

CENTRAL BIOREPOSITORY SPOTLIGHT

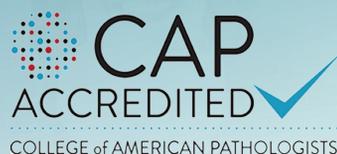
METABOLIC DISORDER: OBESITY



The Weight Management Program (WMP), a core of the P30 NIH Nutrition Obesity Research Center, has an active study in the Central Biorepository (CBR), a unit of the UMMS Office of Research. The CBR facilitates discovery and improves healthcare outcomes by providing high-quality, highly annotated biospecimens donated for basic, clinical, and translational research.

WMP, a two-year longitudinal study, addresses a significant and pervasive health problem. It was created to identify strategies that result in cost-effective and long-term weight management for obese individuals.

The CBR receives biospecimens and data from U-M contributors and collaborators across a spectrum of medical research. Samples from Michigan Medicine patients are securely linked to MiChart data through the Research Data Warehouse.



WEIGHT MANAGEMENT PROGRAM

TYPES OF BIOSAMPLES

WMP is a collection of:

- ▲ DNA
- ▲ Frozen adipose biopsy
- ▲ Frozen muscle biopsy
- ▲ Plasma
- ▲ Serum
- ▲ Urine and urine derivatives
- ▲ Whole blood
- ▲ RNA



POPULATION

1,300 total participants and more than 48,000 biological samples available!

Individuals enrolling in the WMP can opt into a translational research program where they undergo extensive biological and psychological phenotyping at baseline and at other intervals following weight loss in order to determine their metabolic and neuropsychosocial phenotype.

- ▲ Aged 20-70 years old
- ▲ Mildly to severely obese men and women
- ▲ Lean men and women control group

PHENOTYPING

- ▲ Dietary assessment
- ▲ Mood survey
- ▲ Body composition data
- ▲ Fasting blood transcriptomics
- ▲ Anthropometric measures
- ▲ Metabolic & metabolomics assessment

Clinical data also available through secure links to Electronic Health Records (EHR).

M WEIGHT MANAGEMENT CHANGE

WHAT RESULTS HAVE BEEN ATTAINED BY PARTICIPANTS?

Average % MAINTAINED weight LOSS at TWO YEARS



Adapted from: Rothberg et al., 2014 J Diabetes Complications



CENTRAL BIOREPOSITORY

HOW TO ACCESS

CENTRAL BIOREPOSITORY SPOTLIGHT

ACCESS

The CBR enables access to the thousands of available Weight Management Program biosamples from Michigan Medicine patients and offers secure linkage to laboratory and clinical data offered by the Data Office.

**SEARCH
THE
COHORT!**
[datadirect.med.
umich.edu](http://datadirect.med.umich.edu)

Get started:

- ▲ Search the Metabolic Disease cohort on the self-serve tool, DataDirect.
- ▲ Complete and submit a CBR Use Proposal Form available on research.med.umich.edu/biorepository and send to CBR.requests@umich.edu.
- ▲ With IRB and oversight committee approval, datasets can be downloaded.

The CBR is an enterprise-wide resource, serving all members of the University of Michigan community, and operates as a recharge unit. Services are subsidized by the UMMS Office of Research.

LEARN MORE ABOUT THE CENTRAL BIOREPOSITORY

research.med.umich.edu/biorepository

The Weight Management Program at Michigan Medicine addresses a significant and pervasive health problem. It was created to identify strategies that result in cost-effective and long-term weight management for obese individuals. To date, enrollment has exceeded 3,000 patients with a 60% retention rate.

LEARN MORE ABOUT THE WEIGHT MANAGEMENT PROGRAM

medicine.umich.edu/dept/intmed/divisions/metabolism-endocrinology-diabetes

**Access requests are subject to the approval of the program-specific Oversight Committee, as well as the appropriate regulations and IRB approvals. Whenever possible, the Central Biorepository and the Data Office deliver a final coded dataset without any direct identifiers.*



“ Our patients contribute to and facilitate our research and our research informs and impacts the care of our patients. This is the epitome of translational science! ”

Amy Rothberg M.D., Ph.D.

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and Nutritional Sciences*



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