

**Lisa A. Cadmus-Bertram**  
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Department of Kinesiology  
University of Wisconsin – Madison  
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**CURRENT POSITION**

Assistant Professor of Kinesiology, UW – Madison	2014-current
Member, UW Carbone Cancer Center (Cancer Prevention & Control)	2014-current

**PRIOR POSITIONS**

Assistant Professor of Family & Preventive Medicine, UCSD	2013-2014
Staff Research Associate IV, Moores Cancer Center, UCSD	2009-2013
University of Washington/Fred Hutchinson Cancer Research Center Postdoctoral Fellow Yale School of Medicine	2007-2009
Project Manager	2003-2007
Research Assistant	2003-2007
Teaching Assistant	2004-2006
Biostatistics Tutor	2004-2005
Carleton College, Northfield, MN Psychology Computer Lab Supervisor	2001-2002
University of the West Indies, Kingston, Jamaica Research Intern	2001
University of South Carolina, Columbia, SC NSF Undergraduate Summer Research Fellow	2001

**EDUCATION**

Post-Doctoral Fellowship in Biobehavioral Cancer Prevention & Control Department of Health Services University of Washington, Seattle, WA Public Health Sciences Fred Hutchinson Cancer Research Center, Seattle, WA	2007-2009
Ph.D. in Epidemiology and Psychology (joint degree) Yale University, New Haven, CT	2002-2007
M.Phil. in Psychology Yale University, New Haven, CT	2002-2005
M.S. in Psychology Yale University, New Haven, CT	2002-2004
B.A. in Psychology Carleton College, Northfield, MN	1998-2002

### **HONORS, AWARDS, AND FELLOWSHIPS**

Komen Junior Faculty Travel Award for Obesity & Breast Cancer Research	2015
Madison Teaching and Learning Excellence Fellowship	2015
NIH Loan Repayment Program Awardee (declined)	2013
Fellow, CDC Physical Activity & Public Health (PAPH) Research Course	2012
Clarence Darrow Fellowship, University of Michigan Law School (declined)	2009
Biobehavioral Cancer Prevention and Control Training Grant, University of Washington, Seattle, WA	2007-2009
University Fellowship, Yale University, New Haven, CT	2002
Graduated <i>magna cum laude</i> , Carleton College, Northfield, MN	2002
Minnesota Psychological Association's Donald Paterson Award (given annually to one outstanding psychology major)	2002
Inducted into Phi Beta Kappa	2002
Inducted into Sigma Xi	2002

### **PEER-REVIEWED PUBLICATIONS**

1. Hartman SJ, Nelson SH, **Cadmus-Bertram L**, Patterson RE, Pierce JP, Parker BA. Technology and phone-based weight loss intervention: Pilot RCT in women at elevated breast cancer risk. *American Journal of Preventive Medicine* (in press).
2. **Cadmus-Bertram L**, Nelson SH, Hartman SJ, Patterson RE, Pierce JP, Parker BA. Randomized trial of a phone- and web-based weight loss program for women at elevated breast cancer risk: The HELP Study. *Journal of Behavioral Medicine*, 39(4): 551-9.
3. Wang JB, Cataldo JK, Ayala GX, Natarajan L, **Cadmus-Bertram LA**, White MM, Madanat H, Nichols JF, Pierce JP. Mobile and wearable device features that matter in promoting physical activity. *Journal of Mobile Technology in Medicine* (in press).
4. Patterson RE, Marinac CR, Natarajan L, Hartman SJ, **Cadmus-Bertram L**, Flatt SW, Li H, Parker B, Oratowski-Coleman J, Villaseñor A, Godbole S, Kerr J (2016). Recruitment strategies, design, and participant characteristics in a trial of weight-loss and metformin in breast cancer survivors. *Contemporary Clinical Trials*, 47: 64-71.
5. **Cadmus-Bertram L**, Marcus BH, Patterson RE, Parker BA, Morey BL (2015). Use of the Fitbit to measure adherence to a physical activity intervention among overweight/obese, postmenopausal women. *Journal of mHealth and uHealth*, 3(4): e96.
6. **Cadmus-Bertram L**, Marcus BH, Patterson RE, Parker BA, Morey BL (2015). Randomized trial of a Fitbit-based physical activity intervention for women. *American Journal of Preventive Medicine*, 49(3), 414-418.
7. Wang JB, Pierce JP, Ayala GX, **Cadmus-Bertram L**, Flatt S, Madanat H, Newman V, Nichols J, Natarajan L (2015). Baseline depressive symptoms, completion of study assessments, and behavior change in a long-term dietary intervention among breast cancer survivors. *Annals of Behavioral Medicine*, 49(6): 819-27.

8. Wang JB, Natarajan L, **Cadmus-Bertram L**, White MM, Madanat H, Nichols JF, Ayala GX, Pierce JP (2015). Wearable sensor/device and SMS text messaging prompts to increase physical activity in overweight/obese adults: A randomized controlled trial. *Telemedicine and eHealth*, 21(10): 782-92.
9. Marshall S, Kerr J, Carlson J, **Cadmus-Bertram L**, Patterson R, Wasilenko K, Crist K, Rosenberg D, Natarajan L (2014). Patterns of weekday and weekend sedentary behavior among older adults. *Journal of Aging and Physical Activity*, 23(4): 534-41.
10. **Cadmus-Bertram L**, Irwin ML, Alfano C, Campbell KL, Duggan C, Foster-Schubert K, McTiernan A (2014). Predicting adherence of formerly sedentary adults to a 12-month exercise intervention. *Journal of Physical Activity and Health*, 11(7):1307-12.
11. Schmitz K, Neuhouser M, Agurs-Collins T, **Cadmus-Bertram L**, Dean L, Zanetti K, Drake B (2013). Impact of obesity on cancer survivorship and the potential relevance of race and ethnicity. *Journal of the National Cancer Institute*, 105(18):1344-54.
12. **Cadmus-Bertram LA**, McTiernan A, Ulrich C, Stovall R, Ceballos R, McGregor B, Ramaprasad J, Littman AJ (2013). Predictors of adherence to a 26-week yoga intervention among post-treatment breast cancer survivors. *Journal of Alternative and Complementary Medicine*, 19(9), 751-758.
13. **Cadmus-Bertram LA**, Wang JB, Patterson RE, Newman VA, Parker BA, Pierce JP (2013). Web-based self-monitoring for weight loss among overweight/obese women at elevated risk of breast cancer: The HELP Pilot Study. *Psycho-Oncology*, 22(8):1821-8.
14. Patterson RE, Rock CL, Kerr J, Natarajan L, Marshall SJ, Pakiz B, **Cadmus-Bertram LA** (2013). Metabolism and Breast Cancer Risk: Frontiers in Research and Practice. *Journal of the Academy of Nutrition and Dietetics*, 113(2):288-296.
15. Beasley J, Kwan ML, Chen WY, Weltzien EK, Kroenke CH, Lu W, Nechuta SJ, **Cadmus-Bertram L**, Patterson RE, Sternfeld B, Shu X-O, Pierce JP, Caan BJ (2012). Meeting the physical activity guidelines and survival after breast cancer: findings from the After Breast Cancer Pooling Project. *Breast Cancer Research and Treatment*, 131(2):637-43.
16. Littman AJ, **Cadmus Bertram L**, Ceballos R, Ulrich CM, Ramaprasad J, McGregor B, McTiernan A (2012). Randomized controlled pilot trial of yoga in overweight and obese breast cancer survivors: Effects on quality of life and anthropometric measures. *Supportive Care in Cancer*, 20(2):267-77.
17. Campbell KL, Foster-Schubert KE, Alfano CM, **Cadmus L**, Xiao L, Duggan C, Irwin ML, Ulrich CM, McTiernan A (2011). Injuries in sedentary individuals enrolled in a 12-month randomized controlled exercise trial. *Journal of Physical Activity & Health*, 9(2):198-207.
18. **Cadmus Bertram L**, Irwin ML (2011). Feasibility of institutional registry-based recruitment for enrolling newly diagnosed breast cancer patients into an exercise trial. *Journal of Physical Activity and Health*, 8(7):955-63.

19. Imayama, I, Alfano CM, **Cadmus Bertram, LA**, Wang C, Xiao L, Duggan C, Campbell KL, Foster-Schubert KE, McTiernan A (2011). Effects of 12-month exercise on health-related quality of life: A randomized controlled trial. *Preventive Medicine*, 52(5):344-351.
20. **Cadmus Bertram L**, Stefanick ML, Saquib N, Natarajan L, Patterson RE, Bardwell W, Flatt SW, Newman VA, Rock CL, Thomson CA, Pierce JP (2010). Physical activity, additional breast cancer events, and mortality among early-stage breast cancer survivors: Findings from the WHEL Study. *Cancer Causes and Control*, 22(3):427-435.
21. Patterson RE, **Cadmus LA**, Emond JA, Pierce JA (2010). Physical activity, diet, adiposity and female breast cancer prognosis: A review of the epidemiologic literature. *Maturitas*, 66(1):5-15.
22. **Cadmus L**, Patrick MB, Maciejewski ML, Topolski T, Belza B, Patrick DL (2010). Community-based aquatic exercise and quality of life in persons with osteoarthritis. *Arthritis Care and Research. Medicine & Science in Sports & Exercise*, 42(1):8-15.
23. **Cadmus L**, Salovey P, Yu H, Chung G, Irwin ML (2009). Exercise and quality of life during and after treatment for breast cancer: Results of two randomized controlled trials. *Psycho-Oncology*, 18(4):343-352.
24. Irwin ML, Alvarez-Reeves M, **Cadmus L**, Mierzejewski E, Mayne S, Yu H, et al. (2009). Exercise improves body fat, lean mass and bone mass in breast cancer survivors. *Obesity*, 17(8):1534-41.
25. Irwin ML, Varma K, Alvarez-Reeves M, **Cadmus L**, Wiley A, Chung GG, et al. (2009). Randomized controlled trial of exercise on insulin and insulin-like growth factors in breast cancer survivors: The Yale Exercise and Survivorship Study. *Cancer Epidemiology, Biomarkers, and Prevention*, 18(1):306-313.
26. Latka RN, Alvarez-Reeves M, **Cadmus L**, Irwin ML (2009). Adherence to a randomized controlled trial of aerobic exercise in breast cancer survivors: The Yale Exercise and Survivorship Study. *Annals of Behavioral Medicine*, 3(3):148-157.
27. Irwin ML, **Cadmus L**, Alvarez-Reeves M, Mierzejewski E, Yu H, Jones B, et al. (2008). Recruiting and retaining breast cancer survivors into a randomized controlled exercise trial: The Yale Exercise and Survivorship Study. *Cancer*, 112(11S):2593-2606.
28. Latimer A, Rench TA, Rivers SE, Katulak NA, Materese SA, **Cadmus L** (2007). Promoting participation in physical activity using framed messages: An application of prospect theory. *British Journal of Health Psychology*, Oct. 8, 2007.

**INVITED BOOK CHAPTERS**

1. **Cadmus-Bertram L**, Patterson RE (2012). Overview of Nutritional Epidemiology. In: Nutrition in the Prevention and Treatment of Disease 3<sup>rd</sup> Edition. Coulston M, Boushey CJ. eds. Elsevier Academic Press. Burlington, MA.

**SELECTED PRESENTATIONS**

1. **Cadmus-Bertram L**. Randomized pilot trial of sedentary behavior modification among breast cancer survivors. World Congress on Active Ageing, Melbourne, Australia, July 1, 2016.
2. **Cadmus-Bertram L**, Malecki K, Peppard P, Engelman C, Grabow M, Martinez-Donate, Bersch A. Physical activity and neighborhood characteristics: Findings from the Survey of the Health of Wisconsin (SHOW). Society of Behavioral Medicine, Washington D.C., March 30, 2016.
3. **Cadmus-Bertram L**. The role of physical activity and energy balance in breast cancer survivorship. Edith Sanford Breast Cancer Symposium, Sanford Health, Souix Falls, SD, April 29, 2016.
4. **Cadmus-Bertram L**. Careers in physical activity epidemiology and health promotion. Kinesiology Club, February 23, 2016.
5. **Cadmus-Bertram L**. Research priorities in physical activity and cancer survivorship. Carbone Cancer Center Annual Research Retreat, University of Wisconsin – Madison, February 13, 2016.
6. **Cadmus-Bertram L**. Frontiers in physical activity assessment and intervention. Department of Population Health Sciences, University of Wisconsin – Madison, January 25, 2016.
7. **Cadmus-Bertram L**. Physical activity and health promotion for breast cancer prevention and survivorship. Department of Nutritional Sciences, University of Wisconsin – Madison, November 19, 2015.
8. **Cadmus-Bertram L**. Physical activity in breast cancer prevention and survivorship. Endocrinology Grand Rounds, University of Wisconsin School of Medicine and Public Health, November 12, 2015.
9. **Cadmus-Bertram L**. Leveraging TREC to establish a career in physical activity, sedentary behavior & breast cancer. National Cancer Institute (NCI) Transdisciplinary Research on Energetics and Cancer (TREC) Centers Scientific Meeting, Seattle, WA, September 9, 2015.
10. **Cadmus-Bertram L**, Hartman SJ, Patterson RE, Pierce JPP. 12-month web- and phone-based weight loss intervention for women at elevated breast cancer risk. American College of Sports Medicine, San Diego, CA, May 29, 2015.

11. **Cadmus-Bertram L**, Marcus B, Patterson RE, Parker BA, Morey BL. Use of the Fitbit to measure adherence to a physical activity intervention in postmenopausal women. Society of Behavioral Medicine, San Antonio, TX, April 23, 2015.
12. **Cadmus-Bertram L**, Coleman A, Kaye L, Jain PJ. Integration of direct-to-consumer trackers into physical activity interventions. Society of Behavioral Medicine, San Antonio, TX, April 23, 2015.
13. **Cadmus-Bertram L**, Marcus BH, Patterson RE, Morey B. Randomized trial of a Fitbit-based physical activity intervention for postmenopausal women. Society for Behavioral Medicine, Philadelphia, PA, April 24, 2014
14. **Cadmus-Bertram L**, Wang JB, Pierce JP, Patterson RE, Newman VA, Ojeda-Fournier H, Parker BA. Internet-assisted weight loss for overweight/obese women at high risk for breast cancer. Epidemiology Research Exchange, San Diego, CA, April 27, 2012.
15. **Cadmus-Bertram L**, Wang JB, Pierce JP, Patterson RE, Newman VA, Ojeda-Fournier H, Parker BA. Internet-assisted weight loss for overweight/obese women at high risk for breast cancer. San Antonio Breast Cancer Symposium, San Antonio, TX, Dec. 8, 2011.
16. **Cadmus-Bertram LA**, Pierce JP, Patterson RE, Ojeda-Fournier H, Parker BA. Training overweight/obese older women at high risk for breast cancer to use web-based weight loss tools: The HELP Pilot Study. American Society of Clinical Oncology Breast Cancer Symposium, San Francisco, CA, September 1-3, 2011.
17. **Cadmus L**, Yu H, Wiley A, Chung G, Irwin ML. Effect of a 6-month exercise intervention on physical activity, weight, body composition, and insulin among recently diagnosed breast cancer survivors. American College of Sports Medicine, Seattle, WA, May 26-29, 2009.
18. **Cadmus L**, Stovall R, McTiernan A, Littman A. Predictors of adherence to a 26-week viniyoga intervention among post-treatment breast cancer survivors. Biobehavioral Cancer Prevention and Control Symposium, Fred Hutchinson Cancer Research Center, Seattle, WA, April 10, 2009.
19. **Cadmus L**, Patrick MB, Maciejewski ML, Topolski T, Belza B, Patrick DL. Community-based aquatic exercise and quality of life in persons with osteoarthritis. Society for Epidemiological Research, Chicago, IL, June 24-26, 2008.
20. **Cadmus L**, Alfano C, Irwin ML, McTiernan M. Body composition and adherence to a yearlong exercise intervention among previously sedentary men and women. Biobehavioral Cancer Prevention and Control Annual Symposium, University of Washington, Seattle, WA, April 4, 2008.
21. **Cadmus L**, Alfano C, Irwin ML, McTiernan M. Body composition and adherence to a yearlong exercise intervention among previously sedentary men and women. International Society for Nutrition, Behavior, and Physical Activity, Banff, Alberta, May 21-24, 2008.

22. **Cadmus L**, Mierzejewski E., Alvarez-Reeves M, Irwin ML. The utility of two theoretical models to predict exercise adherence among breast cancer survivors. Society of Behavioral Medicine, San Diego, CA, March 26-29, 2008.
23. **Cadmus L**, Mierzejewski E., Alvarez-Reeves M, Yu H, Chung GG, Mayne ST. Exercise and quality of life during and after treatment for breast cancer. TREC Centers Scientific Meeting, University of Minnesota, Minneapolis, MN, October 10-12, 2007.
24. **Cadmus L**, Alvarez-Reeves M, Latka R, Mierzejewski E, Irwin ML. Effect of exercise on quality of life during and after treatment for breast cancer: Results of two randomized clinical trials. American Association of Cancer Research, Nov. 12-15, 2006.

**REVIEWER**

American Journal of Preventive Medicine  
Annals of Behavioral Medicine  
Arthritis Care and Research  
BMC Public Health  
Breast Cancer Research and Treatment  
Cancer  
Cancer Causes and Control  
Cancer Epidemiology, Biomarkers, and Prevention  
Health Education Research  
Health Psychology  
Journal of Behavioral Medicine  
Journal of Cancer Survivorship: Research and Practice  
Journal of Medical Internet Research  
Journal of Medical Internet Research: Research Protocols  
Journal of Physical Activity & Health  
Journal of Preventive Medicine  
Journal of Women's Health  
Medicine and Science in Sports and Exercise  
Pharmacoeconomics & Outcomes Research  
Physiology and Behavior

**MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS**

American College of Sports Medicine  
Society for Behavioral Medicine

**LEADERSHIP**

Director, Physical Activity Epidemiology Laboratory, UW – Madison	2014-current
Program Leader, UCSD TREC Training and Education Core	2013
Chair, Lifestyle and Wellness Working Group, Athena Breast Health Network	2012-2013
Co-Chair, Physical Activity and Diet Assessment Working Group, Transdisciplinary Research on Energetics and Cancer (TREC) Initiative	2012-2013

**TEACHING**

Department of Kinesiology, University of Wisconsin – Madison	
Physical Activity and Health (KINES 521)	2015, 2016
Physical Activity Epidemiology (KINES/PHS 791)	2016
Practicum in Kinesiology (KINES 990) (every semester)	2015-2016
Independent Study in Kinesiology (KINES 399) (every semester)	2015-2016
Seminar in Physical Activity Epidemiology (KINES/PHS 955)	2015
Department of Epidemiology & Public Health, Yale School of Medicine	
Teaching assistant for (course, instructor):	
Social and Behavioral Determinants of Health, Dr. Jeannette Ickovics	2004-2006
Psychosocial Epidemiology, Dr. Stanislav Kasl	2006
Measurement Issues in Chronic Disease Epidemiology, Dr. Susan Mayne	2005

**MENTORING**

University of Wisconsin – Madison	
Primary advisor for:	
Jessica Gorzelitz-Liebhauser (Ph.D. student)	2016-current
Diana Dorn (Master’s student)	2016-current
Keith Thraen-Borowksi, Ph.D. (Postdoctoral fellow)	2015-2016
Capstone advisor for:	
Brittany van Remortel (M.D./M.P.H student)	2016-current
Emily Wirkus (M.P.H. student)	2015-2016
Undergraduate research mentor for:	
Allison Zeman	2016-current
Natalia Sitailo	2014-current
Diana Dorn	2014-2016
Emily Torres	2015
Rose DiGiulio	2016
Nicole Green	2016
Taylor Amich	2015
Dissertation committee member for:	
Stephanie Trigsted (Ph.D. student)	2015-current
Eric Post (Ph.D. student)	2016-current
Kevin Crombie (Ph.D. student)	2016-current

University of California, San Diego	
Doctoral committee co-chair for Julie Wang (Ph.D. student)	2013-2014

**SERVICE**

American College of Sports Medicine	
Abstract reviewer for annual meeting	2015
Society for Behavioral Medicine	
Abstract reviewer for annual meeting	2016

University of Wisconsin – Madison



Graduate Studies Committee	2015-current
Merit Committee	2015-2016
University of California, San Diego	
Bachelor's of Public Health Degree Sub-Committee	2013
<b><u>RESEARCH SUPPORT - ACTIVE</u></b>	
1K07CA178870-01A1 (Cadmus-Bertram, Lisa)	2014-2018
NCI/NIH	
Sedentary Behavior and Breast Cancer: Interventions and Biomarkers	
Role: Principal Investigator	
No grant number (Cadmus-Bertram, Lisa)	2016-2017
Virginia Horne Henry Fund	
Assessment of Physical Activity Needs among Rural Wisconsin Women	
Role: Principal Investigator	
2971 (Nieto, Javier)	2015-2018
Wisconsin Partnership Program	
Survey of the Health of Wisconsin (SHOW)	
Role: Co-Investigator	
WPP-ICTR #3086 (Cadmus-Bertram, Lisa)	2016-2017
Univ. of Wisconsin Institute for Clinical and Translational Research	
(supported by UL1TR000427 from NIH/NCATS) and the Wisconsin	
Partnership Program	
Active Living after Cancer: Building a Physical Activity Intervention into	
Clinical Care for Breast and Colorectal Cancer Survivors in Wisconsin	
Role: Principal Investigator	
Grant number pending (Costanzo, Erin)	2016-2018
Univ. of Wisconsin Institute for Clinical and Translational Research	
A Biobehavioral Intervention to Enhance Recovery Following Hematopoietic	
Stem Cell Transplantation	
Role: Co-Investigator	
<b><u>RESEARCH SUPPORT – COMPLETED</u></b>	
1R03CA168450-01 (Cadmus-Bertram, Lisa)	2012-2014
NCI/NIH	
Using Technology to Promote Activity in Women at Elevated Breast Cancer	
Risk	
Role: Principal Investigator	
1U54CA155435-01 (Patterson, Ruth)	2011-2016
NCI/NIH	
Energetics & Breast Cancer: Obesity, Inflammation, Insulin Resistance & Risk	
Role: Co-Investigator	

UCSD Department of Family and Preventive Medicine (Hartman, Sheri) 2013-2014  
Sedentary Behavior, Cognitive Functioning, and Inflammation among Breast  
Cancer Survivors

Role: Co-Investigator

Safeway Foundation Award (Parker, Barbara) 2009-2014

Athena Breast Health

Role: Co-Investigator