Bret Goodpaster, PhD

Bret Goodpaster, Ph.D. is a Senior Investigator and Scientific Director at the AdventHealth Translational Research Institute (TRI). Dr. Goodpaster's primary research is in the pathophysiology of human obesity, insulin resistance, and diabetes, and to help decipher biological mechanisms underlying the health benefits of exercise. He has received a number of awards and honors for his work, including the Nathan Shock Award from the National Institute of Aging in 2008, for his work investigating the role of muscle fat infiltration in aging and muscle quality. He is particularly well known for "the athlete's paradox" which has shifted the paradigm in Type 2 diabetes research to investigate, how and why does fat accumulation in muscle cause insulin resistance in some subjects but not others.

Dr. Goodpaster has published over 250 peer-reviewed papers, review articles and book chapters, and his papers have received more than 28,000 citations (h-index 82). He has served on Editorial Boards for Diabetes, the American Journal of Physiology, and the Journals of Gerontology, and served as Associate Editor for both Obesity and Diabetologia. He has also served on several NIH grant review panels as well as the American Diabetes Association. Dr. Goodpaster obtained a B.S. in Biology from Purdue, and after completing a Pre-doctoral Fellowship at Maastricht University in the Netherlands, received his Ph.D. in Human Bioenergetics from Ball State University in 1995.