Energy Balance Sub-Core

The Energy Balance Core Laboratory offers various analytical techniques to evaluate energy expenditure, energy intake, physical activity, and body composition to investigators researching relations between nutrition, physical activity, and health and nutrition-related conditions and diseases in humans. The Core focuses on high quality services while providing consultation and state-of-the-science tools and resources to investigators involved in clinical and translational research. In addition, the Core provides research training and education and encourages collaborative research and resource sharing.

Keywords: Energy Metabolism, Energy Balance, physical activity intensity, Methods

The Core is dedicated to measure energy expenditure and energy intake as the key determinants of energy balance. Body composition and function are in turn impacted by energy balance, with ultimate health and disease outcomes. This fundamental approach to energy balance is critical to a better understanding of chronic nutrition- and sedentary behavior-related disorders like obesity and diabetes type 2 so that appropriate prevention and intervention strategies can be developed and tested.

Specific Objectives:

- Provide services to investigators conducting research in the area of energy balance in healthy and diseased humans.
- Promote service capabilities to provide needed consultative expertise and tools/resources.
- Provide quality control standards for all investigations using Core services.
- Foster interaction among investigators to encourage collaborative research and the sharing of resources.
- Provide research training and education.

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Publications / Citations

   › Primary publication · 25335442 (PubMed) · PMC4748955 (PubMed Central) · Added on 7/30/2015
   › Primary publication · 25026915 (PubMed) · PMC4115362 (PubMed Central) · Added on 1/20/2015
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   › Primary publication · 23162610 (PubMed) · PMC3498462 (PubMed Central) · Added on 12/10/2013


15. **Fatigability as a function of physical activity energy expenditure in older adults.** Buchowski MS, Simmons SF, Whitaker LE, Powers J, Beuscher L, Choi L, Ikizler TA, Chen K, Schnelle JF (2013) *Age (Dordr)* **35(1)**: 179-87


