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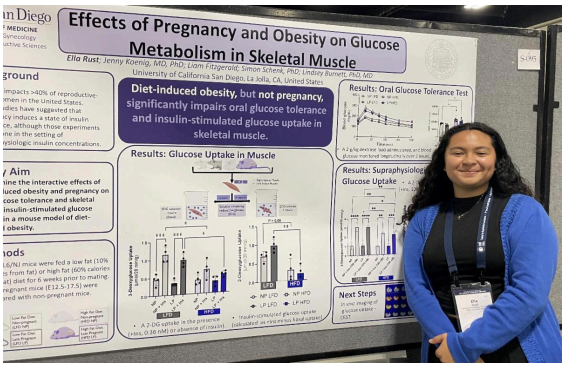
Howell Newsletter
Q3 - August 2025

Friends of Howell have asked us about the status of **U.S. women's health research**. The National Institutes of Health (NIH), a federal agency, funds the majority of the biomedical and behavioral research in the US, including the faculty mentors' laboratories and clinics that host our Howell Scholars. **Women's Health Access Matters (Wham) reports** NIH sponsored $3.1 billion (6% of the NIH budget) in women's health research during FY 2025, down from $4.6 billion in FY 2023. This summer the FY 2026 Labor, Health and Human Services, Education spending bill **proposes a 39.3% funding cut to the NIH** across the agency. This cut is in addition to **billions of dollars in grants withheld** by the federal administration in the first six months of the year. As House and Senate Appropriations Committees put spending bills into action for FY 2026, more detailed analyses specifically on women's health research will become available. **The Howell Foundation is committed to funding women's health researchers, so we will continue to watch this evolving and devastating situation closely.**

Howell Scholar Highlight



Ella Rust, 2024 Howell-UCSD Scholar

Congratulations to UCSD senior Ella Rust, 2024 Howell Scholar, who had her poster selected for presentation at the Society for Reproductive Investigation's national conference (March 2025 in Charlotte, NC).

Her poster was titled, "Effects of Pregnancy and Obesity on Glucose Metabolism in Skeletal Muscle," **based on her Howell-funded research results**.

Ella is thrilled to report she's decided to continue her work with Dr. Lindsey Burnett after graduation; she's going to stay at UCSD to complete a master's degree!

Ella credits the Howell Foundation's support, which allowed her to spend last summer fully immersed in research, as transformative. She explains, "It helped solidify my decision to pursue graduate study in women's health and reproductive science, and I now feel well-prepared and inspired to take that next step..."

After completing her master's degree, she wants to become a physician who provides evidence-based care to women, particularly those from underserved communities, and to contribute to research addressing issues in reproductive and maternal health.

We look forward to following Ella's career in research and her impact on women's heatlh.

Women's Health Research News

Latest news:

- “Movement as Medicine” is a concept we’ve discussed several times at the Howell Foundation these past few years. In fact, Caroline Jordan, one of our 2023 lunch speakers, was **honored by San Diego Mayor Todd Gloria** on July 15! Read more about the **latest “Physical Activity and Women’s Health” research** in the latest issue of *In Focus*, from the NIH Office of Research on Women’s Health.

- “Ovarian cancer is actually quite common and around the fifth leading cause of cancer death in women in the United States…it has a very high death rate for cancers.” Almost as good as a Howell luncheon - if you’re interested you can learn about the very latest research on and treatments for ovarian cancer by **reading the transcript or listening to** two Mayo Clinic physicians talk with JAMA Associate Editor Margaret Wheeler, MD (July 21, 2025).

Howell Scholarships Awarded

The Howell Foundation **recently awarded $7,000 to fund the 2025 Cheryl A. Wilson Graduate Research Awards in Nursing.**

In 2010, the Howell Foundation established the Cheryl A. Wilson Graduate Research Award in Nursing, in honor of long-time Howell Board member Cheryl A. Wilson, RN, MA to fund USD’s Hahn School of Nursing & Health Science Ph.D. candidate nursing students whose research emphasis is on women’s health.

This year's projects are "Exploring Predictors of Ambulatory Robotic Gynecologic Surgery Patients" and "Examining Sexual Trauma Screening in Cervical Cancer Patients in an Ambulatory Cancer Center".

We look forward to hearing more from our recent scholars at the September 26th luncheon!

To learn more about the important women's health research projects being funded visit: **Howell Scholars**.

Check out event photos on our Community Education page!

Recent Community Education Events

Health Lecture Series

The Foundation recently held two health lecture events:

May 23rd Luncheon: "Fever Dreams: What Mosquito-Transmitted Viruses Reveal About Women's Immune Vulnerabilities" with Daniela Weiskopf, PhD, Assistant Professor, La Jolla Institute for Immunology Center for Sex-based Differences in the Immune System Watch and listen to the presentation here: **https://vimeo.com**.

July 11th Webinar: "Circadian Rhythm Pathology and Treatment for Women's Mood and Sleep Disorders" with Dr. Barbara L. Parry, Professor of Psychiatry at University of California, San Diego. Watch and listen to the presentation here: **https://vimeo.com**.

At both events, we were joined by our 2025 Howell-UCSD Scholars who shared their upcoming summer research projects. Thank you to Dr. David Artis, UCSD Dean of Undergraduate Research Advancement, for speaking at the May luncheon on the long-standing partnership between UCSD's Undergraduate Research program and the Howell Foundation to fund the best and brightest at UCSD.

Additionally in May, we honored Dr. Susan Baxter, Immediate Past Board Chair, for her many years of service and dedication to the Howell Foundation. Susan remains on the Howell Board and a vital part of our ongoing success.

Please save the dates for the two remaining 2025 luncheons:

- September 26th
- November 7th

More information to follow soon. Watch your inboxes for the evites and register early to guarantee your seat!

Visit our **EVENTS** page to see information on both current and past events.

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30 Years of Women's Health Research!

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Doris A. Howell Foundation for Women's Health Research | PO Box 910016 | San Diego, CA 92191 US