

**Dr. Anthony Molina**  
**Interview for Verywell**  
**Health & Healthy Aging 2024**  
**Pilot Grant Program**

**UC San Diego**

Center for Healthy Aging  
Stein Institute for  
Research on Aging

Welcome to the UC San Diego Center for Healthy Aging and the Sam and Rose Stein Institute for Research on Aging e-newsletter!

## **Dr. Anthony Molina Interviewed for Verywell Health**

**"If You Were Born After 1965, Your Cells Might Be Aging  
Faster"**



### **Key Takeaways**

- Genetics, environmental factors, diet, and stress can all affect cellular age.
- New research suggests that younger generations are more likely than Baby Boomers to have accelerated aging because of early exposure to risk factors.
- This phenomenon might explain the increased incidence of early-onset cancers among young adults.

Read the Full Article  
here

### Know a Successful Ager?



At the Stein Institute for Research on Aging we like to highlight the stories and lives of successful agers in our community. Successful agers are those that continue to engage in activities that are meaningful and have found ways to adapt to challenges as they age. If you know of someone that you think we should spotlight please email Sasha Weiss at [saweiss@health.ucsd.edu](mailto:saweiss@health.ucsd.edu) to nominate them!

## Deadline is May 3rd for the 2024 Pilot Grant Program

**Call for Applications:** 2024 Pilot Grant Program - Stein Institute for Research on Aging / Center for Healthy Aging at UC San Diego

The Stein Institute for Research on Aging and the Center for Healthy Aging and the Stein Institute for Research on Aging (SIRA/CHA) 2024-25 pilot grant program solicits proposals for innovative research projects. We are an integrated, multi-disciplinary, cross-campus group that aims to advance and promote health and well-being in the field of healthy aging through research, education, and community outreach. The purpose of the pilot funding is to foster **early-stage interdisciplinary research focused on the study and promotion of healthy aging**. These awards are designed to help investigators generate pilot and feasibility data to support extramural grant applications.

**Proposal Due Date: May 3, 2024 at 5pm PST**

**Theme:** The focus of these pilot projects should be related to: 1) understanding the factors (e.g. biological, behavioral) that impact healthy aging; or 2), Advancing innovative strategies for promoting healthy aging. Healthy aging is broadly defined as: maintaining or promoting physical, mental, and cognitive health to promote well-being and quality of life in older age.

**General Guidelines:** We expect each application to name a specific **NIA approved concept** that will be targeted in a subsequent grant application. Note that specific funding opportunities for these concepts are typically released within 3-6 months. Alternatively, an active NIA funding opportunity may also be

targeted as long as it does not expire in 2025.

We encourage investigators to take advantage of existing data and informatics-based approaches and to include variables that employ principles of diversity, equity and inclusion (e.g., include populations underrepresented in research, consider community's values, strengths and priorities, measure social determinants of health, measure diversity).

We also encourage applicants to utilize resources that SIRA/CHA has to offer, including:

- Existing data from our longitudinal life-span aging cohort, the Successful Aging Evaluation Study (SAGE). The SAGE study is a prospective cohort study of 1,800 randomly selected, demographically representative of San Diego, community-dwelling individuals ages 20 to over 100 years. The specific assessments and the years that the assessment were collected can be found [here](#).
- A novel, first of its kind “living lab” in the Belmont Senior Living community on Nobel Drive, just a few miles from the La Jolla campus. This lab is embedded in the senior living community on the 6<sup>th</sup> floor in a studio apartment and provides researchers with an opportunity to collaborate with residents and conduct novel research on-site. This could include using the space to conduct research related to sensors, testing innovative technology, conducting physical assessments, utilizing it as a meeting space for participant interviews, etc. Proposals with plans to utilize the living lab space will be considered.
- The UCSD Geroscience lab provides support for aging biomarkers research, including biospecimen collection and processing. The Geroscience lab has a particular focus on mitochondrial bioenergetics but can also facilitate research investigating other biological hallmarks of aging.

**Eligibility:** All UC San Diego faculty members can apply for Pilot funds. Early career investigators, and those new to aging research, are particularly encouraged to apply. UC San Diego Postdoctoral fellows and individuals with pending faculty appointments must include a letter of support from a faculty mentor.

**Project Duration:** The funding for this program is for one year. Funding is expected to begin no later than 8/1/2024. Unless a no-cost extension has been approved, projects must be completed by 7/30/2025.

**Budget:**

Individual PIs may seek up to \$20,000.

To encourage interdisciplinary research, teams including PIs from different Departments may seek up to \$40,000.

**Application Requirements:**

- One page cover letter (including target NIA Approved Concept or FOA)
- Up to three-page proposal including the following sections: Specific aims, background/significance, innovation, approach, analytical plan, and anticipated timeline.
- Up to 500 words describing how this pilot award will be used to support a future grant application.
- References
- Budget and justification

- Investigator(s) NIH bio sketch or CV
- Letters of collaboration and/or support (if relevant)

**Formatting:** Use an Arial, Georgia, Helvetica, or Palatino Linotype, a font size of 11 points or larger and single-spaced with a one-half inch margin (top, bottom, left, and right) for all pages.

**Submission:** Proposals should be submitted electronically as a single PDF file to our email [healthyaging@health.ucsd.edu](mailto:healthyaging@health.ucsd.edu)

**Review Process:** Proposals will be reviewed by the Center for Healthy Aging steering committee members. Notification of funding will be made by May 31, 2024.

Information on resources available through SAGE, Living Lab, and Geroscience can be found [here](#).

Investigators interested in applying may contact Dr. Anthony Molina ([ajmolina@health.ucsd.edu](mailto:ajmolina@health.ucsd.edu)), Stein Institute Scientific Director, to discuss project relevance and SIRA/CHA) research resources.

We look forward to receiving your proposals. Please contact Danielle Glorioso ([dglorioso@health.ucsd.edu](mailto:dglorioso@health.ucsd.edu)), the Executive Director of the UC San Diego Center for Healthy Aging and the Stein Institute for Research on Aging with any questions.

[Click here for more info](#)

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**Please register for our next Public Lecture  
with Maria Rosario (Happy) G. Araneta, PhD,  
MPH**



# NEXT PUBLIC LECTURE

UC San Diego



Center for Healthy Aging  
Stein Institute for  
Research on Aging

“Diabetes and Cardiovascular Disparities  
among Black, White, and Filipino Women:  
What's fat got to do with it?”

Wed, May 15th

4-5pm

with Maria Rosario (Happy)  
G. Araneta PhD, MPH



Maria Rosario (Happy) G. Araneta PhD, MPH, is Associate Dean of Diversity and Community Partnerships and Professor of Epidemiology in the Department of Family Medicine. Her research interests include maternal and pediatric HIV/AIDS, birth defects, life course exposures, social determinants of health, and health disparities. She received her BA in Biology from UCSD and her MPH and PhD in Epidemiology from Yale University. She is the co-Principal Investigator of the Diabetes Prevention Program Outcomes Study (DPPOS) where UC San Diego is one of 25 participating sites. This longitudinal study, with over 20 years of follow-up, aims to identify the risk factors, mechanisms, and neuropathology of cognitive impairment in persons with pre-diabetes and type 2 diabetes, during the current funding cycle. Dr. Araneta is the PI of the UCSD Filipino Health Study, a longitudinal study of myriad health outcomes among Filipino men and women, co-investigator of the Rancho Bernardo Study, where she leads research on health disparities in osteoporosis, type 2 diabetes, and cardiovascular disease among elder White, Filipino and Black women (Health Assessment Study of African-American Women). She served as a perinatal epidemiologist for the UC San Diego Mother, Child and Adolescent HIV Program, was a co-investigator on maternal and perinatal HIV studies in Mexico, and co-investigator to assess health advantages and disparities in reproductive outcomes by race/ethnicity and nativity. Her prior research included studies on birth defects and adverse reproductive outcomes among Gulf War veterans, HIV transmission through donor artificial insemination, mother-to-child HIV/AIDS transmission, and behavioral intervention studies, including restorative yoga, active stretch and Zumba Fitness to reduce components of the metabolic syndrome.



Dr. Araneta received the 2014 American Diabetes Association's Vivian Fonseca and Nagendran Family Diabetes Research Award for her research on diabetes among Asians and Pacific Islanders, the Best of Care Award as author of the leading 9 publications in "Diabetes Care" in 2015, and the Inaugural Wing Family Lectureship at the Joslin Diabetes Center, Harvard Medical School in 2017. She was appointed to a four year term on the NIH Advisory Council for the National Institute on Minority Health and Health Disparities from 2015 to 2019, and selected to serve on the NIH Council of Councils from 2018 to 2024.

Please Register Here



### **Resilience, Compassion and Self-Compassion Program available for License**

After nearly a decade of research and development, we are pleased to announce that our evidenced-based program to enhance resilience, compassion, and self-compassion is now licensed and available for use in community settings.

If you are interested in learning more about the program, please contact us at [healthyaging@health.ucsd.edu](mailto:healthyaging@health.ucsd.edu)

## **Upcoming Public Lectures**



# 2024 Upcoming PUBLIC LECTURES



Wed, May 15

**MARIA ROSARIO (HAPPY) G. ARANETA PHD, MPH - ASSOCIATE DIRECTOR**  
TBA

Wed, July 24

**COLIN DEPP, PHD - ASSOCIATE DIRECTOR**  
“SOCIAL CONNECTION AND HEALTHY AGING”



🕒 4-5pm

📍 Zoom



## We Need Your Support!

When you give to the UC San Diego Center for Healthy Aging and the Stein Institute for Research on Aging, you're making the decision to support **the pursuit of a healthier, longer life for you and your loved ones**. Please **make a gift** to help sustain and expand our successful aging programs.

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