



Pennington Biomedical
Research Foundation

2024 - 2025 IMPACT REPORT



The power of Pennington Biomedical comes from its commitment to discovery, which is a shared mission of everyone on campus. Our discoveries are making real-world impacts that will improve human health throughout the lifespan. The joint commitment to Pennington from the state of Louisiana and from private philanthropy keeps this important engine running at peak performance.

*-Peter T. Katzmarzyk, PhD, FTOS
Associate Executive Director for Population and Public Health Sciences
Marie Edana Corcoran Endowed Chair in Pediatric Obesity and Diabetes*



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OUR MISSION



THE MISSION OF
PENNINGTON BIOMEDICAL RESEARCH FOUNDATION
IS TO SUPPORT THE WORK OF LSU'S PENNINGTON
BIOMEDICAL RESEARCH CENTER, WHICH AIMS TO
DISCOVER THE TRIGGERS OF CHRONIC DISEASES
THROUGH INNOVATIVE RESEARCH THAT IMPROVES
HUMAN HEALTH ACROSS THE LIFESPAN.

OUR MISSION



We're putting science-based solutions into the hands of doctors, teachers, and families.

Our evidence-backed programs are helping families to build healthier lives, equipping kids and parents with life skills that they'll put to use long after the study ends.

We count on our donors to invest in our innovative, exciting science – these dollars are critical to advancing progress in treating and preventing chronic disease.

Our science does not stay behind the lab door. We are out in the community every day, working directly with doctors, educators, and parents to create healthy spaces where kids can eat, play, and learn.

-Amanda E. Staiano, PhD

Associate Professor

Director, Pediatric Obesity and Health Behavior Laboratory





MESSAGE FROM OUR

President & CEO

Nearly four decades ago, a bold vision took shape in Baton Rouge, one that would forever change the landscape of biomedical research and human health.

It began with a transformational gift from C.B. “Doc” Pennington, whose generosity laid the foundation for what is now the Pennington Biomedical Research Center, one of the world’s leading institutions dedicated to understanding metabolism, nutrition, and chronic disease. His belief in the power of science and innovation sparked a journey that continues to transform lives around the world.

Since those early days, Pennington Biomedical has grown into a global leader in research focused on obesity, diabetes, nutrition, and metabolic health. Its scientists have helped shape public health policy, contributed to the development of the DASH (Dietary Approaches to Stop Hypertension) diet, and supported the research behind every FDA approved weight loss medication currently on the market.

These achievements reflect the extraordinary impact of scientific discovery. They are also a testament to the generosity of donors and supporters who believe in the mission of Pennington Biomedical. Philanthropic investment fuels the research that drives new breakthroughs, allowing scientists to explore bold ideas and translate discovery into real world solutions that improve lives.

Today, the Pennington Biomedical Research Foundation is entering its next chapter with a renewed commitment to expanding our reach, strengthening partnerships, and building a broader network of support. Our mission is to ensure that Pennington Biomedical has the resources and investment needed to drive the next generation of innovation in health and medicine.

Looking ahead, the opportunities for discovery are greater than ever. Advances in precision medicine, nutrition science, and metabolic research have the potential to transform how we prevent and treat chronic disease. With continued support from our community and partners, Pennington Biomedical will remain at the forefront of these breakthroughs, translating research into real world impact for people in Louisiana and around the world.

As we honor the vision that started it all, we remain focused on the future. With your support, the next “the next advancements in human health begin now.



Janet Olson,
Pennington Biomedical Research Foundation



MESSAGE FROM THE CENTER'S

Executive Director

Dear Friends and Supporters,

At LSU's Pennington Biomedical Research Center, we are driven by a simple but powerful vision: to understand what causes chronic disease and to do something about it.

We focus on the biological roots of conditions like obesity, diabetes, heart disease and more: conditions that affect nearly every family in this state and across our country. But we don't stop with simply understanding the problem – we're also building solutions.

Every breakthrough we achieve and every life we touch is made possible in part by the generosity of donors and partners who believe in this mission.

This Impact Report celebrates what we have accomplished together. Your investment fuels research that advances the understanding of obesity, diabetes, cardiovascular disease, cancer, dementia and other chronic conditions.

Philanthropic support allows us to move faster, think bigger and pursue promising ideas, while also helping us to train the next generation of scientists, expand clinical research opportunities and translate discoveries into programs that benefit our communities.

Beyond its scientific contributions, Pennington Biomedical serves as a powerful economic and educational engine for our region – attracting talent, creating jobs and leveraging external funding that multiplies the impact of every dollar given. Simply put, your support fuels both healthier lives and a stronger future.

We are deeply grateful for the trust you place in us. Every breakthrough, every study participant served and every life improved is made possible through partnership with donors and organizations who share our vision.

We remain indebted to the visionaries whose generosity first established this Center and to those who continue to sustain it today. From its earliest philanthropic foundation to the partnerships that now propel us forward, donor support has been essential to building the institution we are proud to steward.

As you read this report, I hope you see the extraordinary impact of your investments. Together, we are transforming research into real-world solutions and bringing us closer to a world free from chronic disease. Thank you for believing in our mission and for helping to make this work possible.

With sincere appreciation,

Jennifer Rood, PhD, DABCC, FADLM
Vice Chancellor and Interim Executive Director
Pennington Biomedical Research Center





Center for Military Performance & Resilience

"A Whole Health Approach to Military & First Responders" is a Department of Defense-funded initiative led by Dr. Tiffany Stewart and an interdisciplinary team to enhance Soldier and unit readiness through integrated physical and mental training. The project aims to develop and pilot a scalable app that delivers consistent, formalized optimization strategies, with potential expansion to other military branches and first responder communities.



Greaux Healthy

A statewide initiative lead by Melissa Martin, MBA, RDN, LDN, which aims to combat childhood obesity through evidence-based tools, education, and community partnerships. The program reaches families, educators, and healthcare providers with resources tailored to every stage of childhood, from infancy to adolescence. With outreach efforts like the Healthy Moves bus and the Pennington Generation research study, Greaux Healthy is building a healthier future for Louisiana's children.



Institute for Dementia Research & Prevention

The lab has conducted nearly 40 clinical trials focused on neurodegenerative disease, having developed high performance drug screening models and basic science approaches to further research in this field. Led by Jeffrey Keller, PhD, lab members explore treatment options that show potential to slow or prevent the progression of Alzheimer's disease in certain subsets of the population, with one of the major advances being the use of monoclonal antibody therapies. Recently, Dr. Keller has explored the use of Delta-9-tetrahydrocannabinol to treat dementia-related agitation in hospice-eligible patients.



Metamor™ Institute

The nation's first integrated metabolic treatment center, combining research, clinical care, and community outreach to transform obesity care. Led by Dr. Philip Schauer, the institute unites experts in nutrition, psychology, surgery, and exercise science to offer compassionate, science-driven treatment.

FUELING GROUNDBREAKING RESEARCH



Metabolism and Body Composition

The Metabolism-Body Composition Laboratory provides a wide range of evaluations across the full lifespan. These include multiple 3D optical imaging, bioimpedance analysis, ultrasound, and anthropometric measurements using state-of-the-art technologies. The lab, run by Dr. Steven Heymsfield, is active in developing mathematical models relating human energy expenditure and body composition to the dynamics of weight loss during treatment of obesity.



Pediatric Obesity and Health Behavior

The primary goals of this laboratory, led by Amanda Staiano, PhD, are to test the efficacy and effectiveness of technology (primarily exergames, telehealth, and wearable technology) to promote physical activity and to integrate these technologies into family-based weight management programs for youth.



Diabetes Clinic

Through Pennington Biomedical and Dr. Tim Gilbert's leadership, patients receive care informed by the latest research and technological advances in endocrinology for the treatment of diabetes. Patients also have the unique opportunity to participate in groundbreaking clinical trials taking place at Pennington Biomedical. These studies provide access to emerging treatments not yet available on the market, while helping advance scientific knowledge and improve care for countless of others living with similar conditions.



PortionSize Smartphone App

This smartphone app, developed by Corby Martin, PhD and John Apolzan, PhD. This app will estimate portion size and provide immediate user feedback by use of templates of known portion sizes. It will also quantify the meal and food source, as well as examine the size of the serving dish, providing the user feedback on their portions. Unique templates within the app will estimate portion size for snacks and oddly shaped foods, which allows for customization by the user based on their food choices.

Ultimately, the app will provide size recommendations to be used to assist a user in determining appropriate portion sizes for their dietary needs.

WHERE WE'VE BEEN



Louisiana's
state domestic
product

\$156 M



Active grants and
contracts

\$215 M



Professorship in
Dementia Research

\$100 K

16 Specialized Core Service Areas

- Animal Metabolism and Behavior
- Bioinformatics and Computational Biology
- Biostatistics
- Cell Biology and Bioimaging Core
- Clinical Chemistry
- Clinical Trials Unit
- Comparative Biology
- Database Management
- Exercise Testing
- Genetically Engineered Models
- Genomics
- Human Imaging
- Mass Spectrometry
- Metabolic Kitchen
- Nutritional Epidemiology, Dietary Assessment and Nutrition Counseling
- Recruiting

Behind every breakthrough at Pennington Biomedical Research Center stands a community of supporters who make research, outreach, and innovation possible.
THANK YOU FOR MAKING ALL OF THIS POSSIBLE!



Equipment
Usage Hours

8000



Citations in scientific
literature

402,818



Jobs
Statewide

1,549

Outreach

- Our clinical trials and research studies have engaged nearly 70,000 individuals from every parish in Louisiana in an effort to improve the health of our state.
- Our dementia study is one of the largest aging studies in the U.S., and our research has been recognized by the Alzheimer's Disease Cooperative Study Group (ADCS) - the largest Alzheimer's therapeutic research consortium in the U.S. - making Pennington Biomedical the only ADCS-approved site in a tri-state area.
- We played a key role in designing the DASH diet - consistently voted one of U.S. News & World Report's top diets and ranked as the top heart-healthy eating plan by the American Heart Association.
- Our postdoctoral program has been voted among the top 10 in the nation.
- Our scientists collaborate with colleagues in 240 academic institutions in 24 countries.
- Developed the Greaux Healthy initiative, dedicated to being your most trusted partner in the prevention and treatment of childhood obesity.

WHERE WE'RE GOING



If We...

- Invest strategically in high-impact research
- Engage donors, researchers, and community partners
- Support interdisciplinary collaboration
- Identify emerging health challenges and opportunities
- Provide flexible funding that accelerates discovery
- Strengthen infrastructure and research capacity

We Can Implement...

- Innovative studies addressing chronic disease, nutrition, brain health, and metabolic health
- Early-stage and pilot research that attracts federal and industry funding
- Community-informed research initiatives
- Training and support for early-career investigators
- Programs that translate science into real-world solutions

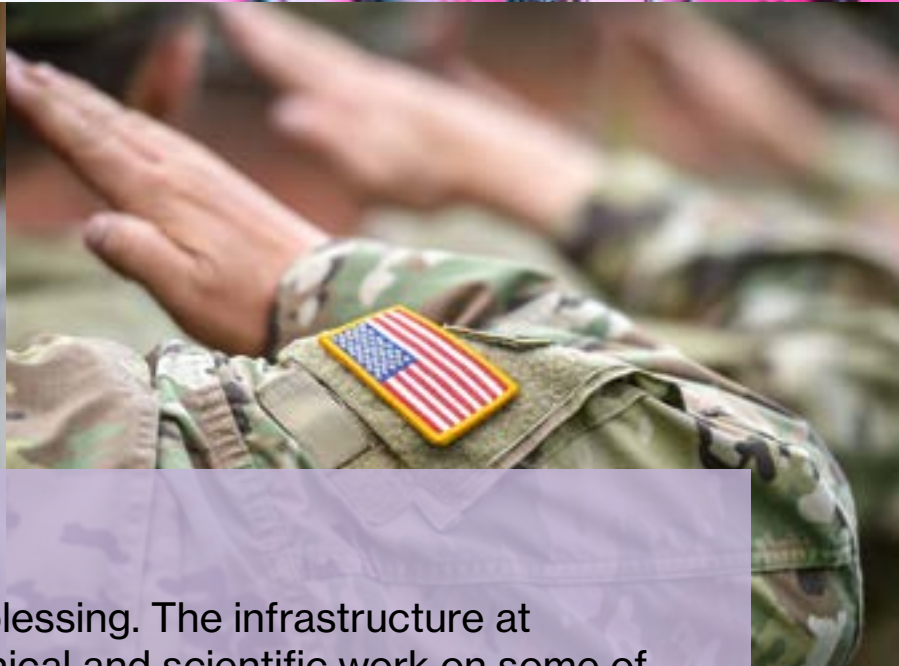
Then We Will See...

- Faster movement from discovery to application
- Expanded research participation across Louisiana
- Increased collaboration across disciplines and institutions
- Stronger pathways for prevention, treatment, and intervention
- Greater visibility and competitiveness for Pennington Biomedical research

Which Will Lead To...

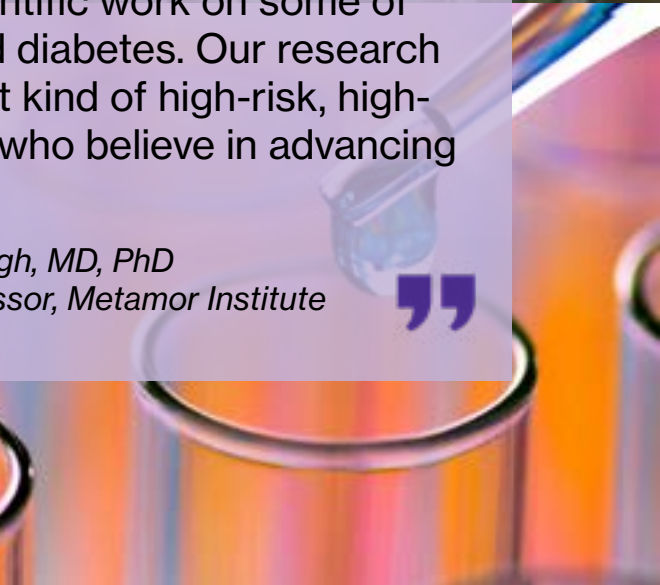
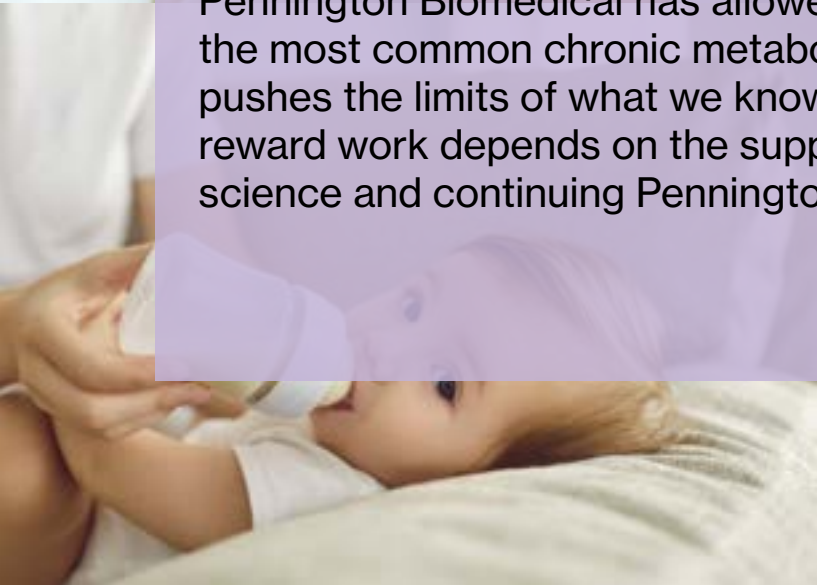
- Improved health outcomes across the lifespan
- Reduced burden of chronic disease
- Healthier communities and workforces
- Stronger local, state, and global impact
- Sustainable growth of scientific excellence





Being part of Pennington Biomedical has truly been a blessing. The infrastructure at Pennington Biomedical has allowed me to focus my clinical and scientific work on some of the most common chronic metabolic diseases, including obesity and diabetes. Our research pushes the limits of what we know about human physiology, and that kind of high-risk, high-reward work depends on the support of donors and our community who believe in advancing science and continuing Pennington's tradition of excellence.

-Vance L. Albaugh, MD, PhD
Assistant Professor, Metamor Institute



GLOBAL IMPACT

Pennington Biomedical Research Center connects a global network of over 250 collaborators in 24 countries, bringing together clinicians, scientists, and institutions dedicated to advancing discoveries that enhance lives worldwide.

Pennington Biomedical is a globally recognized state-of-the-art research institution.

Did You Know?

Pennington Biomedical has 330 worldwide collaborators, representing 23 countries.



THANK YOU TO OUR EVENT SPONSORS

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The Baton Rouge General
Foundation
The Hair Parlor
Travis Limited
Tsunami
Turner Industries
University Club
Varsity Sports
Wendy Haspel Lipsey
Whitewater Express
Will & Mary Weimar
Wireless Services
ZaZa Nail Boutique

WAYS TO ENGAGE

To explore upcoming events and opportunities to engage with the Foundation, visit the Upcoming Events section of our website at www.pbrf.org.



Being part of Pennington Biomedical means contributing to a legacy of discovery that has shaped our knowledge of physiology and nutrition for decades. Continuing to advance that impact for future generations is a true honor. The unique role of our Foundation in directly connecting donors to the science ensures that their support translates into meaningful, life-changing discoveries.

-Emily W. Flanagan, PhD
Assistant Professor
Director, Developmental Physiology Laboratory



INVEST IN RESEARCH

Ways to Give

Online: pbrf.org/donate



Mail: Pennington Biomedical Research Foundation
6400 Perkins Road
Baton Rouge, Louisiana 70808

Stocks and Securities

Donations of stock and other securities can be a tax-efficient way to make a meaningful gift to Pennington Biomedical. To make a gift of stock or securities, please contact Amanda Robertson in advance of the transfer at 225-763-2684 or by email at amanda.robertson@pbrf.org for our current account information.

Wire Transfer

To make a gift via wire transfer, please contact Amanda Robertson in advance of the transfer at 225-763-2684 or by email at amanda.robertson@pbrf.org for our current account information.

Contact Our Development Team

Bri Barrett, Chief Development Officer

Email: bri.barrett@pbrf.org

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Mark Pankey, Senior Director of Development

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All gifts to the Foundation are tax deductible, and many qualify for Tiger Athletic Foundation (TAF) Priority Points. To receive your priority points, please include your TAF ID number with your gift. Foundation staff can assist with establishing an account for donors who wish to join the program. Geaux Tigers!

BOARD OF DIRECTORS

Our Board of Directors is made up of community leaders who dedicate their time and insight to ensure Pennington Biomedical's continued success:

Officers

Charles Lamar, Chairman
Art Favre, Chairman Elect
George D. Nelson, Jr., Immediate Past Chair
Monica Zumo, Treasurer
Annette D. Barton, Secretary

Directors

Ann Wilkinson
Claude B. Pennington III
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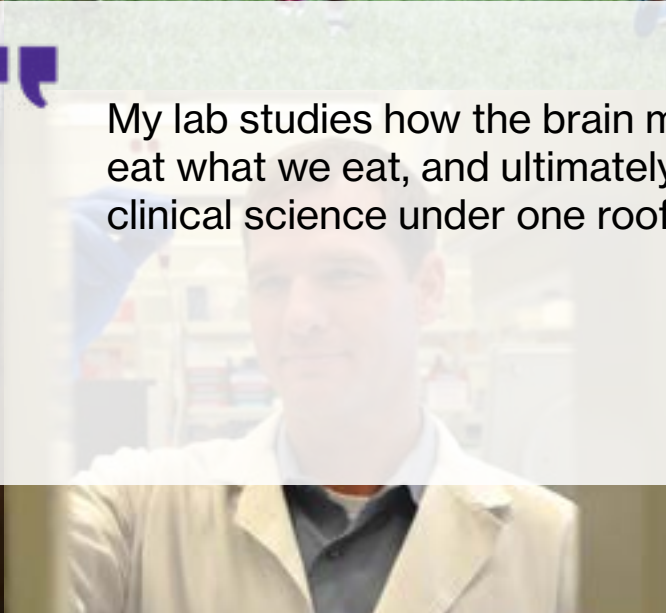
Ex-Officio Directors

Amanda Robertson
Bri Barrett
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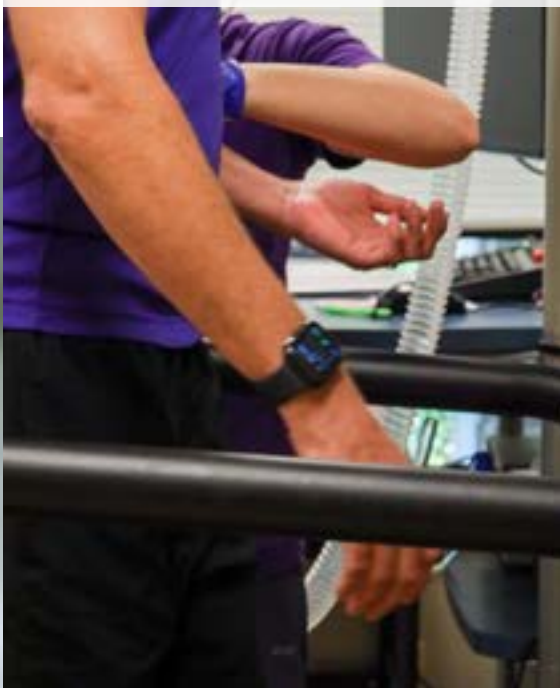
My lab studies how the brain monitors nutritional status and regulates food intake. We eat what we eat, and ultimately to developing better treatments for obesity. Penn has a lot of clinical science under one roof, and the support from our donors and community.





ake and food choice. These neural circuits are the key to understanding why we
nington is uniquely positioned for this work because we have both basic and
y lets us ask bold questions.

*-Christopher Morrison, PhD
John S. McIlhenny Endowed Professorship in Nutritional Neuroscience
Associate Executive Director, Basic Science*





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www.pbrf.org



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