

COOPER QUARTERLY

SPRING NEWSLETTER 2022

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CELEBRATING DR. COOPER

Our founder Kenneth H. Cooper, MD, MPH, turned 91 on March 4, 2022. See how you can help celebrate!



Oklahoma House of Representatives Photography



The
Cooper Institute®
WELL. INTO THE FUTURE.



MESSAGE FROM THE CEO

Laura F. DeFina, MD, FACP, FAHA
President, CEO and Chief Science Officer

It has been a long two years, but as COVID-19 appears to be declining, The Cooper Institute's future is bright. Thank you for your continued support—your dedication to our mission allows us to continue our health and wellness endeavors to help others live Well. Into the Future.

Only a few months into 2022, we already have much to celebrate and look forward to in the coming months.

Earlier this year, we shared the exciting news of a \$15 million grant from [The Arthur M. Blank Family Foundation](#). We are fortunate to have the support of this amazing philanthropic organization. This generous grant allows us to continue research focused on improving the health and wellness of all. It will preserve the Cooper Center Longitudinal Study (CCLS) and fund research to promote healthy aging in honor of Dr. Cooper.

We are also celebrating our new, strategic partnership with GreenLight Credentials, LLC, which now owns the FitnessGram® software.

GreenLight is focused on accelerating opportunities for all by [breaking down barriers to success to create a more equitable world](#).

By combining the knowledge of our world-renowned FitnessGram Advisory Board—which recently established the criterion-referenced musculoskeletal fitness assessments recommended by the Institute of Medicine—and GreenLight's technology expertise, we change the game for the FitnessGram assessment and students everywhere.

Perhaps most exciting of all, our founder and colleague [Dr. Kenneth H. Cooper recently celebrated his 91st birthday](#). He remains extraordinarily engaged and active, reminding us that healthy living through [physical activity and nutrition leads to healthy aging](#).

MAKING A LOCAL IMPACT WITH FITNESSGRAM

Felicia Ceaser-White, Curriculum Manager for the Houston Independent School District



Felicia will be celebrating her 29th year in the Houston Independent School District (ISD). She started as a middle school Physical Education and Health teacher and coach of girls' sports teams,

then went on to teach high school for 16 years while coaching track, cross country, basketball and volleyball. [For the past seven years, Felicia has served as the Curriculum Manager, K-12 Health and Physical Education \(HPE\) for the Houston ISD, for which she oversees 500 HPE teachers](#). In this role, she enjoys exploring new opportunities to engage and motivate both teachers and students on how to be physically literate and educate them on health and wellness.

“I LIKE WHEN I AM ABLE TO GO OUT TO CAMPUSES AND LOOK AT THE PROGRAMS IN ACTION. I LIKE SEEING THE TEACHERS TEACH AND STUDENTS LIVE OUT THE CURRICULUM WE PLANNED FOR THEM.”

Felicia believes the FitnessGram Assessment is critical as it is the [only tool available to help students understand their level of health based on their fitness](#). It provides them with self-reflection and progress which is an excellent motivator for students. This tool is also vital in helping teachers develop programming and adjust their curriculum to help students achieve the Healthy Fitness Zone™.

[As school districts are being driven by data, the FitnessGram Assessment tool has been extremely valuable in demonstrating the importance of a physically active lifestyle](#). The benefits of physical fitness expand far beyond body health as research shows physical activity can positively impact a student's academic success and behavior.

Felicia sees the impact and usefulness of the data FitnessGram provides, and so does Houston ISD. Recently, Houston ISD purchased FitnessGram for all schools in the district. [It takes great leaders like Felicia to understand fitness is the key to living Well. Into the Future](#).



THE ARTHUR M. BLANK FAMILY FOUNDATION GRANTS \$15 MILLION TO THE COOPER INSTITUTE

This generous grant will make a significant impact that will shape preventive medicine, public health, and policy for future generations. The forthcoming research will continue to focus on healthy living, healthy aging and preventive medicine, while expanding the scope to new critical public health areas, including COVID-19 and mental health.

“I first learned of Dr. Cooper's work nearly 50 years ago when I read his book, *Aerobics*, and it changed my life,” said Arthur M. Blank, Chairman, The Arthur M. Blank Family Foundation. “I began running and developed an interest in preventive medicine that I still have today.”

“DR. COOPER INVITED ME TO HIS CLINIC IN DALLAS 20 YEARS AGO, AND THAT BEGAN AN ENDURING FRIENDSHIP THAT'S ONE OF MY FONDEST BLESSINGS.”

As a member of his board, I saw his passion and concern for the health of all people up close and I think it would be very hard to overstate the positive impact his tremendous life and work have had on the world. I'm honored and privileged to support The Cooper Institute and help preserve Dr. Cooper's legacy.”

OKLAHOMA MARCH FORTH TO THE CAPITOL RETURNS!



The halls of the Oklahoma State Capitol were home to numerous advocates and volunteers visiting with lawmakers on behalf of The Cooper Institute this past March 2.

March Forth to the Capitol is The Cooper Institute's annual visit to key state capitols **promoting life-long health and wellness through research and education**. This year we focused on Oklahoma as we advocate for House Bill (HB) 2381 which would establish an annual physical fitness assessment for public school students in grades 3-12.

Volunteers were able to meet with numerous state senators and share data demonstrating the importance of physical fitness and physically active students. Students from the Lone Grove Primary and Intermediate School joined in the activities. The Hot Shots team demonstrated their basketball-handling skills, while the 2nd through 5th grade girls' Lone Grove Jump N Jive group performed their best jump rope skills.

HB 2381 by State Representative Danny Sterling has passed the House of Representatives and is currently awaiting consideration by the full Senate.

To learn more or join our advocacy efforts, contact jromo@cooperinst.org.



Oklahoma House of Representatives Photography

PHYSICAL ACTIVITY, BODY WEIGHT STATUS AND BLOOD VITAMIN D LEVELS IN HEALTHY WOMEN

Although there is overwhelming evidence that vitamin D deficiency, sedentary lifestyle and obesity are highly prevalent among U.S. women, a thorough examination of the relationship among these three variables is lacking.

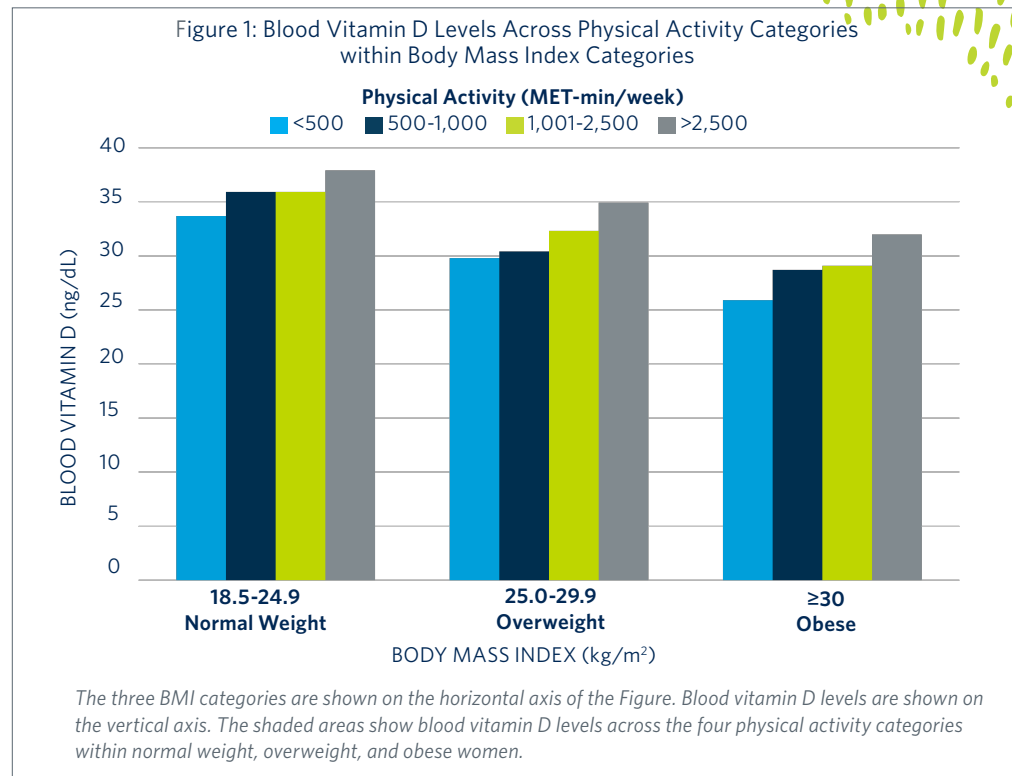
Recently, researchers from The Cooper Institute reported on this topic using 7,445 healthy women who received an exam at Cooper Clinic. Blood vitamin D level, physical activity level, and body weight status were assessed. Participants were divided into four categories of physical activity based on current guidelines: <500 (not meeting guidelines), 500-1,000 (meeting guidelines), 1,001-2,500 (>1-2.5 times guidelines), and >2,500 (>2.5 times guidelines) [MET-minutes/week](http://www.cooperinstitute.org/2017/12/07/using-met-minutes) (www.cooperinstitute.org/2017/12/07/using-met-minutes).

Our findings were as follows:

- Among these women, the higher the level of physical activity, the higher the blood levels of vitamin D.
- Overweight and obese women were significantly more likely to have vitamin D deficiency than normal-weight women.

Those two findings were expected. To understand the impact of the joint relationship between physical inactivity and obesity on vitamin D levels, we also examined vitamin D levels within all possible combinations of physical activity and body weight status (see Figure 1).

Notice within each of the Body Mass Index categories, vitamin D levels were higher across



increasing categories of physical activity. We observed the same trends when examining waist circumference and body fat percentage. **Therefore, regardless of the method used to assess body weight status, vitamin D levels were higher across categories of physical activity in normal weight, overweight and obese women.** These findings suggest blood vitamin D levels are directly related to physical activity level, regardless of body weight status.

Additionally, the risk of vitamin D deficiency is reduced by being more physically active, even among obese women.

Reference
Farrell, S., Meyer, K., Leonard, D., Barlow, C., Shuval, K., Pavlovic, A., DeFina, L., Haskell, W. (2022). Physical Activity, Adiposity, and Serum Vitamin D Levels in Healthy Women: The Cooper Center Longitudinal Study. *Journal of Women's Health*. Published online ahead of print, March 30, 2022.

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91 CELEBRATING DR. COOPER



Our founder and colleague Kenneth H. Cooper, MD, MPH turned 91 on March 4, 2022.

Dr. Cooper has dedicated his 65-year medical career to investigating the links between cardiorespiratory fitness, good health and longevity. **Dr. Cooper has devoted his life to improving the health and well-being of the Dallas community and the world.** He is extremely passionate about The Cooper Institute, which he founded 52 years ago.

While we have made great strides in preventive health research such as proving higher fitness levels to be associated with a dramatic decrease of dying from all causes, lower risk of cardiovascular disease and lower risk of dementia and certain cancers, **there is still critical research needed to improve the quality and quantity of life for all.**

To celebrate Dr. Cooper and everything that is important to him, including fitness, research, advocacy and prevention, please visit

COOPERINSTITUTE.ORG/DRCOOPER91

We invite you to leave Dr. Cooper a wish, purchase a brick in his honor or make a recurring donation to The Cooper Institute.