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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)
09/04-06/07	Lecturer in Seoul National University, Kyung-won University, and Hoseo University in South Korea.
08/12-06/20	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
07/17-06/22	Associate Professor, Department of Kinesiology, College of Human Sciences, Iowa State University
07/22-05/24	Professor, Department of Kinesiology, College of Human Sciences, Iowa State University
06/24-Present	Professor, Department of Health and Human Development, School of Education, University of Pittsburgh
06/24-Present	Director, Physical Activity Research Center (PARC), School of Education, University of Pittsburgh

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

1992 Baeknam Academic Award (4-year undergraduate free tuition and free dormitory boarding, $24,000). Hanyang University.
1998 College of Liberal Arts Undergraduate Thesis Presentation Award (first place, $500). Hanyang University.
2005 Study Abroad Award (visited Texas A&M University) ($3,000). Seoul National University.
2010 Travel Stipend, The 36th Ten-Day Seminar on the Epidemiology and Prevention of Cardiovascular Disease ($500). American Heart Association.
2015 "*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.
2015 "*Early Achievement in Research Award*". College of Human Sciences. Iowa State University.
2016 Fellow of the American College of Sports Medicine (FACSM). American College of Sports Medicine.
2017 "*Early tenure and promotion"* to Associate Professor. Iowa State University.
2017 "*Atlas Award,*" international research award for the first author paper titled "Running as a key lifestyle medicine for longevity" published in *Progress in Cardiovascular Diseases*. This article was selected from published research articles around the world in over 2,500 science and medical journals such as *Lancet*, *JACC*, *Mayo Clinic Proceedings*. Elsevier.
2019 "*Paper of the Year"* award for the corresponding author paper titled "Associations of resistance exercise with cardiovascular disease morbidity and mortality" published in *Medicine & Science in Sports & Exercise*. American College of Sports Medicine.
2021 "*Mid-Career Achievement in Research Award*". College of Human Sciences. Iowa State University.
2022 "*Paper of the Year"* award for the invited senior author paper titled "Aerobic or muscle-strengthening physical activity: Which is better for health?" published in *Current Sports Medicine Reports*. American College of Sports Medicine.
2023 "*Global Visiting Fellow"* award by Brain Korea 21 (BK21). Seoul National University.
2025 "*Dean's Distinguished Award-Above and Beyond.*" School of Education. University of Pittsburgh.
2025 Fellow of the American Heart Association (FAHA). American Heart Association Council on Lifestyle and Cardiometabolic Health.

University Committees and Professional Services

2012-2013 Faculty Search Committee member for the Tenure-track assistant professor position in Kinesiology, Department of Kinesiology, ISU
2012-2014 Graduate Executive Committee member, Department of Kinesiology, ISU

2013-2024	Adviser, Korean Language Club (University Student Organization), ISU
2013-2014	Faculty Search Committee member for the Tenure-track assistant professor position in Physical Activity and Health, Department of Kinesiology, ISU
2013-2014	Ad hoc committee member “Community and Public Health” option review, Department of Kinesiology, ISU
2013-2014	International Committee member, College of Human Sciences, ISU
2014-2015	Kinesiology Department Buiding Renovation Project committee member, Department of Kinesiology, ISU
2013-2017	Executive Committee member, Department of Kinesiology, ISU
2015-2017	Data Driven Science Initiative (DDSI) Faculty Steering Committee, ISU (University committee to support President’s vision for Big Data)
2015-2018	Social Committee member, Department of Kinesiology, ISU
2016-2017	Outcomes Assessment and Continuous Improvement Plan Committee Chair, Department of Kinesiology, ISU
2016-2017	Faculty Search Committee member for two Tenure-track assistant professor positions in “Physical Activity and Health” and “Kinesiology”, Department of Kinesiology, ISU
2017-2018	Pease Family Scholar Committee member, Department of Kinesiology, ISU
2017-2020	Evaluation and Governance Committee member (Chair in 2019-2020), Department of Kinesiology, ISU
2017-2024	Pease Family Scholar Committee member (Chiar, 2022-), Department of Kinesiology, ISU
2017-2024	Promotion and Tenure Committee member, Department of Kinesiology, Iowa State University
2018-2020	Appeals Committee member, Department of Kinesiology, ISU
2019-2023	Faculty Search Committee member for a Tenure-track assistant professor positions in “Physical Activity and Health”, Department of Kinesiology, ISU
2019-2021	Kinesiology Representative to the ISU IRB, Department of Kinesiology, ISU
2021-2023	Diversity Committee Chair, Department of Kinesiology, ISU
2022	‘2022 Physical Activity Guidelines for Koreans’ project committee. Department of Physical Education. Seoul National University. Seoul, South Korea. 2022.
2022-2026	Physical Activity Committee member in the Lifestyle and Cardiometabolic Health Council, American Heart Association.
2023	‘Outstanding Achievement in Research Award’ Evaluation Committee member. Office of the Vice President for Research. ISU.
2023	Abstract Reviewer for Scientific Sessions 2023 (Philadelphia, PA on November 11-13), American Heart Association’s Committee on Scientific Sessions Program, American Heart Association.
2024	Invited reviewer for Japanese National Physical Activity Guide (English version): “Physical Activity Guide for Health Promotion 2023”. Health Service Bureau, Minsitry of Health, Labour and Welfare. Japan.
2024-Present	Physical Activity Research Center (PARC) Committee chair, School of Education, University of Pittsburgh.
2024-Present	Promotion and Tenure Committee member, Department of Health and Human Development, University of Pittsburgh.
2025-2026	Search Committee member for a Office of Child Development (OCD) Director position, School of Education, University of Pittsburgh.
2026-2028	LIFESTYLE & EPI Conference Program Committee member, Council on Lifestyle and Cardiometabolic Health, American Heart Association.
2026-2027	2027 Physical Activity Guidelines Technical Expert Collaborative (TEC) member. The TEC is comprised of scientific experts in the fields of steps and muscle-strengthening physical activity, and health outcomes to

evaluate the scientific literature, grade the evidence, summarize the science, and submit the findings to the United States Department of Health and Human Services (HHS).

Professional Affiliations

1. American College of Sports Medicine, Member: 2005~; Fellow: 2016~.
2. American Heart Association, Member: 2008~. Fellow: 2025~.
3. American Public Health Association, Member: 2013~.
4. North American Artery Society, Member: 2014~.
5. The Obesity Society, Member: 2009~.
6. US National Strength and Conditioning Association, Member: 2006~.

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 Care
- Hypertension
- 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

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 “Intergrated 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.
- West Virginia University. School of Public Health. Department of Epidemiology and Biostatics. 2024

RESEARCH

Web of Science **h-Index=45** (Google Scholar h-index=60) since 2009. Lee has 23 papers with >100 citations per paper (7 as first author).

Referred Journal Publications (In chronological order. *Indicates mentored graduate student or post-doctoral 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, Standford 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, Espana-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. Relpy: ""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-heigh 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.
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82. Kim Y*, Wijndaele K, **Lee DC,** Sharp SJ, Wareham N, Brage S. Independent and joint associations of grip strength and adioposity with all-call and cardiovascular disease mortality in 403,199 adults: The UK Biobank study. *Am J Clin Nutr*. 2017;106(3):773-782.
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Collaboration/Contribution

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Non-refereed Publication

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Books and Chapters

1. Lim WG, Kwon MG, Kim GS, **Lee DC**, Lee SB, Hong GD. *Perfect Weight Training*. Seoul, Korea: Hong-kyung. 2006.
2. Ortega FB, **Lee DC**, Blair SN. Chapter title: Exercise and Disease Prevention. Book title: *Encyclopedia of Sports Medicine*. Editor: Micheli LJ. Thousand Oaks, CA: SAGE Publications, 2011:447-50. ISBN: 9781412961158.
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4. **Lee DC,** Brellenthin AG. Chapter title: Physical Activity Epidemiology Research. Book title: *Research Methods in Physical Activity*, 8th Edition. Editors: Jerry R. Thomas, Stephen J Silverman, Philip E. Martin, and Jenny L. Etnier. Human Kinetics. 2021.
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Presentations and Published Abstracts (in chronological order. * Indicates mentored graduate student or postdoctoral fellow)

Before 2009

1. **Lee DC**, Kim YS, Kim HJ, Lee JH, Kwon HS, Yoon KH, Lee WC, Son HY. The effects of exercise and diet education on the metabolic syndrome and insulin resistance. American College of Sport Medicine Annual Meeting. Slide presentation. Nashville, Tennessee, 2005.
2. **Lee DC**, Oh JW, Park H, Kim YS. Effects of resistance training and protein supplementation on muscle strength, body composition, liver and kidney. American College of Sport Medicine Annual Meeting. Poster presentation. Denver, Colorado, 2006.
3. Lee SW, Kim KB, Hong KD, **Lee DC**, Jun TW, Kim YS. Estimation of one repetition maximum by antropometry measurements in male novice lifters. American College of Sport Medicine Annual Meeting. Poster presentation. Denver, Colorado, 2006.
4. **Lee DC**, Oh JW, Park H, Kim YS. Physical activity and the incidence of type 2 diabetes in Korean men and women. American College of Sport Medicine Annual Meeting. Thematic poster presentation. New Orleans, Louisiana, 2007.
5. Kong SA, Kim SS, Lee SW, **Lee DC**, Lee O, Bu JS, Kim YS. A dose-response relationship between types of physical activity and physical fitness. American College of Sports Medicine Annual Meeting. Poster presentation. Indianapolis, Indiana, 2008.

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.
8. **Lee DC**, Jackson AW, Morrow JR, Sui X, Blair SN. An inverse gradient between muscular strength and the incidence of obesity: A prospective analysis. American College of Sports Medicine Annual Meeting. Poster presentation. Seattle, Washington, 2009.
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10. Barry V*, **Lee DC**, Sui X, Durstine JL, Pate RR, Blair SN. Traditional and nontraditional cardiorespiratory fitness, percentage body fat and all-cause mortality in women. American College of Sports Medicine Annual Meeting. Poster presentation. Seattle, Washington, 2009.
11. Jaggers JR*, **Lee DC**, Sui X, Hand GA, Blair SN. Association between regular and sugar-free soda consumption with risk of metabolic syndrome. American College of Sports Medicine Annual Meeting. Poster presentation. Seattle, Washington, 2009.
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2010

14. Liu R*, **Lee DC**, Sui X, Laditka JN, Colabianchi N, Hussey J, Blair SN. Association of muscular strength and cardiorespiratory fitness with depressive symptoms in men. The Gerontological Society of America Annual Scientific Meeting. Poster presentation. New Orleans, Louisiana, 2010.
15. Heroux ML, Janssen I, **Lee DC**, Sui X, Blair SN. Do the associations between physical activity, diet, and obesity differ according to health status? The Obesity Society Annual Scientific Meeting. Poster presentation. San Diego, California, 2010.
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17. Kim J, Sui X, Byun W, **Lee DC**, Blair SN. Heart rate recovery as a predictor of stroke incidence in men with metabolic syndrome. American College of Sports Medicine Annual Meeting. Poster presentation. Baltimore, Maryland, 2010.
18. Gander J*, **Lee DC**, Sui X, Blair SN. Self-rated health status and cardiorespiratory fitness as predictors of mortality in men. American Public Health Association. Poster presentation. Denver, Colorado, 2010.
19. Sui X, **Lee DC**, Kim J, Blair SN. Adiposity and the risk of digestive system cancer mortality in the Aerobic Center Longitudinal Study. The International Association for the Study of Obesity (IASO) Hot Topic Conference – Cancer & Obesity. Poster Presentation. Valencia, Spain, 2010.

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27. Sui X, Dishman RK, **Lee DC**, Jackson AS, Kim J, Blair SN. Trajectories of changes in adiposity, physical activity, and cardiorespiratory fitness in men. American Heart Association. Cardiovascular Disease Epidemiology and Prevention & Nutrition, Physical Activity and Metabolism. Poster presentation. Atlanta, Georgia, 2011.

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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33. Lavie CJ, DeSchutter A, Milani RV, Menezes AR, **Lee DC**, Sui X, Church TS, Blair SN. Impact of contemporary cardiac rehabilitation and exercise training programs in secondary coronary prevention. World Congress of Cardiology Scientific Sessions. Slide presentation. Dubai, United Arab Emirates. 2012.
34. Lavie CJ, Menezes AR, DeSchutter A. Milani RV, **Lee DC**, X. Sui X, Church TS, Blair SN. Psychological stress and cardiovascular diseases-impact of exercise training programs. World Congress of Cardiology Scientific Sessions. Slide presentation. Dubai, United Arab Emirates. 2012.
35. Lavie CJ, Church TS, Milani RV, Menezes AR, DeSchutter A, **Lee DC**, Sui X, Blair SN. Impact of physical activity, cardiorespiratory fitness and exercise training on inflammation and C-reactive protein (CRP). World Congress of Cardiology Scientific Sessions. Poster presentation. Dubai, United Arab Emirates. 2012.
36. **Lee DC**, Sui X, Artero EG, Blair SN. Resistance exercise and incident metabolic syndrome in men. American Heart Association. Cardiovascular Disease Epidemiology and Prevention & Nutrition, Physical Activity and Metabolism. Moderated poster presentation. San Diego, California, 2012.
37. Sui X, Zhang J, **Lee DC**, Artero EG, Blair SN. Percentage of deaths attributable to poor cardiovascular health behaviors: Findings from the Aerobics Center Longitudinal Study. American Heart Association. Cardiovascular Disease Epidemiology and Prevention & Nutrition, Physical Activity and Metabolism. Poster presentation. San Diego, California, 2012.

38. McAuley P, Chen H, **Lee DC**, Artero EG, Bluemke DA, Burke GL. Physical activity attenuates the impact of obesity on cardiometabolic risk: The Multi-Ethnic Study of Atherosclerosis (MESA). American Heart Association. Cardiovascular Disease Epidemiology and Prevention & Nutrition, Physical Activity and Metabolism. Poster presentation. San Diego, California, 2012.
39. España-Romero V, Artero EG, **Lee DC**, Sui X, Baruth M, Ruiz JR, Pate RR, Blair SN. Ideal cardiovascular health and depressive symptoms in the adult population. American Heart Association. Cardiovascular Disease Epidemiology and Prevention & Nutrition, Physical Activity and Metabolism. Poster presentation. San Diego, California, 2012.

2013

40. Blair SN, Ott J, **Lee DC**, Sui X. Cardiorespiratory fitness and all-cause mortality in men with emotional problems. American Heart Association. Cardiovascular Disease Epidemiology and Prevention & Nutrition, Physical Activity and Metabolism. Poster presentation. New Orleans, Louisiana, 2013.
41. Prasad VK*, Hand GA, Sui X, Shrestha D, **Lee DC**, Lavie CJ, Jaggers JR, Blair SN. Association of exercise heart rate response with incidence of hypertension in men. American Heart Association. Cardiovascular Disease Epidemiology and Prevention & Nutrition, Physical Activity and Metabolism. Poster presentation. New Orleans, Louisiana, 2013.
42. **Lee DC**, Welk GJ, Franke WD, Sui X, Blair SN. Cardiorespiratory fitness, muscular strength, and mortality. American College of Sports Medicine Annual Meeting. Poster presentation. Indianapolis, Indiana, 2013.
43. Sui X, Church TS, **Lee DC**, Blair SN. Effects of high levels of leisure-time physical activity and cardiorespiratory fitness on early age cancer death in men and women. American College of Sports Medicine Annual Meeting. Indianapolis, Indiana, 2013.
44. Pattarini JM, Blue RS, Russell S, **Lee DC**, Sui X, Blair SN, Johnston S. Association between isokinetic muscular strength and all-cause mortality. American College of Sports Medicine Annual Meeting. Indianapolis, Indiana, 2013.
45. Becofsky K*, Sui X, **Lee DC**, Blair SN. Fitness, fatness, and depression. American College of Sports Medicine Southeast Chapter Annual Meeting. Poster presentation. Greenville, South Carolina, 2013.
46. Jiménez-Pavon D, Artero EG, **Lee DC**, España-Romero V, Sui X, Pate R, Chruch T, Lavie CJ, Moreno LA, Blair SN. Cardiorespiratory fitness and risk fo sudden cardiac death in north American men and women. A prospective study. European College of Sport Science Annual Congress. Oral presentation. Barcelona, Spain. 2013.
47. Zhan L*, Liu J, **Lee DC**, Sui X, Blair SN. Lean fish and seafood consumption does not prevent increases in body weight, waist circumference and percentage of body fat. Society for Epidemiology Research Annual Meeting. Boston, Massachusetts. 2013.
48. 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 in the Aerobics Center Longitudinal Study. The Obesity Society Annual Meeting. Poster presentation. Atlanta, Gerogia, 2013.
49. **Lee DC**, Meier NF, Schroeder EC, Welk GJ. Resistance and aerobic physical activity and high blood pressure. American Public Health Association Annual Meeting. Poster presentation. Boston, Massachusetts, 2013.
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

51. **Lee DC**, Meier NF, Schroeder EC, Welk GJ. Vigorous-intensity aerobic physical activity and blood pressure - Is more better? American College of Sports Medicine Annual Meeting. Poster presentation. Orlando, Florida, 2014.
52. Meier NF*, **Lee DC**, Sui X, Blair SN. Physical activity and incident glaucoma. American College of Sports Medicine Annual Meeting. Poster presentation. Orlando, Florida, 2014.
53. Schroeder EC*, Meier NF, Welk GJ, **Lee DC**. Health club membership and adherence to the US physical activity guidelines. American College of Sports Medicine Annual Meeting. Poster presentation. Orlando, Florida, 2014.
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

55. **Lee DC**, Lavie CJ, Church TS, Sui X, Blair SN. Leisure-time running and incident type 2 diabetes. American Heart Association. Epidemiology and Prevention/Lifestyle and Cardiometabolic Health Annual Conference. Moderated poster presentation. Baltimore, Maryland, 2015.
56. **Lee DC**, Lavie CJ, Church TS, Sui X, Blair SN. Leisure-time running and mortality in adults with hypertension. American College of Sports Medicine Annual Meeting. Poster presentation. San Diego, California, 2015.
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.
58. Schroeder EC*, Meier NF, Welk GJ, **Lee DC**. Improved cardiovascular health outcomes with health club membership. American College of Sports Medicine Annual Meeting. Poster presentation. San Diego, California, 2015.
59. Sui X, Zhang J, Kokkinos PF, Lavie CJ, **Lee DC**, Church TS, Blair SN. Longitudinal patterns of cardiorespiratory fitness can predict the development of hypertension among men and women. American College of Sports Medicine Annual Meeting. Poster presentation. San Diego, California, 2015.
60. **Lee DC**, Schroeder EC. Independent and combined effects of aerobic and resistance training on sarcopenic indices and its associations with peripheral and central blood pressure. North American Artery Society Annual Meeting. Poster presentation. Chicago, Illinois, 2015.
61. Schroeder EC*, Franke WD, Sharp RL, **Lee DC**. Independent and combined effects of aerobic and resistance training on blood pressure (ART-B). North American Artery Society Annual Meeting. Poster presentation. Chicago, Illinois, 2015.

2016

62. **Lee DC**, Schroeder EC. Comparative Effectiveness of Aerobic, Resistance, and Combined Training on Health-Related Quality of Life in Inactive, Overweight/Obese, and Pre-/Stage 1-Hypertensive Individuals: A randomized controlled exercise trial. American Heart Association. Epidemiology and Prevention/Lifestyle and Cardiometabolic Health Annual Conference. Poster presentation. Phoenix, Arizona, 2016.
63. **DC Lee,** Carl J. Lavie, Timothy S. Church, Xuemei Sui, Steven N. Blair. Leisure-time running and all-cause cancer mortality. American College of Sports Medicine Annual Meeting. Poster presentation. Boston, Massachusetts, 2016.
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

67. **Lee DC**, Lavie CJ, Sui X, Blair SN. Resistance exercise and obesity prevention. American Heart Association. Epidemiology and Prevention/Lifestyle and Cardiometabolic Health Annual Conference. Poster presentation. Portland, Oregon, 2017.
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.
71. Lee SJ, Kim YS, **Lee DC**, Kim ST, Joung GS, The effect of rehabilitation with blood flow restriction on muscle function following total kness replacement. American College of Sports Medicine Annual Meeting. Poster presentation. Denver, Colorado, 2017.
72. Bakker EA*, **Lee DC**, Sui X, Eijsvogels TMH, Lavie CJ, Blair SN. Assocation of resistacne exercise with the incidence of hypercholesterolemia in men. American College of Sports Medicine Annual Meeting. Poster presentation. Denver, Colorado, 2017.
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

75. **Lee DC**, Brellenthin AG, Sui X, Blair SN. Muscular strength and type 2 diabetes prevention. American Heart Association. Epidemiology and Prevention/Lifestyle and Cardiometabolic Health Annual Conference. Moderated poster presentation. New Orleans, Louisiana, 2018.
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, Eijsvogels 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, **Lee DC**. 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 the COVID-19 Pandemic.
97. Brellenthin AG*, **Lee DC**. 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 the COVID-19 Pandemic.
98. Song BK*, Brellenthin AG, **Lee DC**. 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 the COVID-19 Pandemic.
99. Saavedra J*, Brellenthin AG, **Lee DC**. 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 the COVID-19 Pandemic.
100. Gutiérrez-Martínez L*, Brellenthin AG, **Lee DC**. 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 the COVID-19 Pandemic.
101. Wolf T, Wolff M, Komjathy C, Brellenthin AG, **Lee DC**, Litchfield R, Lanningham-Foster L. Strategies for improving DASH diet compliance to reduce the risk of heart disease in hypertensive individuals. Society for Nutrition Education and Behavior Annual Meeting. Norfolk, VA. 2020. Cancelled due to the COVID-19 Pandemic.
102. **Lee DC**, 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 the COVID-19 Pandemic.

2021

103. Bakker EA, **Lee DC**, Hopman MTE, Thijssen DHJ, Eijsvogels TMH. Impact of cardiovascular health status on the association between changes in physical activity and major cardiovascular events and mortality among 88,320 adults: outcomes of the Lifelines Cohort Study. European Association of Prevention Cardiology Annual Congress. ECS Preventive Cardiology 2021. Online Congress due to the COVID-19. Oral presentation at 'Young Investigators Award-Population Science and Public Health.' 2021.
104. Brellenthin AG, **Lee DC**, Lefferts EC, Song BK, Kim Y. Familial dementia versus healthy lifestyle on the risk of dementia. American Heart Association. Epidemiology and Prevention/Lifestyle and Cardiometabolic Health Annual Conference. Oral presentation. Virtual Meeting due to the COVID-19 Pandemic. 2021.
105. **Lee** DC, Brellenthin AG, Lanningham-Foster L, Kohut ML, Li Y. Cardiovascular benefits of resistance, aerobic, and combined exercise (cardiorace). American College of Sports Medicine Annual Meeting. ePoster presentation. Virtual Meeting due to the COVID-19 Pandemic. 2021.
106. Brellenthin AG, **Lee DC**, Lefferts EC, Kim Y. Association of vigorous-intensity physical activity with the risk of dementia. American College of Sports Medicine Annual Meeting. ePoster presentation. Virtual Meeting due to the COVID-19 Pandemic. 2021.
107. Song BK*, Saavedra JM, Lefferts EC, Brellenthin AG, **Lee DC**. Associations between cardiorespiratory fitness and diverticulitis in older adults. American College of Sports Medicine Annual Meeting. ePoster presentation. Virtual Meeting due to the COVID-19 Pandemic. 2021.
108. Saavedra JM*, Song BK, Brellenthin AG, **Lee DC**. Sui X, Blair SN. Association of cardiorespiratory fitness and body mass index with incident restrictive lung disease. American College of Sports Medicine Annual Meeting. ePoster presentation. Virtual Meeting due to the COVID-19 Pandemic. 2021.

109. Kim H*, Song BK, Brellenthin AG, **Lee DC**. Association between muscular strength and low bone mineral density in older women. American College of Sports Medicine Annual Meeting. ePoster presentation. Virtual Meeting due to the COVID-19 Pandemic. 2021.
110. Kim G, Song BK, Kim J, Lefferts EC, Brellenthin AG, **Lee DC**, Kim Y. Associations between relative grip strength and type 2 diabetes mellitus: The Yangpyeong cohort of the KoGES. American College of Sports Medicine Annual Meeting. ePoster presentation. Virtual Meeting due to the COVID-19 Pandemic. 2021.
111. Kim Y, Song BK, Kim G, Kim J, Lefferts EC, **Lee DC**. Association between quadriceps strength and type 2 diabetes in Korean older adults. American College of Sports Medicine Annual Meeting. ePoster presentation. Virtual Meeting due to the COVID-19 Pandemic. 2021.

2022

112. Brellenthin AG, **Lee DC**. Comparative effects of aerobic, resistance, and combined exercise on sleep. American Heart Association. Epidemiology and Prevention/Lifestyle and Cardiometabolic Health Annual Conference. Oral presentation. Chicago, IL, 2022.
113. **Lee DC**, Brellenthin AG. Effects of resistance, aerobic, or combined exercise on stress. American College of Sports Medicine Annual Meeting. In-person presentation. San Diego, California. 2022.
114. Brellenthin AG. **Lee DC**. Comparative effects of aerobic, resistance, or combined exercise on anxiety. American College of Sports Medicine Annual Meeting. In-person presentation. San Diego, California. 2022.
115. Song BK*, Lefferts EC, Saavedra JM, **Lee DC**. Associations of daily step count and sitting time with gastroesophageal reflux disease in older adutls. American College of Sports Medicine Annual Meeting. ePoster presentation. San Diego, California. 2022.
116. Saavedra JM*, Lefferts EC, Song BK, **Lee DC**. Associations of body mass index and cardiorespiratory fitness with sleep apnea in older adults. American College of Sports Medicine Annual Meeting. In-person presentation. San Diego, California. 2022.
117. Yoon J, **Lee DC**, Kim YS. Associations between physical activity, resting heart rate, and metabolic syndrome in Korean adults. American College of Sports Medicine Annual Meeting. In-person presentation. San Diego, California. 2022.
118. Ma X, Ryu Y, Sung H, **Lee DC**, Kim YS. Associations of physical activity, mental health, and quality of life with sarcopenic obesity in elderly. American College of Sports Medicine Annual Meeting. In-person presentation. San Diego, California. 2022.
119. Ryu Y, **Lee DC**, Kim YS. Associations between the status of sarcopenic obesity and osteoarthritis using the KNHANES 2014-2019 data. American College of Sports Medicine Annual Meeting. In-person presentation. San Diego, California. 2022.
120. Han YM, Kim YS, **Lee DC**. Effects of an online weight management program on weight and physical activity changes. American College of Sports Medicine Annual Meeting. In-person presentation. San Diego, California. 2022.
121. Bakker EA, **Lee DC**, Ortega FB, Hopman MTE, Thijssen DHJ, Eijsvogels TMH. Changes in total, moderate and vigorous intensity physical activity are associated with mortality among 87,302 adults: the Lifelines Cohort Study. European College of Sport Science Annual Congress. Seville, Spain. 2022.
122. **Lee DC**, Lefferts EC, Saavedra JM, Song BK, Brellenthin AG. Increasing lifestyle walking by 3,000 steps/day lowers blood pressure in older adults with hypertension. International Society for Physical Activity and Health Congress. Poster presentation. Abu Dhabi, UAE. 2022.

2023

123. Lefferts EC*, Saavedra JM, **Lee DC**. Greater adherence to Lifes's Essential 8 is associated with lower arterial stiffness in cancer survivors. American College of Sports Medicine Annual Meeting. Poster presentation. Denver, Colorado. 2023.

124. Saavedra JM*, Lefferts EC, **Lee DC**. Associations of cardiorespiratory fitness and muscular strength with sleep apnea in older adults. American College of Sports Medicine Annual Meeting. Thematic poster presentation. Denver, Colorado. 2023.
125. Jouzi TR*, Lefferts EC, Saavedra JM, **Lee DC**. Associations of cardiorespiratory fitness and muscular strength with poor sleep quality in older adults. American College of Sports Medicine Annual Meeting. Thematic poster presentation. Denver, Colorado. 2023.

2024

126. **Lee DC**, Brellenthin AG. Effects of resistance, aerobic, or combind exercise on handgrip strength. American College of Sports Medicine Annual Meeting. Poster presentation. Boston, Massachusetts. 2024.
127. Brellenthin AG, Crombie KM, Sirotiak Z, Hillard CJ, Smith-Hernandez C, Koltyn KF, **Lee DC**. Endocannabinoid responses to aerobic, resistance, or combind exercise in adults with and without metabolic syndrome. American College of Sports Medicine Annual Meeting. Poster presentation. Boston, Massachusetts. 2024.
128. Brandner CF, Brellenthin AG, **Lee DC**. Comparative effects of aerobic, resistance, or combined exercise on body shape. American College of Sports Medicine Annual Meeting. Poster presentation. Boston, Massachusetts. 2024.
129. Porter FJ*, Saavedra JM, Zhai X, Jouzi TR, **Lee DC**. Independent and joint associations of cardiorespiratory fitness and body mass index with sleep quality and duration in older adults. American College of Sports Medicine Annual Meeting. Poster presentation. Boston, Massachusetts. 2024.
130. Saavedra JM*, **Lee DC**. Associations of total daily steps and aerobic steps with respiratory impairment in older adults. American College of Sports Medicine Annual Meeting. Thematic poster presentation. Boston, Massachusetts. 2024.
131. Zhai X*, Saavedra JM, Porter FJ, Jouzi TR, **Lee DC**. Associations of total and aerobic steps with health-related quality of life in older adults. American College of Sports Medicine Annual Meeting. Thematic poster presentation. Boston, Massachusetts. 2024.
132. Sawada SS, Akimoto T, Kinoshita M, Nagasaka Y, Zhai X, Koriyama S, Sloan RA, Sui X, **Lee DC**, Lee IM. Running speed in school-age children and prevalence of diabetes mellitus in adulthood. American College of Sports Medicine Annual Meeting. Rapid Fire Platform presentation. Boston, Massachusetts. 2024.
133. Sawada SS, Shimizu S, Tsuneda U, Nakazawa Y, Suzuki K, Hirayama K, **Lee DC**. Sports participantion and prevalence of frequent upper respiratory track infection. European College of Sport Science Annual Meeting. Poster presentation. Glasgow, UK. 2024.
134. Choi Y, Han Y, Sung H, Yoon J, **Lee DC**, Kim YS. Joint associations of hypertension and meeting both aerobic and muscle strengthening recommendations with mortality. European College of Sport Science Annual Meeting. Poster presentation. Glasgow, UK. 2024.

2025

135. Saavedra JM, Downer B, Lefferts EC, **Lee DC**. Independent and joint associations of pulmonary function and muscular strength with metabolic syndrome in lung healthy older adults. Texas Chapter of American College of Sports Medicine Annual Meeting. Poster presentation. Waco, Texas. 2025.
136. Yoon J*, Goode NJ, Lefferts EC, Kline CE, **Lee DC**. Associations of resistance and aerobic exercise with recommended sleep duration in older adults. American College of Sports Medicine Annual Meeting. Poster presentation. Atlanta, Georgia. 2025.
137. Saavedra JM, Downer B, Lefferts EC, **Lee DC**. Associations of pulmonary function and muscular strength with metabolic syndrome in lung healthy older adults. American College of Sports Medicine Annual Meeting. Poster presentation. Atlanta, Georgia. 2025.

138. Goode NJ*, Yoon J, Lefferts EC, **Lee DC**. Association of daily steps with the prevalence of polypharmacy in older adults. American College of Sports Medicine Annual Meeting. Poster presentation. Atlanta, Georgia. 2025.
139. Zhu X, Sawada SS, Wang D, Hirayama R, Kawakami R, Yoshiba K, Yoshioka N, Lee IM, Sue X, **Lee DC**, Kai Y, Arao T. Subjective happiness and vitality in relation to experience of supporting the Japanese football league. American College of Sports Medicine Annual Meeting. Poster presentation. Atlanta, Georgia. 2025.
140. Sawada SS, Chida T, **Lee DC**. Caffeine intake and the prevalence of leg cramps: cross-sectional study. European College of Sport Science Annual Meeting. Poster presentation. Limini, Italy. 2025.
141. Saavedra JM, Downer B, Lefferts EC, **Lee DC**. The joint associations of muscle weakness and abdominal obesity, independent of body mass index, with pulmonary function in older adults: A cross-sectional study. University of Texas Medical Branch Annual Forum on Aging. Poster presentation. Galveston, Texas, 2025.

2026

142. Parvizi P, Paluch AE, **Lee DC**. Association of daily step count with all-cause mortality among older adults with hypertension and resistant hypertension. American Heart Association. Epidemiology and Prevention/Lifestyle and Cardiometabolic Health Annual Conference. Poster presentation. Boston, MA, 2026.
143. Pitre MJ, Leszczynski EC, Jacobs KJC, Kiely K, Schwartz CS, McBride MK, Nayak S, Robbins JM, Rao P, Mi M, Ghosh S, Gerszten RE, Swift DL, Beets MW, Johannsen NM, Church TS, Ross R, **Lee DC**, Bouchard C, Kraus WE, Ross LM, Weaver RG, Sarzynski MA. Effects of exericse training on predicted ASCVD risk: Meta-analsyis across eight exericse training studies. American Heart Association. Epidemiology and Prevention/Lifestyle and Cardiometabolic Health Annual Conference. Poster presentation. Boston, MA, 2026.
144. Spitz RW*, **Lee DC**. The effect of different doses of resistance exericse on changes in monthly blood pressure. American Heart Association. Epidemiology and Prevention/Lifestyle and Cardiometabolic Health Annual Conference. Poster presentation. Boston, MA, 2026.
145. Boyer W, Krager S, Richardson M, Churilla J, **Lee DC**. Association Between Physical Activity and All-Cause Mortality Among Middle-Aged and Older Adults With Elevated C-Reactive Protein: NHANES 1999–2006. American Heart Association. Epidemiology and Prevention/Lifestyle and Cardiometabolic Health Annual Conference. Poster presentation. Boston, MA, 2026.
146. Porter FJ, **Lee DC,** Lefferts, EC. **I**ndependent and joint associations of grip strength and muscle-strengthening activity with aortic stiffness in older adults. North American Artery Annual Conference. Oral presentation. Philadelphia, Pennsylvania. 2026.
147. Crombie KM, **Lee DC**, Hillard CJ, Brellenthin AG. Circulating endocannabinoids and cardiovascular disease risk in adults with overweight and obesity before and after a 1-year exercise trial. International Cannabinoid Research Society Symposium on Cannabinoids. Poster presentation. Dijon, France. 2026.
148. Porter FJ, **Lee DC,** Lefferts, EC. Independent and joint associations of grip strength and muscle-strengthening activity with cardiovascular health in older adults. American College of Sports Medicine Annual Meeting. Oral presentation. Salt Lake City, Utah. 2026.
149. Goodin G*, Spitz RW, **Lee DC**. Effects of different doses of resistance exericse on blood pressure in individuals with hypertension. American College of Sports Medicine Annual Meeting. Poster presentation. Salt Lake City, Utah. 2026.
150. Yoon J*, Spitz RW, **Lee DC**. Dose-response effect of resistance exercise on hand grip strength in overweight or obese adults. American College of Sports Medicine Annual Meeting. Poster presentation. Salt Lake City, Utah. 2026.

151. Saavedra JM, Downer B, Lefferts EC, **Lee DC**. Joint association of muscle weakness and abdominal obesity with lung function in older adults. American College of Sports Medicine Annual Meeting. Poster presentation. Salt Lake City, Utah. 2026.
152. Herwig WM*, Spitz RW, **Lee DC**. Effects of exercise time of day on adherence to structured exercise. American College of Sports Medicine Annual Meeting. Thematic poster presentation. Salt Lake City, Utah. 2026.
153. Xuejin Z, Sawada SS, Wang D, Kawakami R, Kinoshita K, Nishida M, Kawashima K, Tanisawa K, Oka K, **Lee DC**, Sui X, Lee IM, Hirotaka Matsuoka. Sports fandom and psychological well-being: A cross-sectional study in Japan. American College of Sports Medicine Annual Meeting. Poster presentation. Salt Lake City, Utah. 2026.

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 beneifts of physical activity and fitness: What type of physical activity is best for health? Department of Physiology. 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**. CardioRACE project: How to run exercise RCTs. Department of Physical Education. Seoul National University. Seoul, South Korea. 2019.
13. **Lee DC**. What type and does of physical exercise is the best medicine? Department of Physical Education and Sports. University of Granada. Granada, Spain. 2019.
14. **Lee DC**. Key issues in the design and implementation of exercise-based RCTs. Department of Education. University of Almeria. Almeria, Spain. 2019.

15. **Lee DC**. Key issues in exercise RCTs. Department of Physiology. Radboud University Medical Center. Nijmegen, The Netherlands. 2019.
16. **Lee DC**. The keys to a long and healthy life: Physical activity and fitness. Focused Seminar led by prestigious scholars. Department of Physical Education. Seoul National University. Seoul, South Korea. 2020. Virtual presentation due to the COVID-19 pandemic.
17. **Lee DC**. Physical activity vs. physical fitness on cardiometabolic disease. 4th Asia Pacific CardioMetabolic Syndrome Congress (APCMS 2021). Korean Society of Cardiometabolic Syndrome. Seoul, South Korea. 2021. Virtual presentation due to the COVID-19 pandemic.
18. **Lee DC**. Physical Activity and Aging Study (PAAS). USDA NE1939 "Improving the health span of againg adults through diet and physical activity" Virtual Annual Meeting. NE1939 Multistate Project Team. 2021.
19. **Lee DC**. Physical Activity and Aging Study (PAAS). Workshop: "Toward Transdisciplinary Research in Physical Activity and Sport". Department of Physical Education. Seoul National University. Seoul, South Korea. 2021. Virtual presentation due to the COVID-19 pandemic.
20. **Lee DC**. Health benefits of getting active & fit for everyone. College of Sports Science. Sungkyunkwan University. Suwon, South Korea. 2022. Invited virtual lecture.
21. **Lee DC**. Aerobic versus resistance exercise: Which is better? 5th Asia Pacific CardioMetabolic Syndrome Congress (APCMS 2022). Korean Society of Cardiometabolic Syndrome. Seoul, South Korea. 2022. Virtual presentation due to the COVID-19 pandemic.
22. **Lee DC**. Physical activity vs. physical fitness on cardiometabolic health. BK21 Global Scholar Invitation Lecture. Department of Physical Education. Seoul National University. Seoul, South Korea. 2023. Virtual presentation.
23. **Lee DC**. What type of exercise is best for health? The Blair Symposium. Department of Exercise Science. University of South Carolina. Columbia, South Carolina. 2024.
24. **Lee DC**. Honoring the Legacy of Steve Blair: A Legend in Life and Beyond. American College of Sports Medicine annual meeting – Tutorial Lecture. Boston, Massachusetts. 2024.
25. **Lee DC**. What type of exercise is best for cardiovascular health and longevity?. University of Pittsburgh Pepper Research Seminar. Pittsburgh, Pennsylvania. 2024.
26. **Lee DC**. Health benefits of resistance exercise on chronic disease prevention and longevity? American College of Sports Medicine annual meeting – Highlighted Symposium (Session title: Informing the 2028 Guidelines-Current state of evidence on device, resistance exercise, and mental health). Atlanta, Georgia. 2025.
27. **Lee DC**. Is more exericse always better for health and longevity? If not, how much exericse is too much? University of Pittsburgh School of Public Health Epidemiology Seminar. Pittsburgh, Pennsylvania. 2025.
28. **Lee DC**. Building a research career using cohort data: developing ideas, assessing data, and funding your work. American College of Sports Medicine annual meeting – ACSM Epi, Bios, Public Health SIG Meeting Panel Discussion. Salt Lake City, Utah. 2026.

GRANTS

Pending

04/27-03/32 **Preserving muscle in obesity pharmacotherapy with resistance exerricse regimen (POWER)**
Principal Investigator: Lee, Duck-chul
Source: NIH (NIA) R01 ($7,274,758 Total Requested).
This project will evaluate the optimal dose of resistance exercise required to

preserve skeletal muscle volume during and after obesity pharmacotherapy in older adults with obesity.

12/26-11/31 **Resistance exercise for muscle in obesity pharmacotherapy (REFORM)**
Principal Investigator: Lee, Duck-chul
Source: NIH (NIDDK) R01 ($7,431,768 Total Requested).
This randomized controlled efficacy trial will test the dose-response of 1-year resistance exercise training combined with GLP-1 therapy on total lean mass in middle-aged adults with obesity.

12/26-05/27 **Orienteering walk on cognitive function among older adults with mild cognitive impairment: a pilot mixed-method study**
Principal Investigator: Zhai, Xiangyu (University of Hong Kong)
Source: Health and Medical Research Fund, Health Bureau, Hong Kong ($56,000 Total Requested).
This mixed-methods study (a three-arm randomized controlled trial and qualitative process evaluation) aims to examine the feasibility and preliminary efficacy of orienteering walk, integrating navigational tasks with brisk walking, on cognitive function in older adults with mild cognitive impairment.
Role: Co-I

07/26-06/31 **Maternal midlife vascular pathophysiology following pregnancy: impact of placental health and function** (Resubmission)
Principal Investigator: Kozai, Andrea (University of Pittsburgh)
Source: NIH (NHLBI) K01 (K01HL188214) ($705,505 Total Requested)
This Career Development K01 Award will prepare Dr. Kozai to implement an independent research career with expertise in placental pathophysiology, vascular biology, and exercise physiology.
Role: Co-Mentor (Primary mentor: Janet Catov)

Funded

12/23-11/28 **Dose-response to resistance exercise on cardiovascular health (DoReps)**
Principal Investigator: Lee, Duck-chul (MPI: Lee, I-Min)
Source: NIH (NHLBI) R01 (R01HL171098) ($3,466,211 Total Funded).
This randomized controlled trial will test the dose-response relationship between resistance exercise and cardiovascular disease risk factors in adults with overweight or obesity.

01/25-01/26 **Dose-response effects of resistance training on brain health in mid- and late-life obesity (DoReps-Cog) pilot study**
Principal Investigator: Gujral, Swathi (University of Pittsburgh)
Source: University of Pittsburgh Department of Psychiatry Pilot Grant & BRIDE Center SEED Grant ($43,500 Total Funded).
This ancillary study to DoReps trial is to investigate the effects of different doses of resistance exercise on barin hearlth via cognition and MRI tests.
Role: Co-I

09/23-08/28 **Developing, validating, and implementing an epidemiological instrument to assess the effect of resistance training on measures of cardiometabolic disease**
Principal Investigator: Booker, Robert (Northwestern University)
Source: NIH (NHLBI) K99/R00 (K99HL168338) ($1,015,420 Total Requested)
This Maximizing Opportunities for Scientific and Academic Independent Careers (MOSAIC K99/R00) award is to prepare Dr. Booker to become an

independent investigator with expertise in resistance training epidemiology, with a specific emphasis on survey development and cohort implementation.
Role: Co-Mentor (Primary mentor: Mercedes Carnethon)

06/23-03/28 **ActiveCBT for depression: Transforming treatment through exercise priming**
Principal Investigator: Meyer, Jacob
Source: NIH (NIMH) R61/R33 (R61MH129407)($3,700,435 Total Requested)
This ActiveCBT study will test the effects of a novel intervention approach for depression, intentionally sequencing aerobic exercise immediately prior to cognitive behavioral therapy (CBT) sessions to take advantage of the short-term effects of exercise to increase the potency of the psychotherapy.
Role: Co-I (2023-2024)

09/21-08/24 **The effect of exercise on the endocannabinoid system as a pathway to cardiometabolic health in adults with overweight/obesity**
Principal Investigator: Brellenthin, Angelique G.
Source: NIH (NIDDK) R21 (R21DK131429)($404,264 Total Funded).
This study is to determine the effects of 1 year of aerobic, resistance, and combined exercise training on the endocannabinoid system and cardiometabolic risk factors in adults with overweight-obesity.
Role: Co-I

07/16-04/22 **Comparison of the cardiovascular benefits of resistance, aerobic, and combined exercise (CardioRACE)**
Principal Investigator: Lee, Duck-chul
Source: NIH (NHLBI) R01 (R01HL133069) ($3,355,624 Total Funded).
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.

05/21-05/22 **Examining cerebral pulsatility as a mechanism behind the protective effects of exercise on the brain**
Principal Investigator: Lefferts, Wesley K.
Source: Iowa State University College of Human Sciences Untenured Faculty Seed Grant ($10,000 Total Funded).
The goal of this project is to examine if cerebral blood flow pulsatility is a mechanism behind the protective effects of exercise on the brain and cognitive function in middle-age adults.
Role: Senior Faculty Mentor

05/21-05/22 **The effect of exercise on the endocannabinoid system as a pathway to cardiometabolic health**
Principal Investigator: Brellenthin, Angelique G.
Source: Iowa State University College of Human Sciences Untenured Faculty Seed Grant ($10,000 Total Funded).
The goal of this project is to mechanistically determine whether changes in endocannabinoid receptors or enzymes mediate the effects of exercise training on cardiometabolic health in adults with metabolic syndrome.
Role: Senior Faculty Mentor

05/19-04/20 **Endocannabinoid System Responses to Resistance, Aerobic, and Combined Exercise (E-RACE)**
Principal Investigator: Brellenthin, Angelique G.
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

08/18-02/19 **Statistical causal inference analyses of the effect of physical activity on cardiovascular disease and diabetes**
Principal Investigator: Wang, Chong
Source: Central Plains Federal Statistical 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-I

07/18-06/19 **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

10/15-05/19 **Physical activity and sarcopenia**
Principal Investigator: Lee, Duck-chul
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.

05/14-04/16 **Independent and combined effects of aerobic and resistance training on blood pressure**
Principal Investigator: Lee, Duck-chul
Source: Iowa State University College of Human Sciences ($25,000 Total Funded).
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.

12/12-06/13 **Independent and combined associations of aerobic and resistance exercise with blood pressure**
Principal Investigator: Lee, Duck-chul
Source: Iowa State University College of Human Sciences Untenured Faculty Seed Grant ($10,000 Total Funded).
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.

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, Steven N.
Source: Coca-Cola Company ($45,000 per year for 4 years).
This study analyzed the associations of physical activity and physical fitness with health from the Aerobics Center Longitudinal Study.
Role: Postdoc (Data analysis and manuscript development)

05/10-04/12 **Understanding patterns of change in obesity and physical activity in adults**
Principal Investigator: Sui, Xuemei
Source: NIH/NIDDK (R21 DK088195-01) ($398,750 Total Funded).

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.
Role: Postdoc (Study design, data analysis, and manuscript development)

08/09-07/10 **Korea NEST Foundation postdoctoral research fellowship grant**
Principal Investigator: Lee, Duck-chul
Source: Korea NEST Foundation ($25,000 Total Funded).
The goal of this grant was to study cardiorespiratory fitness and physical activity on health using the Aerobics Center Longitudinal Study.

08/07-07/08 **Seoul National University Study Abroad Research Grant**
Principal Investigator: Lee, Duck-chul
Source: Seoul National University ($15,000 Total Funded).
The purpose of this grant was to study physical activity epidemiology in the University of South Carolina.

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 Total Funded).
This study investigated the economical effects of exercise and sports participation through analyzing Korean National Health Insurance Data.
Role: Study Design and Data Analysis

06/04-09/04 **Weight management and exercise prescription system development using information technology (IT)**
Principal Investigator: Kim, Yeonsoo
Source: Samsung Electronics ($30,000 Total Funded).
This project formulated an exercise prescription program for weight management using information technology.
Role: Exercise prescription and programming

Awarded and Declined

07/16-6/19 **Comparison of the cardiovascular benefits of resistance, aerobic, and combined exercise (Cardio-RACE)**
Principal Investigator: Lee, Duck-chul
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.

Not Funded

07/26-06/28 **Dose-response effects of resistance exercise on sleep**
Principal Investigator: Lee, Duck-chul
Source: American Heart Association Innovative Project Award ($199,907 Total Requested).
This ancillary study to partent NIH-funded DoReps randomized controlled trial will test the dose-response relationship between resistance exercise and sleep in adults with overweight or obesity.

07/26-06/31 **Maternal midlife vascular pathophysiology following pregnancy: impact of placental health and function**

Principal Investigator: Kozai, Andrea (University of Pittsburgh)
Source: NIH (NHLBI) K01 (K01HL188214) ($705,505 Total Requested)
This Career Development K01 Award will prepare Dr. Kozai to implement an independent research career with expertise in placental pathophysiology, vascular biology, and exercise physiology.
Role: Co-Mentor (Primary mentor: Janet Catov)

7/26-6/30 **Dose-response effects of resistance training on cognitive and brain aging in mid- and late-life obesity (DoReps-Cog)**
Principal Investigator: Gujral, Swathi (University of Pittsburgh)
Source: NIH (NAI) R01 ($3,120,040 Total Requested).
This ancillary study to the parent DoReps exercise trial will identify the minimal and optimal dose of resistance exercise for improving cognition and brain health in middle-aged and older adults with overweight or obesity.
Role: Co-I

12/25-11/28 **Dose-response effects of resistance exercise on sleep**
Principal Investigator: Lee, Duck-chul
Source: NIH (NHLBI) R01 ($2,354,047 Total Requested).
This randomized controlled trial will test the dose-response relationship between resistance exercise and sleep in adults with overweight or obesity.

12/25-11/29 **Dose-response effects of resistance exercise on brain health in mid- and late-life obesity (DoReps-Cog)**
Principal Investigator: Gujral, Swathi (University of Pittsburgh)
Source: NIH (NHLBI) R01 ($3,074,667 Total Requested).
This study will identify the minimal and optimal dose of resistance exercise for improving cognition and brain health in middle-aged and older adults with overweight or obesity.
Role: Co-I

12/25-11/27 **Machine learning models for predicting treatment response to resistance, aerobic, or combined exercise training in overweight or obese adults**
Principal Investigator: Crombie, Kevin (University of Alabama)
Source: NIH (NHLBI) R21 ($256,168 Total Requested).
This secondary data analysis project will harness machine learning algorithms and the extensive CardioRACE dataset to aid in the development of personalized exercise prescriptions for maximizing cardiovascular and mental health benefits of exercise.
Role: Co-I

12/25-05/26 **Orienteering walk on cognitive function among older adults with subjective cognitive decline: A pilot mixed-method study**
Principal Investigator: Zhai, Xiangyu (University of Hong Kong)
Source: Health and Medical Research Fund, Health Bureau, Hong Kong ($64,300 Total Requested).
This mixed-methods study (randomized controlled trial and qualitative process evaluation) will explore the effects of orienteering walk, incorporating navigational tasks into walking, on cognitive function and assess the feasibility of implementation in older adults with subjective cognitive decline.
Role: Co-I

01/26-12/30 **Mechanisms of subclinical cardiovascular disease following pregnancy: impact of placental health and function**
Principal Investigator: Kozai, Andrea (University of Pittsburgh)
Source: NIH (NHLBI) K01 (K01HL184039) ($803,642 Total Requested)
This Career Development K01 Award will prepare Dr. Kozai to implement an

independent research career with expertise in placental pathophysiology, vascular biology, and exercise physiology.
Role: Co-Mentor (Primary mentor: Janet Catov)

09/24-08/28 **Dose-response of resistance exercise on sleep**
Principal Investigator: Lee, Duck-chul
Source: NIH R01 ($2,123,505 Total Requested).
This study will test the dose-response effets of resistance exercise on subjtectve and objective (actigraphy and polysomnography) measures of sleep quality and quantity in adults with overweight or obesity.

12/22-11/27 **Challenging the Habitual Aerobic Exercise Maladaptation Problem (CHAMP)**
Principal Investigator: Lee, Duck-chul
Source: NIH (NHLBI) R01 ($3,754,391 Total Requested).
This study is to test a high-intensity interval training as an alternative exercise for non-responders, find possible causes of non-responders, and explore mechanisms and predictors of non-responders via a total 9 months randomized controlled trial in 400 adults with overweight or obesity.

07/22-06/27 **Resistance exercise to treat major depression via cerebrovascular mechanisms: Confirming efficacy and examining response heterogeneity**
Principal Investigator: Meyer, Jacob
Source: NIH (NIMH) R01 ($3,558,840 Total Requested).
This project will investigate the efficacy of a 16-week resistance exercise training program for treatment of major depressive disorder via enhancing cerebrovascular mechanisms and exploring sources of response heterogeneity.
Role: Co-I

07/22-06/24 **Genetic susceptibility, physical activity and fitness, and risk of breast and colon cancer**
Principal Investigator: Kim, Youngwon
Source: NIH (NCI) R21 ($230,441 Total Requested).
This project will examine the associations between objectively measured physical activity/fitness with the development of colon and breast cancer in individuals with high genetic predisposition.
Role: Subcontract PI ($51,061 Total Requested)

03/22-02/27 **ActiveCBT for Depression: Transforming treatment through exercise priming**
Principal Investigator: Meyer, Jacob
Source: NIH (NIMH) R61/R33 ($2,984,994 Total Requested)
This research will investigate the effects of a novel intervention approach for depression, intentionally sequencing aerobic exercise immediately prior to cognitive behavioral therapy (CBT) sessions to take advantage of the powerful short-term biological and psychological effects of exercise to increase the potency of the psychotherapy (termed ‘ActiveCBT’).
Role: Co-I

04/22-03/27 **Targeting cerebral Pulsatility through Aerobic exercise Training in mIddLe agE (PulsATILE Trial)**
Principal Investigator: Lefferts, Wesley K.
Source: NIH (NHLBI) R01 ($2,822,667 Total Requested).
This research will investigate whether improving cardiorespiratory fitness via exercise training reduces cerebral pulsatility and its mechanistic contributors and whether changes in cerebral pulsatility are associated with changes in cognitive function following exercise training.

Role: Co-I

11/21-10/25 **Alternative solution, mechanisms, and prediction of exercise non-responders (ASPEN)**
Principal Investigator: Lee, Duck-chul
Source: NIH (NHLBI) R01 ($2,935,158 Total Requested).
This project is to develop predictive models of exercise non-responders using large pooled exercise trial datasets and test the benefits of 6-month high-intensity interval training (HIIT) to improve cardiorespiratory fitness (CRF) and cardiovascular disease (CVD) risk factors in prior non-responders to traditional aerobic exercise and possible mechanistic pathways linking HIIT to CRF and CVD risk factors.

07/21-06/22 **Aerobic exercise training to improve cerebral pulsatility: a mechanistic pilot randomized controlled trial**
Principal Investigator: Lefferts, Wesley K.
Source: American College of Sports Medicine (ACSM) Research Endowment ($10,000 Total Requested).
The goal of this study is to examine if blood flow pulsatility in the brain is amendable to aerobic exercise training in middle-age and related to changes in cognitive function.
Role: Collaborator

07/21-06/22 **Endocannabinoid system adaptations to long-term exercise training in adults at-risk for cardiometabolic disease**
Principal Investigator: Brellenthin, Angelique G.
Source: American College of Sports Medicine (ACSM) Research Endowment ($10,000 Total Requested).
The goal of this project is to investigate endocannabinoid system adaptations in response to 12 months of aerobic, resistance, or combined aerobic and resistance exercise in a subsample of 32 adults with overweight/obesity who recently completed a clinical exercise trial.
Role: Collaborator

07/21-06/22 **The effect of aerobic exercise on the severity of irritable bowel syndrome in older adults**
Principal Investigator: Song, Bong Kil (MPI: Lee, Duck-chul)
Source: American College of Sports Medicine (ACSM) Paffenbarger-Blair Fund for Epidemiological Research on Physical Activity ($10,000 Total Requested).
This project will evaluate the effects of aerobic exercise on traditional and emerging irritable bowel syndrome risk factors/markers by conducting a 12-week randomized controlled trial.

01/21-12/22 **Factors related to osteosarcopenic obesity in adults with Down syndrome**
Principal Investigator: Pitchford, Andrew
Source: Jerome Lejeune Foundation ($40,000 Euro Total Requested).
This project is to study the risk factors associated with early onset of osteosarcopenic obesity and/or its components in adults with Down syndrome compared to adults without disability.
Role: Co-Investigator

04/21-03/26 **Refinement and preliminary testing of ActiveCBT for depression**
Principal Investigator: Meyer, Jacob
Source: NIH (NIMH) R61/R33 ($3,033,456 Total Requested).
This project is to investigate the effects of aerobic exericse immediately prior to cognitive behavior therapy (CBT) sessions to enhance the effects of CBT session in people with depression.

Role: Co-Investigator

04/21-03/25 **Cardiovascular health adaptations and mechanisms of high-intensity interval training in prior non-responders**
Principal Investigator: Lee, Duck-chul
Source: NIH (NHLBI) R01 ($2,999,089 Total Requested).
This project is to investigate whether 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 (e.g., through arterial stiffness) between HIIT and CVD risk factors.

07/20-06/24 **Cardiovascular Benefits of High-Intensity Interval Training Among Prior Non-Responders (CHAMP)**
Principal Investigator: Lee, Duck-chul (MPI: Brellenthin, Angelique G.)
Source: NIH (NHLBI) R01 ($1,541,143 Total Requested).
This study is to investigate whether 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 cardiorespiratory fitness.

12/18-11/20 **Cardiovascular fitness standards to promot cardiometabolic health in adults**
Principal Investigator: Laurson, Kelly R.
Source: NIH R21 ($91,512 Total Requested)
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

07/15-06/16 **Optimal dose of running for chronic disease prevention and longevity**
Principal Investigator: Lee, Duck-chul
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.

07/15-06/17 **Resistance exercise and muscular strength on diabetes, obesity, and metabolic health**
Principal Investigator: Lee, Duck-chul
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.

07/15-06/17 **Independent and combined cardiovascular effects of aerobic and resistance exercise**
Principal Investigator: Lee, Duck-chul
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 **Influence of CVD risk factors on clinical outcomes in law enforcement officers**
Principal Investigator: Franke, Warren D.
Source: NIOSH (R03) ($150,000 Total Requested).

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.
Role: Co-investigator (Data collection, analysis, and interpretation)

09/13-08/15 **Comparisons of the health benefits of aerobic, resistance, and combined Exercise**
Principal Investigator: Lee, Duck-chul
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.

07/13-06/17 **Effects of aerobic and resistance training on cardiovascular health**
Principal Investigator: Lee, Duck-chul
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.

07/12-06/17 **Effects of resistance exercise and muscular strength on cardiovascular health**
Principal Investigator: Lee, Duck-chul
Source: NIH/NHLBI (K99/R00) ($743,000 Total Requested). (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.

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.
2013-2024	**Human Diseases**. HS 350 (undergraduate core course, average enrollment=150-200), Iowa State University Instructor: Lee, DC and Kohut, M
2014-2024	**Physical Activity Epidemiology.** HS 464/564 (undergraduate and graduate dual-listed course, enrollment=35-70), Iowa State University Instructor: Lee, DC.
2024	**Advanced Research Methods in Movement Science.** HHD 3400 (graduate course), University of Pittsburgh Instructor: Lee, DC.
2024-	**Directed Study.** HHD 2998 (Master course), University of Pittsburgh Instructor: Lee, DC.
2024-	**Directed Study.** HHD 3998 (PhD course), University of Pittsburgh Instructor: Lee, DC.
2025-	**Advanced Research Methods in Physical Activity Epidemiology.** HHD 3402 (graduate course), University of Pittsburgh Instructor: Lee, DC.

Graduate Students and Research Staff Trained/Supervised

During Post-doctoral Fellowship at Uinversity of South Carolina

1. Jason R. Jaggers, 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 Tunaiji, 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 CardioRACE NIH project. Iowa State University: 2017-2018.
26. Taylor Watson. Full-time Research Associate for CardioRACE NIH project. Iowa State University: 2017-2018.
27. Joseph Saavedra. Full-time Research Associate for CardioRACE NIH project. Iowa State University: 2018-2019.
28. Katie McGriff. Full-time Research Associate for CardioRACE NIH project. Iowa State University: 2018-2019.
29. Aaron Stravers. Full-time Research Associate for CardioRACE NIH project. Iowa State University: 2019-2020.
30. Kacie Schumann. Full-time Research Associate for CardioRACE NIH project. Iowa State University: 2018-2021.
31. Tyler Schmidt. Full-time Research Associate for CardioRACE NIH project. Iowa State University: 2019-2021.

Post-Doctoral Fellow
32. Angelique G. Brellenthin. PhD from University of Wisconsin-Madison (2017). Department of Kinesiology (Major: Exercise Psycology). Iowa State University: 2016-2020.

33. Bong Kil Song. PhD from Seoul National University (2018). Department of Physical Education (Major: Physical Activity Epidemiology). Iowa State University: 2019-2022.
34. Elizabeth C. Schroeder. PhD from University of Illinois at Chicago (2020). Department of Kinesiolgy and Nutrition (Major: Intergrative Exercise Physiology). Iowa State University: 2020-2023.

PhD

35. Nathan F. Meier. Iowa State University, U.S.A. (2018). Physical activity and sarcopenia in older adults.
36. Elena Martinez Rosales. Visting PhD from University of Almeria in Spain (2021, 2022).
37. Franchesca J. Porter. Iowa State University, U.S.A. (2023-2024).
38. Xiangyu Zhai. Visting PhD from Waseda University in Japan (2023-2024).
39. Joseph Saavedra. Iowa State University, U.S.A. (2024). Physical actvitiy and lung health in the aging population.
40. Jiyeon Yoon. Iowa State University, U.S.A. 2024 spring semester only, then transferred to the University of Pittsburgh from 2024 fall.

MS

41. 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.
42. Esmée Bakker. Research Internship from Radboud University Medical Center (Epidemiology major in Master program), Netherlands. (2016). The associations of physical activity (aerobic and resistance) and sedentary behavior with the development of cardiovascular risk factors and cardiovascular morbidity and mortality.
43. Yuehan Wang. Research Internship from Radboud University Medical Center (Epidemiology major in Master program), Netherlands. (2018). The association between muscular strength and leisure-time running and type 2 diabetes.
44. 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.
45. 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.
46. HyunSoo Kim. Iowa State University, U.S.A. (2019). Associations of muscular strength and cardiorespiratory fitness with bone mineral density in older adults.
47. Emma E. Albin. Iowa State University, U.S.A. (2019). Associations of cardiorespiratory fitness and muscular strength with arterial stiffness in older adults.
48. Leidys Gutierrez-Martinez. Iowa State University, U.S.A. (2020). Associations of step counts and aerobic stepping cadence with arterial stiffness in older adults.
49. Alberto Palmero Canton. Iowa State University, U.S.A. (2021). Effects of cardiorespiratory fitness and muscular strength on the association between arterial stiffness and depression in older adults.
50. Taline R. Jouzi. Iowa State University, U.S.A. (2024). Associations of cardiorespiratory fitness and muscular strength with sleep quality in older adults.

Committee Member

PhD

51. Youngwon Kim. Iowa State University, U.S.A. (2015). Sedentary lifestyle and obesity in adults.
52. Yang Bai. Iowa State University, U.S.A. (2016). School fitness assessment and promotion: State and national evaluations with FITNESSGRAM.
53. Karissa Peyer. Iowa State University, U.S.A. (2016). Longitudinal validity of the FNPA screening tool to predict changes in weight status in children.

54. Zachary Zenko. Iowa State University, U.S.A. (2016). Comparative validity of measured os implicit exercise associations.
55. 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.
56. Tovah Wolf. Iowa State University, U.S.A. (2019). Chronic disease prevention: Nutrition and behavioral neuroscience approaches.
57. DooYong Pak. Seoula National University. (2024). Associations of changes in sitting time and physical activity with the risk of developing metabolic syndrome.
58. Hei Yang. Seoula National University. (2024). Does physical activity or sedentary behavior moderate the association of smoking soncumption with all-cause and cardiovascular disease mortality?
59. Ji Sun Oh. Seoula National University. (2024). The association between physical activity and cardiovascular risk factors among long-term survivors of gynecologic cancer in Korea – The Korea National Health and Nutrition Examination Survey (KNAHANES) 2024-2020.

MS

60. 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.
61. Erin M. Nelson. Iowa State University, U.S.A. (2014). Formative evaluation of intervention methods designed to improve behavior change strategies.
62. Braden Everding. Iowa State University, U.S.A. (2014). Association of sleep and inflammation in law enforcement (AISLE).
63. 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.
64. Lauren Maze. Iowa State University, U.S.A. (2016). The effects of different exercise regimens on body water compartments in older adults.
65. Jonah N. Cullen. Iowa State University, U.S.A. (2016). An examination of epidemiological study designs in veterinary science.
66. Joe Sirotiak. Iowa State University, U.S.A. (2024). The effects of long COVID (PASC) status on the relationship between physical activity and perceived physical and mental health.

After Appointment at University of Pittsburgh
Major Professor / Supervisor

Research Staff

67. Chloe Neely. Full-time Research Associate for DoReps NIH project. 2024-2026.
68. Angelina Monti. Full-time Research Associate for DoReps NIH project. 2024-2025.
69. Autumn Gibala. Part-time phlebotomist for DoReps NIH project. 2024-2025.
70. Kiera Carll. Part-time phlebotomist for DoReps NIH project. 2025-Present.
71. Thomas Gibb. Full-time Research Associate for DoReps NIH project. 2025-2026.
72. Laura Chucko. Full-time Research Associate for DoReps NIH project. 2026-Present.
73. Sara Braslow. Full-time Research Associate for DoReps NIH project. 2026-Present.

Post-Doctoral Fellow

74. Nicholas Goode. PhD from East Tennessee State University (2024). Department of Exercise Science. 2024-2025.
75. Robert Spitz. PhD from University of Pississippi (2023). Department of Health and Kinesiology. 2025-Present.

PhD

76. Jiyeon Yoon. University of Pittsburgh, U.S.A. 2024-Present.
77. Ziyang Wang. University of Pittsburgh, U.S.A. 2026-Present.

MS
78. William Herwig. University of Pittsburgh, U.S.A. 2025-Present.
79. Grace Goodin. University of Pittsburgh, U.S.A. 2025-Present.
80. Ameya Deshpande. University of Pittsburgh, U.S.A. 2025-Present.
81. Abraham Dunfond. University of Pittsburgh, U.S.A. 2026-Present.
82. Jinseip Kim. University of Pittsburgh, U.S.A. 2026-Present.

Committee Member / Examiner
PhD
83. Joseph Saavedra. Iowa State University, U.S.A. (2024). Physical actvitiy and lung health in the aging population. Served as an external committee member.
84. Le Wei. The University of Sydney, Australia. (2025). The intensity of free-living stepping activities: influence of key methodological choices on the magnitude and precision of its associations with health outcomes. Served as an external Examiner.
85. Youngwan Choi. Seoul National University, South Korea (2025). Combined association of muscle strengthening activity and aerobic physical activity with morbidity and mortality. Served as an external committee member.
86. Chen Ziyuan. University of Hong Kong, China (2026). The role of cardiorespiratory fitness in healthy longevity: integrated use of emerging parameters, analytic techniques and methodologies. Served as an external Examiner.
87. Franchesca Porter. Iowa State University, U.S.A. Understanding Cardiovascular Risk in U.S. Veterans: The Roles of Physical Activity and Military Specific Demographics. 2025-Present.
88. Daniel Neofes. Major Professor: Benjamin Gordon. University of Pittsburgh, U.S.A. 2025-Present.

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 media interview 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 2019 (as corresponding author) has been featured in over 200 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.*
- Research article (titled “Leisure-time running reduces all-cause and cardiovascular mortality risk”) published in *J Am Coll Cardiol* in 2014 (as first author) was featured in *‘The New York Times’* article titled, *“*Even Short Runs Have Major Health Benefits*”* in 2023 (https://www.nytimes.com/2023/10/21/well/move/running-short-distance-health.html).
- Research article (titled “Leisure-time running reduces all-cause and cardiovascular mortality risk”) published in *J Am Coll Cardiol* in 2014 (as first author) was featured in *‘The New York Times’* article titled, *“*Running vs. Walking: Which Is Better for Lasting Health?*”* in 2023 (https://www.nytimes.com/2023/11/14/well/move/walking-running-health-benefits.html).
- Research article (titled “Aerobic, resistance, or combined exercise training and cardiovascular risk profile in overweight or obest adults: the CardioRACE trial”) published in *European Heart Journal* in 2024 (as first author) was featured in *‘Outside’* article titled, *“*I have a limited amount of time to exercise. Should I do cardior or lifte weights?*”* in 2024 (https://www.outsideonline.com/health/training-performance/less-cardio-more-strength/).
- Research article (titled “Leisure-time running reduces all-cause and cardiovascular mortality risk”) published in *J Am Coll Cardiol* in 2014 (as first author) was featured in *‘The New York Times’* article titled, *“*How little exercise can you get away with?*”* in 2026 (https://www.nytimes.com/2026/01/13/well/move/minimum-exercise-advice.html?unlocked_article_code=1.EFA.43Nq.84jL4vgTcZyk&smid=url-share).
- “Scientists identify one finess habit that may matter most for longevity”. *Natioinal Geographic*. 2026. (https://archive.ph/7AZfA)
- “Cross-training may be the key tp a long life” *NewScientist*. 2026. (https://www.newscientist.com/article/2512447-cross-training-may-be-the-key-to-a-long-life/)

- “How fit do we really need to be?” *Vox*. 2026. (https://www.vox.com/life/474795/too-much-fitness?view_token=eyJhbGciOiJIUzI1NiJ9.eyJpZCI6IlV5VTJScFc0MEYiLCJwIjoiL2xpZmUvNDc0Nzk1L3Rvby1tdWNoLWZpdG5lc3MiLCJleHAiOjE3Njk1MTgyODcsImlhdCI6MTc2ODMwODY4N30.1O52F0UKw54oBX0zbRy83Nt2CLgNSI5V-UkO17RBsRI&utm_medium=gift-link)
- “Running : Will it wreck your body?” *Science Vs*. 2026 (https://open.spotify.com/episode/6ChgD5cqSl2cnC4APGR70G)