

Lifecourse Epidemiology of Adiposity & Diabetes (LEAD) Center

colorado school of public health



Trainee Profile: Katherine Sauder, PhD (2014)

Dr. Sauder received her PhD from Pennsylvania State University in 2014 after receiving her MS in biobehavioral health. She was a Pediatric nutrition T32 Postdoctoral fellow from 2014-2016 and is currently an Assistant Professor of Pediatric Nutrition in the Department of Pediatrics at the CU School of Medicine. Dr. Sauder is exploring the role of early life vitamin D intake on childhood vascular health through and American Heart Association grant funded as Healthy Start ancillary study. She is also one of the multiple PIs on a diabetes prevention trial in Native American youth, recently funded as an R01 from the National Institute of Diabetes, Digestive and Kidney Diseases.

Dr. Sauder's research examines how nutrition and other modifiable factors, including pre-conception maternal characteristics, prenatal behaviors, and postnatal environmental exposures, contribute to the development of diabetes and obesity risk in children and adolescents. This work is being conducted utilizing data from pre-existing and on-going observational cohorts, including the Healthy Start and EPOCH studies.

Published Research

Sauder KA, Hockett CW, Ringham BM, Glueck DH, Dabelea D. Intrauterine exposure to maternal diabetes or obesity and offspring insulin resistance and β -cell function: the EPOCH study. *Diab Med*, 2017. In press (accepted 26 May 2017).

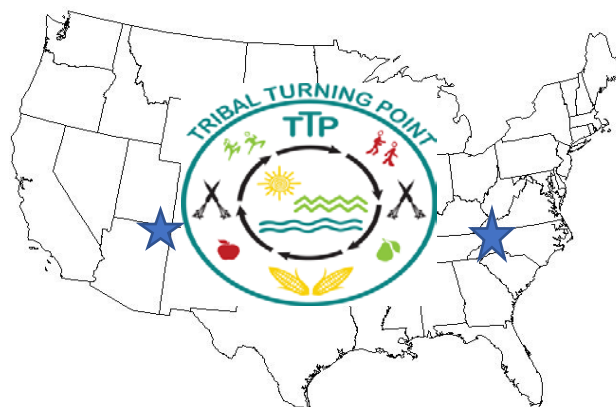
Sauder KA, Kaar JL, Starling AP, Ringham BM, Glueck DH, Dabelea D. Predictors of infant body composition at 5 months of age: The Healthy Start Study. *J Pediatr*, 2017;183:94-99.

Sauder KA, Starling AP, Shapiro AL, Kaar JL, Ringham BM, Glueck DH, Leiferman J, Siega-Riz AM, Dabelea D. Diet, physical activity and mental health status are associated with dysglycaemia in pregnancy: The Healthy Start Study. *Diab Med*, 2016;33(5):663-7.

Sauder KA, Starling AP, Shapiro AL, Kaar JL, Ringham BM, Glueck DH, Dabelea D. Exploring the association between maternal prenatal multivitamin use and early infant growth: The Healthy Start Study. *Pediatr Obesity*, 2016;11(5):434-441.

Increased multivitamin use in the pre-conception and prenatal periods was associated with a slower rate of growth in offspring percent fat mass in the first 5 months of life. This study provides further evidence that in utero nutrient exposures may affect offspring adiposity beyond birth.

The landmark Diabetes Prevention Program (DPP) provided undeniable evidence that lifestyle modification can reduce weight and prevent diabetes; however, more than a decade later, only limited progress has been made in translating this program to the populations at highest risk, particularly low-income women of childbearing age and American Indian youth. She has shown that younger women are significantly less likely to engage in local DPP offerings compared to older women, but equally likely to benefit from weight loss when they actively participate. She and colleagues have also shown that when American Indian youth participate in a culturally sensitive, age-appropriate program (called Tribal Turning Point), they achieve statistically and clinically significant improvements in multiple obesity measures.



*Ritchie ND, *Sauder KA, Fabbri S. Reach, Effectiveness of the National Diabetes Prevention Program for Young Women. *Amer J Prev Med*, 2017. In press (accepted 22 May 2017). *Contributed equally to this work.

Sauder KA, Dabelea D, Bailey Callahan R, Kanott Lambert S, Powell J, James R, Percy C, Jenks BF, Testaverde L, Thomas JM, Barber R, Smiley J, Hockett CW, Zhong V, Letourneau L, Moore K, Delamater AM, Mayer-Davis E. Targeting risk factors for type 2 diabetes in American Indian youth: the Tribal Turning Point pilot study. *Ped Obes*, 2017. In press (accepted 01 May 2017).

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