
NIH BIOGRAPHICAL SKETCH

NAME Mark D. Haub, Ph.D.	POSITION TITLE Associate Professor		
EDUCATION/TRAINING <i>(Begin with baccalaureate or other initial professional education, such as nursing, and include postdoctoral training.)</i>			
INSTITUTION AND LOCATION	DEGREE <i>(if applicable)</i>	YEAR(s)	FIELD OF STUDY
Fort Hays State University, Hays, KS	B.A.	1992	Psychology
University of Kansas, Lawrence, KS	M.S.	1996	Exercise Science
University of Kansas, Lawrence, KS	Ph.D.	1998	Exercise Metabolism
Univ. of Arkansas for Med. Sci., Little Rock, AR	Postdoc	2000	Geriatric Nutrition

A. PERSONAL STATEMENT

My area of research pertains to studying the metabolic effects of dietary carbohydrate on disease and human performance outcomes. Recently, our work has focused on the role of novel dietary carbohydrates on health outcomes especially: obesity, postprandial substrate metabolism, fermentation, and gut microbiota. Recent projects have aimed to: 1) determine hepatic and myocellular mechanisms involved with increasing insulin sensitivity when consuming a high fiber diet; 2) better understand whether gut microbiota directly affect glucose metabolism and adiposity; and 3) determine the dose response of chronic whole-grain intake on body composition, gut health, and cardiovascular disease risk factors. Most of this work has been through collaborations with Drs. Jens Walter and Tim Carr (University of Nebraska) and Drs. Lloyd Rooney and Nancy Turner (Texas A&M University). The metabolic and clinical diet intervention experiences I have gained allows for an ideal collaborative situation with Dr. Wong.

- B. POSITIONS AND HONORS.** List in chronological order previous positions, concluding with your present position. List any honors. Include present membership on any Federal Government public advisory committee.

Professional Positions

- 1998 **Instructor**, Graduate Faculty, Department of Physical Education, University of Missouri - Kansas City, Kansas City, MO.
- 1998-00 **Research Fellow**, Donald W. Reynolds Center on Aging, University of Arkansas for Medical Sciences.
- 1999 **Guest Lecturer**, Department of Nutrition and Dietetics, University of Arkansas for Medical Sciences.
- 2000 **Assistant Professor**, Department of Human Nutrition, Kansas State University, Manhattan, KS.
- 2006 **Associate Professor**, Department of Human Nutrition, Kansas State University.
- 2007 **Graduate Program Director**, Department of Human Nutrition, Kansas State University.

Honors and Awards

- 1994 **Outstanding Student Research Award**, American College of Sports Medicine, Central States.
- 1995 **Walter Mikol's Outstanding Master Student Award**, Department of Health, Physical Education, and Recreation, University of Kansas.
- 1996 **Outstanding Student Research Award**, American College of Sports Medicine, Central States.
- 1997 **Student Research Award**, Gatorade Sport Science Institute, Barrington, IL.
- 1998 **Wayne H. Osness Outstanding Doctoral Student Award**, Department of Health, Sport, and Exercise Sciences. University of Kansas.
- 2001 **Faculty Associate**, Galichia Center on Aging, Kansas State University.
- 2002 **Faculty Affiliate**, Center for Basic Cancer Research, Kansas State University
- 2005 **Faculty Associate**, Community Health Institute, Kansas State University
- 2005 **Young Alumni Award**, Fort Hays State University
- 2006 **Tenure**, Kansas State University

Professional Service

- 1998-- **Reviewer:** American Journal of Clinical Nutrition, American Journal of Physiology, European Journal of Clinical Nutrition, International Journal of Sports Nutrition and Exercise Metabolism, JAMA, Journal of Gerontology: Medical Sciences, Medicine and Science in Sports and Exercise, Metabolism: Clinical and Experimental, Nutrients, Nutrition in Complimentary Care.
- 2009-- **Editorial Board:** Nutrients

C. SELECTED PEER-REVIEWED PUBLICATIONS (from 2005). Do not include publications submitted or in preparation.

1. Erlenbusch M, Haub MD, Munoz KD, MacConnie SE, and B Stillwell (2005). Effect of high-fat or high-carbohydrate diets on endurance exercise: a meta-analysis. Int J Sport Nutr Ex Metab, 15(1):1-14.
2. Haub MD, Wells AM, and WW Campbell (2005). Beef and soy-based food supplements differentially affect serum lipoprotein-lipid profiles due to changes in carbohydrate intake and novel nutrient intake ratios in older men who resistive train. Metabolism, 54:769-774.
3. Westman EC, Yancy WS, Haub MD, and Volek JS (2005). Insulin resistance from a low carbohydrate, high fat diet perspective. Metab Syndr Rel Disorders, 3(1):14-18.
4. Haub MD, Simons TR, Cook CM, Remig VR, Al-Tamimi EK, and CA Holcomb (2005). Calcium-fortified beverage supplementation on body composition in postmenopausal women, Nutrition J, 4(1):21, 1-6.
5. Xie L, Jiang Y, Ouyang P, Chen J, Doan H, Herndon B, Sylvester JE, Zhang K, Molteni A, Reichle M, Zhang R, Haub MD, Baybutt RC, and W Wang (2007). Effects of dietary calorie restriction or exercise on the PI3K and RAS signaling pathways in the skin of mice. J Biol Chem, 282 (38): 28025-28035.
6. Cook CM and MD Haub (2007). Low Carbohydrate Diets on Performance. Cur Sports Med Rep, 6(4):225-229.
7. Rosenkranz RR, CM Cook, and MD Haub (2007). Endurance training on low carbohydrate and grain based diets: A case study. Int J Sport Nutr Ex Metab, 17(3): 296-309.
8. Stull AJ, Thyfault JP, Haub MD, Ostlund RE, and WW Campbell (2008). Relationships between urinary inositol excretions and whole body glucose tolerance and skeletal muscle insulin receptor phosphorylation, Metabolism, 57(11): 1545-1551.
9. Campbell WW, Haub MD, Wolfe RR, Ferrando AA, Sullivan DH, Apolzan JW, Iglay HB (2009). Resistance training preserves fat-free mass without impacting changes in protein metabolism after weight loss in older women. Obesity, 17(7):1332-1339.
10. Al-tamimi EK, Snyder BS, Seib PA and MD Haub (2010). Consumption of Cross-linked Resistant Starch (RS4_{XL}) on Glucose and Insulin Responses in Humans. J Nutr Metab.
11. Haub MD, Hubach KL, Al-tamimi EK, Ornelas S and PA Seib (2010). Different types of resistant starch elicit different glucose responses in humans, J Nutr Metab. 2010;2010. pii: 230501. Epub 2010
12. Lattimer, JM, and MD Haub (2010). Effects of Dietary Fiber and Its Components on Metabolic Health. Nutrients 2, 1266-1289.
13. Hirai DM, Copp SW, Schwagerl PJ, Haub MD, Poole DC, and TI Musch (2011). Acute antioxidant supplementation and skeletal muscle vascular conductance in aged rats: role of exercise and fiber type. Am J Phys, 300(4):H1536-H1544.
14. Xue Y, Haub MD, Smith BW and RC Baybutt (2011). Decreases in bone mineral content by dietary all-trans retinoic Acid precede decreases in bone mineral density in a weanling rat model of cigarette smoke-induced lung injuries. Int J Vitam Nutr Res, 81(1):5-11.