

Center for Health Promotion Research

The Center for Health Promotion Research at the Oregon Health & Science University (OHSU) in Portland, Oregon is committed to excellence in education, training and dissemination of evidence-based health promotion programs to schools, community groups and the workplace. The Center facilitates translation of research programs to the 'real world' and ensures success by critical evaluation. Financial support for the Center, through partnerships and the OHSU Foundation, a 501 (c) (3) non-profit corporation, funds the Center's efforts to bring these innovative and effective strategies to public service.

Key Personnel:

Linn Goldberg, MD, FACSM is a graduate of The George Washington School of Medicine, Professor of Medicine, Head of the Division of Health Promotion & Sports Medicine, Director of the Human Performance Laboratory and Director of the Center for Health Promotion Research at the Oregon Health & Science University. Dr. Goldberg is a Fellow of the American College of Sports Medicine and founding member of the Endocrine Society's Hormone Foundation. He has been awarded 30 research grants as Principal and Co-Investigator with over \$26 million in funding. He was Principal Investigator for the Athletes Training and Learning to Avoid Steroids (ATLAS) program for male high school athletes. He has over 190 scientific publications and co-authored three books. Dr. Goldberg has served as an Expert Panelist of the Department of Education's Office of Safe, Disciplined and Drug Free Schools, a consultant for numerous federal agencies, and a delegate to the World Health Organization.

Dr. Goldberg has been an expert witness for the U.S. House of Representatives Committee on Energy and Commerce and the House Committee on Government Reform, regarding the prevention of performance enhancing drug use among children, adolescents and professional athletes. He has been a featured speaker at national and international conferences on drug prevention among adolescent athletes, including those by the National Institute on Drug Abuse, U.S. Department of Education, American College of Sports Medicine, the American Psychiatric Association, the Council of Europe, and the International Olympic Congress. His work has been highlighted by NBC Nightly News, ABC News, PBS, CNN, ESPN, The New York Times, The Washington Post, The Associated Press, USA Today, Web MD, and National Public Radio.

Diane Elliot, MD, FACSM is a graduate from the Washington University School of Medicine in St. Louis, Missouri and completed her residency training at the University of California at San Francisco. Along with Dr. Goldberg, she began the Division of Health Promotion & Sports Medicine in 1994. Dr. Elliot is a Professor of Medicine at the Oregon Health & Science University, Science Director of the Center for Health Promotion Research and Associate Director of the Human Performance Laboratory. She has twice received the OHSU Medical School's excellence in teaching award. Dr. Elliot is a Fellow of the American College of Physicians and Fellow of the American College of Sports Medicine. She has over 200 scientific publications, which includes

contributions to more than 20 books. Dr. Elliot is a Principal Investigator and Co-Investigator of numerous National Institutes of Health Awards, including those from the National Institute on Drug Abuse (NIDA), National Cancer Institute, National Institute of Diabetes and Digestive and Kidney Diseases, and the National Institute of Arthritis and Musculoskeletal Diseases.

Dr. Elliot is the developer and Principal Investigator for the NIDA funded ATHENA (Athletes Targeting Healthy Exercise & Nutrition Alternatives) program, which demonstrated the immediate and long term health benefits of a school based sport team-centered program for young women athletes. In addition, she is a Doping Control Officer for the U. S. Anti-Doping Agency.

Dr. Elliot has been awarded a National Institutes of Health grant to disseminate her newly developed health promotion program for professional fire fighters throughout the United States. Dr. Elliot has been a delegate to the World Health Organization's Technical Panel on Drugs and Sports, and recently testified before the House Committee on Government Reform concerning steroid use among women athletes.

Mary D. Wilcox, JD is a graduate from the University of Oregon, attended both New York University and the University of Oregon School of Law, receiving her J.D. in 1980. She has been a member of the Oregon State Bar since 1980. Ms Wilcox has been a partner in the law firm of Schwabe, Williamson & Wyatt from 1980-1991, specializing in business law and medical litigation.

Ms. Wilcox presently serves as Secretary and a Director of the Oregon Health & Science University (OHSU) Foundation Board, and is the Executive Director of the Center for Health Promotion Research at OHSU, an organization dedicated to improving the health of children and adults.

Ms. Wilcox founded the Campaign for Women's Health at Oregon Health & Science University (OHSU) in 1995 and the Center for Women's Health at OHSU in 1996, where she remains as Vice-Chair and policy advisor to the Center Director. Ms. Wilcox created and continues as chair of OHSU's Annual Women's Health Conference since 1996. She has been a member of the OHSU Health Policy Institute of the Center for Women's Health since its formation in 2002.

Esther Moe, Ph.D, MPH is a Research Assistant Professor of Medicine and Director of Research Translation in the Center for Health Promotion Research. A former NAIA and all conference athlete, Dr. Moe has a background as a high school health and physical education teacher and coach. She has a Ph.D. in health education and holds a Masters of Public Health. She was the Project Coordinator for the ATLAS and ATHENA studies, as well as a Co-Investigator and Project Coordinator for numerous other research studies involving adolescent and adult health promotion and drug prevention. Dr. Moe's high school and college athletic participation as well as her coaching experiences garnered her entry into three athletic halls of fame; her high school, college, and the NAIA District 14 hall. Participation during college included national track and field championships along

with the field hockey nationals. While coaching, her teams placed 4th in the nation in the NJCAA softball tournament twice.

Dr. Moe has numerous contributions to the scientific literature, presentations at national and international conferences, as well as guest speaker invitations at national and international conferences. Her current responsibilities include being a Research Coordinator for the national type 2 diabetes prevention study for adolescents, and assessing the effects of drug testing to prevent substance abuse among high school athletes. Dr. Moe has served on national panels to improve health behavior among adolescents and adults as a member of the National Institutes of Health, Behavior Change Consortium, and serves as a reviewer for the National Institutes of Health, the U.S. Department of Education and the World Anti-Doping Agency.

Melissa B. Durham is the Director of Communications and a Senior Research Assistant for the Center for Health Promotion Research. She coordinated the ATHENA research study and currently conducts ATLAS and ATHENA program trainings for coaches and athletes throughout the United States and Puerto Rico. Ms. Durham is skilled in presenting ATLAS and ATHENA to professional groups. She is completing graduate studies in Public Health at Portland State University.

Sean Kolmer is the Manager of Partnerships and Distribution and a Senior Research Assistant for the Center for Health Promotion Research. He coordinates and conducts ATLAS and ATHENA trainings for coaches and student athletes throughout the United States and Puerto Rico. He manages ATLAS and ATHENA orders and customer support. He is also skilled in video production and is completing graduate studies in Public Health at Portland State University.

Michelle Steiner is a School Coordinator and Research Assistant for the Center for Health Promotion Research. She has a background in health education and nutrition. She is a former collegiate track athlete who competed in the heptathlon for University of Nevada in Reno. She is skilled in conducting ATLAS and ATHENA trainings, coaching and developing nutrition and weight room training programs for basketball, football and track athletes, and providing customer support.