

2010 Tribute to Women Honoree – Joan Lappe, Ph.D.



Joan Lappe, Ph.D., RN, FAAN, is a Professor at Creighton University School of Nursing and Creighton University School of Medicine. She is the first holder of The Dr. C.C. and Mabel L. Criss and Drs. Gilbert and Clinton Beirne Endowed Chair of Nursing. Lappe, an investigator with Creighton's Osteoporosis Research Center, has devoted her career to understanding the effects of nutrition and physical activity on promotion of health and prevention of disease across the lifespan. She was among the first to study bone health in children.

Lappe's scholarship in health promotion and disease prevention is exemplary of patient advocacy. She makes an impact on the health of populations through research and provides leadership of inter-professional teams.

Lappe's research study of 1,179 postmenopausal rural Nebraska women and a subsequent published paper, *Vitamin D and calcium supplementation reduces cancer risk: results of a randomized trial*, looks at the effects that calcium and vitamin D supplementation may have on reducing the risk of cancer. Dr. Lappe was recently funded by the National Cancer Institute to conduct a follow up study in rural Nebraska Women. The author of numerous articles and a reviewer for many scientific journals, Lappe is a frequent consultant and speaker on topics related to bone health and osteoporosis. For her work, she earned the 2000 Creighton Alumni Merit Award. In 2009, she was the recipient of Creighton University's first Outstanding Researcher Award.

A Fellow of the American Academy of Nursing, Lappe also serves on the Education Committee of the National Osteoporosis Foundation and the Osteoporosis Technical Advisory Panel of the Joint Commission on Accreditation of Healthcare Organizations.

The mother of four children, Lappe has provided community service to church and schools while raising her children. Lappe and her team worked with the Great Plains Girl Scouts USA for many years to improve the bone health of girls. The "Healthy Bones Patch," was approved as an official council patch. Lappe and her team also created a health fair for the Girl Scouts and their mothers entitled, "Mom and Me and Healthy Bones."

Lappe's role in the medical profession is impressive and productive. Lappe's work has led to advances in understanding and promotion of health and to the prevention of disease in women. At the same time, she serves as an excellent role model for nursing.