The Network of Minority Research Investigators is fast approaching its 10th anniversary. Of the 27 National Institutes of Health Institutes and Centers, NIDDK is the only one to have a program similar to the NMRI that supports junior faculty at academic institutions. This has been one of the successes of the Network, as NMRI senior investigators mentor junior investigators and assist them in advancing their careers. We know that this works to increase the number of minority faculty members at many academic institutions, and lays the groundwork for further progress in the future.

The other critical purpose for establishing the Network was to address the impact of health disparities on disease in minorities. To this end, NIDDK is supporting young investigators to increase the number of minority investigators around the country who focus on health disparities research.

One of the most impressive aspects of the NMRI is the high level of scientific investigation and discovery being conducted by NMRI members. The scientific presentations at the 2010 Annual Workshop and the 2010 South Regional Workshop recounting in this edition of the NMRI Newsletter show that exciting and relevant research is an important part of the Network.

The NMRI belongs to its members and the NIDDK only provides a supporting role to assist in logistics for the Network. Success will depend on increasing membership so there is an ever-growing base of senior investigators to mentor junior investigators. The NMRI will be what the members determine it to be.

Lawrence Agodoa, M.D., F.A.C.P.
Director, Office of Minority Health Research Coordination, NIDDK/NIH

SAVE THE DATE:

Announcing the NMRI 9th Annual Workshop
April 21-22, 2011, Bethesda, MD

Check at http://nmri.niddk.nih.gov/workshops/
The 8th Annual Network of Minority Research Investigators Workshop focused on professional advice and experience in advancing career goals. Dr. Bessie Young (University of Washington) and Dr. Sylvia Rosas (University of Pennsylvania) co-chaired the workshop. More than 75 attendees took part in plenary and breakout sessions to hear a variety of perspectives on attaining skills and developing strategies for pursuing a research career. The 2-day workshop was held at the Bethesda North Marriott Hotel and Conference Center in Bethesda, MD, on April 22-23, 2010.

NIDDK Director Dr. Griffin Rodgers welcomed workshop attendees and noted that 2010 is the 60th anniversary of the NIDDK. Activities during the year will highlight the successes of the NIDDK in providing a national research agenda for diabetes, digestive, and kidney diseases.

Dr. Willa Hsueh, Director of the Diabetes Research Center at the Methodist Hospital Research Center in Houston, TX, presented the Keynote Address. The topic was “From a Small Thought to a Multidisciplinary Center.” Dr. Hsueh provided a review of her career path and the importance of her Chinese mother in encouraging her to pursue an M.D. after Dr. Hsueh completed her undergraduate degree in Chemistry. She also spoke about the importance, especially for minority scientists and women, to take part in as many scientific activities as possible to improve the understanding of the structure and requirements of the scientific grant process, and to meet those who may help you advance your career. Dr. Hsueh gave advice on the “buts” that should be heeded for career advancement. These “buts” included the following:

- Believe in yourself, but do not get too confident.
- Diversify your portfolio, but stay focused.
- Develop a hypothesis, but keep an open mind.
- Participate in multidisciplinary team science, but keep your niche.
- Attend meetings, but do not be a visiting professor at your own institution.

Dr. Fatimah Jackson, Professor of Anthropology, University of North Carolina, was the dinner speaker for the workshop. Her talk focused on the understanding of population substructure to help us better address health disparities. Dr. Jackson explained the use of ethnogenetic layering, a sorting technique that captures
ethnographic (e.g., cultural and social) information, as well as genetic, historical, demographic, toxicological, phenotypic, and other kinds of data through horizontal layering of these data over geographical space and vertical evaluations at specific geographic coordinates. This allows ethnogenetic layering to identify the relevant microethnic groups associated with a particular geographical “hot spot” for disease.

Potential applications of ethnogenetic layering models in discerning gene and gene-environment interactions in health include: pharmacogenetics; evaluation of environmental toxicant exposure; risk assessment for prematurity and low birth weight; susceptibility to nutritional toxicants (e.g., celiac disease); hypertension, salt sensitivity, and stroke susceptibility; organ-tissue transplant compatibility; breast cancer risk (especially triple negative, aggressive, early onset breast cancer); and end-stage renal disease genetic risk and environmental triggers.

Two highlighted scientific presentations were by Dr. Juan Sanabria on “The Metabolic Signatures of Human Liver Function in Health and Disease,” and Dr. Stacey Jolly on “Chronic Kidney Disease Among American Indians and Alaska Natives.” Invited presentations for investigators who have received an R03 award from the NIDDK were by Dr. Lincoln Edwards on “Imidazoline Compounds as Antidiabetic Agents” and “Experiences on Submission of an R03 Grant” by Dr. Carmen Castaneda Sceppa.

The NIDDK’s Dr. Rebekah Rasooly provided an overview of the NIDDK Central Repository, a resource available for use by researchers that currently contains approximately 3.5 million biosamples and 85,000 genetic samples from current and past NIDDK clinical studies. The NIDDK encourages investigators to visit the repository website at https://www.niddkrepository.org/niddk/home.do to find more detailed information.

The Workshop offered an opportunity for participants to hear about cutting-edge scientific research and practical information for opportunities for funding from the NIDDK. Breakout and parallel sessions also were offered on a variety of topics of interest to both senior and junior investigators.

SCIENTIFIC PRESENTATIONS

One type of information that Workshop participants always highly appreciate is the information about funding opportunities and NIDDK and/or NIH programs related to funding. The NIDDK’s Dr. Frank Hamilton, in his comprehensive presentation on the topic provided a thorough view of the various types of grants and contracts available for research investigators. He gave practical advice on applying for
Dr. Michele Barnard, an NIDDK Scientific Review Officer (SRO), discussed new NIH review criteria and requirements for proposal submissions for fiscal year 2010 awards. Dr. Joyce Hunter of the National Center on Minority Health and Health Disparities at the NIH dispensed valuable information about the NIH Loan Repayment Program and new initiatives of interest to investigators in the field of health disparities.

Two presenters offered personal insights from their own careers that may be valuable lessons for others. Dr. Sharon Anderson related her experiences in developing a national reputation in her field—she has been elected President of the American Society of Nephrology. She mentioned three important components to pursuing an academic career—scholarship, teaching, and service. Dr. Ricardo Azziz provided insight in fulfilling the role of research leader, and the importance of recruiting, screening, and releasing staff. He noted that biomedical scientists are leaders who will determine the quality of both health care and the education of future physicians and scientists.

BREAKOUT AND PARALLEL SESSIONS

One of the strongest educational components of the NMRI Annual Workshops is the tutorial sessions on NIH study sections. The 8th Annual Workshop offered sessions on: R01 Clinical Science Study Sections with SRO Dr. Lakshmanan Sankaran and Chair Dr. Samuel Nurko; R01 Basic Science Study Sections with SRO Dr. Michele Barnard and Chair Dr. Eddie Greene; and Mentored K Awards Study Section with SRO Dr. James Hyde and Chair Dr. Robert Ferry. Each session provided information aimed at those investigators new to the grant submission process or those who had yet to submit a successful application.

Parallel interactive workshops also were held for specific topics of interest for those wanting to enhance their career paths. Dr. Francisco Villarreal chaired a session on “How To Write a Good Grant/Creating a Hypothesis for Basic Scientists” and Dr. Sylvia Rosas chaired a similar session on grant writing for clinical scientists. Dr. Eddie Greene chaired a session on “How To Develop a Research Portfolio” and Dr. Gregory Florant and Dr. Bessie Young co-chaired a session on “How to Move from Assistant to Full Professor.” Each of these sessions offered practical information based on the experiences of the chairs, as well as a period of discussion to allow questions and comments from attendees.
SCIENTIFIC SOCIETIES/PROFESSIONAL ORGANIZATIONS

NMRI is a network that involves both volunteers that are responsible for making it a viable resource for investigators, both for strengthening the science to support the NIDDK mission and for assisting junior investigators on their career path. One of the ways the NMRI broadens its reach is to develop contacts and partnerships with scientific societies and professional organizations. At the 2010 Annual Workshop, attendees heard presentations from Dr. James R. Gavin III of the Robert Wood Johnson Foundation, Dr. Cage Johnson of the American Society of Hematology, and Dr. Elizabeth Myers of the Doris Duke Charitable Foundation. The NMRI encourages these organizations to attend the annual workshops to inform participants of available programs and funding available for minority investigators.

Second Annual Dr. Marco Cabrera Poster Contest Winners Announced

In honor of the memory of Dr. Marco Cabrera, the “Marco Cabrera Poster and Networking Session” was held during the Annual Workshop. Thirty-four posters were submitted for review. This year’s posters presented outstanding research being conducted at numerous academic institutions by NMRI members. Poster abstracts included research on diabetes, kidney diseases, obesity, and physical activity; trial interventions in minority populations; and basic research investigations on proteins, lipids, and genes or gene products.

Awards were presented for exemplary poster presentations in three areas—Basic, Clinical, and Translational Science.

Congratulations to the winners:

- **Basic Science**: Lincoln Edwards, D.D.S., Ph.D., for the presentation “Imidazoline Compounds as Single Agent Therapy for Diabetics with Hypertension.”

- **Clinical Science**: Diedra Crews, M.D., for the presentation “Impact of GFR Estimating Equations on Examining Racial Disparities in CKD.”

- **Translational Science**: Trudy Gaillard, Ph.D., for the presentation “Ethnic Differences in Lipids/Lipoproteins/Apolipoproteins and Proinflammatory Markers in Non-Diabetic African American and White Postmenopausal Women.”

Attendees view the scientific posters at the NMRI 8th Annual Workshop
News from the NMRI Oversight Committee

The Oversight Committee meets three times per year by conference call and in person at the Annual Workshop. The Oversight Committee succeeded in pursuing several significant initiatives in the past year, including the following.

► A formalized mentoring program for member career development has been implemented, and specific outcomes are tracked.

► The mentee/mentor form has been established and posted on the NMRI website (http://nmri.niddk.nih.gov/).

► The database was updated, and mentors were assigned to mentees at the 2009 annual workshop.

► Focus groups are being planned to brainstorm how to recruit and retain NMRI members.

The NMRI Web Questionnaire is available at http://nmri.niddk.nih.gov/membership/questionnaire.aspx. In 2009 results reported at the 8th Annual Workshop indicate that a variety of academic and research individuals participated, including both junior and senior investigators. One of the most encouraging findings was that NMRI members received support in the tenure process in a number of ways: a letter from NMRI stating that the candidate participates in a national organization; mentoring during junior faculty years; readjustment of a mentee’s focus on research and not just teaching; professional membership at the
national level; and support to foster development as an academic scientist. These findings indicate that the NMRI is meeting one of its most critical mission goals of assisting the advancement of minority scientists in their careers. Complete results of the questionnaire may be found on the NMRI website at [http://nmri.niddk.nih.gov/](http://nmri.niddk.nih.gov/)

**SAVE THE DATE:**

Announcing the NMRI 9th Annual Workshop, April 21-22, 2011


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**Report from the NMRI South Regional Workshop**

More than 50 NMRI members and prospective NMRI members from 10 southern states participated in the NMRI South Regional Workshop, held on November 4, 2010. NMRI member Omaima Sabek, M.D. from the Methodist Hospital Research Institute in Houston, TX, chaired the meeting, which was held at the Renaissance Houston Greenway Plaza Hotel. Regional NMRI meetings are held annually in different regions of the country to support recruitment efforts and to highlight activities occurring around the country regarding minority research.

The regional workshops focus on recruitment and development of the national Network. They provide an opportunity to bring in new members who may not know about the NMRI or who have not traveled to the Annual Workshops.

The South Regional Workshop was a lively mix of scientific presentations and personal testimonies on the value of mentors and advisors in advancing scientific careers. Participants heard a Keynote Address from Dr. Osama Gaber, Director of Transplantation, The Methodist Hospital Research Institute in Houston, encouraging junior investigators to consider concentrating in research areas that have a high impact in minority communities. For example, rates of kidney disease, diabetes, and hypertension are higher in the minority population and warrant special attention in the future. Dr. Gaber also related the role of mentors in his career advancement and encouraged NMRI senior investigators to take on the role of mentoring junior investigators.

Anecdotes from career choices and advancement also was the focus of the lunch speaker, Dr. Lovell Jones of the University of Texas M.D. Anderson Cancer Center. The four critical components of success, according to Dr. Jones, are to:

- **Stay Sharp**—Make sure you are on top of your discipline. Read and talk to those in your field, and know those who are doing important work.

- **Mentoring**—Have multiple mentors throughout your career. One mentor cannot give you everything you need to be successful. Find the right mentor for the right time.
Network—Network everywhere, and make sure people know about you. Put yourself in a position where people think of you when they are looking to work with someone.

Know Your Program Officer—As you apply for NIH grants or grants from other organizations, get to know the program office that is in a position to move your application along. NIH Program Officers cannot help you get a good score, but they can help you make sure the application is complete.

Dr. Jones also related that he has gotten to this point in his career because the right people valued him as a person and valued his work.

The Dinner Presentation was especially entertaining for attendees. Dr. Sekazi Kauze Mtingwa of the Massachusetts Institute of Technology provided a history lesson on the role of African Americans in advancing civilization told through the story of the Russian poet and writer, Alexander Sergeyevich Pushkin, who is considered the “Father of Russian Literature.” Pushkin’s forebears included the notable Abram Gannibal, an African prince brought to Russia by Peter the Great. Abram became a full general and was put in charge of all engineering for the Russian army; he was in control of civil engineering for the largest empire in the world. Pushkin suffered discrimination during his time because of his African heritage, but he was able to overcome his challenges by taking advantage of his opportunities and becoming the voice of the Russian people. The lesson for minority investigators is that they need to think creatively and take advantage of opportunities when they arise.

The scientific presentations at the South Regional Workshop highlighted the excellent research being conducted by NMRI members. Junior Investigators Dr. Alicia Mangram and Dr. Pamela Martin presented research in clinical research on the use of hemoglobin A1c in undiagnosed type-2 diabetes in general surgery and trauma patients and basic science research on the analysis of GPR 109A, a novel anti-inflammatory receptor in retinal pigment epithelium, respectively. Senior investigators Dr. Rolando Rumbaut, Dr. Howard Johnson, and Dr. Russell Ware explored research on inflammation, ligand signaling, and sickle cell anemia, respectively. Dr. Carol Ashton provided an overview of clinical trials in translation research.

NIDDK’s Dr. Frank Hamilton presented one of the most well-received presentations on research opportunities at the NIH and the changing research system. Dr. Hamilton walked participants through the complex grant submission process and gave tips on common mistakes first-time submitters make. He also encouraged investigators to get to know the NIH Program Officers and to make sure directions are followed when submitting applications.

Concurrent Sessions

Dr. Francisco Andrade and Dr. Abhijimanu Garg co-chaired a session on “Hurdles and Pitfalls in Grant Writing for Basic and Clinical Scientists” that provided insights into developing and producing a winning grant application. The four key steps in writing a grant application, whether for a basic or clinical scientist includes the following: (1) find your scientific niche,
(2) identify funding sources, (3) write the application, and (4) send the application.

Dr. Hobart Harris, Dr. Manu Platt, and Dr. Joseph Larkin co-chaired a session on “Tenure and Promotion/Career Transition and Transition form Postdoc to Faculty.” Advice given included the following regarding career advancement:

◆ The most important thing one needs to know about tenure and promotion is the rules at your institution. It is up to the individual to learn the rules.

◆ Set goals that will advance your career. At the end of the year, it is important that you meet the goals and be reviewed by your faculty chair.

◆ Choose mentors that you can work with and who have your interests in mind. “Mentors” is plural because no one person can meet all of your needs. Mentors should include those who are in the same content area as you, but you also need mentors outside of your field who can offer you a different level of objectivity.

POSTER WINNERS

The workshop included a judged poster session, at which 12 posters were presented. Each poster was assessed for content, presentation, and the presenter’s response to questions. Congratulations to the winners:

◆ First Place Poster: Chester Brown, M.D., Ph.D., of the Baylor School of Medicine, for the poster “Effects of Growth Differentiation Factor 3 on Adipogenesis and Adipocyte Function.”

◆ Second Place Poster: Nabil Matmati, Ph.D., of the Medical University of South Carolina, for the poster “Genetic Network Reveals a Role of a Sphingolipid Gene Isc1 in Spindle Checkpoint Regulation.”

Awards also were presented for presentations by a junior investigator in clinical science and basic science. The awards were given to the following:

◆ Presentation by a Junior Investigator in Clinical Science: Dr. Alicia Mangram, M.D., Methodist Medical Center, Houston, TX, for her presentation “Prevalence of Undiagnosed Type-2 Diabetes Mellitus in General Surgery and Trauma Patients Using Hemoglobin A1c.”

◆ Presentation by a Junior Investigator: Basic Science: Dr. Pamela Martin, Ph.D., Medical College of Georgia, Augusta, GA, for her presentation “Analysis of GPR109A, a Novel Anti-inflammatory Receptor in Retinal Pigment Epithelium: Relevance to Treatment of Diabetic Retinopathy.”
The NMRI on the Web

The NMRI has again increased the number of member services at its website. Items of interest to NMRI members or those who may be interested in learning more about the NMRI are found below.

If you are not a member but would like to know if you qualify for membership, go to http://nmri.niddk.nih.gov/workshops/. Click on the “criteria form” link on the right side of the page.

Workshops and meetings are announced at http://nmri.niddk.nih.gov/workshops/. Current meetings and past meetings can be accessed, with links to agendas, photographs, and meeting reports.

NMRI Mentor/Mentee Program Growing

One of the critical programs within the NMRI is the Mentor/Mentee Program. For the past 4 years, the NMRI has been emphasizing the development of Mentor/Mentee relationships as a method of advancing careers and creating greater visibility for the NMRI. In 2010, the NMRI Mentor/Mentee Program has grown to 13 sets of mentors and mentees, up from 4 pairs in 2008. This is encouraging; however, there still are more than 10 members requesting mentors. If you would like to be a mentor, or a mentee, please go to the NMRI website at http://nmri.niddk.nih.gov/ and click on NMRI Mentor/Mentee Program link on the right hand panel. Another strategy for finding a mentor or mentee is to look at the area of interest of NMRI members listed in the NMRI Membership Directory. If you do not have a hard copy of the Directory, you may access it on the MEMBER tab at the top of the NMRI Home Page. The direct link to the Membership page is http://nmri.niddk.nih.gov/membership/index.aspx; clicking on the 2010 Membership Directory link at the bottom of the page will take you to the Directory. The Membership Directory also may be accessed directly at http://nmri.niddk.nih.gov/membership/2010NMRIDirectory.pdf. Find investigators who have your common interest and contact them; if you decide to be a mentor/mentee pair, please let the NMRI know.

The NMRI member questionnaire is available at http://nmri.niddk.nih.gov/membership/questionnaire.aspx. Even if you took the questionnaire last year, please return and give us feedback for the coming year. There also is a link on the main pages of the NMRI website on the right panel; click on NMRI Questionnaire.

Results of the 2009 NMRI member questionnaire may be found by going to http://nmri.niddk.nih.gov/membership/questionnaire.aspx and clicking on the 2009 Questionnaire Results link near the bottom of page.
What are the qualifications for membership in NMRI?

Membership in the NMRI is available only to investigators who are (1) at the post-graduate doctoral level or higher; (2) from an underrepresented minority group: African American, Hispanic American, American Indian, Alaska Native, Native Hawaiian, and other Pacific Islanders; (3) conducting research in the fields of diabetes, endocrinology, metabolism, digestive disease, nutrition, kidney, urologic, and hematologic diseases; and (4) are U.S. citizens or have permanent resident status.

In addition, Medical students that are from an underrepresented minority group are also welcome to attend NMRI meetings as long as they are currently conducting research in NIDDK mission areas as noted above.

How can I become a member of NMRI?

For those who are qualified for membership in NMRI, you should complete the application process found on the NMRI website. Go to http://nmri.niddk.nih.gov and click on the Criteria Form link on the right-hand side of the home page.

Who do I contact if I have questions about NMRI?

The NIDDK staff member responsible for the NMRI is Ms. Winnie Martinez. It is best to email her with questions and comments at martinezw@mail.nih.gov.

Does the NMRI have a website with information?

The NMRI website may be accessed at http://nmri.niddk.nih.gov. There you will find information about NMRI, meeting announcements, funding information for NIDDK, the NMRI Membership Directory, and summary reports of past NMRI meetings. For NMRI members, you also will find the link to take the NMRI Member Survey.

If I am a NMRI member, how can I find a mentor?

The NMRI Mentor Program was established by the Oversight Committee. They maintain a list of NMRI members who have volunteered to be mentors. To find someone you may think is a potential mentor, you also can review the biographies and research interests of NMRI members listed in the NMRI Member Directory. The Membership Directory can be accessed by clicking on the MEMBER tab at the top of the NMRI Home Page. The direct link to the Membership page is http://nmri.niddk.nih.gov/membership/index.aspx; clicking on the 2010 Membership Directory link at the bottom of the page will take you to the Directory. The Membership Directory also may be accessed directly at http://nmri.niddk.nih.gov/membership/2010NMRIDirectory.pdf.

If I am a NMRI member, how do I sign up to be a mentor?

If you are a NMRI member and would like to volunteer to be a mentor, please go to the NMRI website and click on the Mentor/Mentee link on the right-side panel of the page for directions on volunteering.
Who Are NMRI Members and What Do They Say?

The following are preliminary results from 68 respondents who completed an NMRI Questionnaire at the April 2010 NMRI Annual Workshop. Final results will be presented at the 2011 NMRI Annual Workshop.

Who attends the NMRI Annual Workshop?

At the 2010 Annual Workshop among the 86 attendees, there was a mix of Faculty members (71%), Post-Doctoral Fellows and students (19%), and researchers or other health science professionals (10%). Faculty members included Full Professors (6%), Associate Professors (48%), and Assistant Professors (46%), with 30% of the faculty holding tenure.

Of the 51 faculty members completing the Questionnaire, 11 have moved to a higher academic position from a lower one since they joined the NMRI.

This year, 12 researchers attended their first meeting of the NMRI.

What motivates people to attend the NMRI workshops?

Of the choices listed in the Questionnaire, the top 4 reasons people chose for attending NMRI workshops are: (1) Professional mentorship, (2) Research opportunities, (3) Enhance grant-writing skills, and (4) Assistance in developing management skills. Although not a choice, more than 40% of those responded that “Networking” was a high priority for attending the workshops.

Other highlights of the NMRI Questionnaire:

- The list of national or regional meetings that NMRI members attend each year is impressive and broad, covering disease areas from diabetes, obesity, cardiovascular disease, transplantation, kidney disease, and many specialties and subspecialties.

- NMRI members not only attend national or regional meetings, but they presented more than 60 oral presentations and submitted more than 200 posters.

- The NMRI Mentor Program is growing by leaps and bounds, but there are many NMRI members seeking a mentor and only a few who are seeking mentees.

- For the 67 respondents who answered the question “On a scale of 1-10, with 10 being the most opportunity for professional growth, rate your professional development associated with the annual NMRI meetings,” the average score was approximately 8.

- The list of grant applications submitted by NMRI members is very significant. Although everyone did not always have their application funded, a large number were awarded in a variety of fields of study.
Testimonials regarding the NMRI from Attendees

- NMRI has allowed me to see an alternate career path and has given me development in leadership skills. (Junior Investigator)

- NMRI has provided me with important contacts that have led me to professional collaborations. (Associate Professor)

- I was very surprised, proud really, to see that there are other minority researchers doing the high caliber work that I strive to be involved in during my career. (Post-Doctoral Fellow)

- NMRI provides a clear roadmap and good advice on navigating the grant process. (Assistant Professor)

- Networking with supportive and like-minded researchers has given me the confidence I need to push forward. I have been able to avoid potential mistakes due to the counsel of other NMRI members, both senior and junior. (Assistant Professor)

- Through NMRI, I was introduced to a great mentor who helped me learn valuable skills to be a better researcher, leader, and manager. (Assistant Professor)

- I always learn something new at NMRI meetings, as well as meet new people. This meeting energizes me and puts things into the proper perspective. (Associate Professor)