hard work of our staff, we met most of the goals set forth in the ambitious, perhaps even audacious, plan.

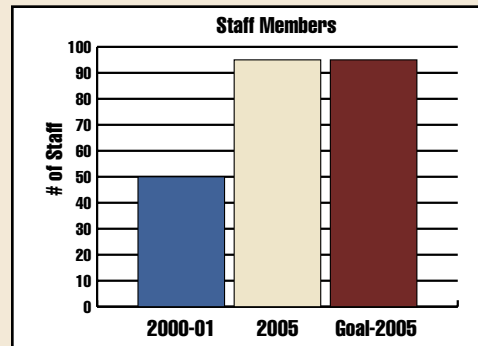
One of our key objectives was to expand our research and education programs by approximately doubling the size of our staff and substantially increasing the overall budget. We also planned to more firmly establish our international leadership position in research on physical activity and health, increase the number of educational offerings, develop and implement preventive medicine programs in the community, and strengthen our financial base by increasing our endowment.

Figure 1 illustrates that our goal of doubling the number of staff was achieved, and **Figure 2** shows that we met our goal for increasing revenue targets. These goals were achieved by expanding our research portfolio and developing new education programs.

Other highlights:

- Our Education Division has presented workshops for health and fitness professionals for nearly 20 years. Over the past five years they have expanded the number and type of groups they serve, and have added several new courses, including "Coaching Healthy Behaviors," "Promoting Healthy Behaviors in Children" and "Military Exercise Leader."
- Our Center for Research Dissemination and Advocacy in the Education Division was formed early in the "Expanding on Excellence" program. The primary objective of this center is to take the results of our research projects and translate them into educational programs that can be

Figure 1



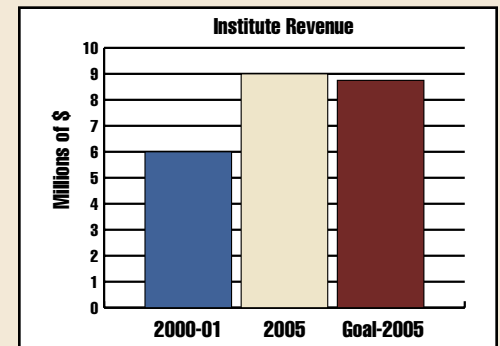
From 2000 to 2005, The Cooper Institute's staff nearly doubled from 50 to 95.

widely disseminated. These efforts have been successful via partnerships with organizations such as Human Kinetics, a leading publisher of books in physical education, exercise science and sports. The "Active Living Every Day" and "Healthy Eating Every Day" books and companion web-based support courses are being implemented in numerous sites across North America.

- Our Research Division has continued to expand its record of high-quality research publications. In a previous "Update," I described our record of citation analysis, which is an indication of the effect our work is having on our field. Many of our papers are among the most influential in physical activity and public health. Some key findings of the past five years are several reports showing that being active and fit protects against chronic disease and early death in those who are normal weight, overweight or obese. We claim that while obesity is a clinical and public health problem, even obese individuals receive substantial protection from being active and fit.
- Our clinical trials research group has recently completed one of the largest and most ambitious controlled exercise studies ever undertaken at a single center. We recruited 464 overweight, mildly hypertensive,

postmenopausal women who were randomly assigned to a control group or to one of three exercise doses, approximately 75 minutes (low dose), 150 minutes (moderate dose) or 225 minutes/week (high dose) of moderate-intensity exercise. All exercise was done in controlled conditions in our laboratory, so we know exactly what each woman did. The study participants were outstanding in adhering to their prescribed exercise dose, with the average adherence being >97% of the six-month caloric expenditure target. This level of participation is virtually unheard of in exercise studies and is a tribute to the women and our staff. You will be hearing a lot about the results of this study in the coming months.

Figure 2



The Cooper Institute's revenue jumped from \$6 million in 2001 to \$9 million in 2005.

We are currently setting our strategic vision for the next five years in an effort to establish new objectives and craft a strategy that will serve as a roadmap of The Cooper Institute's future. I'll report on this plan in an upcoming issue.

We continue to expand on Dr. Cooper's marvelous vision that led him to establish our Institute in 1970, and we greatly appreciate your support as we proceed to find science-based solutions for complex public health problems.

New Courses Focus on Healthy Behaviors

The Cooper Institute's Division of Education has added two new workshops to give participants a "leg up" on health matters.

"**Coaching Healthy Behaviors**" was first offered in September 2005 and will be presented again June 19-21, as well as September 18-20. The purpose of the course is to equip health professionals with the skills needed to help motivate their clients to make positive lifestyle choices. Those who take the course have the opportunity to become certified wellness coaches.

"It is predicted that having a wellness coach will be as common as people having personal trainers," noted Stephanie Espinosa, M.S., associate director in the Division of Education.

Students enrolled in this course learn about the stages of "readiness to change" (precontemplation, contemplation, preparation, action and maintenance) and how to assess which stage their client is in. They also walk through each step of a typical coaching session and observe mock coaching sessions conducted by the instructors. The course fee is \$395.



"**Promoting Healthy Behaviors in Children**" is a new course that is being offered for the first time May 4-5. It will be held September 21-22, as well. Key objectives are to help participants discover proven strategies that motivate children to become more active and eat healthier, learn how to design a child-focused health promotion program and find the best sources to fund local programs.

"Our students have been clamoring for a course on childhood health and fitness the past few years," said Steve Farrell, Ph.D., director of Professional Education. "We thought it was a timely workshop given the state of children's health these days."

"Promoting Healthy Behaviors in Children" is designed for fitness specialists, health promotion directors, community and faith-based program directors, school administrators and teachers, and parents. It costs \$295 to attend.

For more information about these courses or other Cooper Institute certification programs, call the Division of Education at (800) 635-7050, or go to www.cooperinst.org to view a complete catalog.

CI's Oak Cliff Center to Host Diversity Workshop

The Cooper Institute Oak Cliff Center will host a workshop May 10 that is designed to foster discussion on overcoming barriers to physical activity and healthy eating in diverse communities.

The workshop, titled "Approaching Diversity: Tools for Creating a Healthy Community," is sponsored by CI's Oak Cliff Center, America On the Move in Texas, the Southwest Region of the USDA Food and Nutrition Service and the Community Council of Greater Dallas.

The event is open to anyone working with diverse communities from a health standpoint. "We want this to be a dialogue so that people can learn from each other," said Claire Avant, M.P.H., affiliate coordinator of America On the Move in Texas. The Cooper Institute is the lead organization supporting and facilitating the Texas initiative.

Georita Frierson, Ph.D., scientific director of Diversity Programs and Research Initiatives at The Cooper Institute, will help facilitate discussion. Keynote speakers include:

- **Marcus Martin, Ph.D., M.P.H.**, director of the J. McDonald Williams Institute, the research arm of the Foundation for Community Empowerment (FCE). FCE was established to help revitalize lower-income neighborhoods in Dallas. He also serves as an assistant professor at the University of North Texas Health Science Center.
- **Terry Flowers, Ph.D.**, headmaster and executive director of St. Philip's School and Community Center in Dallas. Flowers grew up on Chicago's South Side and has taught school in Iowa, Chicago and Harlem (New York).

There is no charge to attend the event, which will convene from 8:15 a.m. to 3 p.m. The Cooper Institute Oak Cliff Center is located at 4573 S. Westmoreland in Dallas. For more information, call 972.716.7033. Complimentary breakfast and lunch will be provided.

Research participants will use an Internet-based system to log their physical activity levels—another "first" for a big-population study. By wearing a step counter, they also will be able to record the number of steps they have taken each week.

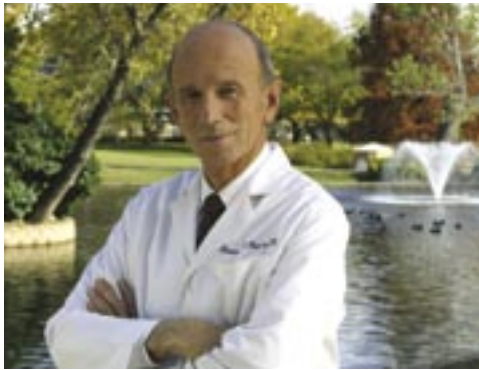
The women will answer the question: Did you have an injury during any given week? If they report an injury, a red flag will pop up for the researchers, who will then follow up with the participants to try to better understand what kind of injury they had and if they saw a health-care provider. With consent, the researchers will follow up with their health-care providers to obtain their medical records.

Scientists will track the participants over a five-year period. At the end of the study, the research team will record the number of injuries, look closely at the participants' physical activity levels and correlate various aspects of the initial clinical exam (such as muscle flexibility) with their findings to determine the risk of injury and factors involved.

The study also will show whether one particular type of activity is associated with more musculoskeletal risks than another type. "Right now, we do not have firm evidence that the risk of injury is greater in individuals who habitually perform running compared with walking as their preferred mode of activity," LaMonte said. "We hope to have some hard evidence soon."

"Risk of injury" may provide an excuse to sit on the couch, but the fact is, being physically active helps save lives. "Overall, the benefits of regular physical activity greatly outweigh the risk of bad things happening while being physically active," LaMonte said. "We hypothesize that musculoskeletal injuries will not be significantly more frequent in active compared with inactive women. Check back in five years, and I'll let you know if we were right."

Q&A With Dr. Cooper



Since establishing The Cooper Institute (CI) in 1970, Dr. Cooper has contributed substantially to its mission—both in terms of time and money. Most recently, another board member asked him to match a sizable challenge grant that would enable CI to broaden its scope. Dr. Cooper not only accepted the challenge but inspired other board members to join the expanding challenge.

In this Q&A, Dr. Cooper talks about his philanthropic philosophy and what the Dallas business community means to him. He also discusses how research helped pave the way for his career and sheds light on his future research goals for the Institute.

Q: Your name is recognized worldwide, but particularly in Dallas, where you established The Cooper Institute and, later, The Cooper Aerobics Center. What has Dallas given you?

A: An opportunity I wouldn't have had anywhere else in the world. When I left the Air Force in 1970 after a 13-year career, I almost went to California to help establish a preventive cardiology clinic. I decided to do it by myself and looked at Houston, Dallas, San Antonio and Oklahoma City. I finally chose Dallas.

The business community in Dallas was wonderfully receptive, led by Joe McKinney. In 1969 I spoke to his top corporate executives at The Tyler Corporation, and he told me if I ever decided to leave the Air Force and wanted to come to Dallas, to let him know if I needed help getting started.

That time soon came. I had gone all over town trying to raise \$1.6 million to buy property. I couldn't do it. Finally, I went to Joe McKinney and asked for his help. If

he had not given me an interest-free loan, there is no way I would be here today.

The City of Dallas, from the mayors on down, has been extremely supportive. The other person I want to give credit to is Mrs. (Clarice) Nichols, who sold us these 22 acres of prime Preston Road real estate at an affordable price.

Q: What is your personal philosophy on giving?

A: I've never been worried about making money. I've been very blessed and fortunate. I don't need much personally to keep me satisfied and have always wanted to be generous.

Q: What are some of the causes or organizations you support?

A: I've been on the boards of Boy Scouts and Friends of Clinical Nutrition at UT Southwestern Medical School. I support my alma maters, the University of Oklahoma and Harvard School of Public Health.

Recently, I chaired the Methodist Health System Foundation dinner in Dallas for the Robert S. Folsom Leadership Award, which Nancy Ann Hunt received. I've also been involved in the Russell H. Perry Award dinner, which is put on annually by Dallas Baptist University.

In conjunction with Buckner Fanning's school in San Antonio, I'm helping build a center that will be named the "Ken & Millie Cooper Activity & Recreation Center."

I'm actively involved in my church, Prestonwood Baptist. My wife, Millie, and I are avid supporters of Salvation Army, along with several other Christian organizations.

Q: The for-profit entities you've established have enabled you to give back to the Institute. Why has research been so important to you since 1970?

A: If it weren't for The Cooper Institute, we wouldn't be where we are today. From the beginning, I knew we had to bridge the gap between faddism and scientific legitimacy. The data that has been collected from the Cooper Clinic is stored at the Institute. This database has led to about 40 highly cited articles and publications over the past 35 years.

If I semi-retire in the next few years and my son, Tyler, starts taking over more responsibilities on campus, I may get more involved again in research. (Tyler Cooper, M.D., M.P.H., will begin working

at the Cooper Clinic this summer after finishing his board training.)

Q: What are your future goals for The Cooper Institute?

A: I would like to see more clinical and epidemiological studies. With a database of more than 1,300 prostate cancers, 650 breast cancers, 350 colon cancers, 175 lung cancers, etc., the Institute has a rich resource and capacity for research, and I believe it can tremendously affect the way we practice medicine.

IN MEMORY



Clarice Foreman Nichols, 94, of Dallas died of natural causes on March 29, 2006. She will be deeply missed.

In 1970 Mrs. Nichols sold Dr. Cooper 22 acres of property with three stipulations: The ducks will remain, no trees will be cut down, and the fireplace in her home that bears her children's initials must stay.

Dr. Cooper was careful to honor these requests as he built The Cooper Aerobics Center campus. The Cooper Institute acquired the adjacent church building and property in 1983.

"If it had not been for Mrs. Nichols' generous, gracious and loving support in those early years, The Cooper Aerobics Center never would have existed," Dr. Cooper said. "Enabling us to acquire the property that we now occupy was truly divine intervention. Mrs. Nichols became one of my greatest supporters and was loved by all of our family. Her legacy and our memories will live on."



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