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Josiane Laure Broussard

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EDUCATION

2014 Postdoctoral Fellowship, Diabetes and Obesity, Cedars-Sinai Medical Center
2011 Postdoctoral Fellowship, Diabetes and Obesity, University of Southern California
2010 Ph.D., Molecular Metabolism and Nutrition, University of Chicago
2002 B.S., Neuroscience and Psychology (Honors), Brandeis University

ACADEMIC POSITIONS

*2023- present, Associate Professor with Tenure, Health and Exercise Science, Colorado State University
2023- present, Associate Professor, Adjoint, Division of Endocrinology, Metabolism and Diabetes, University of Colorado Anschutz Medical Campus
2023- present, Associate Professor, Adjunct, Integrative Physiology Department, University of Colorado Boulder
2018-2023, Assistant Professor, Health and Exercise Science, Colorado State University
2018-2023, Assistant Professor, Adjoint, Division of Endocrinology, Metabolism and Diabetes, University of Colorado Anschutz Medical Campus
2015-2018, Assistant Research Professor, Circadian Physiology, University of Colorado Boulder
2014-2015, Research Scientist, Diabetes and Obesity, Cedars-Sinai Medical Center

*Primary Appointment

OTHER POSITIONS

2002-2004, Research Assistant, Beth Israel Deaconess Medical Center & Harvard Medical School.

HONORS AND AWARDS (past 5 years)

2025 Recipient, Fulbright-NSF Distinguished Scholar Award in Arctic Research
2024 Recipient, Provost Research Scholar Award
2024 Colorado representative to White House Initiative on Women's Health
2023 Tenure with promotion to Associate Professor
2022 Advisory Board Member, Nutrition and Obesity Research Center, Washington University St. Louis
2022 Executive Board Member, Nutrition and Obesity Research Center, University of Colorado Anschutz Medical Campus
2022 Sleep Disorders Research Advisory Board Member of the National Institutes of Health.
2022 Assistant Program Director, PreK Grant Review, Colorado Clinical & Translational Sciences Institute (CCTSI)
2021 Journal of Physiology Editorial Board Fellow
2021 Executive Board Member, Transdisciplinary Training in Sleep and Circadian Research (T32), Supported by NIH T32 HL149646 and the College of Arts and Sciences and the Vice Chancellor for Research at the University of Colorado Boulder

PUBLISHED WORKS (past 2 years only):

As of October, 2025: Total Citations: 2,031 (Google Scholar); **h-index:** 19 (Google Scholar)

Rosenberg, R., Breit, M. J., Clark, K. C., Broussard, J. L., Catenacci, V. A., Depner, C. M., ... & Creasy, S. A. (2025). Examining the Role of Sleep in Body Weight Regulation and Implications for Obesity Treatment: A Narrative Review. *Obesity Reviews*, e70017.

Hanlon EV, Tasali E, **Broussard JL**. 2025. Principles and Practice of Sleep Medicine. 8th edition. Chapter 27: Endocrine Physiology in Relation to Sleep and Sleep Disturbances.

Aggarwal B, Gao Y, Alfini A, Azarbarzin A, Anafi RC, Baron KG, Bautch VL, Bowles N, **Broussard JL**, Brown M, Cheng P, Cook SH, Cortese R, Fernandez F-X, Galis Z, Johnson DA, Jelic S, Lipton JO, Lutsey PL, Miao Q, Ordovas JM, Prather AA, Swirski FK, Tasali E, Vargas I, Grandner MA, Lloyd-Jones D. Sleep and circadian rhythms in cardiovascular resilience: mechanisms, implications, and a Roadmap for research and interventions. *Nat Rev Cardiol* (2025). https://doi.org/10.1038/s41569-025-01188-1.

Simé Mora, G., Lowry, C. G., Lyon, E. J., Biela, L. M., Thompson, D. P., Hickey, M. S., Rynders, C. A., Broussard, J. L. Through-the-Wall Blood Sampling Method to Minimize Sleep Disruption in Clinical Settings. J. Vis. Exp. (220), e67530, doi:10.3791/67530 (2025).

Trikha, S.R.J., Raab, R., DeZeeuw, T, Moore, S., Neagle, M., Petrun, M., **Broussard JL**. Prevalence and predictors of obstructive sleep apnea in collegiate football players. *J Clin Sleep Med 2025.* https://doi.org/10.5664/jcsm.11646.

Dashti HS, Jansen EC, Zuraikat FM, Dixit S, Brown M, Laposky A, **Broussard JL**, Butler M, Creasy SA, Crispim CA, Depner CM, Esser K, Garaulet M, Hanlon EC, Makarem N, Manoogian ENC, Peterson CM, Scheer FAJL, Wright KP Jr, Goff DC Jr, Pratt CA, Gamble KL, St-Onge MP. Advancing Chrononutrition for Cardiometabolic Health: A 2023 National Heart, Lung, and Blood Institute Workshop Report. Journal of the American Heart Association 2025, e039373 https://doi.org:doi:10.1161/JAHA.124.039373.

Broussard JL, Hanlon EC, Tasali E. Sleep and Endocrinology. In: Chiara Cirelli, M (Ed), Fundamentals of Sleep and Circadian Science. Available from: VitalSource Bookshelf, (3rd Edition). Oxford University Press Academic US, 2025. https://bookshelf.vitalsource.com/books/9780197756805.

Seward SL, Kishman EE, Rynders, CA, **Broussard JL**. Acute night shift work is associated with increased blood pressure and reduced sleep duration in healthy adults. *Physiol Rep 13, e70231 (2025). https://doi.org:10.14814/phy2.70231.*

Rynders CA and **Broussard JL**. Running the Clock: New Insights into Exercise and Circadian Rhythms for Optimal Metabolic Health (Editorial). *Journal of Physiology*, 2024 Dec;602(23):6367-6371. doi: 10.1113/JP287024.

Broussard JL, Garfield A, Zarini S, Brozinick JT, Perreault L, Newsom SA, Kahn D, Kerege A, Zemski Berry K, Bui HH, Bergman BC. Combined diet and exercise training decreases serum lipids associated with insulin resistance. *Obesity*, 2024 Dec;32(12):2334-2344. doi: 10.1002/oby.24156.

Clark, ELM, Gutierrez-Colina A, Ruzicka EB, Sanchez N, Bristol M, Gulley LD, **Broussard JL**, Kelsey MM, Simon SL, Shomaker LB. (2024). Racial and ethnic sleep health disparities in adolescents and risk for type 2 diabetes: a narrative review. Annals of Medicine, 56(1). doi:10.1080/07853890.2024.2399756.

Kishman EE, Sirimon R, **Broussard JL**. Metabolic consequences of sleep and circadian disruption during pregnancy and postpartum. *Trends in Endocrinology and & Metabolism*. 2024 Sep 18:S1043-2760(24)00243-1.

Singh P, Beyl RA, Stephens JM, Richard AJ, Boudreau A, Hebert RC, Noland RC, Burk DH, Ghosh S, Staszkiewicz J, Salbaum JM, **Broussard JL**, St-Onge MP, Ravussin E, Marlatt KL. *Shortened sleep*

duration impairs adipose tissue adrenergic stimulation of lipolysis in postmenopausal women. Obesity, 2024 Dec;32(12):2264-2274. doi: 10.1002/oby.24162.

CONTRACTS & GRANTS

Most Recent Funded Projects as PI

NIH/NIDDK R01HL168081-Administrative Supplement
12/01/22-11/30/23 to support the re-entry of Dr. Corey Rynders into academic research.
Role: Principal Investigator.
Total Funding: $197,000.

NIH/NHLBI R01HL168081
09/1/2023 – 08/30/2028
Title Impact of circulating and tissue-specific lipids on vascular function and insulin sensitivity in chronic night shift workers.
Role: Principal Investigator.
Total Funding: $2,507,082.

NIH/NIDDK R01DK125653-Administrative Supplement
12/01/22-11/30/23.
Title: Biological mechanisms that can overcome barriers to adherence to time-restricted eating during circadian misalignment
Role: Principal Investigator.
Total Funding: $290,386.

NIH/NIDDK R01DK125653
07/01/20-06/30/25.
Title: Time-restricted feeding to mitigate metabolic impairments during circadian misalignment
Role: Principal Investigator.
Total Funding: $2,404,067.

NIH/NIDDK: R03DK118309 (Broussard, PI)
09/15/2018 – 09/14/2022.
Title: Impact of insufficient sleep on peripheral metabolic tissues.
Role: Principal Investigator.
Total Funding: $170,356.

NIH/NIDDK Mentored Research Scientist Development Award (1K01DK110138).
8/29/16 – 5/31/21.
Title: Effects of physical activity on cardiometabolic impairments associated with insufficient sleep.
Role: Principal Investigator. Mentors: Ken Wright (CU-Boulder, primary), Chris DeSouza (CU-Boulder), Ed Melanson (CU-AMC), Bryan Bergman (CU-AMC), Kerrie Moreau (CU-AMC), Janet Snell-Bergeron (CU-AMC).
Total Funding: $484,033.