

**Dr. Anthony Lim Video,
Welcome to our new
Associate Directors &
Congrats to Dr. Molina**

UC San Diego

Center for Healthy Aging
Stein Institute for
Research on Aging

Welcome to the UC San Diego Center for Healthy Aging and the Sam and Rose Stein Institute for Research on Aging e-newsletter!

**Long Awaited Video of Dr. Anthony Lim's talk
entitled "The Miraculous Healing Power of
Food" Available to watch now!**



Anthony Lim, M.D., J.D. shares the keys to vibrant health. Dr. Lim shares methods to prevent kidney stones, tackle fatty liver disease through a whole-food, plant-based diet, and more. Learn how food choices can transform your well-being and get practical solutions.

[View on UCTV](#)

**We are thrilled to welcome our four new
Associate Directors!**

Maria Rosario (Happy) G. Araneta PhD, MPH

Maria Rosario (Happy) G. Araneta PhD, MPH, is Associate Dean of Diversity and Community Partnerships and Professor of Epidemiology in the Department of Family Medicine. Her research interests include maternal and pediatric HIV/AIDS, birth defects, life course exposures, social determinants of health, and health disparities. She received her BA in Biology from UCSD and her MPH and PhD in Epidemiology from Yale University. She is the co-Principal Investigator of the



Diabetes Prevention Program Outcomes Study (DPPOS) where UC San Diego is one of 25 participating sites. This longitudinal study, with over 20 years of follow-up, aims to identify the risk factors, mechanisms, and neuropathology of cognitive impairment in persons with pre-diabetes and type 2 diabetes, during the current funding cycle. Dr. Araneta is the PI of the UCSD Filipino Health Study, a longitudinal study of myriad health outcomes among Filipino men and women, co-investigator of the Rancho Bernardo Study, where she leads research on health disparities in osteoporosis, type 2 diabetes, and cardiovascular disease among elder White, Filipino and Black women (Health Assessment Study of African-American Women). She served as a perinatal epidemiologist for the UC San Diego Mother, Child and Adolescent HIV Program, was a co-investigator on maternal and perinatal HIV studies in Mexico, and co-investigator to assess health advantages and disparities in reproductive outcomes by race/ethnicity and nativity. Her prior research included studies on birth defects and adverse reproductive outcomes among Gulf War veterans, HIV transmission through donor artificial insemination, mother-to-child HIV/AIDS transmission, and behavioral intervention studies, including restorative yoga, active stretch and Zumba Fitness to reduce components of the metabolic syndrome. Dr. Araneta received the 2014 American Diabetes Association's Vivian Fonseca and Nagendran Family Diabetes Research Award for her research on diabetes among Asians and Pacific Islanders, the Best of Care Award as author of the leading 9 publications in "Diabetes Care" in 2015, and the Inaugural Wing Family Lectureship at the Joslin Diabetes Center, Harvard Medical School in 2017. She was appointed to a four year term on the NIH Advisory Council for the National Institute on Minority Health and Health Disparities from 2015 to 2019, and selected to serve on the NIH Council of Councils from 2018 to 2024.

Sarah Banks, Ph.D.

Dr. Sarah Banks is Associate Professor in Neurosciences and Psychiatry, and Director of the Neuropsychology Program of the UCSD Health Center for Brain Health and Memory Disorders. Her research focuses on Alzheimer's disease, with specific interest in sex differences and how to modify risk. She co-leads three labs: The Human Memory Lab emphasizes neuroimaging and multimodal characterization of Alzheimer's; The Women Inflammation and Tau Study dedicated to studying risk factors for Alzheimer's in women; and the



Healthy Actions and Lifestyles to Avoid Dementia (HALT-AD) study works to educate and empower participants on avoiding cognitive decline with aging through modifiable factors such as sleep, diet and exercise. Her clinical program helps with the diagnosis and care of patients with suspected memory conditions. She is also active in teaching and mentoring clinicians and researchers.

Colin A. Depp, Ph.D.

As a clinician scientist, Colin Depp's research has focused on technology-based longitudinal assessment and real-time interventions in mental health, in particular mobile technology applications in serious mental illnesses. Dr. Depp has been fortunate to receive as PI several NIMH and VA grants, each concerned with evaluation of technology enhanced assessments and cognitive and behavioral real-time interventions. He is a co-investigator on several other NIH and foundation-funded projects that deliver multi-component behavioral interventions



and incorporate use of technology to assess and modify suicide risk, cognitive

ability, and other mental health outcomes. Dr. Depp is also the Director of Research Education and Training at the Clinical and Translational Research Institute at the University of California, San Diego and is active in the role of mentoring clinician scientists in multiple training programs. This position has led him to be increasingly involved in inter-disciplinary education programs, and developing team science in collaboration with clinicians, engineers, and bioinformaticians, as well as in creating novel training opportunities in entrepreneurship in medical devices. Clinically, he is a practicing clinical psychologist in the VA San Diego where he mentors and clinically supervises residents, fellows, graduate students, and interns.

Benjamin Smarr, Ph.D.

Dr. Smarr's research focuses on time series analysis in biological systems. He emphasizes practical information extraction for translational applications. His background in biological rhythms and neuroendocrinology gives him a rare perspective into the current challenges for data science and engineering on biological systems. His lab develops novel approaches to get more information out of data generated



over time and within-individuals. Prof. Smarr's aim is to leverage his expertise in biological dynamics to increase precision in health algorithms, with a special focus on increasing equity of health tech efficacy over diverse populations. Dr. Smarr has received fellowships and funding from NSF, NIH, DoD, and many private partners, and his views have been featured by prominent media outlets, including BBC, Forbes, WIRED, and many others. He received his PhD from University of Washington and was a postdoc at UC Berkeley before joining the Shu Chen-Gene Lay Department of Bioengineering and the Halicioglu Data Science Institute at UCSD.

[Visit our Website](#)

Anthony J.A. Molina of UC San Diego School of Medicine leads multi-disciplinary project selected to receive funding from Wellcome Leap's \$60 million Dynamic Resilience program

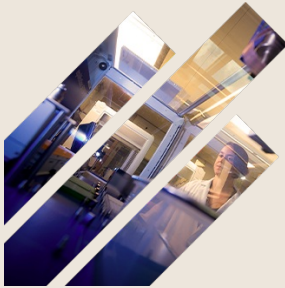
CONGRATS!

Hearty Congratulations to our interim Scientific Director, Anthony Molina, PhD, who was just awarded a large-scale, highly competitive grant from Wellcome Leap (an organization that aims to deliver breakthroughs in human health) to study resilience and aging. Among the goals of this project are to identify blood based markers of lifelong resilience.



The Stein Institute has been focused on the role resilience plays in aging and longevity science for nearly 10 years. We are thrilled to report that this is the largest grant focused on resilience that the Stein Institute has been affiliated with to date. The applicant pool for this grant was highly competitive, with researchers from around the world applying. Dr. Molina's multi-disciplinary research team from UC San Diego was one of the only research teams selected from the United States.

[More about this grant](#)



We Need Your Support!

When you give to the UC San Diego Center for Healthy Aging and the Stein Institute for Research on Aging, you're making the decision to support **the pursuit of a healthier, longer life for you and your loved ones**. Please **make a gift** to help sustain and expand our successful aging programs.

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