



Name: Mary Whipple, PhD, RN, PHN, CCRP

Current Title: Postdoctoral Fellow/Adjunct Faculty

Affiliation: University of Colorado

Candidate for: MNRS Board Director-At-Large



Personal Statement:

I am interested in obtaining a position as a Midwest Nursing Research Society (MNRS) Board of Directors Member-at-Large. I completed my PhD at the University of Minnesota in 2019 and will complete my postdoctoral training at the University of Colorado Anschutz Medical Campus in December 2021. I have accepted a position as an Assistant Professor at the University of Minnesota School of Nursing, which I will begin in January 2022. My innovative program of research focuses on understanding the cardiometabolic health consequences of sedentary behavior among older adults, with a focus on women's health and sex differences. I seek to develop efficient, pragmatic strategies targeting sedentary behavior to improve the health of older adults with type 2 diabetes and cardiovascular disease. Early in my PhD, I was selected to receive the final 2015-2017 Patricia G. Archbold Predoctoral Scholar Award from the National Hartford Center for Gerontological Nursing Excellence. My doctoral and postdoctoral training was federally funded by the National Institute of Nursing Research (through F31 and Loan Repayment Program awards) and the National Institute on Aging (through a T32 position), as well as by several foundation and institutional awards. I was the 2017 MNRS/Council for the Advancement of Nursing Science Dissertation Research Grant recipient, have received seed grant funding from the Ludeman Family Center for Women's Health Research, and received institutional support through the University of Colorado Division of General Internal Medicine and Colorado Clinical and Translational Sciences Institute. I was recognized for my dissertation research by being selected to receive the 2020 PhD Dissertation Award from the MNRS Gerontological Nursing Science Research Interest and Implementation Group (RIIG). I was also named the 2020 Colorado Nutrition and Obesity Research Center Award for Outstanding PhD Instructor/Fellow. Although early in my career, I am intensely committed to the advancement of nursing science, as evidenced by my competitive grant funding, 44 peer-reviewed publications (8 since completion of my PhD in 2019), and 43 presentations at local, regional, national, and international conferences. I have been an active member of MNRS since 2013 and am currently the immediate Past Chair of the Gerontological Nursing Science RIIG. As part of RIIG leadership, I have had the opportunity to gain valuable knowledge and understanding of the mission and values of

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the Society. As Chair, I focused on initiatives to increase student and early career engagement in the RIIG. In addition to RIIG leadership, I have also served MNRS as an abstract reviewer (since 2019), presented at MNRS 6 of the past 8 years, had my work published in Western Journal of Nursing Research, and contributed to our RIIG's successful symposium development. In early 2021 I was also invited by the MNRS Foundation Board of Trustees to present at the first annual "Let's Toast the Success" Donor Appreciation Event. I consider MNRS a key professional home and have benefited from the Society's extensive network of leaders, clinicians, and scientists. I am grateful for the commitment that MNRS has shown its members (especially students and early career scholars) and I look forward to the opportunity to use my passion for leadership and service in the service of the Society and its members. Thank you for considering me for the position of MNRS Board of Directors Member-at-Large.

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