

David L. Katz, MD, MPH, FACPM, FACP

As founder of the GLIMMER Initiative, Dr. Katz also serves as founding director of Yale University's Prevention Research Center at Griffin Hospital and as president of the American College of Lifestyle Medicine. He received his BA from Dartmouth College (1984; Magna Cum Laude); his MD from the Albert Einstein College of Medicine (1988); and his MPH from the Yale University School of Public Health (1993). Katz is Director and founder of the Integrative Medicine Center at Griffin Hospital (2000) in Derby, CT, and founder and president of the non-profit Turn the Tide Foundation.

Known internationally for expertise in nutrition, weight management, and chronic disease prevention, as well as integrative care and patient-centered care models, Katz is active in patient care, research, teaching, and public health practice. He established and formerly directed one of the nation's first combined residency programs in Internal Medicine and Preventive Medicine, and served as Director of Medical Studies in Public Health at the Yale School of Medicine for eight years.

Dr. Katz is a prominent voice in health & medicine in the media. He has published scientific articles, textbook chapters, newspaper columns and 12 books to date. He has consulted on obesity control and chronic disease prevention and is a peer reviewer for numerous leading medical journals.

Dan Buettner, Founder & CEO of Blue Zones®

An explorer, *New York Times* bestselling author and National Geographic Fellow, Dan founded Blue Zones®, a company that puts the world's best practices in longevity and well-being to work in people's lives. His books *The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest* and *Thrive: Finding Happiness the Blue Zones Way* appeared on many best seller lists and both continue to be featured in national and international media.

Buettner's colossal research effort on happiness has found four locations around the world with the highest reported well-being. In the societies he visits, it's no coincidence that the way people interact with each other, shed stress, nourish their bodies, and view their world yields more happiness and good years of life.

In 2009, Dan and his partner, AARP, applied principles of The Blue Zones to Albert Lea, Minnesota and successfully raised well-being and lowered health care costs by some 40%. He's currently working with Healthways to implement the program in their Beach Cities of Los Angeles; Fort Worth, Texas; Kauai, Hawaii; and the entire state of Iowa. Their strategy focuses on optimizing the health environment instead of individual behavior change. Writing in *Newsweek*, Harvard University's Walter Willet called the results "stunning."

Miriam Alexander, MD, MPH

Dr. Alexander is Director of the General Preventive Medicine Residency Program and assistant professor at the Johns Hopkins Bloomberg School of Public Health's Department of Population, Family and Reproductive Health, has been named president of the American College of Preventive Medicine (ACPM). President-elect Alexander will begin serving a two-year term as president on February 1, 2011, followed by a two-year term as immediate past president.

A resident member since 1988, Alexander was elected to serve by members of the ACPM for her contributions and commitment to the advancement of preventive medicine. As president, she will oversee and carry out the strategic priorities and objectives of the organization, as well as advocate for the overall health of the public and for increased translational and biomedical research.

Wes Alles, PhD

Wes has been the Director of HIP since 1989. Before joining the Stanford Center for Research in Disease Prevention, Wes was a tenured Associate Professor at Penn State University, and before that, he was an Assistant Professor at the University of New Mexico.

For the past ten years, he has been a group facilitator for the Meyer Friedman Institute of UCSF, an organization that conducts research providing behavior modification programs for people with Type A behavior patterns. Wes has conducted research throughout his career and has co-authored four textbooks and many articles in professional journals.

While at Stanford, Wes has served as the Chair of the California Cardiovascular Disease Prevention Coalition, an organization that promotes heart health through research, teaching, and advocacy. He has served as the President of the South Bay Business Group on Health, and now serves on two advisory committees for the California Department of Health Services. Recently, Wes received an award from the March of Dimes for his volunteer efforts in developing a prenatal education program and then training volunteers and staff throughout the U.S.

Shirin Anil, MBBS, MSc

Dr. Anil is an Epidemiologist & Biostatistician, having extensive experience in the field of Global Health & Non-communicable diseases (NCDs) prevention & control in developing & developed countries. She is Executive Director of private research organization Public Health Solutions Pakistan, Consultant Epidemiologist & Statistician at the College of Medicine King Saud University, Saudi Arabia and Epidemiologist & Statistician at the Association for Social Development, Pakistan. In honorary capacity she is the Team Lead for NCDs prevention & control at the National Council for the UAE, Aga Khan Development Network in Dubai, UAE and is leading project LIFE (Lifestyle Interventions For Eradication of NCDs), a community led intervention for the control of diabetes, obesity, hypertension & hypercholesterolemia in Dubai. She is serving as visiting faculty for universities in Pakistan & UAE. Dr. Anil is involved in research projects on dietary patterns associated to high blood pressure in obese Australian adults, smoking in general population in Malaysia, preventive medicine education for chronic diseases in Malaysia, complimentary & alternative medicine in cancer patients in Iraq, association of artificial night light & cancer at global level, factors associated to nonalcoholic fatty liver disease in the Middle east & Gulf region, Hepatocellular cancer, and randomized controlled trials for the control of hypertension, diabetes, asthma & COPD at primary healthcare in Pakistan.

Dr. Anil has more than 40 publications in peer-reviewed journals and has written various scientific blogs for The Lancet Student (TLS), having had served as the Regional Advisor of the TLS in 2009-2010. She has presented her research on various International conferences, has earned laureates for best research presentations, and has been awarded research fellowship by the Australian Government in 2014. Dr. Anil is the author and editor for an academic book on prevention of NCDs by healthful eating, which will be published in 2016.

Ioannis Arkadianos, MD

Dr. Arkadianos is Vice President and Chief Communications Officer - Social Media Coordinator at European Society of Lifestyle Medicine (ESLM). He graduated from Athens University, Medical School. He is certified in General Medicine with extra Post Graduate studies in Nutrition, Obesity and Nutrigenomics. He holds the Specialist Certification of Obesity Professional Education (SCOPE).

He is a member of Hellenic Medical Association for the study of Obesity and the American Society for Nutrition. His medical practice is located in Athens, Greece.

Sara Baer-Sinnott, MA

As President of Oldways, an organization with the mission to guide people to good health through heritage, Sara develops company strategy, oversees all Oldways projects and programs, and works closely with all members of the Oldways staff. In her years at Oldways, Sara has been an integral part of Oldways' growth and success. She has helped develop groundbreaking programs including its Traditional Diet Pyramids; the Whole Grains Council; Healthy Pasta Meals; High Five Children's Cooking Curriculum; and many others. Her current priorities include the growth of the Mediterranean Foods Alliance, as well as overseas Symposiums and Culinarias about traditional foods and culture. Sara is also co-author of the The Oldways Table with Oldways' Founder Dun Gifford. Before joining Oldways, Sara was the Special Projects Editor at Inc. Magazine, and she's also worked for state and federal government agencies. She has a B.A. in Economics from Hobart and William Smith Colleges, and an M.A. in Regional Planning from the University of Massachusetts at Amherst.

Neal Barnard, MD

As a clinical researcher, author, and health advocate, Neal Barnard is founder and president of the Physicians Committee for Responsible Medicine (PCRM) and author of more than 70 publications in scientific and medical journals, 15 nutrition books, and host of three PBS specials about diet and health. Dr. Barnard is frequently called on by news programs to discuss issues related to nutrition. He is a frequent lecturer at scientific and lay conferences and has made presentations for the American Public Health Association, the World Bank, the National Library of Medicine, the Franklin Institute, the American Medical Writers Association, the Association of Health Care Journalists, the Center for Science in the Public Interest, and many state dietetic associations.

Dr. Barnard grew up in Fargo, N.D. He received his M.D. degree at the George Washington University School of Medicine in Washington, D.C., and completed his residency at the same institution. He practiced at St. Vincent's Hospital in New York before returning to Washington to found PCRM in 1985. PCRM has since grown into a nationwide group of physicians and lay supporters that promotes preventive medicine and addresses controversies in modern medicine. As president of PCRM, Dr. Barnard has been instrumental in efforts to reform federal dietary guidelines.

Dr. Barnard is an Adjunct Associate Professor of Medicine at the George Washington University School of Medicine and Health Sciences.

Joy Bauer MS, RDN, CDN

As the nutrition and health expert for NBC's TODAY show, Joy shares reliable, straightforward advice that helps millions of Americans eat better and lead healthier, more fulfilling lives. She also hosts the program's popular "Joy Fit Club" series, which celebrates determined people who have lost more than 100 pounds through diet and exercise alone.

Most recently, Joy debuted her new PBS special, Joy Bauer's Food Remedies, and launched her own food line, Nourish Snacks, an online service which delivers a wide variety of healthy, wholesome snacks to your home or office.

Joy is a monthly columnist for Woman's Day magazine and has been featured in prominent publications like The New York Times, Washington Post, People, Vogue, SELF, Glamour, and Wall Street Journal. Joy is also a #1 New York Times bestselling author.

Joy received her B.S. in Kinesiology from University of Maryland and a M.S. in Nutrition from New York University. She served as Director of Nutrition and Fitness for "Heart-Smart Kids" for The Mount Sinai Medical Center's Department of Pediatric Cardiology in New York City, nutrition consultant for Columbia Presbyterian Medical Center, clinical nutritionist at The Mount Sinai Medical Center, and instructor at New York University's School of Continuing Education.

Joy is the nutritionist for the New York City Ballet, celebrity actors, fashion models and Olympic athletes.

Sanjay Basu, MD, PhD

Sanjay Basu MD, PhD is an Assistant Professor of Medicine at the Stanford Prevention Research Center. He received his undergraduate degree from MIT before completing a Rhodes Scholarship at Oxford before receiving his MD and PhD in epidemiology at Yale. His research interests focus on global development and human health, and include the use of econometrics and simulation models to study how socioeconomic changes and social policy interventions affect primary disease risk among low-income populations. His current work includes studies on the health effects of economic shocks, global changes in chronic disease risk, and approaches to studying public health interventions using systems science methods.

Sami A. Béq, MD, MPA, MPH

Dr. Béq is a physician executive with a diverse set of experiences in the healthcare industry. Trained in Preventive Medicine, Dr. Béq has been intricately involved in population health, leading product strategy and product development in the wellness and disease management industries. Most recently Dr. Béq served as the first full-time Medical Director at

Life Time Fitness, a \$1.8B market cap company that operates more than a hundred multi-use sports and athletic, professional fitness, family recreation and spa centers in a resort-like environment. At Life Time Fitness Dr. Bég lead the development of their employer based population health strategy, myHealthCheck, and was involved in the expansion of onsite health clinics.

Prior to that, Dr. Bég served as the Medical Director of U.S. Preventive Medicine where he was recruited to help develop and launch a new web based prevention and wellness product for employers and individuals in 2007. Dr. Bég was among the first few employees at the start-up and joined as the first full time physician at the company. He was instrumental in designing the clinical and other protocols for the launch of a first-of-its kind online wellness product in late 2008 and in its accreditation from NCQA and URAC. Among other things, Dr. Bég helped develop two award winning mobile Apps and was involved in the conceptualization of a direct to consumer product line that was sold to the public at Sam's Clubs in the U.S.

Dr. Bég is passionate about making the world a healthier and sustainable place for future generations, through lifestyle medicine, preventive medicine, population health, information technology, and the power of human and social capital. Currently he is busy with a start-up.

Regina Benjamin, MD, MBA

Regina M. Benjamin, M.D., M.B.A., was appointed by President Barack Obama as the 18th United States Surgeon General in July, 2009 and served a four-year term. Dr. Benjamin also oversaw the operational command of 6,700 uniformed public health officers who serve in locations around the world to promote, and protect the health of the American People. Dr. Benjamin served simultaneously as Surgeon General and as the first chair of the National Prevention, Health Promotion, and Public Health Council (National Prevention Council) — 17 cabinet-level Federal agencies that developed the road map for the Nation's health — *The National Prevention Strategy*.

She has a B.S. in chemistry from Xavier University of Louisiana, an M.D. degree from the University of Alabama at Birmingham and an M.B.A. from Tulane University. She attended Morehouse School of Medicine and completed her family medicine residency in Macon, Georgia. Dr. Benjamin is the recipient of 22 honorary degrees. She is former associate dean for Rural Health at the University of South Alabama College of Medicine in Mobile and past chair of the Federation of State Medical Boards of the United States. During her tenure as Surgeon General, Dr. Regina Benjamin was ranked as one of the "100 Most Trusted People in America" (*Reader's Digest* May, 2013).

Niki Bezzant

Niki Bezzant is the founding editor of Healthy Food Guide magazine. She has several blogs and is a regular contributor to newspapers, TV and radio. She is the author of two cookbooks — *Eating In* and *The Beach House Cook Book* — and editor of several others.

Niki is a passionate cook with a lifelong interest in health, who loves to prove that healthy eating is delicious and easy.

Tasneem "Taz" Bhatia

Dr. Taz Bhatia is a board-certified physician, specializing in integrative and emergency medicine, pediatrics and prevention, with expertise in women's health, weight-loss, nutrition and holistic treatment plans. She is the author of *What Doctors Eat* and *The 21-Day Belly Fix*. Her nationally recognized practice, the Atlanta Center for Holistic and Integrative Medicine, was voted Atlanta's Best Integrative Medicine Facility. Dr. Taz designed the center to help patients navigate their journey to WHOLE health—finding solutions from multiple vantage points and different systems of medicine.

She has served as a medical expert for CNN Headline News, a Dr. Oz Sharecare expert, columnist and contributing editor for *Prevention Magazine* and been featured on numerous media outlets, including TODAY, Access Hollywood, Good Morning America, The Weather Channel, EXTRA!, Live with Kelly and Michael and the Meredith Vieira Show. As an

associate professor at Emory University and former spokeswoman for the American Academy of Pediatrics, Dr. Taz MD continues to bring attention to the frequently ignored health issues of women and children.

Dr. Taz MD, is a Fellow of the University of Arizona Program in Integrative Medicine led by Dr. Andrew Weil, completing the fellowship in 2008. She attended The Westminster Schools, Emory University, the University of Georgia and the Medical College of Georgia. Completing her residency in pediatrics at the Medical College of Virginia in 2000, she received the Emily Gardner award for best pediatric resident.

George Blackburn, MD, PhD

Dr. Blackburn serves as the S. Daniel Abraham Associate Professor of Nutrition and Associate Director of the Division of Nutrition at Harvard Medical School. He is also the Chief of the Nutrition/Metabolism Laboratory, and Director of the Center for the Study of Nutrition Medicine, which are affiliated with the Beth Israel Deaconess Medical Center in Boston, Massachusetts. Dr. Blackburn received his medical degree from the University of Kansas. He completed his internship and residency at Boston City Hospital, Harvard Medical School and he obtained his doctorate in nutritional biochemistry from Massachusetts Institute of Technology.

Dr. Blackburn has published over 400 articles to date. He is on the editorial board of and a reviewer for numerous journals including, the Journal of the American Medical Association, New England Journal of Medicine, Annals of Internal Medicine, American Journal of Clinical Nutrition, Journal of Parenteral and Enteral Nutrition, American Journal of Public Health, Journal of the National Cancer Institute, International Journal of Obesity.

As an active participant in the field of nutritional medicine, Dr. Blackburn is a past President of the North American Association for the Study of Obesity (NAASO), now called The Obesity Society, and the American Board of Nutrition. Dr. Blackburn also serves on the board of directors for the Food Research and Action Center, and the Reality Coalition - a recently created organization aiming to spread the message for healthy, moderate weight loss. He remains on the Board of Advisors for the American Society of Parenteral and Enteral Nutrition (ASPEN) of which he served as president. He is a Co-Principal Investigator (Co-PI) on the NIH-funded Action for Health in Diabetes (Look AHEAD) and is the Associate Director and executive committee member of the NIH Boston Obesity Nutrition Research Center (BONRC).

Susan Blum, MD, MPH

A pioneer in Functional Medicine, Dr. Susan Blum has been treating, healing and preventing chronic diseases for decades. Her passion and dedication for identifying and addressing the root causes of illness through the groundbreaking whole body approach known as Functional Medicine, is helping to transform our healthcare system.

Dr. Blum completed her Internal Medicine training at St-Luke's Roosevelt Hospital and is Board Certified in Preventive Medicine. She received her masters in Public Health at Columbia University, her Certification in Functional Medicine from the Institute for Functional Medicine and is Senior Teaching Faculty with the Center for Mind-Body Medicine. She founded Blum Center for Health, a revolutionary Integrative Medicine and Lifestyle Education Center in 2011 and is author of *The Immune System Recovery Plan (2013)*.

Dr. Blum completed her Internal Medicine training at St-Luke's Roosevelt Hospital, her residency in Preventive Medicine at The Mount Sinai School of Medicine in New York City, and is Board Certified in Preventive Medicine. She received her Masters in Public Health at Columbia University, and her training in Functional Medicine from The Institute for Functional Medicine, in Gig Harbor, Washington. In addition to her role as Founder of Blum Center for Health, Dr. Blum is on staff at Greenwich Hospital as an Integrative Medicine Specialist in the Medicine Department. She is also a member of the Senior Teaching Faculty at the Center for Mind-Body Medicine in Washington, D.C. and teaches throughout the world in their training programs.

Jeffrey Blumberg PhD, FASN, FACN, CNS

Dr. Blumberg is a Professor in the Friedman School of Nutrition Science and Policy and also serves as the Director of the Antioxidants Research Laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University. His research has focused on the biochemical basis for the role of antioxidant nutrients and their dietary requirements in promoting health and preventing disease during the aging process via changes in status of oxidative stress and inflammation. He has published more than 300 scientific articles and serves on the editorial boards of several scientific journals. Dr. Blumberg also participates in activities relevant to the incorporation of sound nutrition science into public health policy and has served as a member of the Surgeon General's Workshop on Health Promotion and Aging, Sports Medicine Committee of the U.S. Olympic Committee, WHO/FAO Consultation on Preparation and Use of Food-Based Dietary Guidelines, Food Advisory Committee of the FDA, and other committees.

Jeffrey Blumberg received Bachelor of Science degrees in Pharmacy and Psychology from Washington State University and a PhD in Pharmacology in from Vanderbilt University School of Medicine. He also received postdoctoral training in cyclic nucleotide metabolism at the Tennessee Neuropsychiatric Institute and the University of Calgary.

Daniel Blumenthal, MD, MPH, FACPM

Dr. Blumenthal is President-Elect for the American College of Preventative Medicine. He served as a VISTA Volunteer physician in Lee County, Arkansas; as an Epidemic Intelligence Service Officer with the Centers for Disease Control in Atlanta; as a medical epidemiologist with the World Health Organization Smallpox Eradication Program in India and Somalia; and on the faculty of the Emory University School of Medicine. He joined the faculty of the Morehouse School of Medicine in 1980, where he served as Founding Chair of the Department of Community Health and Preventive Medicine from 1984--2009. He served as Associate Dean for Community Health until his retirement in July, 2014.

He has served as President of the Association of Teachers of Preventive Medicine, as a Regent of the American College of Preventive Medicine, as a member of the Governing Council of the American Public Health Association, as Fulton County (Atlanta) Health Officer, and as a Robert Petersdorf Scholar-in-Residence at the Association of American Medical Colleges. He is President-Elect of the American College of Preventive Medicine.

Dr. Blumenthal is the author or co-author of approximately 100 peer-reviewed journal articles, commentaries, reviews, and book chapters, and the editor or co-editor of four books. He is a graduate of Oberlin College and the University of Chicago School of Medicine. He completed his residency in pediatrics at Charity Hospital of New Orleans (Tulane Division) and received his master of public health degree from Emory University. He is board-certified in both pediatrics and preventive medicine.

Rodrigo Bornhausen-Demarch, MD, MBA

Dr. Bornhausen-Demarch is a physician with training in geriatrics, exercise and resistance training physiology in aging from University of São Paulo (USP), healthcare management from Fundação Getúlio Vargas (FGV) and is also a board certified occupational health physician. He is the Corporate Health and Safety Officer in the German Hospital Oswaldo Cruz (GHOC) where he coordinates a team of about 40 people. He is the Outpatient Unit Manager of the same organization, located in Campo Belo neighborhood, in São Paulo. Dr. Bornhausen-Demarch was project leader of Programa Bem-Estar (PBE), an extensive wellness program designed to promote health and quality of life in the workplace, focusing on progressive and sustainable behavior modification, which offers tools, activities and professional support for GHOC's employees and their families. PBE has been nationally awarded as an outstanding workplace health promotion program, twice.

As a professor at FGV's Healthcare Management Executive MBA, he teaches in the fields of health promotion, disease prevention and population health management. He is a founding member of the European Society of Lifestyle Medicine and has special interest in preventive medicine, health promotion, health and wellness coaching, geriatrics, mHealth, telemedicine, population health management, behavioral economics, innovation, entrepreneurship, startups and medical leadership.

Rick Botelho, BMedSi, BM, BS

Rick Botelho is a Family Physician and Professor of Family Medicine turned social innovator. He is author of *Motivational Practice: Promote Healthy Habits and Self-care of Chronic Diseases*, and author of the forthcoming guidebook series: *Health Coaching Buddies*. *Health Coaching Buddies* is a system that creates learning organizations (PCMHs) and communities within health care systems (Healthcare plans, ACOs), professional and educational organizations, companies, online learning centers, coaching organizations and work settings. Dr. Botelho earned his medical education from Nottingham University.

David M. Brady, ND, DC, CCN, DACBN

Dr. David M. Brady has 22-years of experience as an integrative physician and over 18 years in health sciences academia. He is a licensed naturopathic medical physician in CT and VT, a board certified clinical nutritionist and received his original clinical training as a chiropractic physician. He currently serves as the Vice Provost for the Division of Health Sciences, Interim Dean of the College of Naturopathic Medicine, and Director of the Human Nutrition Institute at the University of Bridgeport in Connecticut. He maintains a private practice, *Whole Body Medicine*, in Trumbull, CT. Dr. Brady is also the Chief Medical Officer for *Designs for Health, Inc.* He is an internationally sought-after presenter on nutritional, naturopathic and integrative medicine. He has appeared on the plenary speaking panel of some of the largest and most prestigious conferences in the field including; IFM, ACAM, A4M, IHS, and many more. Dr. Brady has published a multitude of peer-reviewed scientific papers and textbooks related to chronic pain, autoimmunity and functional gastroenterology and is a featured contributing author in several medical textbooks.

Marc Braman, MD, MPH

Dr. Braman is the former President and Executive Director of the American College of Lifestyle Medicine (ACLM). He led efforts from ACLM's early days through to getting Lifestyle Medicine on the professional map, building infrastructure, spear-heading the development of professional standards resulting in the first ever publication in the *Journal of the American Medical Association* on recommended Lifestyle Medicine Competencies for all providers, formal affiliation with the American College of Preventive Medicine, electronic publications development, formal relationship with Sage Publications and the American Journal of Lifestyle Medicine, annual national conferences, further developing the Advisory Board with the best experts, etc.

Dr. Braman is experienced in clinical lifestyle medicine in solo and group practices, as well as hospital-based centers. He also serves on the steering committee for the federally funded National Coordinating Center for Integrative Medicine Training.

Jennie Brand-Miller, PhD, FAIFST, FNSA

Professor Jennie Brand-Miller is internationally recognized for her groundbreaking work that developed a way to measure the body's absorption of carbohydrates, now commonly known as the 'glycemic index'.

Battling years of criticism and skepticism, she is now at the forefront of research that has the potential to help millions of people avoid chronic diseases associated with obesity, such as diabetes. Brand-Miller's breakthrough discovery is that not all carbohydrate foods are created equal. In fact they behave quite differently in our bodies. The glycemic index describes this difference by ranking carbohydrates according to their effect on our blood glucose levels.

Brand-Miller is currently Professor of Human Nutrition at the University of Sydney. She was a finalist in the 2006 Australian of the Year Award, and her books have sold millions of copies around the world. She was also recently made a Member (AM) in the General Division of the Order of Australia for service to education in the field of human nutrition as a researcher and academic, and as a supporter of people with a hearing impairment.

Nancy Brown, CEO, American Heart Association

Nancy Brown has been Chief Executive Officer of the American Heart Association (AHA) since 2009. The Association is widely known and highly respected as the world's largest voluntary health organization dedicated to preventing, treating

and defeating cardiovascular diseases and stroke.

During her tenure as CEO, the AHA has become a global leader in the discovery and dissemination of heart disease and stroke science. Notably, under Nancy's leadership the Association announced its bold new 2020 health impact goal: To improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent. Nancy's drive to set a brave long-term goal, at a time when many other organizations were focused on short-term needs, has provided a rallying point for the Association's millions of volunteers, staff, and donors.

In addition to her tireless efforts for the AHA, Nancy shares her passion for improving the health of individuals in the U.S. and globally by serving as chairman-elect of the National Health Council and co-chairman of the Coalition to Transform Advanced Care, which is reframing how to provide end of life care that respects patient's wishes and ensures quality decision-making and outcomes for families and healthcare providers. She also serves as a member of the Executive Committee of Research!America, and on the Boards of Directors of the Campaign for Tobacco Free Kids, the Alliance for a Healthier Generation, and the Valentin Fuster-Mount Sinai Foundation for Science, Health and Empowerment. Additionally, Nancy serves as a member of the Qualcomm Life Advisory Board, the Corporate Advisory Board of the Healthcare Business Association, and the FasterCures Research Acceleration and Innovation Advisory Council.

Prior to being named CEO, Nancy served as AHA's Chief Operating Officer for the eight prior years. Prior to joining the American Heart Association, Nancy also served her home state of Michigan as Director of Development/ Deputy Director of the Endowment Campaign for the Michigan Cancer Foundation, and as Special Events Director for Mount Carmel Mercy Hospital in Detroit.

Ross Brownson, PhD

A leading expert in chronic disease prevention and an expert in the area of applied epidemiology, Professor Brownson is regarded as one of the great intellectual, educational, and practice leaders in the field of evidence-based public health. Currently serving as a member of the Faculty Advisory Council of Washington University's Institute for Public Health, Dr. Brownson has a joint appointment with the University's School of Medicine (Siteman Cancer Center).

Dr. Brownson co-directs the Prevention Research Center — a major, CDC funded center jointly led by Washington University and Saint Louis University — that develops innovative approaches to chronic disease prevention. He leads a large number of other major research and training projects funded by a broad array of federal and foundation sources, including the National Institutes of Health and the Robert Wood Johnson Foundation.

He is an associate editor of the Annual Review of Public Health, and on the editorial board of five other journals. Dr. Brownson is president of the American College of Epidemiology. Active in the American Public Health Association and the Missouri Public Health Association, he is the editor or author of the books: Chronic Disease Epidemiology and Control, Applied Epidemiology, Evidence-Based Public Health, and Community-Based Prevention.

T. Colin Campbell, PhD

Dr. Campbell was trained at Cornell (M.S., Ph.D.) and MIT (Research Associate) in nutrition, biochemistry and toxicology, then spent 10 years on the faculty of Virginia Tech's Department of Biochemistry and Nutrition before being recruited at age 40 to the Division of Nutritional Sciences at Cornell in 1975 where he presently holds his Endowed Chair (now Emeritus).

His principal scientific interests, begun in the late 1950's, has been on the effects of nutritional status on long term health, particularly on the causation of cancer. He has conducted original research both in laboratory experiments and in large-scale nationwide human studies (China, Philippines), has received over 70 grant-years of peer-reviewed research funding (mostly NIH), has served on several grant review panels of multiple funding agencies, and has authored over 300 research papers.

Dr. Campbell has served on several expert committees on food and health policy development and has lectured extensively within and beyond the U.S., especially following his authorship of the best selling books *The China Study* (co-authored with Tom Campbell, MD) and *Whole*. He is the recipient of many national and international awards, both in research and in citizenship.

Sandra Capra, PhD

Sandra Capra is a professor in the School of Human Movement and Nutrition Sciences at the University of Queensland, Australia. Professor Capra received her BSc(Hons) and Diploma in Nutrition and Dietetics from Sydney University, her MSocSc from the University of Birmingham and her PhD from the University of Queensland.

After more than 15 years in professional practice in NSW, Victoria, Queensland and New Zealand Prof Capra entered academia full time. Professor Capra has a strong commitment to allied health professions and has served three terms as President of the Dietitians Association of Australia, has been a member of the Council of Pro Vice Chancellors and Deans of Health Sciences and served on many national policy making committees including the Nutrient Reference Values Steering Committee and the Dietary Guidelines Working Party of the National Health and Medical Research Council. She is currently serving her second four year term as the Chair of the Board of Directors of the International Confederation of Dietetic Associations.

Professor Capra is regularly invited to speak on the topic of educational standards, quality and competence. She has been recognized for her service to nutrition and dietetics education and research by being appointed a Member of the Order of Australia in 2003, a Fellow of the Dietitians Association of Australia and elected to life membership of the DAA. Prior to her move to the University of Queensland she was the Head of School, School of Health Sciences and Professor of Nutrition and Dietetics at the University of Newcastle, NSW.

Richard Carmona, MD, MPH, FACS

Dr. Carmona is a physician, police officer, and public health administrator. He was a vice admiral in the Public Health Service Commissioned Corps and served as the seventeenth Surgeon General of the United States. He is vice chairman of Canyon Ranch, the country's leading health and wellness company, and president of the Canyon Ranch Institute Board of Directors. He trained as a Special Forces medic and weapons specialist and went on to become a combat-decorated Special Forces Vietnam veteran.

As US Surgeon General, Dr. Carmona focused on prevention, preparedness, health disparities, health literacy, and global health. He also issued many landmark Surgeon General communications during his tenure, including the definitive Surgeon General's Report about the dangers of second-hand smoke.

Dr. Carmona earned a B.S. and M.D. from the University of California, San Francisco. He has worked as a paramedic, registered nurse, physician's assistant, professor, chief medical officer, and healthcare system chief executive. Dr. Carmona has served for over 28 years with the Pima County Sheriff's Department in Tucson, including as deputy sheriff, detective, SWAT team leader and department surgeon.

Dr. Carmona was recruited by the Tucson (Arizona) Medical Center and the University of Arizona to start and direct Arizona's first regional trauma care system. He went on to become the chairman of the State of Arizona Southern Regional Emergency Medical System, a professor of surgery, public health and family and community medicine at the University of Arizona, and the Pima County Sheriff's Department surgeon and deputy sheriff. He is also a Fellow of the American College of Surgeons.

Lawrence Cheskin, MD, FACP

Dr. Cheskin is Associate Professor of Health, Behavior & Society, with a joint appointment in Human Nutrition, and in Medicine at Johns Hopkins. He is also former director of the Gastroenterology Division, Johns Hopkins Bayview Medical Center. Dr. Cheskin founded the Johns Hopkins Weight Management Center in 1990. He is the principal investigator on several research grants and is a frequent contributor to research and popular articles on weight management.

Dr. Cheskin is the principal investigator on several research grants and is a frequent contributor to research and popular articles on weight management. He earned his MD from Dartmouth Medical School.

Deepak Chopra, MD, FACP

Deepak Chopra, M.D is the author of more than 80 books translated in over 43 languages, including 22 New York Times bestsellers. His medical training is in internal medicine and endocrinology, and he is a Fellow of the American College of Physicians, a member of the American Association of Clinical Endocrinologists, and an adjunct professor of Executive Programs at the Kellogg School of Management at Northwestern University. He is also a Distinguished Executive Scholar at Columbia Business School, Columbia University, and a Senior Scientist at the Gallup organization. For more than a decade, he has participated as a lecturer at the Update in Internal Medicine, an annual event sponsored by Harvard Medical School's Department of Continuing Education and the Department of Medicine, Beth Israel Deaconess Medical Center.

Roger Clemens, DrPH

Dr. Clemens is co-founder and executive vice president of PolyScience Consulting, and chief scientist for Daedalus Humanitarian. He is part-time faculty within the USC Regulatory Science program where he enjoys an adjunct appointment as Professor of Pharmacology and Pharmaceutical Sciences within the USC School of Pharmacy. He served as Scientific Advisor for Nestlé USA for more than 21 years and then consultant to and Chief Scientific Officer for Horn for about a decade. Dr. Clemens has published more than 50 original manuscripts in nutrition and food science, participated in more than 300 invited domestic and international lectures, and served as an expert panel member for the food industry, scientific organizations, trade associations and regulatory agencies in the United States, Canada and Europe.

Dr. Clemens is a past president of the Institute of Food Technologists (IFT) and former member of the IFT Board of Directors. He served on numerous IFT expert panels, including Functional Foods, and Making Decisions about the Risks of Chemicals in Foods with Limited Scientific Information. He cofounded, established and contributes to a Food, Medicine and Health column published monthly in Food Technology since 2004. Dr. Clemens continues to serve as a spokesperson on food, nutrition and health issues for the American Society for Nutrition (ASN). He chaired the Public Information Committee, served as a member of ASN's Finance Committee, ASN's Medical Nutrition Council, and ASN's Membership Committee. Dr. Clemens was a member of the USDA 2010 Dietary Guidelines Advisory Committee, and is a third-term member of the US Pharmacopeia Food Ingredient Expert Committee. Dr. Clemens received an AB in Bacteriology, a MPH in Nutrition, and a DrPH in Public Health Nutrition and Biological Chemistry from the University of California, Los Angeles.

David Cleveland, PhD

David Cleveland is a human ecologist who has done research and development project work on sustainable agrifood systems with small-scale farmers and gardeners around the world, including in Bawku (Ghana), Oaxaca (Mexico), Zuni and Hopi (southwest USA), North-West Frontier Province (Pakistan) and Santa Barbara County (California, USA). He earned an M.S. in genetics and a Ph.D. (1980) in ecological anthropology from the University of Arizona, and is a professor in the Environmental Studies Program, University of California, Santa Barbara. At UCSB he is also an affiliated faculty member in the Department of Geography and the Department of Ecology, Evolution and Marine Biology. Cleveland's research and teaching focus on sustainable, small-scale agrifood systems, including plant breeding and conservation of crop genetic diversity, local and scientific knowledge and collaboration between farmers and scientists, climate change, nutrition and food sovereignty. He is currently researching the potential for agrifood system localization to improve nutrition, reduce greenhouse gas emissions, and strengthen communities in Santa Barbara County, California and the US; and on the genetic, ecological and sociocultural impact of genetically engineered crop varieties globally. His latest book is *Balancing on a Planet: The Future of Food and Agriculture*.

Lorenzo Cohen, PhD

Dr. Lorenzo Cohen is the Richard E. Haynes Distinguished Professor in Clinical Cancer Prevention and Director of the Integrative Medicine Program at The University of Texas MD Anderson Cancer Center (Houston) and Distinguished

Clinical Professor, Fudan University Cancer Hospital, Shanghai, China. Dr. Cohen is passionate about educating others on how to prevent cancer and maintain optimal health across the lifespan. As the majority of cancers are preventable, Dr. Cohen is conducting research to demonstrate that lifestyle factors can influence cancer outcomes.

Dr. Cohen leads a team conducting NIH-funded research and delivering clinical care of integrative medicine practices such as meditation, yoga, tai chi, massage, diet, exercise, acupuncture and other strategies such as stress management, music therapy, emotional writing and more aimed at reducing the negative aspects of cancer treatment and improving quality of life and clinical outcomes.

Clare Collins, PhD

Clare is currently a Senior Lecturer in Nutrition and Dietetics at the University of Newcastle. She was awarded her PhD in 1999 for research examining appetite and nutritional status in young people with cystic fibrosis. Currently her main research activity is in examining food intake in children today and how it contributes to the obesity epidemic. She lectures in Research Methods & Statistics and Paediatric Nutrition and Dietetics and supervises many undergraduate projects and research higher degree students.

She is an active member of the Dietitians Association of Australia and chaired the development of the Best Practice Dietetic Guidelines for the Management of Overweight and Obesity for Adults. She has also been a Council member for the Australasian Society for the Study of Obesity for the past 4 years. She has co-authored a book on weight loss for adults; Worthington J, Fletcher A, Collins C, *The Doona Diet – Sleep yourself Slim*, Penguin Books Australia, 2005 and with fellow Accredited Practising Dietitians has developed a patented portion control tool, the TEMplate System[®], for weight loss. Clare is also well known around Australia and within DAA as a media spokesperson and commentator on nutrition.

Nancy Collins, PhD, RD, LD, FAPWCA

Dr. Collins is a nationally recognized health and nutrition expert based in Las Vegas, Nevada. She began her career with a B.S. degree from the University of Nevada, Las Vegas in Hotel/Foodservice Administration and completed a M.S. degree in dietetics and nutrition and doctoral degree in human nutrition at Florida International University. While at FIU, Dr. Collins taught undergraduate classes in foodservice management and clinical nutrition. Dr. Collins also started her own business offering consulting services to long-term care facilities.

Dr. Collins is nationally known for her work in the wound care arena. She has extensively studied the nutritional needs of patients with wounds and the effects of unintended weight loss on healing. She is passionate about educating other health care professionals and has delivered more than 450 professional lectures on these topics. Dr. Collins is also a prolific author and has numerous publications to her credit. Dr. Collins is an editorial advisor to the journal *Advances in Skin and Wound Care*, a contributing editor for *Ostomy-Wound Management*, and an editorial advisor for *Today's Diet and Nutrition*. She is also a member of many medical advisory boards

She is a past president of the Broward (Fort Lauderdale) Dietetic Association, past president of the Florida Dietetic Association, and past chair of the Nutrition Entrepreneurs Dietetic Practice Group. In 2010 she completed a three year term as the Florida affiliate delegate to the American Dietetic Association (ADA). Currently, she serves the Academy as vice-chair of the Nutrition Informatics Committee and as the Academy's representative to the Alliance on Wound Care Stakeholders.

Kenneth Cooper, MD, MPH

Dr. Cooper is Founder and Chairman of seven health and wellness companies and Cooper Institute. Recognized as the leader of the international physical fitness movement and credited with motivating more people to exercise in pursuit of good health than any other person, Dr. Cooper has long advocated moving the field of medicine away from disease treatment to disease prevention. Dr. Cooper has lectured in more than 50 countries and is most famous in Brazil having trained the 1970 Brazilian soccer team to a World Cup victory. As a result, jogging is translated as "coopering" in Portuguese. Dr. Cooper's mark has also positively impacted the American diet. His collaboration with PepsiCo to eliminate

trans fats from its Frito-Lay snack line started an international wave other companies have followed. In 1970 Dr. Cooper resigned from the military to explore the relationship between cardiovascular fitness and health and longevity. He founded Cooper Aerobics Center in Dallas where he serves as Chairman of seven health and wellness companies and The Cooper Institute research and education nonprofit, with a second location at Craig Ranch in McKinney, Texas. Dr. Cooper's mission is shared by his son, his son, Tyler Cooper, MD, MPH, President and CEO of Cooper Aerobics, and a preventive medicine physician at Cooper Clinic, plus 600 teammates—all working together to *Cooperize* the world.

Loren Cordain, PhD

Dr. Loren Cordain is Professor Emeritus of the Department of Health and Exercise Science at Colorado State University in Fort Collins, Colorado. His research emphasis over the past 20 years has focused upon the evolutionary and anthropological basis for diet, health and well being in modern humans. Dr. Cordain's scientific publications have examined the nutritional characteristics of worldwide hunter-gatherer diets as well as the nutrient composition of wild plant and animal foods consumed by foraging humans. He is the world's leading expert on Paleolithic diets and has lectured extensively on the Paleolithic nutrition worldwide.

Dr. Cordain is the author of five popular bestselling books including *The Paleo Diet*, *The Paleo Answer*, and *The Paleo Diet Cookbook*, summarizing his research findings.

Delos "Toby" Cosgrove, MD

Dr. Cosgrove is president and chief executive officer of Cleveland Clinic. As CEO, Dr. Cosgrove presides over a \$6.2 billion healthcare system comprised of a main campus near downtown Cleveland, more than 75 Northern Ohio outpatient locations, including 16 full-service Family Health Centers, Cleveland Clinic Florida, the Lou Ruvo Center for Brain Health in Las Vegas, Cleveland Clinic Canada, and, currently under construction, Cleveland Clinic Abu Dhabi. His leadership has emphasized patient care and patient experience, including the re-organization of clinical services into patient-centered, organ and disease-based institutes. He launched major wellness initiatives for patients, employees and communities. Dr. Cosgrove received his medical degree from the University of Virginia School of Medicine in Charlottesville and completed his clinical training at Massachusetts General Hospital, Boston Children's Hospital, and Brook General Hospital in London. His undergraduate work was at Williams College in Williamstown, Massachusetts. He was a surgeon in the U.S. Air Force and served in Da Nang, Republic of Vietnam as the Chief of U.S. Air Force Casualty Staging Flight. He was awarded the Bronze Star and the Republic of Vietnam Commendation Medal.

He has published nearly 450 journal articles, book chapters, one book and 17 training and continuing medical education films. He performed more than 22,000 operations and earned an international reputation for expertise in all areas of cardiac surgery, especially valve repair. As an innovator, Dr. Cosgrove has 30 patents filed for developing medical and clinical products used in surgical environments.

Dr. Cosgrove is a sought-after speaker worldwide and is regularly quoted and featured in national magazines and newspapers, including a cover story in *Time*.

Tim Crowe, PhD, RD

Associate Professor Crowe is a nutrition academic within the School of Exercise and Nutrition Sciences at Deakin University in Melbourne, Australia. He is also an Accredited Practicing Dietitian. He teaches across the undergraduate and postgraduate programs in nutrition dietetics in the areas of nutritional physiology and biochemistry as well as the applied role of nutrition in disease prevention and management, particularly obesity, diabetes and cancer.

He is actively involved in several areas of nutrition research including specialized nutrition in the prevention of surgical complications; malnutrition identification; and nutrition support in wound healing. Dr. Crowe earned his BS and PhD from Monash University and his MS in Nutrition and Dietetics from University of Sydney.

Margaret Cuomo, MD

Dr. Cuomo is a radiologist, author, philanthropist, advocate, and blogger on health issues, especially those related to cancer prevention. She graduated from St. John's University and received an M.D. degree from Downstate Medical Center in Brooklyn. She served as an attending physician in diagnostic radiology at North Shore University Hospital in Manhasset specializing in diagnostic radiology and dedicated much of her time and energy to the diagnosis of cancer and AIDS using state-of-the art CT scans, Ultrasound examinations, and MRI. Dr. Cuomo also provided academic instruction to medical students at New York University Hospital and Cornell University Medical College, and has published numerous articles in medical journals. Dr. Cuomo is an Honoree of Association of Italian American Educators (2003, 2005), and an Honoree of National Organization of Italian American Women (2004). In 2011, Dr. Cuomo was awarded the "Commendatore dell'Ordine della Stella della Solidarietà Italiana" (2011), the "Commendation of the Order of the Star" conferred by the President and Prime Minister of Italy.

Dr. Cuomo has been interviewed on many TV shows, such as Good Morning America, and radio programs, and has been featured in many magazines, newspapers and online sites. She is a contributor to the Huffington Post and WebMD, and is a board member of the Next Generation Choices Foundation and Lesscancer - a 501(c)3 not-for-profit organization. She advocates nationally for the prevention of cancer, heart disease and diabetes.

Michael Dansinger, MD

Dr. Dansinger is a nationally recognized expert on dietary and weight loss measures for disease prevention, and serves as the nutrition doctor for NBC's prime time series The Biggest Loser. Dr. Dansinger and his work have been covered by national news outlets including Time magazine, The New York Times, the Today Show and many others. He is the Director of the Tufts Diabetes Reversal Program at Tufts Medical Center and is an assistant professor at Tufts University School of Medicine. He is board certified in Internal Medicine.

Dr. Dansinger received his education from University of Minnesota Medical School and Tufts Medical Center.

Brenda Davis, RD

Brenda Davis, registered dietitian and nutritionist, is a leader in her field and an internationally acclaimed speaker. She has worked as a public health nutritionist, clinical nutrition specialist, nutrition consultant and academic nutrition instructor. She is currently on a diabetes intervention research project in Majuro, Marshall Islands. Brenda spent 8 months in Majuro in 2006 and returns for 4-6 week periods every year or two.

Brenda is a past chair of the Vegetarian Nutrition Dietetic Practice Group of the American Dietetic Association. In July 2007, she was inducted into the Vegetarian Hall of Fame. A co-author of nine books - award winners, *Becoming Vegan: Comprehensive Edition* (2014) and *Becoming Vegan: Express Edition* (2013), and the best-sellers, *Becoming Vegan* (2000), *Becoming Vegetarian* (1994, 1995), *The New Becoming Vegetarian* (2003) and *Defeating Diabetes* (2003), *Dairy-free and Delicious* (2001) and *Becoming Raw* (2010) and *Raw-food Revolution Diet* (2008).

Hans Diehl, DrHSDc, MPH, FACN

Chosen "One of America's 20 Superheroes of Health," Dr. Hans Diehl directs the Lifestyle Medicine Institute at Loma Linda, California. Offering more than 20 years of leadership experience in the emerging field of lifestyle medicine, his pioneering efforts with Nathan Pritikin and Denis Burkitt, MD have shown that simple lifestyle changes can prevent and *reverse* many of today's diseases. Dr. Diehl's work as a lifestyle interventionist, researcher, educator, and speaker has found its most powerful expression in the CHIP program (Coronary Health Improvement Project), a community-based, 30-day, 40-hour intensive educational lifestyle intervention, which draws together healthcare professionals, faith-communities, corporations, schools, and community infrastructures, such as restaurants and grocery chains. Clinical reports have been published in peer review journals highlighting the vast potential of an integrated medical/public health approach to many of our largely lifestyle-related diseases. More than 40,000 CHIP graduates vindicate the applicability of these CHIP lifestyle principles in their daily lives. His book *Health Power* (co-authored with Aileen Ludington, MD) is being published in 16 languages and has sold over 1.5 million copies.

Ricardo De Marchi, MD

A medical doctor, Dr. De Marchi holds a master's degree from Paris University. He specializes in Corporate Wellness, Occupational Health, Exercise Physiology and Sports Medicine, providing consulting services and health promotion guidance to many of the nation's largest corporations.

During more than 20 years in this field, he coauthored several articles and three books on health risk management, healthy living, and health promotion programs.

Founder and former president of the ABQV (Brazilian Association of Quality of Life), Dr. De Marchi developed the National Quality of Life Award—expanding both concept and recognition. Currently he serves as CEO of HENET Health Network, assisting and advising employers and vendors on the health field.

Ronald DeSantis, MBA, CMC, CHE

Ron DeSantis is Director of Culinary Excellence and Quality Assurance for Yale Dining at Yale University. He oversees the production of over 13,000 meals each day at Yale. He provides leadership for all facets of culinary concept design, development of innovative menus and cuisine and training of the culinary team.

Before joining Yale, Chef DeSantis was Director of CIA Consulting at The Culinary Institute of America. This role kept him on the cutting edge of the food service industry.

A graduate and 25-year veteran of the Culinary Institute of America, DeSantis has cooked for a wide variety of audiences including military cooking, in-flight catering, fast food service, fine dining preparations and health-conscious cuisine. While working at the Culinary Institute of America, DeSantis gained certified master chef status — making him one of only 62 living Americans to pass the prestigious, eight-day culinary test.

Chef DeSantis has received many citations during his professional career, including the highly regarded certification as a master chef (CMC) by the American Culinary Federation (ACF). He is currently the Chair of the ACF Certification Commission. A Certified Hospitality Educator (CHE), Chef DeSantis holds an MBA from Empire State College in Saratoga Springs, NY.

Fabio Dos Santos, MD

Dr. Fabio Dos Santos is the founding President of the Brazilian Association of Functional and Lifestyle Medicine. He is a physician with a functional, integrative and personalized health vision. He is a specialist in Cardiology and holds a post graduate degree in Nutrology. He studied Mind and Body Medicine at Harvard Mind and Body Institute and Functional Medicine at the Institute of Functional Medicine. The former president of the Brazilian Medical Association of Oxidology, he works with functional, biorregulatory and mind and body concepts optimizing metabolic aspects, energy, hormonal balance, exercise and nutrition, stress patterns, inflammation and oxidative stress. He serves as a national and international speaker in this sector.

Wayne Dysinger, MD, MPH

Dr. Dysinger currently serves as Chief Executive Officer for Lifestyle Medicine Solutions, a new model primary care concept that is built on Lifestyle Medicine principles along with a direct primary care funding mechanism. He is also Medical Director of the Complete Health Improvement Program (CHIP) and consults and teaches on Lifestyle Medicine issues around the world.

Dr. Dysinger was previously Chair, Department of Preventive Medicine, Loma Linda University. He is a past President of the American College of Lifestyle Medicine, is on the board of the American College of Preventive Medicine, and has worked in various capacities with the American Medical Association and the Association for Prevention Teaching and Research. Dr. Dysinger earned his M.D. degree from Loma Linda University School of Medicine (1986), and his MPH from Loma Linda University School of Public Health (1990). He has previously worked in Guam, Atlanta and Dartmouth.

Boyd Eaton, MD

S. Boyd Eaton graduated with honors from Duke University (1960) and Harvard Medical School (1964). His residency and fellowship in diagnostic radiology were at the Massachusetts General Hospital (1965-69) and he has been a diagnostic radiologist in Atlanta, Georgia, since 1972. His practice has increasingly focused on orthopedic radiology: for years his group has provided services for Georgia Tech athletes as well as the Atlanta Braves, Hawks, and Thrashers. In 1966 he was medical director of the Olympic Village Polyclinic during the Centennial Olympic Games. He has academic appointments (in radiology and anthropology) at Emory University.

Eaton's fascination with evolutionary medicine and Paleolithic nutrition dates from the late 1970's -a time when there was little understanding of Pre-agricultural human diets or appreciation of their implications for contemporary health. In conjunction with talented collaborators, he has endeavored to characterize ancestral eating patterns, especially those of the earliest behaviorally modern humans who are thought to have appeared in Africa between 100,000 and 50,000 years ago. The lifestyle of these individuals might logically be advanced as a candidate paradigm for contemporary health promotion research.

Christina Economos, PhD

Dr. Economos is the Associate Director of the John Hancock Research Center on Physical Activity, Nutrition, and Obesity Prevention, the New Balance Chair in Childhood Nutrition, and an Associate Professor at the Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy and the School of Medicine, Tufts University. Dr. Economos received a Bachelor of Science from Boston University, a Master of Science in Applied Physiology and Nutrition from Columbia University and a doctorate in Nutrition Science from Tufts University. Dr. Economos's research efforts have addressed the interaction between exercise, diet, body composition, bone health, and the built environment aimed at preventing osteoporosis and obesity, starting in early childhood. She is the principal investigator of multiple large-scale studies examining childhood nutrition and physical activity with the goal of inspiring behavior, policy, and environmental change to improve the health of America's children.

The research interventions that she has led include The BONES (Beat Osteoporosis: Nourish and Exercise Skeletons) Project funded by NICHD, Shape Up Somerville, EAT SMART, PLAY HARD funded by the Centers for Disease Control and Prevention (CDC), The CHANGE Project with Save the Children, and Assessing and Preventing Obesity in New Immigrants, funded by the National Institutes for Health (NIH). Dr. Economos currently serves as an appointed member of the Institute of Medicine's Committee on an Evidence Framework for Obesity Prevention Decision-Making.

Garry Egger, MPH, PhD, MAPS

Professor Garry Egger is considered one of Australia's leading authorities on lifestyle and chronic disease. He provides counsel to the Australian medical community, Federal Government and the World Health Organization.

Professor Egger has written 30 books, and over 160 peer-reviewed scientific publications despite working as a consultant and running his own company for 20 of the last 30 years. He was a member of the National Health and Medical Research Council Committee on the Prevention of Obesity in Australia, is the principal author of the initial NH&MRC 'Clinical Guidelines for Weight Control and Obesity Management' and has developed the National Physical Activity Guidelines for the Australian Federal Government and in the South Pacific for the World Health Organization. He developed the world's first men's 'waist loss' program (GutBusters) in 1991.

Professor Egger has run training programs in lifestyle medicine and chronic disease management for over 7,000 Australian clinicians and allied healthcare professionals. In recent years he has moved back into clinical and community research and is currently the CI on a major project on Norfolk Island looking at personal carbon trading. He is currently the Director, Centre for Health Promotion and Research Pty Ltd, Sydney, Professor (Lifestyle Medicine); School of Health and Human Sciences; Southern Cross University, Founder and Scientific Director; "Professor Trim's Weight Loss for Men" Pty Ltd., Sydney and Clinical and Public Health Consultant in Weight Control, Metabolic Disorders and Lifestyle Medicine.

Leonard "Len" Epstein, PhD

Leonard H. Epstein, Ph.D. is SUNY Distinguished Professor in the Departments of Pediatrics and Community Health and Health Behavior at the University of Buffalo, and the Chief of the Division of Behavioral Medicine. Dr. Epstein's research interests focus on health behavior change and determinants of eating, physical activity and drug self-administration. Dr. Epstein is an internationally recognized authority in the fields of childhood overweight, physical activity, weight control and family intervention. For the past 25 years, Dr. Epstein has conducted research relevant to the prevention and treatment of childhood obesity, including mechanisms that regulate intake and energy expenditure in children. He is a fellow in numerous scientific organizations including the American Association for the Advancement of Science (AAAS), and has been the President of the division of Health Psychology, APA, and recipient of the American Psychological Association Award for Outstanding Contributions to Health Psychology. Dr. Epstein chaired the Behavioral Medicine Study Section, NIH, and served on the Advisory Board for Center for Scientific Research, NIH. Dr. Epstein has published over 400 scientific papers and three books.

Caldwell Esselstyn, Jr., MD

He was trained as a surgeon at the Cleveland Clinic and at St. George's Hospital in London. In 1968, as an Army surgeon in Vietnam, he was awarded the Bronze Star. During his association with the Cleveland Clinic, Dr. Esselstyn served as president of the Staff and as a member of the Board of Governors. He chaired the Clinic's Breast Cancer Task Force and headed its Section of Thyroid and Parathyroid Surgery. Dr. Esselstyn served as president of the American Association of Endocrine Surgeons, That same year he organized the first National Conference on the Elimination of Coronary Artery Disease. In 1997, he chaired a follow-up conference, the Summit on Cholesterol and Coronary Disease, which brought together more than 500 physicians and health-care workers.

His scientific publications number over 150, "The Best Doctors in America" 1994-1995 published by Woodward and White cites Dr. Esselstyn's surgical expertise in the categories of endocrine and breast disease. In 1995, he published his benchmark long-term nutritional research arresting and reversing coronary artery disease in severely ill patients. That same study was updated at 12 years and reviewed beyond twenty years in his book, Prevent and Reverse Heart Disease, making it one of the longest longitudinal studies of its type.

Dr. Esselstyn presently directs the cardiovascular prevention and reversal program at The Cleveland Clinic Wellness Institute and serves on the Medical and Expert Advisory Board for the International Plant-based Nutrition Healthcare Conference. He received his B.A. from Yale University and his M.D. from Case Western Reserve University. In 1956, pulling the No. 6 oar as a member of the victorious United States rowing team, he was awarded a gold medal at the Olympic Games.

Andrzej M. Fal MD, PhD, MBA, FAAAA

Professor Fal is a specialist in internal medicine, allergology and public health, Chairman of the Department of Public Health at Wrocław Medical University and head of the Internal Medicine and Allergology Clinic at the Central Clinical Hospital of the Ministry of Interior and Administration in Warsaw. He is author and co-author of over 250 publications, including a main course book in allergology, "Allergology, Allergic Diseases, Asthma" – the most in-depth Polish-language course book on the market.

He graduated from Wrocław Medical University in 1988, and subsequently from Wrocław University of Economics in 1996. In 1993 he defended his doctoral dissertation in allergology, in 2002 he became Associate Professor at Wrocław Medical University. Professor Fal is Chairman of the Board at Wrocław Institute of Public Health – a consortium consisting of the Governor of Lower Silesia, the Marshal of Lower Silesia, the Mayor of the City of Wrocław and the President of Wrocław Medical University. He represents the Ministry of Science and Higher Education of the Republic of Poland at the Board of the Polish-American Fulbright Foundation. Between 2009-2011 he represented Poland in the European Medicines Agency, Committee for Advanced Therapies in London.

Professor Fal is a fellowship Member of numerous scientific societies, among others Chairman of “Europe and CIS” Committee at American Academy of Allergy Asthma and Immunology recipient at National Heart and Lung Institute in Londynie, University of Lund, and Johns Hopkins University in Baltimore (Fulbright Scholar) and Board Member of the Polish Society of Allergology.

Jessica Fanzo, PhD

Jessica Fanzo is an Assistant Professor of Nutrition in the Institute of Human Nutrition and Department of Pediatrics at Columbia University Medical Center in New York. She also serves as the Director of Nutrition Policy at the Center on Globalization and Sustainable Development and is an Adjunct Associate Professor in the School of International Public Affairs. Before joining Columbia University, Jessica was the Evaluation and Monitoring Officer for the REACH Interagency partnership to combat child hunger at the United Nations World Food Programme. In 2010 and 2011, Jessica was a Senior Scientist at Bioversity International in Rome Italy, where she led their Nutrition program. From 2007 to 2010, Jessica served as the Nutrition Director for the Center for Global Health and Economic Development at the Earth Institute, and the Nutrition Regional Advisor for East and Southern Africa at the Millennium Development Goal Centre at the World Agroforestry Centre in Kenya. Prior to joining the Earth Institute, she was a Program Officer for the Medical Research Program at the Doris Duke Charitable Foundation.

Jessica became the first laureate in 2012 of the Daniel Carasso Premio for her work on sustainable food and diets for long-term human health. Jessica serves on Columbia University's Institute of Human Nutrition Food and Nutrition Council, the United Nations Standing Committee on Nutrition Working Group on Household Food Security, the Advisory Group for Agriculture and Nutrition to the Special Advisor to the UNSG, and the IASC Global Nutrition Cluster. She currently works closely with the Global Alliance for Improved Nutrition, World Bank, REACH, and UNICEF on international nutrition projects and programmes. She is currently working with Seeds of Life on a nutrition-agriculture project for the Ministry of Agriculture in Timor Leste. Jessica has a PhD in Nutrition from the University of Arizona and completed a Stephen I. Morse postdoctoral fellowship in Immunology at Columbia University.

Mark Faries, PhD

Dr. Mark D. Faries is an Assistant Professor and co-director of the Human Performance Lab within the Department of Kinesiology and Health Science at Stephen F. Austin State University. He has degrees in both exercise physiology and behavioral health, providing a unique integration of both in his teaching, research, and practice. Dr. Faries is founder of ChangeMaintain.com (ChangeMaintain.com), an online program and community specifically-designed to assist patients in changing and maintaining healthy lifestyle behaviors after being triggered by their medical provider. Dr. Faries also owns Newbies Fitness (NewbiesFitness.com), a local lifestyle fitness facility, specialized for new or returning exercisers, alongside special populations prescribed from local physicians.

Dr. Faries' research involves the self-regulation of exercise, dietary and weight-control behaviors, with attention to novel, theoretical understanding and application, especially in its relation to lifestyle and preventive medicine. Dr. Faries is an active member of American College of Lifestyle Medicine, and provides continuing education on exercise, weight loss and behavior change for medical providers across the state through the Texas Medical Association. He is also a member of the American College of Sports Medicine and Healthy Nacogdoches Coalition.

Halley Faust, MD, MPH, MA, FACPM

Dr. Faust is President of the American College of Preventative Medicine. He works in bioethics and venture capital, is Clinical Associate Professor of Family and Community Medicine at the University of New Mexico, participates on the University's Preventive Medicine Residency Advisory Committee, and is a member of the Board of Governors of the *American Journal of Preventive Medicine*. Halley also manages Jerome Capital, LLC, a venture capital fund, which invests primarily in medically-related high technology early stage companies.

Dr. Faust's teaching career includes Wesleyan University in Middletown, CT, and Universities of Hartford, Michigan, Connecticut, and Kentucky. Prior to his venture capital career Dr. Faust was an HMO manager (HealthAmerica

Corporation) and a health insurance manager (Aetna Employee Benefits Division). Earlier Dr. Faust was President of Health Analysts, Inc., a health care consulting firm in Ann Arbor, Michigan, and with ACPM Fellow Bill Thar Halley co-founded the Preventive Medicine Center of Ann Arbor. He also served as medical director of the Livingston County (Michigan) Health Department for six years.

Dr. Faust received his medical degree from Jefferson Medical College, his MPH from the University of Michigan, and his MA in philosophy from Wesleyan University, Middletown, Connecticut. He completed his general preventive medicine residency at the University of Michigan. In 2005-6 he was a clinical ethics fellow at the University of Toronto's Joint Centre for Bioethics. He is board certified in both general preventive medicine and medical management and, in addition to being a fellow of the College, is a lifetime fellow of the American College of Physician Executives.

Jonathan Fielding, MD, MPH, MA, MBA

Dr. Fielding is a Professor of Health Policy and Management, and Pediatrics. He teaches the Determinants of Health course and participates as faculty lecturer in several other Department courses. He received both his M.D., M.A. (History of Science) and M.P.H. from Harvard University, and his M.B.A. (Finance) from the Wharton School of Business Administration.

As the founding Co-Director of the UCLA Center for Health Enhancement, Education and Research, he helped develop the first comprehensive university-based center to focus on clinical and worksite prevention opportunities. He formerly served as the Founding Board Member and Chairman of the Board of the Executive Committee of The California Wellness Foundation. He was a founding member of the U.S. Preventive Services Task Force and is Chair, U.S. Community Preventive Services Task Force. He is past President of the American College of Preventive Medicine, Chairman of the Federal Expert Advisory Panel in National Health Objectives for 2020, a member of the National Commission on Prevention Priorities, and was appointed as a member of the Expert Advisory Committee to the California State Department of Public Health.

Dr. Fielding is the recipient of several awards and was elected membership in the National Academy of Sciences Institute of Medicine. He is the Author of over 175 original scientific articles and chapters, Editor of Annual Review of Public Health, and Associate Editor of the textbook, Public Health and Preventive Medicine.

Dr. Fielding served as Director of Public Health and Health Officer for Los Angeles County for over 16 years where he was responsible for the full range of public health activities for over ten million county residents.

Eric Finkelstein, PhD, MHA, MA

Dr. Finkelstein is an Associate Research Professor in the Duke Global Health Institute at Duke University and Deputy Director and Associate Professor in the Health Services Research Program at Duke-NUS Graduate Medical School in Singapore.

Prior to his appointment at Duke, Dr. Finkelstein was a Senior Research Economist for the Public Health Economics Program at RTI (Research Triangle Institute.) At RTI, he focused his studies on "the economic causes and consequences of health behaviors with a primary emphasis on behaviors related to obesity." Before beginning his career at RTI, Dr. Finkelstein was a research scientist and a fellow of the Agency for Health Care Policy and Research at the University of Washington Department of Family Medicine. He earned his MHA, his Ph.D., and his MA in economics from the University of Washington.

Dr. Finkelstein's expertise is in health economics, obesity, and cost-effectiveness analysis. He has been the leader of several projects for the research benefit of public and private sector agencies including the Centers for Disease Control and Prevention. Some of these studies concerned the "causes and consequences of obesity," which involved the evaluation of various obesity prevention programs. His work has been published in numerous academic journals. One of his papers, "National Medical Expenditures Attributable to Overweight and Obesity," received media attention across the nation after

being published in Health Affairs. He recently published a book in collaboration with L. Zuckerman entitled, *The Fattening of America: How the economy makes us fat, if it matters, and what to do about it.*

Dr. Finkelstein currently holds the position of both co-principal investigator and associate director for the RTI-University of North Carolina Center of Excellence in Health Promotion Economics.

William Foege, MD*

Dr. William Foege, senior fellow in the Global Health Program, advises the Bill & Melinda Gates Foundation on strategies that could be usefully pursued in global health. He has served in a variety of executive positions at the Carter Center and is senior investigator on child development at the Task Force for Child Survival and Development as well as Presidential Distinguished Professor of International Health at the Rollins School of Public Health.

By writing and lecturing extensively, Foege works to broaden public awareness of the issues of child survival and development, population, preventive medicine, and public health leadership. In 1997 he was named fellow of the London School of Tropical Medicine and Hygiene. Foege helped form the Task Force for Child Survival in 1984 to accelerate childhood immunization. In the 1970s, he worked in the successful campaign to eradicate smallpox and served as director of the U.S. Center for Disease Control. Foege attended Pacific Lutheran University, received his medical degree from the University of Washington and his master's in public health from Harvard University.

Gary Foster, PhD

Dr. Gary D. Foster has been the Chief Science Officer at Weight Watchers International, Inc. since July 3, 2014. Dr. Foster served as a Co-Chief Science Officer at Weight Watchers International, Inc. since August 2013 until July 3, 2014. Dr. Foster has more than 30 years of experience. Dr. Foster previously was the Founder and Director of the Center of Obesity Research and Education and Laura Carnell Professor of Medicine, Public Health and Psychology at Temple University in Philadelphia. Prior to Temple, he served as a faculty member at the University of Pennsylvania School of Medicine. He has authored or coauthored more than 160 scientific publications and three books on the etiology and treatment of obesity.

Dr. Foster's research interests include the prevention, behavioral determinants, treatments, and effects of obesity in adults and children. Dr. Foster's recent research topics include the effects of weight loss on diabetes and sleep, and the prevention of obesity in school and community settings. His research has been funded by the National Institutes of Health (NIH), Centers for Disease Control and Prevention (CDC) and the Robert Wood Johnson Foundation. His research on the school-based prevention of obesity (Pediatrics, 2008) was cited by the American Heart Association as one of the top 10 advances in cardiovascular research in 2008. He also has clinical experience treating overweight patients in individual and group settings for more than 25 years. Dr. Foster also frequently presents at scientific meetings worldwide and has received numerous awards and honors, including: serving as President of the Obesity Society (2008), receiving an Honorary Membership from the American Dietetic Association, and recognition for his Outstanding Contributions to Health Psychology from the American Psychological Association. Dr. Foster earned his B.A. in Psychology from Duquesne University, M.S. in Psychology from University of Pennsylvania, and Ph.D. in Clinical Psychology from Temple University.

Susan Frampton, PhD

Dr. Frampton is the President of Planetree, a not-for-profit advocacy and membership organization that works with a growing international network of healthcare provider organizations across the continuum of care to implement comprehensive patient-/person-centered models of care. Dr. Frampton, a medical anthropologist, has authored numerous publications. She also serves on the editorial/review boards for *The Journal of Compassionate Health Care*, *International Journal of Reliable and Quality e-Healthcare*, *Social Science and Medicine*, and the Canadian Primary Care Innovations peer review panel.

Dr. Frampton was appointed co-chair of the National Priorities Partnership (NPP), a collaborative of 52 major national organizations convened by the National Quality Forum working to identify strategies for improving safety, quality and

patient-centered outcomes for the U.S. health care system. In 2011, she served on NPP's Better Care Subcommittee, in 2013 she co-chaired the NPP (Re)admissions Action Team, and in 2014 was appointed to co-chair the Patient Family Engagement Action Team. In addition to this work with NPP, Dr. Frampton has participated on The Joint Commission's Expert Advisory Panel on culturally competent patient-centered care standards, the National Quality Forum's Care Coordination Steering Team and the Institute of Medicine's Patient and Family Council Leadership Consultative Group.

In addition to speaking internationally on culture change, quality, safety, and the patient experience, she was named one of "20 People who Make Healthcare Better" by Health Leaders Magazine in 2009.

Erica Frank, MD, MPH

Dr. Frank is a Tier I Canada Research Chair, a Professor in the School of Population and Public Health and in the Department of Family Practice in the Faculty of Medicine at the University of British Columbia in Vancouver, and a Senior Scholar of the Michael Smith Foundation for Health Research. She is also Founding Director of Health Sciences Online, Past President of Physicians for Social Responsibility, and the Research Director for the Annenberg Physician Training Program. Until 2006, she was a tenured Professor, Vice Chair (Academic Affairs), and Division Director (Preventive Medicine) in the Department of Family and Preventive Medicine, at Emory University School of Medicine. She also directed Emory's Preventive Medicine Residency Program, and had a clinical practice in cholesterol management. Following a transitional internship at the Cleveland Clinic, she was residency (Yale, 1990) and fellowship (Stanford, 1993) trained, and also board certified, in preventive medicine.

She is Principal Investigator of three national studies on physician health: (1) the Women Physicians' Health Study, yielding more than fifty publications; (2) the "Healthy Doc – Healthy Patient" project; and (3) the Canadian Physicians' Health Study. She is extensively published with over 130 articles. Dr. Frank has been the Co-Editor in Chief of the journal *Preventive Medicine*, the Editor of the student component of *JAMA*, and has served on the editorial boards of several medical journals. She wrote a health series for *Vogue* magazine, and was the health reporter for the central Georgia ABC affiliate, a full time medical editor for Lifetime Medical Television, and a health reporter for Medical News Network. She is past U.S. President of Physicians for Social Responsibility.

Gail Frank, DrPH, MPH, RD, CHES

Gail Frank is a Nutritional Epidemiologist having designed and implemented the dietary studies for the Bogalusa Heart Study for 16 years to investigate the association of dietary components on the early natural history of cardiovascular disease in children. She was Co-Principal Investigator for the 'Women's Health Initiative' at the University of California, Irvine for 10 years and Co-Project Director of USDA-NIFA grants focusing on Latino health promotion and nutrition for 8 years. In 2000, she founded "Students Active in Community Health" (SACH) at California State University Long Beach to focus college students on health issues of diverse, multicultural groups in the U.S. Gail served 19 years as a media spokesperson for the Academy of Nutrition and Dietetics, is a Certified Health Education Specialist (CHES) and developed an accredited dietetic internship training over 300 registered dietitians into the profession. Among her major areas of her interest is health promotion with nutrition across the lifecycle.

Gail is a Professor of Nutrition at California State University Long Beach. She received her B.S. nutrition degree from Texas Tech University, Lubbock, TX, and both her MPH in Public Health Nutrition and DrPH in Epidemiology from Tulane University, New Orleans, LA. Gail is a Certified Health Education Specialist. She has received several awards for excellence in education and research and is the single author of the textbook, *Community Nutrition, Applying Epidemiology to Contemporary Practice*.

Gary Fraser, MB, ChB, PhD, MPH

Gary E. Fraser received his medical degree from the University of Otago, New Zealand (NZ), in 1969. While the recipient of NZ Medical Research Council and NZ National Heart Foundation Fellowships, he spent two years at the Laboratory of Physiological Hygiene, University of Minnesota, receiving a Master of Public Health degree. In 1979, Dr. Fraser received his doctorate from the University of Auckland. He became board certified in California in internal medicine and

cardiovascular medicine and is presently Professor of Cardiology at Loma Linda University School of Medicine and Professor of Epidemiology at the School of Public Health, Loma Linda, California.

Over the last 22 years, Dr. Fraser has been awarded a number of American Heart Association and NIH research grants, with a broad focus on diet, exercise, lipids, heart disease, and cancer. At present, he is principal investigator of the study "Cancer Epidemiology in Adventists -A Low Risk Group." This study will follow the incidence of breast, colon, and prostate cancer and mortality among 96,000 black and white Adventists over a 10-year follow up. He is also the principal investigator of the study "Biological and Psychological Manifestation of Religion." This study examines particular cognitive, behavioral, affective, and social manifestations of religious experience and their associations with quality of life and cause-specific mortality.

Dr. Fraser is author/co-author of more than 100 scientific publications in peer-reviewed journals and author of two books, *Preventive Cardiology* and *Diet, Life Expectancy, and Chronic Disease*, both published by Oxford University Press.

Yoni Freedhoff, MD, CCFP

As Medical Director of the Bariatric Medical Institute, Dr. Freedhoff was the third physician in Canada to receive their board certification in Bariatric medicine from the American Board of Obesity Medicine (ABOM). The Canadian Obesity Network recognized him as a national obesity expert and in 2010 he served as their inaugural Family Medicine Chair. In 2011 the University of Ottawa appointed him an Assistant Professor of Family Medicine and he regularly supervises both medical students and residents in his office.

Dr. Freedhoff is a graduate of the University of Toronto medical school and has been referred to as Canada's most outspoken obesity expert. His advocacy efforts in both obesity and nutrition policy have landed him speaking at the Canadian House of Commons regarding his concerns surrounding Canada's Food Guide and as a member of multiple stakeholder groups run by the Public Health Agency of Canada and Health Canada. In 2010 Dr. Freedhoff helped to co-found Reality Coalition Canada, a non-profit group of diverse Canadian experts whose mission is to promote evidence-based obesity prevention and treatment policies and messages.

Dr. Freedhoff is quoted regularly in the national and international press and appears frequently on television. He writes an award winning blog and also writes a weekly column for US News and World Report and is a guest blogger for Psychology Today and the Huffington Post. Dr. Freedhoff co-authored a medical textbook on the office-based management of obesity and authored a book for the public, *The Diet Fix: Why Diets Fail and How to Make Yours Work*, which is a #1 National Canadian bestseller.

Joel Fuhrman, MD

Joel Fuhrman, M.D. is a board-certified family physician who specializes in preventing and reversing disease through nutritional and natural methods. He is also a father, author, nutritional chef, and public speaker who educates and motivates audiences to make life-saving changes. Dr. Fuhrman is committed to spreading the message that disease is not the inevitable consequence of aging or genetics, rather the result of inferior nutrition. Dr. Fuhrman is a graduate of the University of Pennsylvania School of Medicine, and has received the St. Joseph's Family Practice Resident's Teaching Award for his contribution to the education of residents. In addition, Dr. Fuhrman provides nutritional education to other physicians, and is a guest lecturer at Cornell University Graduate Program in Human Nutrition.

Dr. Fuhrman is a member of the Board of Directors of the National Health Association; Advisory Panel, The Physicians Committee for Responsible Medicine; Diplomat, American Academy of Family Physicians; Sports Medicine Committee, Professional Skaters Guild of America; and PwC Health and Performance Advisory Panel, PricewaterhouseCoopers. In addition, Dr. Fuhrman is widely published, from medical journals such as the University of Pennsylvania Journal of Orthopedics and Alternative Therapies in Health and Medicine, to consumer publications such as *Mothering Magazine* and *Health Science*.

Dr. Fuhrman has spoken to hundreds of audiences throughout the United States and Canada, including television and radio talk shows. His best-selling book, *Eat To Live: The Revolutionary Formula For Fast and Sustained Weight Loss*, describes his dietary approach as simply the safest and most effective way to lose weight. Dr. Fuhrman's most recent book is *Disease-Proof Your Child: Feeding Kids Right*. Dr. Fuhrman is a former world class figure skater and was a member of the United States International and World Figure Skating Team, winning Second Place in the United States National Pairs Championships in 1973.

James Galloway, MD, FACP, FACC, FAHA

Dr. James M. Galloway is CEO of Admiral Innovations and a former Assistant US Surgeon General, Rear Admiral in the United States Public Health Service and Regional Health Administrator in Region V, Chicago, Illinois. Dr. Galloway was appointed to the position of Regional Health Administrator in March, 2007 by the Assistant Secretary of Health (ASH) and is the lead federal physician, the principal federal public health official and the senior USPHS officer for Region V, which encompasses the states of Illinois, Indiana, Michigan, Minnesota, Ohio and Wisconsin.

Dr. Galloway was also appointed by the Assistant Secretary for Preparedness and Response as the Senior Federal Official for Pandemic Influenza and Bioterrorism for Region C (covering 12 states of the midwest and west). Dr. Galloway is now a Adjunct Professor of Medicine at Northwestern College of Medicine. Admiral Galloway was previously assigned to the University of Arizona where he was an Associate Professor of Clinical Medicine in the College of Medicine as well as an Associate Professor of Public Health in the College of Public Health. As Director of the Native American Cardiology Program prior to coming to Chicago, Dr. Galloway organized and provided direct cardiac care to Native Americans in Arizona, Nevada, Utah, California and New Mexico. He was the senior cardiologist nationally for the Indian Health Service and the director of the National Native American CVD Prevention Program. Dr. Galloway received his medical degree from the Medical College of Virginia and completed his residency at the University of Vermont. Following residency he served as an internist and consultant at the Keams Canyon Hospital on the Hopi Indian Reservation. He then served as the medical director and chief of staff at the Whiteriver PHS Hospital on the White Mountain Apache Indian Reservation and as a special assistant to the Phoenix area IHS Director at San Carlos Apache PHS Hospital. Subsequently, Dr. Galloway performed a cardiology fellowship at the University of Arizona College of Medicine.

Christopher Gardner, PhD

Christopher Gardner has a PhD in Nutrition Science and is a Professor of Medicine at Stanford's School of Medicine. He has been researching the health effects of a plant based-diet and its components for 20 years, primarily with federal (NIH) funding. Recently his nutrition interests have expanded to two new areas. The first is to explore motivators other than health for making positive dietary changes, piggybacking on ongoing social movements around animal welfare, climate change, social justice, and their relationships to food - *stealth health*. The second is to focus on a *food systems* approach to dietary improvements that addresses the quality of food provided by schools, hospitals, worksites, food banks and other institutional food settings.

On the Stanford campus he has taken the lead in organizing the Stanford Food Summits, which have now been held annually since 2010. These events have successfully connected faculty and students from across all seven of Stanford University's undergraduate and professional schools, and connected these academics to community food activists and advocates. He recently served on the American Heart Association's Nutrition committee and is currently on the Scientific Advisory Board of the Culinary Institute of America.

Kate Geagan, MS, RDN

Kate is a nationally known registered dietitian who is on the vanguard of integrating nutrition guidance with agricultural health and sustainable food systems. Called "a global thought leader in her field" by Discovery Health of South Africa, Kate is the author of *Go Green, Get Lean: Trim Your Waistline with the Ultimate Low Carbon Footprint Diet* (Rodale 2009). An international speaker and lecturer, she has helped to illuminate the connections between a healthy diet and a healthy planet for consumer, healthcare and business audiences worldwide, and is a sought after speaker on nutrition and performance for executives at some of America's leading companies and associations. She currently serves as an advisor

and consultant to food, nutrition and advocacy organizations that are seeking to create a healthier, more sustainable food economy. In 2013 Kate was named "One of the Top 10 RDs Making a Difference in the US" by *Today's Dietitian Magazine*.

Kate has extensive television, print and digital media experience as a nutrition writer and an expert resource. She is an Advisory Board Member for *Kiwi Magazine*, and formerly served as a Medical Advisory Board Member and blogger for *The Dr. Oz Show*. From 2008-20011 she was the Nutrition Contributor for *Pregnancy Magazine*.

Previously, her company was an exclusive nutrition vendor to both Tufts and Harvard Pilgrim Healthcare, providing innovative nutrition, culinary and nutrition lifestyle programs to thousands of individuals throughout New England. Kate received her B.A. from Middlebury College (Cum Laude) and her M.S. in Nutrition and Health Promotion from Simmons College in Boston.

Cindy Geyer, MD

Cindy Geyer is the Medical Director at Canyon Ranch in Lenox, where she has been working as a physician in integrative medicine since 1998. She received her MD degree from The Ohio State University in 1988 and completed her residency in internal medicine at Strong Memorial Hospital in 1991. She has been part of the core faculty for the Center for Mind Body Medicine's annual Food as Medicine conference for 14 years, teaching physicians and other health professionals how to incorporate nutritional and lifestyle strategies for themselves and their patients. She serves on the city of Pittsfield's Board of Health and is an active member of the Healthy Pittsfield Partnership; she is also a board member of the American College of Lifestyle Medicine.

A clinician, educator, mother, and avid hiker, she is passionate about collaborative approaches to health and wellness: from the integrative team model in working with individual patients, to community partnerships that together can effect healthy changes in the places people live, work and play.

Ron Goetzel, PhD

Dr. Goetzel is vice president of consulting and applied research for Truven Health Analytics as well as the Senior Scientist and Director of the Institute for Health and Productivity Studies (IHPS) at the Johns Hopkins University Bloomberg School of Public Health.

Dr. Goetzel is responsible for leading innovative research projects for healthcare purchaser, managed care, government, and pharmaceutical clients interested in conducting cutting-edge research focused on the relationship between health and well-being, medical costs, and work-related productivity. He is a nationally recognized and widely published expert in health and productivity management, return-on-investment, program evaluation, and outcomes research. Dr. Goetzel has published well over 100 peer-reviewed articles and book chapters and frequently presents at international business and scientific forums. Over the past 20 years, his work has focused on large-scale evaluations of health promotion, disease prevention, and disease management programs in the public and private sectors, domestically and abroad.

Dr. Goetzel earned his doctorate in Organizational and Administrative Studies and his M.A. in Applied Social Psychology from New York University, and his B.S. degree in Psychology from the City College of New York.

James Gordon, MD

Dr. Gordon, a Harvard educated psychiatrist, is a world-renowned expert in using mind-body medicine to heal depression, anxiety, and psychological trauma. He is the Founder and Director of The Center for Mind-Body Medicine; founding Dean of the College of Mind-Body Medicine at Saybrook University; a Clinical Professor in the Departments of Psychiatry and Family Medicine at Georgetown Medical School; and served as Chairman of the White House Commission on Complementary and Alternative Medicine Policy. He also served as the first Chair of the Program Advisory Council of the National Institutes of Health's Office of Alternative Medicine and is a former member of the Cancer Advisory Panel on Complementary and Alternative Medicine of the NIH.

Dr. Gordon was a research psychiatrist at the National Institute of Mental Health for 10 years. He has created ground-breaking programs of comprehensive mind-body healing for physicians, medical students, and other health professionals; for people with cancer, depression and other chronic illnesses; and for traumatized children and families around the world, and for U.S. Military returning home from Iraq and Afghanistan.

In addition, Dr. Gordon has written or edited 11 books and more than 120 articles in professional journals and general magazines and newspapers. His work has been featured in numerous magazines and newspapers as well as on television and radio news programs.

Bruce E. Gould, MD

Dr. Gould, professor and associate dean for primary care at the UConn School of Medicine, has earned a reputation as an advocate for public health, primary care and preventative medicine. He also serves as director of the Connecticut Area Health Education Center (AHEC) Program, medical director of Hartford's Department of Health and Human Services, and medical director of the Burgdorf Health Center, a community clinic serving the underserved population in Hartford's north end. A primary care general internist, Dr. Gould also is the founder of and adviser to the Mobile Free Migrant Farm Workers Clinic, which has served Connecticut's migrant farm worker population since 1998.

Dr. Gould is involved in the development and delivery of the medical school's quality improvement and patient safety curriculum, as well as its nutrition curriculum. He helped establish UConn's Urban Service Track, a special mentorship program designed to produce doctors, dentists, nurses and pharmacists committed to serving Connecticut's urban underserved populations, and the Youth Health Services Corps, a nationally recognized recruitment program that trains and places high school students as volunteers in various health care agencies.

Dr. Gould earned his BS from Cornell University and his medical education from SUNY Upstate Medical Center, College of Medicine.

Lawrence Green, DrPH, MPH

Before joining the University of California, San Francisco in 2005, Professor Green was Director of the Office of Science and Extramural Research for CDC. He has been on the full-time public health and medical faculties at Berkeley, Johns Hopkins, Harvard, Texas, and the University of British Columbia. He was the first Director of the federal Office of Health Promotion under the Carter Administration, and a Vice President of the Henry J. Kaiser Family Foundation.

He has published broadly on program planning, evidence and evaluation issues in health services, public health, and policy. His awards include the highest distinctions of the American Public Health Association, the American Academy of Health Behavior, the Society for Public Health Education, the UC Berkeley School of Public Health Alumnus of the Year, and an Honorary Doctor of Science degree from the University of Waterloo, and election to the Institute of Medicine of the National Academies.

Michael Greger, MD

A founding member of the American College of Lifestyle Medicine, Dr. Greger is a physician, author, and internationally recognized speaker on nutrition, food safety, and public health issues. He has lectured at the Conference on World Affairs, testified before Congress, and was invited as an expert witness in the defense of Oprah Winfrey in the infamous "meat defamation" trial.

He is a graduate of Cornell University School of Agriculture and Tufts University School of Medicine. Currently Dr. Greger serves as the director of public health and animal agriculture at The Humane Society of the United States. Hundreds of his nutrition videos are freely available at NutritionFacts.org.

NutritionFacts.org is a non-commercial, nonprofit, science-based public service provided by Dr. Greger, providing free daily updates on the latest in nutrition research via bite-sized videos. He has hundreds of videos on more than a thousand topics, and new videos and articles are uploaded every day.

John Groopman, PhD

Dr. John Groopman is the Anna M. Baetjer Professor of the Department of Environmental Health Sciences at the Johns Hopkins Bloomberg School of Public Health, and served as Chair of the Department for 19 years. He is also the Associate Director for Cancer Prevention and Control at the Sidney Kimmel Comprehensive Cancer Center.

Groopman received his PhD degree from the Massachusetts Institute of Technology and was also a post-doctoral fellow at MIT. He received further training as a staff fellow at the National Cancer Institute in the Laboratory of Human Carcinogenesis.

Prior to coming to Johns Hopkins in 1989, Dr. Groopman was the Associate Dean at the Boston University School of Public Health. Dr. Groopman's primary research interests have been in the development of biomarkers reflective of exposure and risk from environmental toxins and carcinogens. The most cited research publication from this research was the finding from a prospective cohort of over 18,000 people in Shanghai that established for the first time a viral-chemical interaction essential to the etiology of liver cancer, a leading cause of cancer death in the world. This work has led to the collaborative chemoprevention trials in China. Collectively, Dr. Groopman's expertise involves the biological consequences of exposures to mycotoxins and other environmental contaminants on human health.

Konstantin G. Gurevich, MD, PhD

Dr. Gurevich holds an M.D. in medical cybernetics from the Pirogov Russian National Research Medical University (formerly the Russian State Medical University). His PhD work was on modeling of ligand-receptor interactions and he has more than 10 years of mathematical experience in the field of pharmacokinetics. He is also currently engaged in public health research with Moscow State University of Medicine and Dentistry, where he has been a UNESCO chair-holder since 2003. He has published many books and articles.

George Guthrie, MD, MPH, CDE, FACLM

Dr. George Guthrie received his MD degree from Loma Linda University in 1981. After completing his Family Practice Residency at Hinsdale Hospital near Chicago he joined a multi-specialty medical group on the island of Guam. The high incidence of Type 2 Diabetes in his patients led to a growing interest in the effective lifestyle treatment of the disease.

A return to clinical practice took Dr. Guthrie to the foothills of the California Sierra Nevada Mountains where he continued to apply his community lifestyle medicine focus from a traditional allopathic medical clinic. He and his wife, Dena, successfully piloted and ran annual seven, week-long, community based programs designed to lower the risk of heart disease using lifestyle principles.

In the last few years Dr. Guthrie has had the privilege of being involved in the development several lifestyle change programs including the Coronary Health Improvement Project (CHIP), The Wellspring Diabetes Program, and the CREATION Health program. This has led to the opportunity to speak on lifestyle medicine around the United States and other English speaking countries for a variety of audiences. In 2008 he had the opportunity to be host on a healthy living series for TV entitled, Your Life and Health.

Armand Hagedoorn, MD

Dr. Hagedoorn is Senior Psychiatrist at Mendel Revalidatie and Micare and Founder-Director of the Mendel Foundation. The Mendel Rehab Foundation provides truly interdisciplinary rehab medicine in 12+ exceptional physical therapy centers in the Netherlands. The Mendel Foundation aims to provide a truly integrated system of preventive measures and care for the elderly, from the time they would still be in excellent health all the way through to their last day. Dr. Hagedoorn received his medical education from Leiden University.

James Hamblin, MD

Hamblin is writer and a senior editor at The Atlantic. He writes the health column in the monthly magazine and also hosts a video series called *If Our Bodies Could Talk*. His work has been featured on or covered by NPR, BBC, MSNBC, New York magazine, The New York Times, Politico magazine, Slate, The Awl, and even mentioned on The Colbert Report.

After finishing medical school, he did three years of medical residency, worked as a radiologist at the University of California, Los Angeles Medical Center, and studied improv at iO in Chicago and Upright Citizens' Brigade in Los Angeles before joining The Atlantic to develop a health section and work entirely in media. TIME named him among the 140 people to follow on Twitter in 2014, and BuzzFeed called him "the most delightful MD ever".

Samantha Heller, MS, RDN

Samantha Heller is a registered dietitian and exercise physiologist with a dual Master of Science degree in nutrition and applied physiology from Teachers' College, Columbia University. She is a senior clinical nutritionist at NYU Langone Medical Center's Center for Musculoskeletal Care and Sports Performance Center where she works with patients & athletes to optimize health & performance.

Samantha is the host of the popular Samantha Heller's Health & Nutrition Show on SiriusXM's DOCTOR Radio which airs live every Friday from 12-2 p.m. ET. Samantha is a favored health expert on shows such as CBS This Morning, Today Show, MSNBC, Better Connecticut, NY1 News, Dr. Oz, & more. She is the go-to expert for health & medical press such as HealthDay, U.S. News & World Report, Prevention, Health.com, Huffington Post. Her evidence based, book, "THE ONLY CLEANSE", Countryman Press 2015, landed on shelves in May 2015 and was instant hit. *The Only Cleanse: A 14 Day Natural Detox Plan to Jump Start a Lifetime of Health*.

Donald Hensrud, MD, MPH

Dr. Hensrud is chair of the Division of Preventive, Occupational, and Aerospace Medicine and an Associate Professor of Preventive Medicine and Nutrition at Mayo Clinic College of Medicine. He was medical director of the Mayo Clinic Executive Health Program for over 10 years, and is medical director of the Mayo Clinic Healthy Living Program. Dr. Hensrud is a past President of the American Board of Physician Nutrition Specialists and served as a consultant to the National Board of Medical Examiners. He is the author of over 70 articles and book chapters. Dr. Hensrud was co-editor of the medical text *Clinical Preventive Medicine*, a premiere reference in the field of preventive medicine. Dr. Hensrud has contributed to lay education as editor of *The New Mayo Clinic Cookbook*, which won a 2005 James Beard Foundation Award, *The Mayo Clinic Plan: 10 Essential Steps to a Better Body and Healthier Life*, and the #1 New York Times bestseller *The Mayo Clinic Diet*. He also wrote a monthly health column for *Fortune* magazine for over three years.

Dr. Hensrud received his B.S. from the University of North Dakota, M.D. degree from the University of Hawaii, M.P.H. from the University of Minnesota, and M.S. in nutrition from the University of Alabama at Birmingham. He completed residency training in Internal Medicine and fellowship training in Preventive Medicine at Mayo Clinic, and completed a Clinical Nutrition fellowship at the University of Alabama at Birmingham.

Frank Hu, MD, PhD, MPH

Dr. Hu is a professor of Nutrition, Epidemiology and Medicine; director of the Boston Obesity Nutrition Research Center Epidemiology and Genetics Core; co-director of the Program in Obesity Epidemiology and Prevention, HSPH; and director of the Harvard Transdisciplinary Research in Energetics and Cancer Center. His research has focused on diet and lifestyle determinants of type 2 diabetes and cardiovascular disease. He is the Principal Investigator of the diabetes component of the Nurses' Health Study, and leads two NIH-funded projects to study biochemical and genetic risk factors for cardiovascular complications among patients with diabetes in the Nurses' Health Study and Health Professionals' Follow-up Study.

Dr. Hu has served as an academic leader in a variety of roles, including on the National Heart, Lung, and Blood Institute Obesity Guidelines Expert Panel and the IOM Committee on Preventing the Global Epidemic of Cardiovascular Disease.

Dr. Hu is also collaborating with researchers from China to study obesity, metabolic syndrome, and cardiovascular disease in Chinese populations.

Mark Hyman, MD

Dr. Hyman is a practicing family physician, an eight-time #1 *New York Times* bestselling author, and an internationally recognized leader, speaker, educator, and advocate in his field. He is the Director of the Cleveland Clinic Center for Functional Medicine. He is also the founder and medical director of The UltraWellness Center, chairman of the board of the Institute for Functional Medicine, a medical editor of *The Huffington Post*, and has been a regular medical contributor on many television shows including CBS This Morning, the Today Show, CNN, The View, the Katie Couric show and The Dr. Oz Show.

Dr. Hyman works with individuals and organizations, as well as policy makers and influencers. He has testified before both the White House Commission on Complementary and Alternative Medicine and the Senate Working Group on Health Care Reform on Functional Medicine. He has consulted with the Surgeon General on diabetes prevention, and participated in the 2009 White House Forum on Prevention and Wellness. Senator Tom Harkin of Iowa nominated Dr. Hyman for the President's Advisory Group on Prevention, Health Promotion, and Integrative and Public Health. In addition, Dr. Hyman has worked with President Clinton, presenting at the Clinton Foundation's *Health Matters – Achieving Wellness in Every Generation* conference and the Clinton Global Initiative, as well as with the World Economic Forum on global health issues.

Jeannette Ickovics, PhD

Jeannette R. Ickovics is Professor of Epidemiology and Public Health and of Psychology at Yale University. She was the Founding Director of Social and Behavioral Sciences at the School of Public Health (2000-2012). Dr. Ickovics is Director of CARE: Community Alliance for Research and Engagement -- committed to bringing "evidence to action" to improve health. She is also Deputy Director for the Yale Center for Interdisciplinary Research on AIDS, where she served as Director of Training since its inception from 1999-2014.

Dr. Ickovics' research investigates the interplay of complex biomedical, behavioral, social and psychological factors that influence individual and community health. She uses this lens to examine challenges faced by those often marginalized by the health care system and by society. Dr. Ickovics is an expert on maternal and child health and community health with a focus on large-scale prevention interventions. Her community-engaged research -- funded by more than \$25 million dollars in grants from the National Institutes of Health, the US Centers for Disease Control and Prevention and private foundations -- is characterized by methodological rigor and cultural sensitivity. She is the author of more than 150 peer-reviewed publications, and recipient of numerous awards for her research and community engagement.

Mike Jacobson, PhD

Dr. Jacobson is co-founder and executive director of the Center for Science in the Public Interest (CSPI), a nonprofit health advocacy organization supported largely by the 850,000 subscribers to its Nutrition Action Healthletter. CSPI is a key player in battles against obesity, cardiovascular disease, and other health problems, using tactics ranging from education to legislation to litigation.

Jacobson has written numerous books and reports, including Nutrition Scoreboard, Six Arguments for a Greener Diet, "Salt: the Forgotten Killer," and "Liquid Candy: How Soft Drinks are Harming Americans' Health."

David Jenkins, MD, PhD, ScD

Dr. Jenkins is one of the world's leaders in nutrition research. He developed the glycemic index and devised a dietary portfolio that lowers cholesterol nearly as powerfully as cholesterol-lowering drugs. Dr. Jenkins was born in London and spent the latter part of his childhood in western Australia. After studying the health benefits of fiber at the Medical Research Council in Great Britain, Dr. Jenkins developed the groundbreaking glycemic index, which shows how

carbohydrates affect blood sugar. It is now widely used in diabetes, lipid control, and weight-loss management.

Dr. Jenkins works at St. Michael's Hospital in Toronto and is the Canada research chair in nutrition and metabolism and a teacher and clinical researcher at the University of Toronto. His studies examine the use of plant-based diets in the treatment of cardiovascular disease, diabetes, cholesterol, and cancer. In 2003, Dr. Jenkins showed that a vegetarian diet incorporating soluble fiber, soy protein, almonds, and plant sterol ester-enriched margarine lowers serum cholesterol concentrations about as effectively as cholesterol-lowering drugs.

Clay Johnston, MD, PhD

Since March 2014, Clay Johnston has served as the inaugural Dean of the Dell Medical School at The University of Texas at Austin. His ambitious vision includes building a world-class medical school by creating a vital, inclusive health ecosystem that supports new and innovative models of education and healthcare delivery – all with a focus on improving health and making Austin a model healthy city. He is also a neurologist, specializing in stroke care and research.

Previously, Clay was associate vice chancellor for research at the University of California, San Francisco. He also directed the Clinical and Translational Science Institute, overseeing the planning, development, and implementation of a \$112-million, five-year, National Institutes of Health (NIH) grant award; and founded the UCSF Center for Healthcare Value to engage faculty and trainees in improving the quality of care while also lowering costs.

He is a graduate of Amherst College, and Harvard Medical School. He later received a PhD in epidemiology from the University of California, Berkeley, and was a resident in Neurology at UCSF, where he later trained in Vascular Neurology. During his 20 years at UCSF, he rose the academic ranks to Professor of Neurology and Epidemiology, and directed the Stroke Service.

Clay has authored more than 300 publications in scientific journals and has won several national awards for his research and teaching. In particular, he has published extensively in the prevention and treatment of stroke and transient ischemic attack. He is perhaps best known for his studies describing the short-term risk of stroke in patients with transient ischemic attack and identifying patients at greatest risk, and also for his work related to measuring the impact of research. He has led several large cohort studies of cerebrovascular disease and three international multicenter randomized trials, two of which are ongoing.

Anita Jones-Mueller, MPH

Anita Jones-Mueller is a nationally known public health nutrition expert and is the president and founder of Healthy Dining. As the dynamic leader of a mission that integrates the brainpower, artistry and passion of chefs, restaurateurs, registered dietitians, master's level public health influencers, PhD researchers, communication strategists, digital experts and a board of directors, Anita is actively creating a healthier America – in a delicious way, every day. The company showcases a diverse selection of dietitian-recommended Healthy Dining and KIDS LIVEWELL choices from hundreds of restaurant brands nationwide. Participating restaurants and qualifying choices are featured on HealthyDiningFinder.com – the only search engine of its kind designed to empower Americans to dine out with taste and good health in mind. By leveraging the cutting edge expertise of the integrated team, Healthy Dining is a partner to restaurants of all sizes looking to meet their guests' varying nutrition needs.

Anita has appeared on scores of national and local television and radio programs and has been featured extensively in print and online media. She writes a Healthy Dining column for Nation's Restaurant News to share best practices and tips for creating and marketing healthful cuisine. She earned a master's degree in public health from San Diego State University and a bachelor's degree in health education from Portland State University in Oregon.

Scott Kahan, MD, MPH

Dr. Kahan is the Director of the National Center for Weight and Wellness. He is a physician trained in both clinical medicine and public health. He serves on the faculties of the George Washington University School of Medicine, and the George Washington University School of Public Health and Health Services. He is board-certified in Preventive

Medicine, Obesity Medicine, and clinical nutrition. He serves as the Medical Director of the Strategies to Overcome and Prevent (S.T.O.P.) Obesity Alliance. Dr. Kahan has advised the White House, U.S House of Representatives, U.S. Food and Drug Administration (FDA), and numerous national and local advocacy groups and public health initiatives pertaining to obesity, nutrition, and chronic disease prevention. He has served as the Co-Director of the George Washington University Weight Management Program and the Associate Director of the Johns Hopkins Weight Management Center, as well as core faculty of the Johns Hopkins Preventive Medicine Residency Program.

He received his undergraduate degree from Columbia University, his medical degree from Drexel University/Medical College of Pennsylvania, and his Master's of Public Health degree from Johns Hopkins School of Public Health. He trained in Internal Medicine and completed a residency in Preventive Medicine at Johns Hopkins University, where he served as Chief Resident. He is a columnist for The Huffington Post and has written articles in numerous newspapers and scientific journals. He often speaks at professional and public conferences and events, and is regular contributor to national and local media outlets. He has published 14 books and is the Editor-in-Chief of a series of medical texts. He serves as a scientific peer-reviewer for more than 30 academic journals and research organizations, including the National Institutes of Health.

Joel Kahn, MD

Dr. Kahn is a Clinical Professor of Medicine at Wayne State University School of Medicine and Director of Cardiac Wellness, Michigan Healthcare Professionals PC. He is a graduate Summa Cum Laude of the University of Michigan School of Medicine. He is certified in Metabolic Cardiology.

Dr. Kahn lectures widely on the cardiac benefits of vegan nutrition and mind body practices. He also writes for Readers Digest Magazine as the Holistic Heart Doc, he has published many journal articles, and his first book, *The Whole Heart Solution*, is available for sale now.

Ramune Kalediene, MD, MPH, PhD

Prof. Ramunė Kalėdienė is Habilitated Doctor, Dean of the Faculty of Public Health, Head of the Dept. of Health Management at Lithuanian University of Health Sciences. She is also president of Lithuanian Public Health Association, vice-president of Lithuanian Society of Health Management, member of different committees at the Lithuanian Ministry of Health, expert of Health Committee at the Parliament of Lithuania. She is also expert of the European Agency for Public Health Education Accreditation, and member of Scientific Committee of European Public Health Association. For several years, she has chaired the Peer Review Committee of the Association of Schools of Public Health of European Region (ASPHER), was member of the Board of ASPHER. Since 2004, she serves as expert for developing schools of Public Health in the European region. She took part in the assessment and development of public health training programs in Russia, Georgia, Moldova, Macedonia, Kazakhstan, Bulgaria, Syria, Spain and UK. Ramune Kalediene worked as adjunct professor at the Nordic School of Public Health in 2001-2003, was a member of the National Board of Health at the Lithuanian Parliament in 2004-2008. She also served as WHO expert for human resource development in public health and inequalities in health. Scientific interests: social and demographic inequalities in health and health care, epidemiology of external causes of death in Lithuania. Prof. R. Kalediene is an author or co-author of several textbooks and more than 300 scientific publications on related issues.

Douglas Kamerow, MD, MPH, FAAFP, FACPM

Dr. Douglas Kamerow, a family doctor and preventive medicine specialist, is a widely quoted, highly rated speaker and columnist on health policy, childhood obesity, preventive medicine, and evidence-based practice. Currently a Senior Scholar in Residence at the Robert Graham Center in Washington, DC, he also teaches medical students and family medicine residents at Georgetown University as a Professor of Family Medicine. In addition, he is an Associate Editor of the global medical journal *The BMJ*, for which he writes a regular column on health policy, and he recently published a book of essays called *Dissecting American Health Care*.

Previously, Dr. Kamerow was for 12 years Chief Scientist in health services and policy research at RTI International, a large, non-partisan research institute. Before that, he spent 20 years in the US Public Health Service, leading a range of

clinical, health policy, and research activities such as the US Preventive Services Task Force and the National Guidelines Clearinghouse and retiring as an Assistant Surgeon General in 2001. He is a graduate of Harvard College, the University of Rochester Medical School, and Johns Hopkins University School of Public Health.

Sylvia Karasu, MD

Dr. Karasu is Clinical Professor of Psychiatry at Weill Cornell Medical College and has a private practice in Manhattan. She is the senior author of both *The Gravity of Weight: A Clinical Guide to Weight Loss and Maintenance* and *The Art of Marriage Maintenance*.

She is a graduate of the University of Pennsylvania and has her M.D. degree from Einstein College of Medicine. She completed her Adult Psychiatric Residency and Fellowship in Child and Adolescent Psychiatry at New York Presbyterian Hospital/Weill Cornell Medical College and is Board Certified in both Adult and Child and Adolescent Psychiatry. She is also a Fellow of the American Psychiatric Association, a graduate of The New York Psychoanalytic Institute, an elected member of the Vidonian Club, a member of the prestigious Institutional Review Board of The Rockefeller University and an elected Fellow of the New York Academy of Medicine. Dr. Karasu writes a monthly blog for psychologytoday.com.

Robert Karch, Ed.D.

Mr. Karch serves as Chair and a Professor in the Department of Health and Fitness at American University faculty. Mr. Karch is the founder and Director of both the Masters of Science program in Health Promotion Management and the University's National Center for Health Fitness. He served as President of National Fitness Leaders Association. He has been a member of American University faculty since 1969. He serves as Director for the National Fitness Leaders Association, as well as a board member for the American Council on Exercise. He has been Member of Science Advisory Board at Health Fitness Corp. since April 2010. He serves as Member of Advisory Board at AdherenceRx, LLC. He has received numerous national awards including the Exceptional Leadership Award in 1991 by the Association for Fitness in Business. In addition, in 1983, he became the first recipient of the U.S. Army's Commanders Award for his work with the Army's health and fitness programs. He teaches the two capstone courses in the graduate program, strategic planning and a research seminar course. He has authored more than 30 articles for research and lay publications, several book chapters, and he has done extensive research in the areas of worksite health promotion and the cost and benefits of worksite health promotion programs. He holds a Master of Science program in International Health Promotion Management and Bachelor of Science program in International Health Promotion.

Sam Kass, White House Chef

Sam Kass serves as Assistant White House Chef and Food Initiative Coordinator at the White House. A Chicago native, Kass graduated from the University of Chicago with a degree in US History. While finishing his final college year abroad in 2003, Kass was trained by one of Austria's greatest chefs, Christian Domschitz in Vienna. Kass then continued his culinary education around the globe including New Zealand, Italy and Mexico, before returning to work at *Avec* in 2006, one of Chicago's most acclaimed restaurants. In 2007, Kass opened the personal chef company Inevitable Table, which focused on healthful and nurturing food and that served clientele throughout Chicago.

In January 2009, Kass joined the White House Kitchen staff under Executive Chef Cris Comerford's leadership as assistant chef, where his responsibilities include preparing daily meals and assisting with larger functions. As White House Food Initiative Coordinator, Kass has continued his focus on sustainable and nutritious ingredients as he helped First Lady Michelle Obama create the first major vegetable garden at the White House since the 1890's. To date the garden has yielded nearly 1000 pounds of produce that has been used to feed event guests, staff, and the First Family at the White House, with further harvests donated to local food shelters. In line with the First Lady's philosophy of using the garden as an educational tool for young people, Kass hosts groups of school children for tours of the garden. He guides the kids through rows of vegetables, talks about how easy it is to start a garden, and answers questions throughout their visit to the White House Kitchen Garden.

Mollie Katzen

Mollie Katzen, with over six million books in print, is listed by the New York Times as one of the best-selling cookbook authors of all time. A 2007 inductee into the James Beard Cookbook Hall of Fame—and largely credited with moving plant-based cuisine from the fringe to the center of the American dinner plate—Katzen has been named by Health Magazine as one of The Five Women Who Changed the Way We Eat, and she has been a member of the faculty at Healthy Kitchens, Healthy Lives, the groundbreaking annual symposium co-hosted by The Culinary Institute of America and the Harvard School of Public Health, since its inception.

She is best known for her best-selling classics, *Moosewood Cookbook* and *The Enchanted Broccoli Forest*. Mollie has worked as a creative consultant for plant-based recipes and menus, most notably with Harvard University Dining Services, where she has served as a consultant on vegetarian cooking since 2003. She is a popular public speaker, specializing in culinary-medical conferences, helping to educate medical professionals on the links between food choices and health and prevention. Mollie's newest book is *The Heart of the Plate: Vegetarian Recipes for a New Generation*.

Iona Kickbusch, PhD

Professor Kickbusch is known throughout the world for her contributions to innovation in public health, health promotion and global health. She is presently the Director of the Global Health Programme at the Graduate Institute of International and Development Studies in Geneva. She has had a distinguished career with the World Health Organization, where she initiated the Ottawa Charter for Health Promotion and a range of “settings projects” including Healthy Cities, and at Yale University. She is a political scientist with a PhD from the University of Konstanz, Germany.

She works as an independent global health consultant in Brienz, Switzerland. She advises organizations, government agencies and the private sector on policies and strategies to promote health at the national, European and international level. She has published widely and is a member of a number of advisory boards in both the academic and the health policy arena. She has received many awards and served as the Adelaide Thinker in Residence at the invitation of the Premier of South Australia. She has recently launched a think-tank initiative “Global Health Europe: A Platform for European Engagement in Global Health” and the “Consortium for Global Health Diplomacy”.

Ashley Koff, RD

Ashley Koff is an internationally-renowned registered dietitian who believes better nutrition is simple, but isn't always explained that way. To help everyone achieve Better Nutrition, Simplified, Koff created “The Qualitarian Nutrition Plan” and “The AKA (Ashley Koff Approved) Healthy Grocery List Planner” to help people decide on better quality groceries, dietary supplements, and prepared food. This database of over fifty thousand evaluated products includes selections based on rigorous standards of nutrition, sourcing methods, and marketing integrity, backed by extensive research and Koff's globe-spanning travels to get the whole food story. The tagline “AKA can't be bought, it's earned” highlights the non-profit, non-financially influenced nature of this project.

Koff regularly appears on *national television shows and publications*. She is currently a contributing editor for *Prevention* and on the Advisory Boards of *Fitness* and *Prevention* magazines. Online Koff hosts AskAshley@Prevention.com posting weekly answers, provides monthly videos for *The Daily Meal* and writes for several blogs including The Huffington Post.

Off camera, she has been a nutrition consultant for over 10 years, seeing patients referred by some of the country's leading doctors such as Dr. Andrew Weil, Dr. Woodson Merrell, and Dr. Soram Khalsa. She's also the Nutrition Global Ambassador for Westin Hotels. Koff authored two as well as contributed chapters to several medical textbooks and advised on additional consumer books. She maintains a private practice, where she sees patients and has collaborated on projects with celebrities such as Molly Sims, Emily Deschanel, Amy Breneman, Andy Richter, KaDee Strickland, and Elizabeth Hasselbeck. She also serves on the faculty of the Continuum Center for Health and Healing at the Beth Israel Medical Center in New York City. Koff was educated at both Duke and New York Universities and trained at LA+USC and Columbus Children's hospitals. She completed coursework for Certified Clinical Nutritionist (CCN) and

continues her education with online integrative medicine modules and conferences.

Martin Kohlmeier, MD

Dr. Kohlmeier is Research Professor in the Department of Nutrition at the University of North Carolina Gillings School of Global Public Health. He was deputy director of clinical laboratory services at the Universities of Heidelberg and Berlin. He has studied metabolic effects of diet and drug interventions and developed methods for the analysis of nutritionally related risk indicators in large populations. A major focus of his research is the impact of common genetic variants on nutritional sufficiency. Previous work in nutritional genetics identified cholesterol synthesis as a determinant of sensitivity to cholesterol feeding, the apolipoprotein E polymorphism as a modulator of vitamin K status and bone fracture risk, lactase persistence as a promoter of phytoestrogen bioavailability, and a common MTHFD1 variant as a predictor of susceptibility to choline depletion. He is now developing online tools to guide intake based on individual lifestyle and multiple genetic factors. He is the author of a comprehensive biochemistry textbook, "Nutrient Metabolism", detailing the molecular fate of more than a hundred food constituents. Dr. Kohlmeier is project director of the Nutrition in Medicine (NIM) and Nutrition Education for Practicing Physicians (NEPP) projects.

Melvin Konner, MD, MPH

Dr. Konner is the author of several books, a Fellow of the American Association for the Advancement of Science and a member of the Board of Trustees of the Russell Sage Foundation. He has testified twice at United States Senate Committee hearings on health care reform and on the care of the dying.

He has published seven columns on The New York Times Op-Ed page, was a regular contributor to the "Body and Mind" column of The New York Times Magazine, and wrote the regular column "On Human Nature" for The Sciences, the prizewinning magazine of the New York Academy of Sciences. He has written for many other magazines.

He has been a fellow of the John Simon Guggenheim Memorial Foundation, the Center for Advanced Study in the Behavioral Sciences, and the Foundations' Fund for Research in Psychiatry, and the recipient of the American Anthropological Association's Anthropology in Media Award for 2004. His distinguished lectures include the 15th Annual Raymond D. Pruitt Lecture, The Mayo Clinic and Mayo Medical School and the McGovern Lecture in Medical Humanities, Yale University School of Medicine. He holds Ph.D. and M.D. degrees from Harvard University, and is Samuel Candler Dobbs Professor in the Department of Anthropology and the Program in Neuroscience and Behavioral Biology. He spent two years among the !Kung San (Bushmen), and has taught at Harvard and then at Emory, for over 30 years.

Ellie Krieger, MS, RDN

Best known as the host of the Food Network's hit show "Healthy Appetite," Ellie is the leading go-to nutritionist in the media today. A registered dietitian, Ellie has a master's degree in nutrition from Teacher's College, Columbia University and completed her undergraduate degree at Cornell University. Ellie was an adjunct professor at New York University in the Department of Nutrition, Food Studies, and Public Health. In her years in private practice, she counseled a variety of clients, from homemakers and CEOs to notable celebrities.

Ellie, a New York Times best-selling author, has authored four books, one of which received a James Beard Foundation Award. She speaks regularly at high profile events around the country and has appeared as a guest expert on dozens of national television programs. Additionally, Ellie has been a weekly columnist for USA Today and USA Weekend, a contributing editor and columnist for Fine Cooking magazine and regular contributor to Food Network magazine. She has appeared in countless other publications.

Ellie has been at the forefront of First Lady Michelle Obama's "Let's Move" campaign. She has teamed up with New York City SchoolFood where she created healthy, delicious menu items for students citywide. In 2010 on behalf of the Food Network, Ellie testified before the House Committee on Agriculture about nutrition, healthy eating and the growing epidemic of childhood obesity. Ellie has also teamed up with hunger organizations such as Feeding America, Share Our Strength and City Harvest to help all people have access to good, healthy food.

Harlan Krumholz, MD, MS*

Dr. Krumholz is a cardiologist and health care researcher at Yale University and Yale-New Haven Hospital. He received a BS from Yale, an MD from Harvard Medical School, and a Masters in Health Policy and Management from the Harvard University School of Public Health. He is the Harold H. Hines, Jr. Professor of Medicine and Director of the Yale Center for Outcomes Research and Evaluation (CORE). He is also a Director of the Robert Wood Johnson Foundation Clinical Scholars Program, which prepares talented physicians to become future health care leaders.

Dr. Krumholz was named a Distinguished Scientist of the American Heart Association. He was elected to the Board of Trustees of the American College of Cardiology and the Board of Directors of the American Board of Internal Medicine, and was appointed by the U.S. government to the Board of Governors of the Patient-Centered Outcomes Research Institute. He is a 2014 recipient of the Friendship Award from the People's Republic of China in recognition of his collaborative efforts to develop a national cardiovascular research network.

Dr. Krumholz is the editor of *Circulation: Cardiovascular Quality and Outcomes*, and editor of *CardioExchange*, a social media site of the publisher of the *New England Journal of Medicine*. He has published more than 800 articles and is the author of two books, one on smoking cessation and another on reducing the risk of heart disease. He has a regular blog on *Forbes.com* and has contributed to the *New York Times Wellness* blog, the *New York Times* op-ed page, and *National Public Radio Shots* blog.

Candice Kumai, Chef

Candice Kumai is a professionally trained chef, health journalist and 4x best-selling author. She received her professional culinary training from Le Cordon Bleu California School of Culinary Arts and cooked on the line in several California based restaurants. Candice was the youngest chef to compete on Bravo's inaugural season of *Top Chef* at age 23. She began writing for national magazines at age 24, at age 26 her first cookbook endeavor, *Cook Yourself Thin*, was a *New York Times* #1 bestseller. By the age of 29, as a major influencer, Candice became a regular judge on *Iron Chef America* and had written/developed recipes for numerous best-selling books; including *Cook Yourself Thin*, *The Skinny Bitch Cookbook*, *Recipe Rehab*, *Novak Djokovic's Serve to Win*, and *The Bikini Body Diet*.

Candace regularly contributes to *E! News* and *Access Hollywood Live* and has been featured on many national television shows. She is the former Food Editor-At-Large at *Shape* and *Men's Fitness*. She is the Resident Culinary Adviser at *Clean Eating* magazine. She has authored five cookbooks and is featured in and contributes as a health journalist to dozens of food, health, beauty, fashion, and lifestyle publications. She writes for *Men's Health*, *Women's Health*, *Prevention*, *People*, *Cosmopolitan*, *Shape*, *Men's Fitness* and *Clean Eating*.

Shiriki Kumanyika, PhD, MPH

Dr. Kumanyika has an interdisciplinary background and holds advanced degrees in social work, nutrition, and public health. She is on faculty at the University of Pennsylvania Perelman School of Medicine. She was the Founding Director of Penn's interdisciplinary, multi-school Master of Public Health program. Dr. Kumanyika's research focuses on identifying effective strategies to reduce nutrition-related chronic disease risks. She has served as principal investigator or co-investigator on several multi-center and single-center randomized clinical trials or observational studies related to salt intake, other aspects of diet, or obesity. Many of her studies have evaluated interventions to promote healthy eating and physical activity in African American children or adults in clinical or community-based settings. In 2002, Dr. Kumanyika founded the African American Collaborative Obesity Research Network (AACORN) (www.aacorn.org), a national network that seeks to improve the quantity, quality, and effective translation of research on weight issues in African American communities. She has published extensively in the scientific literature, lectured widely within the United States, and abroad and is a member of the Institute of Medicine of the National Academy of Sciences.

Dr. Kumanyika earned an undergraduate degree in Psychology from Syracuse University, an MS degree from Columbia University School of Social Work, and an MPH from Johns Hopkins University.

Dale Kunkel, PhD

Dr. Dale Kunkel (Ph.D., Annenberg School, University of Southern California, 1984) is Professor of Communication at the University of Arizona. Kunkel studies children and media issues from diverse perspectives, including television effects research as well as assessments of media industry content and practices. He is a former Congressional Science Fellow, and has testified as an expert witness on children's media topics at numerous hearings before the U.S. Senate, the U.S. House of Representatives, and the Federal Communications Commission. Dr. Kunkel previously taught at Indiana University and the University of California, Santa Barbara. Among the topics he examines are the effects of television violence, sexual content, and advertising on young people.

Bob Kushner, MD, MS

Dr. Kushner is Professor of Medicine at Northwestern University Feinberg School of Medicine, Clinical Director of the Northwestern Comprehensive Center on Obesity, and Medical Director for the Center for Lifestyle Medicine in Chicago. He received his medical degree from the University of Illinois. After finishing a residency in Internal Medicine at Northwestern University, he went on to complete a post-graduate fellowship in Clinical Nutrition and earned a Masters degree in Clinical Nutrition and Nutritional Biology from the University of Chicago.

Dr. Kushner is past president of The Obesity Society (TOS), past president of the American Society for Parenteral and Enteral Nutrition (ASPEN), past president of the American Board of Physician Nutrition Specialists (ABPNS), and fellow of the American College of Physicians (FACP) and The Obesity Society (FTOS). Dr. Kushner is currently serving as the first Chair of the American Board of Obesity Medicine (ABOM). He is an honorary member and on the editorial board for Journal of the Academy of Nutrition and Dietetics.

Dr. Kushner has authored over 190 original articles, reviews, books and book chapters covering medical nutrition, medical nutrition education, and obesity, and is an internationally recognized expert on the care of the overweight and obese patient. He is author/editor of multiple books.

Chef Bun Lai

Bun Lai is a James Beard Foundation nominated chef and a Seafood Watch Ambassador who is on the vanguard of the worldwide sustainable food movement.

Bun has appeared on ABC, NBC, FOX, Food Network, NHK (Japan Broadcasting Corp.) and NTV (Nippon Television) and has been featured in Food and Wine, Saveur, Eating Well, The New York Times, The New Yorker, The Atlantic, National Geographic and Outside, as well as numerous other national and international media. He is a speaker and author who has been published in Scientific American Magazine.

Bun is the former cooking and nutrition Director at New Haven Farms, a pioneering nonprofit organization that addresses the health and development of the low-income diabetics through urban agriculture. He is also a Director of an internship/mentorship program created in collaboration with Common Ground High School and the Yale Psychiatry Wellness Initiative.

Jenny Seung-Hyun Lee, PhD, MPH, CHES, CWP

Dr. Lee is Assistant Professor in Family Medicine, Texas College of Osteopathic Medicine at University of North Texas Health Science Center and a Korean-American holistic wellness specialist and lifestyle medicine practitioner. Dr. Lee is the Founder and Director of the *GoodNEWS (Genes, Nutrition, Exercise, Wellness, and Spiritual Growth) Holistic Wellness and Lifestyle Medicine Program* grounded in the connection of epigenetics, spirit, mind, body, lifestyle, environment, and wellness. Her GoodNEWS program reaches 70 diverse ethnic congregations and provides training for over 100 lay health promoters and 1300 congregants. She conducts research on cardiovascular disease, obesity, health disparity, and spiritual health, funded by NIH and CDC grants. Dr. Lee has developed and implemented a wellness and prevention-based course to train pre-clerkship students to be equipped with knowledge, attitudes, and skills related to lifestyle medicine for patient care

services as well as personal health habits practice on which she conducts a cohort and an intervention studies. She is a work group of Lifestyle Medicine Education at Harvard Institute of Lifestyle Medicine.

Dr. Lee recently founded Asian Society of Lifestyle Medicine with representatives of 6 Asian countries and the Korean Society of Lifestyle Medicine with major medical school leaders in South Korea. Dr. Lee is a member of the American College of Lifestyle Medicine, the European Society of Lifestyle Medicine, and a committee member of communication at Society for Public Health Education. Dr. Lee hosts a radio health show based in North Texas, which reaches 100,000 Korean immigrants.

Claus Leitzmann, PhD

Claus Leitzmann has a PhD in biochemistry from the University of Minnesota and did research at the University of California, (with Nobel laureate Paul Boyer) and later at the Malnutrition and Anemia Center in Thailand. He was Professor of Nutrition (developing countries) at the University of Giessen, 1978-1998. He specializes in International, Wholesome and Vegetarian Nutrition and Nutrition Ecology. He has published hundreds of papers and 30 books on various aspects of nutrition.

James Levine, MD, PhD

Having trained in clinical nutrition as a scholar at the University of Cambridge, James A. Levine, M.D., Ph.D., has dedicated his scientific career to promoting health in adults and children through education and innovation. Dr. Levine currently serves as a principal investigator for National Institutes of Health (NIH)-funded studies focused on improving health for immigrant families through increased activity and better nutrition, interactions between sleep and obesity, and multilevel approaches to reduce obesity in working mothers and their children. Recent additional research includes contributions to a Mayo Clinic-Arizona State University (ASU) pilot program looking at nutrition and activity data for homeless children, physical activity in depressed female smokers, and an investigation of integrated approaches to "close the loop" in type 1 diabetes.

Dr. Levine is a world authority on obesity, serving as a named expert at the United Nations, an invitee to the President's Cancer Panel, and a consultant to governments internationally. He is the Dr. Richard F. Emslander Professor of Endocrinology and Nutrition Research at Mayo Clinic. He holds five tenured professorships at ASU, is the Dean's Distinguished Professor of Medicine at Case Western Reserve University, and the Regents Professor at Umea University, Sweden. He also serves as the co-director of Obesity Solutions, a collaboration between Mayo Clinic and ASU, and is the international director of Obesity Solutions' sister center in Sweden.

Dr. Levine is also an international advocate for child rights and safety. He serves on the board of the International Centre for Missing & Exploited Children and is the author of "The Blue Notebook," an internationally best-selling novel, and in 2014, the novel "Bingo's Run," both about exploited children.

William Li, MD

William W. Li is President, Medical Director, and Co-founder of the Angiogenesis Foundation. Will trained in the lab of Dr. Judah Folkman, pioneer of the angiogenesis field, and has been actively engaged in angiogenesis research and clinical development for 22 years. Under Will's leadership, the Foundation has developed a unique social enterprise model based on international collaborations with leading medical academic centers, biopharmaceutical companies, and government agencies, including the National Institutes of Health, National Cancer Institute, and the Food and Drug Administration.

As President, Will has testified and presented before congressional and other government panels on the impact of angiogenesis in healthcare, and lectures widely on angiogenesis-related topics in front of clinical, government, and industry audiences. He is involved in national and international efforts to advance the applications of angiogenesis-based therapeutics across diverse medical fields, including oncology/hematology, cardiology, ophthalmology, vascular surgery, dermatology, and wound care. He has been published in Science, The New England Journal of Medicine, The Lancet, and other leading peer-reviewed medical journals.

Will received his A.B. with honors from Harvard College, and his M.D. from the University of Pittsburgh School of Medicine, Pennsylvania. He completed his internship, residency, and fellowship training in General Internal Medicine at the Massachusetts General Hospital in Boston. Will has held appointments on the clinical faculties of Harvard Medical School, Tufts University School of Veterinary Medicine, and is currently a Visiting Assistant Professor of Medicine at Dartmouth Medical School. He is an Honorary Fellow of the American College of Wound Care Specialists, and has served as advisor and consultant to leading global public and private companies.

Liana Lianov, MD, MPH, FACPM

Dr. Liana Lianov is the Immediate Past President of the American College of Lifestyle Medicine and has served as the General Preventive Medicine/Public Health Regent on the board of the American College of Preventive Medicine. She chaired the Lifestyle Medicine Task Force and the Lifestyle Medicine Competencies Working Group. Her company, HealthType™, offers consulting services and develops innovative interventions, including mobile technologies, for helping patients make sustainable health behavior changes.

Her previous roles include Vice President of Clinical Operations at Berkeley HeartLab-- where she directed a national cardiovascular disease and lifestyle management program, Director of the Healthy Lifestyles Division at the American Medical Association, and chief of the California Heart Disease and Stroke Prevention Program and women's cancer screening programs at the California Department of Health Services. She is board certified in both preventive medicine/public health and internal medicine and has completed a psychiatry fellowship.

Mary Ann Liebert

Mary Ann Liebert is the President and Founder of Mary Ann Liebert, Inc., an academic publishing company. The company publishes peer-reviewed academic journals, books, and trade magazines in the areas of biotechnology, biomedical research/life sciences, clinical medicine, alternative/integrative medicine, surgery, and law. Its headquarters are in New Rochelle, New York, United States.

George Lundberg, MD

Dr. Lundberg is President and Chair of the Board of Directors of The Lundberg Institute and serves on the Board of Directors. A Consulting Professor, Stanford University, and Editor at Large at MedPage Today and Editor in Chief of Cancer Commons from Collabrx; Dr. Lundberg also has had twenty-seven years combined experience as Editor in Chief of *JAMA*, 10 AMA specialty journals, *AMA News*, *Medscape*, *The Medscape Journal* and e-Medicine from Web MD. A 1995 "pioneer" of the medical internet, Dr. Lundberg was born in Florida, grew up in rural southern Alabama and holds earned and honorary degrees from North Park College, Baylor University, the University of Alabama, the State University of New York, Syracuse, Thomas Jefferson University and the Medical College of Ohio. He completed a clinical internship in Hawaii and a pathology residency in San Antonio. He served in the US army during the Vietnam War in San Francisco and El Paso, leaving as a lieutenant colonel after 11 years.

Dr. Lundberg was then Professor of Pathology and Associate Director of Laboratories at the Los Angeles County/USC Medical Center for 10 years, and for five years was Professor and Chair of Pathology at the University of California-Davis. Dr. Lundberg has worked in tropical medicine in Central America and Forensic Medicine in New York, Sweden and England. He is past President of the American Society of Clinical Pathologists. He is a frequent lecturer, radio and television guest, and a member of the Institute of Medicine of the National Academy of Sciences, In 2000, the Industry Standard dubbed Dr. Lundberg "Online Health Care's Medicine Man".

Ian MacDonald, PhD

Ian Macdonald is Professor of Metabolic Physiology at the University of Nottingham and Head of the newly formed School of Life Sciences in the Faculty of Medicine and Health Sciences. His research interests are concerned with the functional consequences of metabolic and nutritional disturbances in health and disease, with specific interests in obesity, diabetes, cardiovascular disease and exercise. More recent work has focused on the metabolic aspects of diabetes and obesity,

including the effects of diet composition and weight loss, and the impact of dietary supplements on carbohydrate and lipid metabolism.

He has published over 300 peer-reviewed original research papers, together with reviews, book chapters and invited contributions. In September 2013 he was elected as a Fellow of the International Union of Nutritional Sciences. He is currently joint Editor of the International Journal of Obesity, a member of the UK Scientific Advisory Committee on Nutrition, a Fellow of the Society of Biology, a Registered Nutritionist and an Honorary Fellow of the Association for Nutrition.

Ravinder "Ravi" Mamtani, MBBS, MD, MSc

Dr. Mamtani is a specialist in occupational and general preventive medicine, public health and integrative medicine. Dr. Mamtani is a Professor of Healthcare Policy and Research and Associate Dean for Global and Public Health at Weill Cornell Medical College in Qatar (WCMC-Q), where he also serves as the Associate Dean of Admissions. Prior to joining WCMC-Q in 2007, Dr. Mamtani was Professor of Community and Preventive Medicine and Associate Professor of Clinical Medicine at New York Medical College. He was also the Medical Director of Occupation Health and Section Chief of Complementary Medicine (Department of Medicine) at Westchester Medical Center in Valhalla, New York.

At New York Medical College, Dr. Mamtani developed and directed the Master of Public Health (MPH) in International Health and the Diploma in Tropical Medicine programs. Additionally, as a principal investigator on an NIH (National Cancer Institute) grant, he developed a new curriculum on nutrition and cancer for medical students at the college. Dr. Mamtani is a diplomate of the American Board of Preventive Medicine in the specialties of general preventive medicine and public health and occupational medicine. He is also a Fellow of the American College of Preventive Medicine and American College of Occupational and Environmental Medicine. He has written numerous articles on subjects related to public health, preventive and integrative medicine and has delivered many lectures and seminars on various topics around the world, particularly in the United States. As a monthly columnist for a local newspaper in New York he wrote on contemporary health issues such as lifestyle medicine, mind/body medicine, nutrition, and various global healthcare issues. Dr. Mamtani serves and has served on many government, hospital, and medical school committees.

JoAnn Manson, MD, MPH, PhD

Dr. Manson is professor of Medicine at Harvard Medical School and chief of the Division of Preventive Medicine at Brigham and Women's Hospital. Dr. Manson received her BA from Harvard University, her MD from Case Western Reserve University School of Medicine, and both an MPH and a Ph.D. from the Harvard School of Public Health. She is board certified in internal medicine and the subspecialty of endocrinology and metabolism. Her major research interests include preventive medicine and the epidemiology of chronic diseases, particularly regarding risk factors for cardiovascular disease in women.

Dr. Manson is principal investigator on several projects funded by grants from the National Institutes of Health, including the Women's Health Initiative Vanguard Clinical Center at Brigham and Women's Hospital in Boston and the Trial of Antioxidant Therapy and Cardiovascular Disease in Women. Dr. Manson has received numerous awards and honors, including being named one of ten Heroes in Women's Health by American Health for Women magazine in 1997, one of the top ten Champions of Women's Health by Ladies' Home Journal in 2000, and one of Boston's Top Docs for Women by Boston Magazine in 2001. In addition, she received the Henry Ingersoll Bowditch Award for Excellence in Public Health from the Massachusetts Medical Society in 2002, and the Woman in Science Award from the American Medical Women's Association in 2003.

Diane McKay, PhD

Dr. Diane L. McKay, PhD, FACN serves as the Director of the Graduate Certificate Program, Assistant Professor in the Friedman School of Nutrition Science and Policy and a Scientist in the Antioxidants Research Laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging (HNRCA) at Tufts University in Boston. Dr. McKay specializes in food science and is often quoted in popular media, including National Public Radio, U.S. News and World Report, Good

Housekeeping, CNN.com and other outlets. Dr. Mckay has been a Member of Scientific Advisory Council at NBTY, Inc. since February 12, 2015.

Dariush Mozaffarian, MD

Dr. Mozaffarian is a cardiologist and epidemiologist; Co-Director of the Program in Cardiovascular Epidemiology; Associate Professor in the Division of Cardiovascular Medicine, Brigham and Women's Hospital and Harvard Medical School; and Associate Professor in the Department of Epidemiology at the Harvard School of Public Health. His research focuses on the effects of lifestyle, particularly diet, on cardiometabolic health and disease; on global impacts of suboptimal nutrition on chronic diseases; and on effectiveness of policies to improve diet and reduce disease risk.

Dr. Mozaffarian has authored or co-authored more than 200 scientific publications on lifestyle and cardiovascular health, including on global dietary burdens of disease, omega-3 fatty acids, trans fatty acids, diets and weight gain, and healthy dietary patterns. He has served on numerous committees and advisory boards, including for the World Health Organization, United Nations Food and Agriculture Organization, American Heart Association, Canadian government, and Chicago Council on Global Affairs. He chairs the 2010 Global Burden of Diseases Nutrition and Chronic Diseases Expert Group (NutriCoDE).

A Fellow of the American College of Cardiology and a Fellow of the American Heart Association, Dr. Mozaffarian received a BS in biological sciences from Stanford (with Honors, Phi Beta Kappa), an MD from Columbia (Alpha Omega Alpha), an MPH from University of Washington, and a Doctorate in Epidemiology from Harvard. He is board-certified in Cardiovascular Medicine and is clinically active on the cardiology service at Brigham and Women's Hospital.

Margaret Moore, MBA

Margaret Moore, "Coach Meg", a 17-year veteran of the biotechnology industry, founded Wellcoaches School of Coaching for health professionals in 2002, which has trained more than 8,000 health and wellness coaches in 47 countries.

Margaret is co-founder and co-director of the Institute of Coaching and co-director of the annual Coaching in Leadership & Healthcare conference offered by Harvard Medical School. She is a co-leader of the nonprofit National Consortium for Credentialing Health & Wellness Coaches, which is building national standards and certification for health and wellness coaches. She has published several peer-reviewed papers, and is co-author of the Coaching Psychology Manual and a Harvard Health Book titled "Organize Your Mind, Organize Your Life."

Molly Morgan, RD, CDN, CSSD

Molly Morgan is the author of *Drink Your Way to Gut Health* (Houghton Mifflin 2015), *The Skinny Rules* (Harlequin Non-Fiction 2011), and *Skinny Size-It* (Harlequin Non-Fiction, April 2014). Through her company, Creative Nutrition Solutions, she works with Fortune 500 companies, national brands, and professional sports teams. As the nutrition consultant for the Ottawa and Binghamton Senators (NHL/AHL hockey), Molly creates interactive workshops for players at all levels of the organization from development to the NHL. Additionally, she works individually with players and their families to create custom performance-focused meal plans. Molly has blogged for MensFitness.com and routinely featured as a nutrition expert by media outlets and publications including: CNN, ESPN-Women, Fitness, Glamour, Health, Men's Health, Readers Digest, Self, Shape, and Women's Health.

The work Molly has done in the area of nutrition promotion has won numerous awards from The New York State Education Department and has been published in the Journal of Health Promotion and Practice (April 2009). She has been a presenter at the CDC Prevention & Wellness Summit and presents to numerous coaches and athlete workshops including New York State Association for Health & Physical Educators and New York State Public High School Athletic Association. Molly completed her degree in clinical dietetics and coordinated practice at the State University at Buffalo and is a Board Certified Sports Specialist Dietitian. She is the immediate past president for the New York State Academy of Nutrition and Dietetics (NYSAND), a former media representative for NYSAND, a past president of the Southern Tier

Dietetic Association, and served as a member of The Academy of Nutrition and Dietetics Consumer Health Informatics Work Group.

Bruce Moskowitz, MD

Dr. Bruce Moskowitz graduated from the University Of Miami Medical School. He subsequently did his residency at the University of Rochester and is a Diplomat of the American board of internal medicine. At the University of Miami he was awarded the Jerome Krivanek award for innovation in medical education. At the University of Rochester he was recipient of the David Haller award for excellence in patient care. He is a member of Alpha Omega Alpha medical honor society.

He currently practices primary care in West Palm Beach Florida. He has served as the Chief of Medicine and a member of the executive committee at St Mary's Hospital. He is Chairman of the board of Biomedical Research and Education Foundation (BREF). He is a founding member of the Academic Healthcare Consortium, a current member of the University Hospital Consortium, and scientific board member of the Landenberger Foundation. He has taken leadership roles in various projects including the Clinical Trial Initiative, Cancer Nutrition Consortium, and the development of the Emergency Medical Center worldwide locator application.

Bruce Neal, PhD

Bruce Neal is a Senior Director at The George Institute for Global Health, Professor of Medicine at the University of Sydney and Chair of the Australian Division of World Action on Salt and Health.

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Bruce completed his medical training at Bristol University in the UK in 1990 and spent four years in clinical posts. Prior to taking up his position at the Institute in 1999, he worked as an epidemiologist at the Clinical Trials Research Unit in Auckland, New Zealand, where he completed his PhD in Medicine.

Bruce leads a program of vascular research at the Institute and is supported in his work by the National Health and Medical Research Council and the Australian Research Council through Program Grant and Fellowship funding. Bruce has a longstanding interest in the environmental determinants of high blood pressure and the potential for changes in the food supply to deliver health gains.

Danielle Nierenberg, MS

Danielle Nierenberg is President of Food Tank and an expert on sustainable agriculture and food issues. She has written extensively on gender and population, the spread of factory farming in the developing world and innovations in sustainable agriculture. Danielle co-founded Food Tank, a 501(c)(3) non-profit organization, in 2013 as an organization focused on building a global community for safe, healthy, nourished eaters. Danielle has also recruited more than 40 of the world's top leaders in food and agriculture policies and advocacy work as part of Food Tank's Advisory Board.

Her knowledge of global agriculture issues has been cited widely in more than 8,000 major print and broadcast outlets worldwide. Danielle has authored or contributed to several major reports and books. She has spoken at hundreds of major conferences and events all over the world.

Danielle has an M.S. in Agriculture, Food, and Environment from the Tufts University Friedman School of Nutrition Science and Policy and spent two years volunteering for the Peace Corps in the Dominican Republic.

Chef Michel Nischan

Chef Michel Nischan, a James Beard award-winning chef, is Founder, CEO, and President of Wholesome Wave, which is dedicated to nourishing neighborhoods by supporting increased production and access to healthy, fresh, and affordable locally grown food for the well-being of all. A proponent of sustainable farming, local and regional food systems, and heritage recipes, Michel has long been a leader in the movement to honor local, pure, simple, and delicious cooking. He is owner and founder of Dressing Room, his homegrown restaurant in Westport, CT. He is also a Lifetime Ashoka Fellow and Co-founder, the Chefs Action Network.

Manny Noakes, PhD

Dr. Noakes graduated from Adelaide University in 1973 with a BSc, obtained her qualifications as a dietitian at Flinders University in 1977 and PhD in 2000. Manny is currently responsible for capability management for the Food Nutrition and Health Science Program. Manny has over 30 years experience in nutrition and published over 100 scientific papers. She has a strong interest in dietary patterns for weight management including the role of protein and other dietary factors in appetite regulation. Manny is co-author of the CSIRO Total Wellbeing Diet, which has sold over 1 million copies in Australia and has received several awards in recognition of her research excellence including 2 CSIRO medals and an Outstanding Achievement Alumni Award by Flinders University. She is currently a member of the Australian Government's Food and Health Dialogue.

Michael O'Donnell, PhD, MBA, MPH

Dr. O'Donnell founded American Journal of Health Promotion in 1986 and has served as Editor in Chief since that time. He also serves as Program Chair and Master of Ceremonies of the Annual Art and Science of Health Promotion Conference, which he launched in 1986.

Dr. O'Donnell is also Director of the Health Management Research Center at the University of Michigan and Clinical Professor in the School of Kinesiology. He has more than 30 years' experience working directly with employers, health care organizations, government agencies, foundations, insurance companies and health promotion providers to develop new and refine existing health promotion programs and has served in leadership roles in four major health systems.

He is also Founder and Chairman Emeritus of Health Promotion Advocates, a non-profit policy group created to integrate health promotion strategies into national policy. Health Promotion Advocates was successful in developing six provisions that became law as part of the Affordable Care Act. He has co-authored six books and workbooks and more than 200 articles, book chapters and columns. He has presented more than 275 keynote and workshop presentations on six continents, served on boards and committees for 48 non-profit and for-profit organizations and received 13 national awards. He earned a PhD in Health Behavior from University of Michigan, an MBA in General Management and an MPH in Hospital Management, both from University of California, Berkeley, and an AB in psychobiology from Oberlin College. He attended high school and was later a Senior Fulbright Scholar and visiting professor in Seoul Korea.

Alberto Ogata, MD, MBA

Dr. Ogata is the Scientific Director of Brazilian Association of Quality of Life (ABQV) and Coordinator of Innovation Laboratory - PAHO and ANS. He holds a Master of Medicine and Health Economics and certificate in management of quality of life programs by the National Wellness Institute. He is the MBA Coordinator for Health Promotion Program Management University Center São Camilo and director of health and benefits of the Federal Court of the 3rd Region (Ontario), associate director holder of social responsibility of the Federation of São Paulo State Industries (FIESP), and member of the Scientific Committee of the Association of Stress, member of the International Commission of the International Association of Worksite Health Promotion (IAWHP).

Dr. Ogata is also a member of editorial board of the American Journal of Health Promotion and a member of the board of directors of the International Association of Worksite Health Promotion.

Joseph "Joe" Ojile, MD, D.ABSM, FCCP

Dr. Joseph Ojile is the founder and Chief Executive Officer of Clayton Sleep Institute (CSI), a sleep medicine clinical and research organization that includes branded and non-branded sleep clinics, an insomnia center and a research center. He is President of the Clayton Sleep Research Foundation, which produces the annual national conference, Updates in Sleep Medicine. He serves as Clinical Professor of Internal Medicine for Saint Louis University School of Medicine. He is a member of the Board of Directors of the National Sleep Foundation (NSF) and serves on the NSF Executive Committee. Dr. Ojile serves on the Editorial Board of Sleep Review magazine.

Ojile has managed clinical research studies that focus on sleep disorders, diabetes and pulmonary disease and regularly lectures at both national and international conferences on issues related to sleep disorders and pulmonary disease. He has been published in multiple scholarly journals on a variety of sleep medicine topics. Ojile is a member of the American Academy of Sleep Medicine, a fellow of the American College of Chest Physicians, a member of the American Thoracic Society and a member of the American Society of Internal Medicine. Ojile is certified by the National Board of Medical Examiners, the American Board of Internal Medicine, the American Board of Pulmonary Diseases and the American Board of Sleep Medicine. Ojile earned a Bachelor of Arts in Biology degree from St. Mary's University in San Antonio, Texas and a Doctor of Medicine degree from the Saint Louis University School of Medicine.

Jeff Olson, RLT

Jeff Olson is a business and social entrepreneur. After retiring from professional athletics, he had successful stints in the financial and technology industries. In 2000, after a health crisis with his Dad, he and his wife co-founded Well Nourished Worldwide [WNW]. WNW scales production, consumption and distribution of innovative health food produce products.

Jeff is the co-founder of the Metro Denver Health and Wellness Commission (precursor to LiveWELL Colorado). He is co-founder of produceLocal and an investor/advisor to AeroFarmCo. He serves on the board of CAN DO multiple sclerosis, Jimmy Heuga Center Endowment, Turn the Tide Foundation, Veterans to Farmers and the Colorado Olympians Association.

Jeff is a 2-time Olympian, 3 time national champion and Pan American gold medalist. He is the leading advocate for using America's next Olympic bid to elevate American health to higher ground and steward health into becoming a pillar of the Olympic Movement.

Dean Ornish, MD

The founder and president of the non-profit Preventive Medicine Research Institute, Dr. Ornish is Clinical Professor of Medicine at the University of California, San Francisco. He received his MD from the Baylor College of Medicine, was a clinical fellow in medicine at Harvard Medical School, and completed an internship and residency in internal medicine at the Massachusetts General Hospital. Dean earned a BA in Humanities summa cum laude from the University of Texas in Austin, where he gave the baccalaureate address.

For over 36 years, Dr. Ornish has directed clinical research demonstrating, for the first time, that comprehensive lifestyle changes may begin to reverse even severe coronary heart disease, without drugs or surgery. Recently, Medicare agreed to provide coverage for this program, the first time that Medicare has covered a program of comprehensive lifestyle changes. He directed the first randomized controlled trial demonstrating that comprehensive lifestyle changes may stop or reverse the progression of early-stage prostate cancer. His current research showed that comprehensive lifestyle changes affect gene expression, "turning on" disease-preventing genes and "turning off" genes that promote cancer and heart disease, as well as the first study showing that these lifestyle changes reverse aging by lengthening telomeres, the ends of our chromosomes which control aging (in collaboration with Dr. Elizabeth Blackburn, who was awarded the Nobel Prize in Medicine in 2009).

He is the author of six books, all national bestsellers, including: Dr. Dean Ornish's Program for Reversing Heart Disease; Eat More, Weigh Less; Love & Survival; and his most recent book, The Spectrum.

Mehmet Oz, MD

Dr. Oz is Vice-Chair and Professor of Surgery at Columbia University. He directs the Cardiovascular Institute and Complementary Medicine Program at New York Presbyterian Hospital. He has authored over 400 original publications, book chapters and medical books, has received several patents, and performs more than 100 heart surgeries per year. Oz is the founder of HealthCorps, a non-profit organization that pays a small stipend to recent college graduates to spend two years in high schools mentoring students about health, nutrition, and fitness. He also co-founded Sharecare, an

interactive Q&A platform that allows industry experts to answer health-related questions.

Dr. Oz authored seven New York Times Best Sellers, has a regular column in O, The Oprah Magazine, Time and AARP, and recently launched his own magazine called "The Good Life". In addition, Dr. Oz has been named in Forbes magazine's Most Influential Celebrity list (2010-2014), has been honored as one of Time magazine's 100 Most Influential People, Esquire magazine's 75 Most Influential People of the 21st Century, and as a Global Leader of Tomorrow by the World Economic Forum.

Dan Pardi, MS

Dan is Chief Executive Officer of Dan's Plan and an entrepreneur and researcher whose life's work is centered on how to facilitate health behaviors in others. He is the developer of *Loop Model to Sustain Health Behaviors* to help people live a healthy lifestyle in a modern world. He does research with the Psychiatry and Behavioral Sciences Department at Stanford, and the Departments of Neurology and Endocrinology at Leiden University in the Netherlands. His current research looks at how sleep influences decision making (publications). Dan also works with Naval Special Warfare to help the most elite fighters in the world maintain vigilant performance in both combat and non-combat conditions. Formerly, Dan served as Board Chairman of the *Investigator Initiated Sponsored Research Association*, a global non-profit aimed to promote best practices in the arena of academic research grants. Early in his career, he served as a Division 1 Strength and Conditioning Coach where he designed year-round training protocols for 13 different athletic teams.

Michael Parkinson, MD, MPH, FACPM

Dr. Parkinson is the Senior Medical Director overseeing employer health and productivity strategies for UPMC Health Plan and WorkPartners. He is also Principal of P3 Health (Prevention, Performance, Productivity) engaging employers and organizations to increase value in health and health care. Dr. Parkinson is also Past President of the American College of Preventive Medicine.

He formerly was Executive Vice President, Chief Health and Medical Officer of Lumenos, a pioneer of consumer-directed health plans and a subsidiary of Wellpoint. A retired Air Force colonel, he served as associate director of medical programs and resources in the Office of the Surgeon General where he was responsible for policy and planning for over 2 million beneficiaries, 70 facilities and a \$4 billion budget. He served on the National Advisory Committee of the Robert Wood Johnson Foundation Health Care Purchasing Institute assisting employers to purchase higher quality care.

Dr. Parkinson was Vice Chair of the American Board of Preventive Medicine and a member of the Residency Review Committee. Other appointments included the Institute of Medicine Committee reviewing NASA employee health programs, and as faculty for the 14-cities Robert Wood Johnson Foundation "Aligning Forces for Quality" project. He currently serves on the External Advisory Committee of the NIOSH-funded U of Iowa Center for Workforce Excellence. He is a member of the editorial boards of the American Journal of Preventive Medicine and the American Journal of Medical Quality.

Dr. Parkinson is the recipient of many awards. He received his AB from Cornell University, MD from George Washington University, family practice training at the UCLA and his MPH, preventive medicine residency and chief residency at Johns Hopkins.

Kevin Patrick, MD, MS

Dr. Patrick is a Professor of Family and Preventive Medicine at the University of California, San Diego, Adjunct Professor of Public Health at San Diego State University and, since 1996, has been Editor-in-Chief of the *American Journal of Preventive Medicine*. He is a senior advisor to the Robert Wood Johnson Active Living Research Program and is a member of the National Advisory Committee of the Foundation's program in Health Games Research. Dr. Patrick is Director of the Center for Wireless and Population Health Systems at the California Institute for Telecommunications and Information Technology (Calit2).

Dr. Patrick served as a member of the Armed Forces Epidemiological Board from 2000-2005, is a past president of the Association of Teachers of Preventive Medicine, served on the Secretary's Council for Health Promotion and Disease Prevention of the U.S. Department of Health and Human Services (HHS) and, from 1993 to 1995, was a Senior Advisor in the Office of Disease Prevention and Health Promotion (ODPHP) in the Office of the Assistant Secretary for Health of HHS. He has been PI or Co-PI on more than \$40 million in research and training grants funded by the NIH, CDC, HRSA and others. His current research explores how to use wireless technologies to enable patients and consumers to optimize health promotion and prevention-related behaviors, particularly in the areas of physical activity, diet and lifestyle. Dr. Patrick has authored over 130 peer-reviewed articles, book chapters and commentaries.

Pamela Peeke, MD, MPH, FACP

Dr. Peeke is a physician, scientist and author in the fields of nutrition, stress, fitness and public health. She is WebMD's lifestyle expert, where she presents her multimedia lifestyle program *Everyday Fitness with Dr. Pam Peeke*. Serving as chief medical correspondent for nutrition and fitness at *Discovery Health TV*, Dr. Peeke is featured on the award winning *National Body Challenge* series and is the host of the *Could You Survive?* series, based upon her national bestselling book *Fit to Live*.

Dr. Peeke serves as spokesperson for the American College of Sports Medicine's *Exercise is Medicine* global initiative. Together with the US Surgeon General, she created the *Surgeon General Walks for a Healthy and Fit Nation*. She is senior editor of the Women's Health section of the new edition of the textbook *Lifestyle Medicine*.

Dr. Peeke holds the position of Assistant Clinical Professor of Medicine at the University of Maryland, School of Medicine, is board certified in internal medicine, and is a Fellow of the American College of Physicians. Dr. Peeke was among the first physicians with formal training in nutrition science and while at the NIH, studied the relationship between chronic stress, nutrition, and weight gain.

Dr. Peeke is regularly featured in print media and a regular health news commentator for the national networks. Dr. Peeke is also a *New York Times* bestselling author and founder of The Peeke Performance Center for Healthy Living™ where she conducts her Peeke Week Retreats teaching her Peeke Performers how to transform themselves, mentally and physically, for optimal health and wellbeing.

Adam Perlman MD, MPH, FACP

Dr. Perlman is Executive Director of Integrative Medicine Physician and Associate Professor in the Division of General Internal Medicine at Duke Integrative Medicine. Dr. Perlman joined the staff in 2011. Prior, he was Executive Director of the Institute for Complementary and Alternative Medicine (ICAM) and associate professor of medicine within the School of Health Related Professions at the University of Medicine and Dentistry of New Jersey (UMDNJ). In 2010, Dr. Perlman became chair for the Consortium of Academic Health Centers for Integrative Medicine, a consortium comprising 50 leading academic medical centers around the country with integrative medical programs.

Dr. Perlman was chairperson for the Department of Primary Care within the School of Health Related Professions at UMDNJ, and he held the UMDNJ Hunterdon Endowed Professorship in Complementary and Alternative Medicine since 2004.

Dr. Perlman's scholarly activities include numerous grants and publications. He was guest editor for the Complementary and Alternative Medicine volume of *Medical Clinics of North America*, and is associate editor for the Complementary and Alternative Medicine section of the *Physician Information and Education Resource (PIER)*, developed by the American College of Physicians and American Society for Internal Medicine. His diverse research interests have included a clinical trial evaluating the effect of multivitamin supplementation on school performance in underserved children, a trial assessing the efficacy of massage for osteoarthritis of the knee and a survey exploring the use of CAM in patients with cancer. Most recently, he was the recipient of an R01 Research Grant, funded by the NIH's National Center for Complementary and

Alternative Medicine, to continue his research on massage therapy for osteoarthritis of the knee. Dr. Perlman's research has been published in the Archives of Internal Medicine and featured in the New York Times.

Eddie Phillips, MD

Dr. Phillips is Assistant Professor of Physical Medicine and Rehabilitation at Harvard Medical School and is Founder and Director of The Institute of Lifestyle Medicine (ILM) at the Joslin Diabetes Center. Additionally, Phillips is a Fellow of American College of Sports Medicine (FACSM) and serves on the executive council that developed and leads the Exercise is Medicine™ global initiative. He is co-author of ACSM's Exercise is Medicine™, The Clinician's Guide to the Exercise Prescription and is chair of the Exercise is Medicine Education Committee. He serves on the Advisory Board of the American College of Lifestyle Medicine and on the Health Sector of the United States National Physical Activity Plan.

He is Adjunct Scientist at the Jean Mayer- United States Department of Agriculture, Human Nutrition Research Center on Aging at Tufts University in the Nutrition, Exercise Physiology and Sarcopenia Laboratory where he works as study physician and investigator on several studies that address the areas of exercise physiology, resistance training in the elderly, body composition, and nutrition. He is site-PI for the Health Resource Service Administration Preventive Medicine Training Grant educating Yale Preventive Medicine residents in Lifestyle Medicine. Phillips has published over 60 scientific publications.

His medical school, SUNY Buffalo School of Medicine and Biomedical Sciences honored him with its Distinguished Alumni Award for his accomplishments in Lifestyle Medicine. The President's Council on Fitness, Sports and Nutrition has recognized both Dr. Phillips and the ILM with its Community Leadership Award. He appears on national media including Good Morning America, ESPN radio, Huffington Post, Slate, and in Time Magazine.

Barry Popkin, PhD

Dr. Popkin, W. R. Kenan, Jr. Distinguished Professor of Nutrition, has a Ph.D. in economics, training in demography, and is a Professor of Nutrition at the University of North Carolina-Chapel Hill. Dr. Popkin has an active U.S. research program in understanding dietary behavior. He is not only actively involved in research in the United States, but is also active in a number of other NIH-funded studies of countries around the world. His major US work is the large UNC food research program which is evaluating how the food industry is changing the food supply and affecting caloric intake and diet quality of Americans funded by Robert Wood Johnson Foundation and linked with the Michelle Obama's Let's Move child obesity prevention initiative. His US work includes a series of NIH grants to study how socioeconomic change linked with shifts in the economic and built environment affect diet, activity and obesity in the 25-year long longitudinal study-CARDIA.

Dr. Popkin serves on several scientific advisory organizations. He has published more than 360 journal articles and numerous book chapters and is one of the most cited nutrition scholars in the world. He is author of the new book *The World is Fat: The Fads, Trends, Policies, and Products that are Fattening the Human Race*.

Robert Porter, JD, MBA

Robert (Bob) Porter is Regional President and Sr. Partnership Executive for the broader St. Louis market of Healthways Inc. He leads the development and operation of Healthways' partnership with Mercy healthcare system. Healthways and Mercy are working together to position Mercy to deliver more efficient and effective solutions for total population health management. Bob spent the last 23 years with SSM Health Care System in St. Louis, most recently serving as President, Programs and Services, & Chief Strategy Officer. He received his education at Stanford University.

James O. Prochaska, PhD

Dr. Prochaska is Director of Cancer Prevention Research Center and Professor of Clinical and Health Psychology at the University of Rhode Island. He is the author of over 300 publications, including three books, *Change for Good*, *Systems of Psychotherapy*, and *The Transtheoretical Approach*. He is internationally recognized for his work as a developer of the stage model of behavior change. He is the principal investigator on over \$60 million dollars in research grants for the prevention of cancer and other chronic diseases.

Dr. Prochaska has won numerous awards including the Top Five Most Cited Authors in Psychology from the American Psychology Society, an Innovator's Award from the Robert Wood Johnson Foundation and is the first psychologist to win a Medal of Honor for Clinical Research from the American Cancer Society.

John La Puma MD, FACP

Dr. La Puma is Clinical Director, Chef Clinic, co-founder of ChefMD and a New York Times best-selling author twice. He has led clinical trials of nutritional interventions designed to improve obesity, hypertension, osteoarthritis, insomnia and diabetes, and pioneered culinary medicine. His mission is to help you get measurably healthier with what you eat and how you live. Dr. La Puma taught the first Nutrition and Cooking course for medical students in the US, at SUNY-Upstate with Dr. Michael Roizen of the Cleveland Clinic, and the first Culinary Medicine clinical course for medical students in the US, at DMU. He has authored over 50 peer-reviewed scientific papers and three medical books, including a CME book. His work has been published by the New England Journal of Medicine, JAMA and the British Medical Journal. Dr. La Puma is Founding Editor of Alternative Medicine Alert, the leading evidence-based newsletter for clinicians on dietary supplements and integrative medical approaches. He delivered the first lectures at Harvard and at TEDMED on Culinary Medicine, and at the University of Chicago on Comfort Food. He has also presented at the prestigious TEDx and Gel Health conferences and is consistently rated among the very best speakers by the audiences he addresses. He has also been a consultant and spokesperson for some of the groups to which he has given talks, such as CIGNA, Caremark, GSK and Kraft. He hosts the national PBS series "Dr John La Puma's ChefMD Shorts" airing through Fall 2016; the 90 minute PBS Special "Eat and Cook Healthy"; and the 13 part YouTube Series "Refuel Minute for Men". He co-hosted 100+ episodes of Lifetime TV's "Health Corner", most recently with Joan Lunden and Leeza Gibbons, and hosted the weekly "Chef MD" TV segments on Lifetime TV for nearly 5 years.

He performed his residency in internal medicine at West Los Angeles Veterans Administration Medical Center and UCLA, and completed the first postgraduate fellowship in general internal medicine and clinical medical ethics in the US, at the University of Chicago. Dr. La Puma became a Clinical Associate Professor of Medicine at the University of Chicago, Professor of Nutrition at Kendall College's School of Culinary Arts, and cook at James Beard-award winning Chef Rick Bayless' Topolobampo in Chicago. Dr. La Puma graduated with honors from the Cooking and Hospitality Institute of Chicago (now a Le Cordon Bleu school) in Professional Cooking.

Mathieu "Mat" Provençal, PhD, DEPD, CSPQ

The University path of Dr. Provençal is a telling reflection of what must be a multidisciplinary approach to the tasks of a modern clinical laboratory. Dr. Provençal obtained his PhD (2009) in physiology in the Faculté de Médecine at Université de Montreal. In 2011, he obtained his certification as a specialist in clinical biochemistry (CSPQ). Dr. Provençal joined the Maisonneuve-Rosemont Hospital, working as a clinical biochemist where he is in charge of the endocrinology/andrology and oncology labs. He co-founded an IVF clinic in the greater Montreal area and has a special interest in the prevention of mother-child diseases. In 2013, Dr. Provençal published the book: *Conceiving: preventing and treating infertility*. The book has been published in French, English and Chinese.

Peter Rabinowitz, MD, MPH

Dr. Rabinowitz directs the University of Washington's Center for One Health Research. The Project explores linkages between human, animal, and environmental health in a "One Health" paradigm, including: zoonotic infectious diseases at the human-animal interface, animals as "sentinels" of environmental health hazards, and clinical collaboration between human health care providers and veterinarians in a species-spanning approach. A goal of the Project is to serve as an incubator and organizer of research, training, and clinical activities at the University of Washington related to the human-animal-ecosystem interface.

Dr. Rabinowitz also directs the Canary Database, an online resource for evidence about animals as sentinels of environmental health threats from both toxic and infectious hazards. He has been a visiting scientist at the Global Influenza Program of the WHO, and also in the Animal Health Division of the U.N. Food and Agriculture Organization (FAO) where

he researched zoonotic diseases. He is the co-editor, with Lisa Conti DVM, MPH, of the clinical manual *Human Animal Medicine: Zoonoses, Toxicants and other Shared Health Risks*. (Elsevier 2010) He is co-director, with Malika Kachani DVM, PhD, of the Stone Mountain Working Group on One Health Proof of Concept Research.

Dr. Rabinowitz completed a Family Medicine residency through the University of California San Francisco (Salinas Program). He has also completed fellowships in General Preventive Medicine and Occupational and Environmental Medicine at the Yale School of Medicine, where he served as Associate Professor in the Department of Internal Medicine and Director of Electives for the School of Medicine.

Mike Rayner, BA, DPHil

Professor Rayner is Director of the British Heart Foundation Centre on Population Approaches for NCD Prevention, which is based within the Nuffield Department of Population Health of the University of Oxford, and which he founded in 1993. His research interests are in food labelling, food marketing, food taxes and the relationship between a healthy diet and sustainable diet.

Mike is also Chair of Sustain, the alliance for better food and farming in the UK, and Chair of its Childrens' Food Campaign in the UK. He is a trustee of the UK Health Forum, Chair of the Nutrition Expert Group for the European Heart Network based in Brussels and a member of the Scientific Advisory Panel of the International Obesity Task Force. He is also an ordained priest in the Church of England.

Eric Rimm, ScD

Dr. Rimm is a Professor of Epidemiology and Nutrition and the Director of the Program in Cardiovascular Epidemiology at the Harvard School of Public Health and also a Professor of Medicine at the Harvard Medical School. His research group focuses on the study of diet and lifestyle characteristics in relation to cardiovascular disease. He also works on public health nutrition research to study the impact of nutrition policy in schools on the diets of school children and on the impact of food stamps dietary habits. He has previously served on the scientific advisory committee for the 2010 U.S. Dietary Guidelines for Americans. He has published more than 450 peer reviewed publications during his 20 years on the faculty at Harvard.

Dr. Rimm is an associate editor for the *American Journal of Clinical Nutrition* and the *American Journal of Epidemiology*. He also was awarded the 2012 American Society for Nutrition General Mills Institute of Health and Nutrition Innovation Award.

Thomas "Tom" Robinson MD, MPH

Dr. Robinson is the Irving Schulman, MD Endowed Professor in Child Health, Professor of Pediatrics and of Medicine, in the Division of General Pediatrics and the Stanford Prevention Research Center at Stanford University School of Medicine, and Director of the Center for Healthy Weight at Stanford University and Lucile Packard Children's Hospital at Stanford. Dr. Robinson focuses on "solution-oriented" research, developing and evaluating health promotion and disease prevention interventions for children, adolescents and their families to directly inform medical and public health practice and policy. His research is largely experimental in design, conducting school-, family- and community-based randomized controlled trials to test the efficacy and/or effectiveness of theory-driven behavioral, social and environmental interventions to prevent and reduce obesity, improve nutrition, increase physical activity and decrease inactivity, reduce smoking, reduce children's television and media use, and demonstrate causal relationships between hypothesized risk factors and health outcomes. Robinson's research is grounded in social cognitive models of human behavior, uses rigorous methods, and is performed in generalizable settings with diverse populations, making the results of his research more relevant for clinical and public health practice and policy.

His research is published widely in the peer-reviewed scientific literature. Robinson received both his B.S. and M.D. from Stanford University and his M.P.H. in Maternal and Child Health from the University of California, Berkeley. He completed his internship and residency in Pediatrics at Children's Hospital, Boston and Harvard Medical School, and then returned to Stanford for post-doctoral training as a Robert Wood Johnson Clinical Scholar. Robinson joined the faculty at

Stanford in 1993, was appointed Assistant Professor in 1996, and promoted to Associate Professor with tenure in 2003. He is Principal Investigator on numerous prevention studies funded by the National Institutes of Health. Dr. Robinson also is Board Certified in Pediatrics, a fellow of the American Academy of Pediatrics, and practices General Pediatrics at Lucile Packard Children's Hospital at Stanford.

Rich Roll, Ultra-endurance Athlete

Named one of the "25 Fittest Men in the World" by Men's Fitness Magazine, Rich Roll is the #1 best selling author (FINDING ULTRA), host of the top-ranked Rich Roll Podcast and co-founder of Rich Roll Enterprises LLC, offering products and services for optimal healthy living. A renown vegan ultra-endurance triathlete, Rich is also an international motivational speaker, wellness advocate, husband and father of four children and serves as an inspiration to people worldwide as a powerful example of transformative healthy living.

Rich is a 2-time finisher of the Ultraman World Championships (11th in 2008; 6th in 2009). In May 2010, Rich completed EPIC5 - 5 ironmans on 5 Hawaiian Islands in under a week.

Barbara Rolls, PhD*

Dr. Rolls is Professor and the Helen A. Guthrie Chair of Nutritional Sciences at The Pennsylvania State University. She also holds positions at Penn State as Professor in the Department of Biobehavioral Health, the Intercollege Graduate Program in Physiology, and the Integrative Biosciences Graduate Program. She is a faculty member of Penn State Hershey College of Medicine's Neural and Behavioral Sciences Program and the MD/PhD Program.

Dr. Rolls is Past-President of both the Society for the Study of Ingestive Behavior and The Obesity Society. She has been a member of the Advisory Council of the National Institute of Diabetes and Digestive and Kidney Diseases (NIH). In 2006 she was elected a fellow of the American Association of the Advancement of Science.

She is the author of over 250 scientific articles and six books, including *Thirst*, *The Volumetrics Weight-Control Plan: Feel Full on Fewer Calories*, *The Volumetrics Eating Plan*, and *The Ultimate Volumetrics Diet*.

Emilio Ros, MD, PhD

Dr. Ros is director of the Lipid Clinic and Senior Consultant, Endocrinology and Nutrition Service, Hospital Clínic, Barcelona, Spain. He led the nutritional intervention of the landmark PREDIMED trial of Mediterranean diet for primary cardiovascular prevention.

Dr. Ros graduated in Medicine (University of Barcelona, 1968), PhD in Medicine (University of Barcelona 1991), Specialist in Internal Medicine (American Board of Internal Medicine, New York 1972) and Gastroenterology (American Board of Internal Medicine, subspecialty Gastroenterology, Boston 1974).

Dr. Ros is member, founder and ancient vice-president of the Spanish Atherosclerosis Society (SEA). Member of the European Atherosclerosis Society (EAS) and International Atherosclerosis Society (IAS) and is past president of the Ibero American Atherosclerosis Society. He was Chairman of the Scientific Committee, 74th Congress of the European Atherosclerosis Society, 2004.

Dr. Ros has received numerous research grants and awards from public and private agencies. He has published 180 original papers in peer-reviewed journals, 26 original papers in other journals, 112 review papers, 22 editorials and 82 chapters in medical and scientific textbooks. He has been editor/director of 9 medical books/scientific supplements. He has been speaker at many scientific conferences and professor of many postgraduate courses on lipid metabolism and atherosclerosis.

Bruce Rosen, PhD

Dr. Rosen is the Director of the Smokler Center for Health Policy Research of the Myers JDC Brookdale Institute.

Elliot Rosenberg, MD, MPH, FACPM

Dr. Rosenberg is a fellow of the American College of Preventative Medicine and has been a member for over 15 years. He currently serves in a dual role in Israel's Ministry of Health: National Coordinator of the Healthy Israel 2020 Initiative, a national health promotion/disease prevention program, and Head, Department of Occupational Health in the Israeli Ministry of Health.

Dr. Rosenberg is a graduate of Columbia College and Tel-Aviv University School of Medicine. He completed a General Preventive Medicine residency at the University of Washington in Seattle and trained as an NCI cancer prevention fellow in the Cancer Research Prevention Program of the Fred Hutchinson Cancer Research Center. He is also a board-certified in Public Health by the Israeli Medical Association.

For seventeen years, Elliot served as an operational flight surgeon in the Israeli Air Force in the following billets: flight surgeon in an F-16 fighter squadron, Director of Base Medical Services at Ramat-David AFB, human factor flight safety specialist in the Safety and Inspection Directorate, and Chief of the Clinical Section at the IAF Aeromedical Center. After leaving the service, he worked as Director of Clinical Safety at Teva Pharmaceuticals, and headed the Department of Community Geriatrics in the Israeli Ministry of Health, focusing on prevention in seniors.

Dr. Rosenberg was elected to the International Academy of Aviation & Space Medicine. He has been part of the Israeli Preventive Services Task Force since 2004, and also serves on two of Israel's National Health Councils: the Health Promotion Council and the Occupational Health Council.

Elaine Rush, PhD

Professor Elaine Rush has dedicated 30 years to scientific enquiry at the cutting edge of health and education. Currently, as Professor of Nutrition at AUT, her work is centered on the prevention of chronic disease across the lifecycle. An internationally recognised research leader with expertise in nutrition, energy expenditure, physical activity and the measurement of body composition, Elaine is a champion for the multiethnic communities she works with. She is a principal investigator with GRAVIDA, the National Centre for Growth and Development, and a government-funded Centre of Research Excellence. Elaine's career began as a cardiopulmonary technologist at Greenlane Hospital, which led to a PhD and a Master of Sciences First Class Honors in physiology from the University of Auckland. To date, Elaine has supervised 22 PhD and Masters' students to completion and is currently supervising another 12 postgraduate students. Since 2004 Elaine has attracted \$6.6M of research funding.

Elaine provides academic leadership for Project Energize, a multimillion dollar regional health program. Elaine also leads the nutrition and physical growth research arm of AUT University's Pacific Island Families Study, a longitudinal study of the developmental health and well-being of more than 1000 Pacific children and their families. Elaine has served as the New Zealand representative for the International Association for the Study of Obesity, an expert consultant for the World Health Organisation and the United Nations International Atomic Energy Agency in Nutrition and Health (1999-present). She is also the Scientific Director of the New Zealand Nutrition. In 2014 Elaine was appointed as a Member of the New Zealand Order of Merit (MNZM) for services to health.

Joan Sabate, MD, DrPH

Dr. Sabaté is a board certified physician in internal medicine. He obtained the degree of Doctor of Public Health in Nutrition from Loma Linda University. He was an American Heart Association post doctoral fellow in the Preventive Medicine Department then became an Associate Professor in the Department of Epidemiology & Biostatistics and in the Department of Nutrition. In 1998 he was named Chair of the Department of Nutrition while continuing his teaching commitments in epidemiology.

Dr. Sabaté served as principal investigator in a nutrition research study that directly linked the consumption of walnuts to significant reductions in serum cholesterol. His findings were published in the New England Journal of Medicine in 1993

and received the attention of more than 400 media sources, both national and international. He has served as a co-investigator of the Adventist Health Study and is currently a co-investigator of the Adventist Health Study-2.

He has also conducted considerable research in the area of vegetarian nutrition, is editor of the book *Vegetarian Nutrition*, and was the principal architect of the *Vegetarian Food Guide Pyramid* released in 1997 at the 3rd International Congress on Vegetarian Nutrition. As co-chair of the 3rd International Congress on Vegetarian Nutrition in 1997, chair of the 4th edition in 2002 and the 5th congress in 2008, Dr. Sabaté has been influential in helping establish the scientific evidence of the health benefits of vegetarian diets.

Michael Sagner, MD

Dr. Sagner, the French-German researcher and medical doctor with specialization in preventive medicine and sports medicine, is the President of the European Society of Lifestyle Medicine (ESLM). He is also trained in nutritional medicine and is a performance nutrition specialist and physician to high-level athletes. Dr. Sagner is a European pioneer in preventive medicine and lifestyle medicine. He started the first European medical lifestyle-coaching program covered by health insurance, which received extensive media coverage.

Dr. Sagner founded the first department for Preventive Medicine and Lifestyle Medicine at a European university medical center and medical school (Eppendorf) with an interdisciplinary team of medical doctors, nurses, exercise physiology specialists, physiotherapists and nutritionists. At the same time he was a consulting physician for the German soccer league 'Bundesliga' and oversaw the transfers and health checks of the professional players.

Horacio Sanchez, President and CEO Resiliency, Inc.

Horacio Sanchez has utilized his training as an educator and clinician toward the education and treatment of children with severe emotional disorders. The Maladaptive Council (Academy of Science) recognizes him as a leading authority in emotional disorders and resiliency. His approaches are not only based on sound scientific research but have been the foundations of his award winning mental health and educational programs.

Horacio Sanchez has been a teacher, school administrator, Mental Health Director and Consultant to the Department of Education in NC, PA, and other states. Horacio's diverse education and background has helped him to merge research, science, and practice. His new book, *A Brain-Based Approach to Closing the Achievement Gap*, provides a blueprint to help school districts close the achievement gap.

David Satcher, MD, PhD*

David Satcher is Director of the Satcher Health Leadership Institute at the Morehouse School of Medicine (SHLI/MSM), which was established in 2006. He is also professor of Community Health and Preventive Medicine, Family Medicine, and Psychiatry at MSM. Since returning to the Morehouse School of Medicine, he has served as founding Director of the National Center for Primary Care (NCPC) and as Interim President of the Morehouse School of Medicine.

Prior to 2002, Dr. Satcher served as Director of the CDC, Assistant Secretary for Health, and Surgeon General of the United States, making him only the second person in history to serve simultaneously as Surgeon General and Assistant Secretary for Health. As Surgeon General, Dr. Satcher released the first ever Surgeons General Reports on Mental Health, Oral Health, Sexual Health, and Overweight and Obesity. As Assistant Secretary for Health, he led the development of Healthy People 2010 where the goal of eliminating disparities in health was first articulated and served on the WHO Commission on Social Determinants of Health.

Dr. Satcher has received over 50 honorary degrees and numerous leadership awards. Additional leadership roles have included, Interim Dean & CEO at King Drew and past President of Meharry Medical College. Dr. Satcher is an avid rower and jogger who promotes the Surgeons General Prescription for personal behavior. He is married to the former Nola Richardson and enjoys spending time with his children and grandchildren.

Marlene Schwartz, PhD

Dr. Schwartz serves as Director for the Rudd Center for Food Policy & Obesity. She received her PhD in Psychology from Yale University. Prior to joining the Rudd Center, she served as Co-Director of the Yale Center for Eating and Weight Disorders. Dr. Schwartz's research and community service addresses how home environments, school landscapes, neighborhoods, and the media shape the eating attitudes and behaviors of children. She has collaborated with the Connecticut State Department of Education to evaluate nutrition and physical activity policies in schools and preschools throughout the state. She co-chaired the Connecticut Obesity Task Force in 2010 and has provided expert testimony on obesity-related state policies. She also serves on the Board of Directors of the Connecticut Food Bank.

Dr. Schwartz has received research grants from the Robert Wood Johnson Foundation, the United States Department of Agriculture, and the National Institutes of Health to study school wellness policies, the preschool nutrition environment, the effect of food marketing on children, the relationship between food insecurity and nutrition, and how federal food programs can improve the accessibility and affordability of healthy foods in low-income neighborhoods.

Bill Sears, MD

Dr. Sears, or Dr. Bill as his "little patients" call him, has been advising busy parents on how to raise healthier families for over 40 years. He received his medical training at Harvard Medical School's Children's Hospital in Boston and The Hospital for Sick Children in Toronto, the world's largest children's hospital, where he was associate ward chief of the newborn intensive care unit before serving as the chief of pediatrics at Toronto Western Hospital, a teaching hospital of the University of Toronto. He has served as a professor of pediatrics at the University of Toronto, University of South Carolina, University of Southern California School of Medicine, and University of California: Irvine.

As a father of 8 children, he coached Little League sports for 20 years, and together with his wife Martha has written more than 40 best-selling books and countless articles on nutrition, parenting, and healthy aging. He serves as a health consultant for magazines, TV, radio and other media, and his AskDrSears.com website is one of the most popular health and parenting sites. Dr. Sears has appeared on over 100 television programs, including 20/20, Good Morning America, Oprah, Today, The View, and Dr. Phil, and was featured on the cover of TIME Magazine in May 2012. He is noted for his science-made-simple-and-fun approach to family health.

Arya Sharma, MD, PhD, FRCPC

Dr. Sharma is Professor of Medicine & Chair in Obesity Research and Management at the University of Alberta, Edmonton, Canada. He is also the Clinical Co-Chair of the Alberta Health Services Obesity Program. Dr. Sharma is founder and Scientific Director of the Canadian Obesity Network, a network of over 10,000 obesity researchers, health professionals and other stakeholders. He is also the Past-President of the Canadian Association of Bariatric Physicians and Surgeons.

His past appointments include positions as Professor of Medicine and Canada Research Chair (Tier 1) at McMaster University, Professor of Medicine at the Franz-Volhard Klinik – Charité, Humboldt University Berlin and the Free University of Berlin. His research focuses on the evidence-based prevention and management of obesity and its complications. He has authored and co-authored more than 350 scientific articles and has lectured widely on the etiology and management of obesity and related cardiovascular disorders. Dr. Sharma is regularly featured as a medical expert in national and international TV and print media and maintains a widely read obesity blog.

Dexter Shurney, MD, MBA, MPH

Dr. Shurney is the Chief Medical Director / Executive Director for Global Benefits, Health and Wellness for Cummins, Inc. He has an extensive background in health care management and policy. He has distinguished himself as a recognized leader in his profession in numerous ways. In 2007, he was appointed by Tennessee Governor Phil Bredesen to chair The Diabetes Prevention and Health Improvement Board.

Other positions that Dr. Shurney has held include Senior Vice President and Chief Medical Officer for Healthways, Health Policy Strategist in the Division of Global Government Affairs for the biotechnology company Amgen Inc., Chief Medical

Officer and Vice President of medical affairs for Blue Cross Blue Shield of Michigan, and Editor of the Journal of Managed Care Physicians. Dr. Shurney is co-author of the book "Integrating Wellness into Your Disease Management Programs" which is a "how-to" strategic guide for employers that wish to innovate their disease management programs with accountable wellness and lifestyle approaches to care.

Eduardo Simoes, MD, MSc, DLSHTM, MPH

Dr. Simoes is chair of the Department of Health Management and Informatics at the University of Missouri-Columbia School of Medicine and is MU's Health Management and Informatics Alumni Distinguished Professor. He served as director of the Prevention Research Centers Program Office in the CDC's Division of Adult and Community Health where he monitored implementation of prevention research in 37 universities with distribution of \$50 million every year. He was previously chief epidemiologist for the Missouri Department of Health and Senior Services, where he served from 1996 to 2003. Dr. Simoes has also held part-time faculty appointments with Saint Louis University and the MU School of Medicine.

Dr. Simoes is the Chief Executive Officer of EJS Consultoria Ltda., a consulting company dedicated to improving population health through consulting in the areas of health-related research, health care and public health worldwide. He holds a Doctor of Medicine degree from the School of Medicine at the University of Pernambuco (Brazil), a Master of Public Health from Emory University, a Master of Science in Community Health for Developing Countries, and a Diploma of the London School of Hygiene and Tropical Medicine for course taught in community health. He has published more than 80 papers in reputed journals and serving as an editorial board member of repute. He is the recipient of many awards.

Michele Simon, JD, MPH

Michele Simon is a public health lawyer specializing in legal strategies to counter corporate tactics that harm the public's health. Simon has been researching and writing about the food industry and food politics since 1996. Also an expert in alcohol policy, for 4.5 years she served as research and policy director for Marin Institute (now Alcohol Justice), an alcohol industry watchdog group based in Northern California. Her groundbreaking 2007 report on alcoholic energy drinks led to federal action to ban the dangerous products.

Her first book, *Appetite for Profit: How the Food Industry Undermines Our Health and How to Fight Back*, was published by Nation Books in 2006. New York University Professor Marion Nestle (who calls the book "brilliant") has made it required reading for her nutrition students. An accomplished and engaging speaker, Simon lectures internationally on corporate tactics and policy solutions. She has a master's degree in public health from Yale University and received her law degree from the University of California, Hastings College of the Law. Michele also provides legal services to food and beverage companies, working "of counsel" with Foscolo and Handel PLLC, The Food Law Firm.

Gunhild Stordalen, MD, PhD

Gunhild A. Stordalen is a founding member and the chairman of the board of the Stordalen Foundation. She is also the executive chair on the council of the environmental organization GreeNudge. She is a medical doctor from the University of Oslo and holds a Ph.D. in pathology/orthopedics.

Gunhild fully dedicates her time to climate and health issues. She has joined the Norwegian Medical Association's committee for human rights, climate change and global health.

In addition to her work on the board of Home Invest and Nordic Choice Hotels as well as Ecohz (a Norwegian owned company that guarantees the origin of renewable energy), Gunhild plays an active role as a member on the board the Zero Emission Resource Organization (ZERO). She has helped build and shape the annual ZERO conference, which has grown into one of Scandinavia's most influential climate conferences. Arnold Schwarzenegger, dr. Rajendra Pachauri, Sir Anthony Giddens and Connie Hedegaard have all given speeches at the conference. Gunhild has also founded and co-hosted several other conferences and forums.

Travis Stork, MD

Dr. Travis Stork is an Emmy®-nominated host of the award-winning talk show, *The Doctors*, and a board-certified emergency medicine physician. He graduated Magna Cum Laude from Duke University as a member of Phi Beta Kappa and earned his M.D. with honors from the University of Virginia, being elected into the prestigious honor society of Alpha Omega Alpha for outstanding academic achievement.

Based on his experiences in the ER, Dr. Stork is driven to teach people how to prevent illness before it happens. As a motivational speaker on the topic of health and wellness, Dr. Stork teaches people how to achieve optimal health by focusing on the 200-plus seemingly inconsequential health decisions people make throughout each day.

Dr. Stork is on the Medical Advisory Board for Men's Health magazine and is The New York Times best-selling author of *The Doctor's Diet*, in addition to *The Lean Belly Prescription* and *The Doctor Is In: A 7-Step Prescription for Optimal Wellness*. *The Doctor's Diet Cookbook*, the follow-up to his best-selling book *The Doctor's Diet*, was released in October 2014. An avid outdoorsman, Dr. Stork is a devotee of mountain and road biking, whitewater kayaking and hiking with his dog.

Mary Story, PhD, RD

Dr. Story is Professor and Associate Director of Academic Programs, Community and Family Medicine, Duke University and the Duke Global Health Institute, Durham, NC. Prior to coming to Duke she was Senior Associate Dean for Academic and Student Affairs and Professor in the Division of Epidemiology and Community Health in the School of Public Health, University of Minnesota where she was also Adjunct Professor in the Department of Pediatrics, School of Medicine.

Dr. Story concurrently serves as Director of the National Program Office for the Robert Wood Johnson Foundation Healthy Eating Research Program that supports research on environmental and policy strategies to promote healthy eating among children to prevent childhood obesity. She has conducted numerous school and community-based environmental intervention and obesity prevention studies for children, adolescents, and families. Dr. Story was elected to the IOM in 2010 and is currently a member of the IOM Food and Nutrition Board and vice co-chair of the IOM Roundtable on Obesity Solutions.

Claire Julsing Strydom, RD

Claire Julsing Strydom, RD (SA) has completed her Master of Science degree in Dietetics through the University of the Free State. Her masters focused on the effects of antiretrovirals on nutritional status in HIV infected adults. Claire has extensive experience in corporate wellness and has presented nutrition intervention programs and nutrition presentations for various organisations such as Investec, NMG, Kelloggs, Discovery Vitality, Databuild, Nedbank and Fine and Country. She consults to the media and has written for and consulted to numerous magazines and news papers including; *Business Day*, *Shape*, *Men's Health*, *Longevity*, *Femina*, *Cosmopolitan*, *The Star*, *Pregnancy*, *Medical Chronicle*, *Specialist Forum* and many more.

Claire has been involved in school nutrition intervention programs and has provided initiatives for the Oprah Winfrey Leadership Academy, St John's College and DSG in Grahamstown. She is registered with the Health Professions Council of South Africa, The American Dietetic Association and holds the communications portfolio on the Association for Dietetics in South Africa's South Gauteng Branch.

Boyd Swinburn, MD, MBChB, FRACP

Boyd Swinburn is the Professor of Population Nutrition and Global Health at the University of Auckland and Alfred Deakin Professor and Director of the World Health Organisation (WHO) Collaborating Centre for Obesity Prevention at Deakin University in Melbourne. He trained as a specialist endocrinologist and has conducted research in metabolic, clinical and public health aspects of obesity. His major research interests are centered on community and policy actions to prevent childhood and adolescent obesity, and reduce, what he has coined, the 'obesogenic' food environment.

He is Co-Chair of the World Obesity/Policy & Prevention (formerly known as IOTF) and was President of the Australia and New Zealand Obesity Society (ANZOS) from 2005-7. He has also contributed to over 30 WHO consultations and reports on obesity, authored over 300 publications and given over 400 presentations. Through these efforts he is significantly contributing to national and global efforts to reduce the obesity epidemic.

Rafi Taherian, Certified Executive Chef

Rafi Taherian, Certified Executive Chef '95, is Executive Director of Yale Dining. His work history encompasses more than 25 years of progressive expertise in hospitality leadership. Prior to joining Yale in 2008, Rafi spent 13 years at Stanford University, where he served as executive director for Stanford Dining.

At Yale, his responsibilities include building and developing high-performing teams through focused and benevolent leadership and directing the department's strategic planning and initiatives focused on ensuring operational excellence in the delivery of over 14,000 meals per day in 31 food service operations. His team is responsible for residential college and graduate student dining, retail, convenience stores, cafés, catering, executive services, a commissary, and a bakery. He has been recognized nationally as a seasoned veteran in piloting various industry leading sustainability initiatives and has received numerous awards for his vision and leadership in conceptualizing and implementing innovative hospitality programs.

Rafi is a member of the Sustainable Business Leadership Council for Menus of Change: The Business of Healthy, Sustainable, Delicious Food Choices, an initiative developed by The Culinary Institute of America in collaboration with the Department of Nutrition at the Harvard School of Public Health.

Elsie Taveras, MD, MPH

Elsie M. Taveras, MD, MPH is Chief of the Division of General Pediatrics and Director of Pediatric Population Health Management at Massachusetts General Hospital. She is also Associate Professor of Pediatrics and Population Medicine at Harvard Medical School. She received her BS and MD degrees from New York University. After receiving her MD, she did her internship, residency, and chief residency, at the Boston Combined Residency Program in Pediatrics. Dr. Taveras also holds a Master's in Public Health from the Harvard School of Public Health.

Dr. Taveras is a Pediatrician and a childhood obesity researcher. Her main focus of research is understanding determinants of obesity in women and children and developing interventions across the life course to prevent obesity, especially in underserved populations. Her work spans the spectrum of observational studies and interventions to identify and quantify risk factors to modify these risk factors for health promotion and disease prevention. She has published over 100 research studies and served on Committees for the Institutes of Medicine to develop recommendations for prevention of obesity in early life and for evaluating the progress of national obesity prevention efforts. Her work has been cited by The Robert Wood Johnson Foundation as one of the most influential studies of 2010 and was cited in the White House Task Force Report on Childhood Obesity in May 2010.

Paul Terry, PhD

As Chief Science Officer of StayWell, Paul Terry directs client support, program evaluation, research and industry leadership and ensures the highest quality in program development and delivery. Additionally, Paul leads strategic planning and market presence, and provides consulting expertise on customer programs.

Prior to StayWell, Paul was the president and CEO of the Park Nicollet Institute, the research and education division of Park Nicollet Health Services in Minnesota. He also was a member of the health education faculty at St. Cloud State University and Hamline University.

Paul, twice a Senior Fulbright Scholar, recently earned the title "America's Greatest Thinker" from The Great American Think-Off. He is a past president of the Minnesota Public Health Association and serves as an editor of the American Journal of Health Promotion. Widely published in professional journals, Paul co-authored patient publications that have won awards of excellence. He co-authored four books, including Well Advised: Your Guide to Making Smart Health Decisions.

Paul holds a Ph.D. from the University of Minnesota and a master's degree from Minnesota State University at Mankato, where he was honored with the Distinguished Alumni Humanitarian Award.

Joe Thompson, MD, MPH

Dr. Thompson is Director of the Arkansas Center for Health Improvement and Professor in the Colleges of Medicine and Public Health at the University of Arkansas for Medical Sciences as well as a General Pediatrician. Dr. Thompson has led vanguard efforts in planning and implementing health care financing reform, tobacco- and obesity-related health promotion and disease prevention programs. He has worked with Arkansas's executive and legislative leadership and the U.S. Department of Health and Human Services to develop a creative alternative to Medicaid expansion under the Patient Protection and Affordable Care Act. In addition, Dr. Thompson is guiding Arkansas's innovative initiatives to improve health system access, quality and cost including a systematic, multi-payer overhaul of Arkansas's health care payment system.

From 2005–2015 Dr. Thompson served as Surgeon General for the State of Arkansas in the administrations of Republican Governor, Mike Huckabee and Governor Mike Beebe. Dr. Thompson was the former Director of the Robert Wood Johnson Foundation (RWJF) Center to Prevent Childhood Obesity. Nationally, Dr. Thompson serves on the board of the Campaign to End Obesity and of AcademyHealth. Previously he served for ten years on the Arkansas Board of Health and is past President of the Arkansas Chapter of the American Academy of Pediatrics. He is author of numerous articles and publications that reflect his research interests in the areas of health and health care. He earned his medical degree from the University of Arkansas for Medical Sciences and Master of Public Health from the University of North Carolina at Chapel Hill. He served as the RWJF Clinical Scholar at the University of North Carolina at Chapel Hill, the Luther Terry Fellow in Preventive Medicine advising the U.S. Assistant Secretary of Health in Washington, DC, and the Assistant Vice President and Director of Research at the National Committee for Quality Assurance in Washington, DC. In 1997, he served as the First Child and Adolescent Health Scholar of the U.S. Agency for Healthcare Research and Quality (then the U.S. Agency for Health Care Policy and Research) before returning to Arkansas.

Ken Thorpe, PhD

Dr. Thorpe is a Robert W. Woodruff Professor and Chair in the Department of Health Policy and Management at Emory's Rollins School of Public Health. He also serves as the executive director of Emory's Institute of Advanced Policy Solutions (IAPS) and director of the Institute's Center for Entitlement Reform. He is Chairman of the Partnership to Fight Chronic Disease (PFCD) and co-directs the Emory Center on Health Outcomes and Quality.

Dr. Thorpe was Deputy Assistant Secretary for Health Policy in the U.S. Department of Health and Human Services from 1993 to 1995. In this capacity, he coordinated all financial estimates and program impacts of President Clinton's health care reform proposals for the White House. He also directed the administration's estimation efforts in dealing with Congressional health care reform proposals during the 103rd and 104th sessions of Congress.

Dr. Thorpe has authored and co-authored over 85 articles, book chapters and books and is a frequent national presenter on issues of health care financing, insurance and health care reform at health care conferences, television and the media. He has worked with several groups and policymakers to develop and evaluate alternative approaches for providing health insurance to the uninsured. He serves as a reviewer on several health care journals.

He received his Ph.D. from the Rand Graduate School, an M.A. from Duke University and his B.A. from the University of Michigan.

Ken Toong, MBA

Ken Toong is the Executive Director of Auxiliary Enterprises, which is comprised of UMass Dining, Hotel UMass, UMass Conference Services, Licensing, UMass Catering, University Club & Restaurant, as well as the University Bookstore. Auxiliary Enterprises provides the core services that support the academic and extracurricular goals of the university. Ken

always puts customer service first and is committed to going beyond simply providing services by creating a unique experience for all customers and visitors. An avid supporter of student health and regional food system, Ken places a strong focus on sustainability, nutrition and community. In his free time, Ken enjoys jogging, reading, traveling, walking the dog, and rooting on the Dallas Cowboys and UMass Minutemen.

Antonia Trichopoulou, MD

Dr. Trichopoulou is a Medical Doctor with State Certification in Biopathology (Laboratory Medicine) and has a Master in Public Health and a PhD in Nutrition and Biochemistry. She is currently Director of the World Health Organization Collaborating Center for Nutrition at the Department of Hygiene and Epidemiology, School of Medicine, University of Athens, was President of the Federation of the European Nutrition Societies. She has received numerous honors and awards, including the Corato award (2001) and the IV Grande Covian Award (2002) for her studies concerning the health effects of Mediterranean diet. In 2003 she was decorated by the President of the Greek Republic with the Golden Cross of Honor. Dr. Trichopoulou's research focuses on various aspects of nutrition and particularly issues concerning the Mediterranean diet.

John Turenne, Yale Executive Chef

John Turenne, founder and President of Sustainable Food Systems, is a nationally recognized leader and innovator in sustainable food practices. In his role as Executive Chef at Yale University and in the creation of the Yale Sustainable Food Project, John recognized the impact of food service decision-making on the world around us. His consulting company is on the cutting edge in developing best-practices tailored to benefit both the planet and the bottom line for clients. John and his team at Sustainable Food Systems have worked with visionaries across the country who have had the desire to make positive changes to the way they do business. Sustainable Food Systems brings those ideas and desires to reality through careful assessment, planning, teaching and development.

Sustainable Food Systems' client list includes The Culinary Institute of America; Yale University; Harvard Medical School; The East Harlem School; Jamie Oliver Ltd.; Cabell County, WV Public Schools; St Lukes Wood River Medical Center as well as multiple other public hospital and school systems. John Turenne and Sustainable Food Systems were also instrumental in working with the Obama Administration in the development of the USDA's Chefs Move to Schools initiative and continue to harvest national and international recognition.

Elizabeth Vaccariello, Vice President, Editor-in-Chief of Reader's Digest

Liz Vaccariello is Vice President, Editor-in-Chief of *Reader's Digest* (RDA). She joined RDA as Vice President, Editor-in-Chief of *Every Day with Rachael Ray* in November 2010 and was appointed Editor-in-Chief of *Reader's Digest* and Chief Content Officer in 2012. She also oversees Reader's Digest's *Reminisce* magazine. She is the best-selling author of "The Digest Diet" and "21-Day Tummy."

Before RDA, Liz was most recently with *Prevention* magazine where she served as Editor-in-Chief and Senior Vice President since 2006. During her time at *Prevention*, Liz was responsible for the editorial mission and vision of the magazine. Under her direction, *Prevention* received a #6 ranking on *Advertising Age's* A-list in 2007 and a National Magazine Award nomination for public service journalism in 2009. She also was responsible for conceiving, authoring and promoting the five *New York Times* best-selling books in *Prevention's* Flat Belly Diet! franchise and 400-Calorie Fix series.

Earlier in her career, Liz was the Executive Editor of *Fitness* magazine from 1999 to 2006 and the Editor-in-Chief of *Cleveland* magazine from 1991-1999. She regularly appears on CBS' *The Doctors* daytime talk show, as well as on all national morning daytime shows including *Good Morning America*, *TODAY*, *Dr. Phil* and *Dr. Oz*.

Volney Vasquez

Volney Vasquez is the founder of Promondo. Promondo's mission is to provide services of physical activity for employees of companies of the city of Santiago, Chile. He is a Professor of Physical Education and holds a Master in Sports

Management and Diploma in High Sports Management. He is the Sporting Director of professional cycling teams in Chile and Europe and has extensive experience in the management and administration of sports organizations.

Brian Wansink, PhD

Dr. Wansink is the John Dyson Professor of Consumer Behavior at Cornell University, where he directs the Cornell Food and Brand Lab. The mission of the Lab is to "To discover and disseminate transforming solutions to eating problems." This is relevant to families, medicine, nutrition, obesity, public health policy, and marketing.

Wansink is author of over 150 academic articles and books, including the best-selling *Mindless Eating: Why We Eat More Than We Think* (2006). Wansink's award-winning academic research on eating behavior, behavioral economics, and behavior change has been published in the world's top marketing, medical, and nutrition journals. It contributed to the introduction of smaller "100 calorie" packages (to prevent overeating), the use of taller glasses in bars (to prevent the overpouring of alcohol), and the use of elaborate names and mouth-watering descriptions in many chain restaurant menus (to improve enjoyment of the food), and removing 500 million calories from restaurants each year (via Unilever's Seductive Nutrition program). These insights have been presented, translated, reported, and featured in television documentaries on every continent but Antarctica. From 2007-2009 Wansink was granted a leave-of-absence from Cornell to accept a White House appointment as Executive Director of USDA's Center for Nutrition Policy and Promotion, the Federal agency in charge of developing 2010 Dietary Guidelines and promoting the Food Guide Pyramid.

Melanie Warner

Melanie Warner is a freelance business journalist who writes about the food industry. Her book on processed food, *Pandora's Lunchbox*, was published in 2013. She has worked as a reporter for the New York Times, a senior writer at Fortune magazine, and a blogger for CBSNews.com.

A former New York Times business reporter, Melanie Warner decided to explore that question when she observed the phenomenon of the indestructible cheese. She began an investigative journey that took her to research labs, university food science departments, and factories around the country. What she discovered provides a rare, eye-opening—and sometimes disturbing—account of what we're really eating. Warner looks at how decades of food science have resulted in the cheapest, most abundant, most addictive, and most nutritionally inferior food in the world, and she uncovers startling evidence about the profound health implications of the packaged and fast foods that we eat on a daily basis. Combining meticulous research, vivid writing, and cultural analysis, Warner blows the lid off the largely undocumented—and lightly regulated—world of chemically treated and processed foods and lays bare the potential price we may pay for consuming even so-called healthy foods.

Arlin Wasserman, MS, MPH

Arlin Wasserman is a principal and the founder of Changing Tastes, a consultancy that finds value and opportunity at the intersection of the five major drivers of change in our food system: sustainability, public health, information technology, demographics and the changing role of the culinary professional. The firm's insights are the basis for the strategy, innovation, sustainability and performance management services it provides to Fortune 100 and growth stage food companies, government sector and private investors, and civil society institutions. Arlin also is chair of the Sustainable Business Leadership Council for *Menus of Change*, a joint initiative of the Culinary Institute of America and the Harvard School of Public Health and fellow at the Center for Leadership in Global Sustainability at the Virginia Polytechnic University.

Arlin previously served as Vice President of Sustainability at Sodexo, the world's largest institutional foodservice company, and was awarded a fellowship at the Aspen Institute and a Food and Society Fellowship funded by the W. K. Kellogg Foundation, where his work focused on regional cuisine, *terroir*, and innovative business models that value geographic identity. He also has been an advisor on food and agriculture trade and investment policy to both the U.S.

Department of Agriculture and the European Union Parliament. Arlin holds a MS in Natural Resources and a MPH, as well as a BA in Political Economics, all from the University of Michigan.

Alice Waters, Founder of Chez Panisse*

Alice Waters is a chef, author, and food activist, and the founder and owner of Chez Panisse Restaurant in Berkeley, California. She has been a champion of local, sustainable agriculture for over four decades. In 1995, she founded the Edible Schoolyard Project, which advocates for school lunch and a sustainable food curriculum in every public school. She has been a Vice President of Slow Food International since 2002. She conceived and helped create the Yale Sustainable Food Project, in 2003, and the Rome Sustainable Food Project at the American Academy in Rome, in 2007.

Her honors include her election as a Fellow of the American Academy of Arts and Sciences, in 2007; the Harvard Medical School's Global Environmental Citizen Award, which she shared with Kofi Annan, in 2008; and her induction into the French Legion of Honor, in 2010. Alice is also the author of fourteen books, including New York Times bestsellers *The Art of Simple Food I & II* and *The Edible Schoolyard: A Universal Idea*.

Kinari Webb, MD

Dr. Webb is Founder of Health In Harmony. She first developed the vision for Health In Harmony when studying orangutans in 1993 at Gunung Palung National Park. There she encountered not only a beautiful and threatened natural environment but also the dire health needs of the people surrounding the National Park. After her experience in Indonesia, Kinari decided to become a physician and return to Indonesia to work together with local communities to improve both their health and preserve the natural environment. Dr. Webb graduated from Yale University School of Medicine with honors and then completed her residency in Family Medicine at Contra Costa Regional Medical Center in Martinez, California. Kinari founded Health In Harmony in 2005 to support the combined human and environmental work that she planned in Indonesia. After a year of traveling around Indonesia looking for the best site for this program (unmet health care needs, forest that could still be saved and a responsive government), Kinari helped co-found the ASRI program in West Kalimantan Indonesia with Hotlin Ompusunggu and Antonia Gorog. Kinari currently splits her time between Indonesia and the US.

Howell Wechsler, EdD, MPH

Howell Wechsler, EdD, MPH, Chief Executive Officer (CEO) of the Alliance for a Healthier Generation, is a national expert on childhood obesity, having previously served as the Director of the Division of Adolescent and School Health (DASH) at the U.S. Centers for Disease Control and Prevention (CDC).

The Alliance for a Healthier Generation was founded by the American Heart Association and the Clinton Foundation in response to the rapid increase in childhood obesity rates over the last three decades. Dr. Wechsler leads a team of more than 110 professional staff in 40 states and the District of Columbia taking action to reduce the prevalence of childhood obesity by making it easier for kids to be physically active and eat healthier foods. Prior to taking on the role of Alliance CEO in 2013, Dr. Wechsler spent 18 years at the CDC, joining as a health scientist in 1995 and most recently serving as the Director of DASH from 2004 to May 2013. He supervised the management of DASH's three surveillance systems and oversaw the division's research and evaluation studies, development and dissemination of tools to help schools implement evidence-based policies and practices, and the funding of and technical assistance to state and local education agencies and national, non-governmental organizations. Dr. Wechsler earned a doctorate in health education from Teachers College, Columbia University, a master's degree in public health from Columbia University, and a bachelor's degree in journalism from Northwestern University. He entered the field of public health during his service as a Peace Corps Volunteer in Zaire.

Andrew Weil, MD

Dr. Weil is a world-renowned leader and pioneer in the field of integrative medicine. Combining a Harvard education and a lifetime of practicing natural and preventive medicine, Dr. Weil is Director of the Arizona Center for Integrative Medicine at the University of Arizona, where he also holds the Lovell-Jones Endowed Chair in Integrative Rheumatology

and is Clinical Professor of Medicine and Professor of Public Health. The Center is the leading effort in the world to develop a comprehensive curriculum in integrative medicine. Graduates serve as directors of integrative medicine programs throughout the United States, and through its Fellowship, the Center is now training doctors and nurse practitioners around the world.

Dr. Weil is an internationally-recognized expert for his views on leading a healthy lifestyle, his philosophy of healthy aging, and his critique of the future of medicine and health care. He is the editorial director of the popular website, DrWeil.com, and appears in video programs featured on PBS. Dr. Weil is the founder and Chairman of The Weil Foundation, and the Chairman of Weil Lifestyle. He is also a founder and co-owner of the growing group of True Food Kitchen restaurants. Dr. Weil writes a monthly column for Prevention magazine. A frequent lecturer and guest on talk shows, Dr. Weil is an internationally recognized expert on medicinal plants, alternative medicine, and the reform of medical education. He lives in Tucson, Arizona, USA. He is the author of many scientific and popular articles and of 13 books.

Parke Wilde, PhD

Dr. Wilde is a food economist at the Friedman School of Nutrition Science and Policy at Tufts University. Previously, he worked for the Community Nutrition Institute and for the USDA's Economic Research Service. He received his PhD in agricultural economics from Cornell University. At Tufts, Parke teaches graduate-level courses in statistics and US food policy. His research addresses food security and hunger measurement, the economics of food assistance programs, and federal dietary guidance policy. He is a member of the Institute of Medicine's Food Forum and a member of the research committee advising AGree, a national food policy initiative. Parke keeps a well-respected blog at usfoodpolicy.com, and has a new book from Routledge/Earthscan in 2013, titled *Food Policy in the United States: An Introduction*.

Walter Willett MD, DrPH

Dr. Willett is a renowned physician, nutrition researcher, and Chair of the Department of Nutrition at the Harvard School of Public Health. He is also a Professor of Medicine at Harvard Medical School. Willett is the principal investigator of the second Nurses' Health Study, a compilation of studies regarding women's health and risk factors for major chronic diseases. He has published over 1,000 scientific articles regarding various aspects of diet and disease and is the second most cited author in clinical medicine.

In the public eye, Willett is perhaps best known for his 2001 book *Eat, Drink and Be Healthy*, which presents nutritional information and recommendations based on the currently available body of nutrition science. Presently, Walter is working within the Harvard School of Public Health's programs in Tanzania, in efforts around AIDS and nutrition in East and Southern Africa.

David Williams, PhD

David R. Williams is the Florence Sprague Norman and Laura Smart Norman Professor of Public Health at the Harvard T. H. Chan School of Public Health and Professor of African and African American Studies and of Sociology at Harvard University. His first 6 years as a faculty member were at Yale University where he held appointments in both Sociology and Public Health. The next 14 years were at the University of Michigan where he was the Harold Cruse Collegiate Professor of Sociology, a Senior Research Scientist at the Institute of Social Research and a Professor of Epidemiology in the School of Public Health. Dr. Williams is a graduate of the University of the Southern Caribbean, Andrews University, Loma Linda University, and the University of Michigan. He is internationally recognized as a leading social scientist focused on social influences on health and he has been invited to keynote scientific conferences in Europe, Africa, the Middle East, Australia, South America and across the United States. His research has enhanced our understanding of the complex ways in which race, racism, socioeconomic status, stress, health behaviors and religious involvement can affect physical and mental health. The Everyday Discrimination scale that he developed is currently one of the most widely used measures to assess perceived discrimination in health studies.

He is the author of more than 350 scholarly papers in scientific journals and edited collections and his research has appeared in leading journals in sociology, psychology, medicine, public health and epidemiology. He has served on the

editorial board of 12 scientific journals and as a reviewer for over 60 journals. According to ISI Essential Science Indicators, he was one of the Top 10 Most Cited Researchers in the Social Sciences during the decade 1995 to 2005. The Journal of Black Issues in Higher Education, ranked him as the Most Cited Black Scholar in the Social Sciences in 2008. And Thomson Reuters ranked him, in 2014, as one of the World's Most Influential Scientific Minds based on his scientific articles published between 2002 and 2012.

Kim Williams, MD*

Dr. Williams currently serves as the American College of Cardiology (ACC) President-Elect. He joined the faculty of the University of Chicago in 1986. He served as professor of medicine and radiology and director of nuclear cardiology at the University of Chicago Pritzker School of Medicine until 2010, when he became the Dorothy Susan Timmis Endowed Professor and chair of the division of cardiology at Wayne State University School of Medicine. In 2013, Williams assumed the position of James B. Herrick Professor and chief of the division of cardiology at Rush University Medical Center. Dr. Williams has published numerous peer reviewed articles, monographs, book chapters, editorials, and review articles in the field of nuclear cardiology and minority health issues, with emphasis on education and innovations in perfusion imaging and quantitation of ventricular function. Dr. Williams has served on numerous committees and boards at the national level. He served as President of American Society of Nuclear Cardiology. He served as Chairman of the Board of the Association of Black Cardiologists. He also served on the Cardiovascular Disease Examination Board of the American Board of Internal Medicine (ABIM-CV).

Dr. Williams attended the College of The University of Chicago, the University of Chicago's Pritzker School of Medicine, internal medicine residency at Emory University, and overlapping fellowships in Cardiology at the University of Chicago, Clinical Pharmacology, and Nuclear Medicine. He is board certified in Internal Medicine, Cardiovascular Diseases, Nuclear Medicine, Nuclear Cardiology and Cardiovascular Computed Tomography. He has received numerous awards and honors for his teaching in the medical school, residencies and fellowships.

Simon Williams, PhD FRSPH

Dr. Williams is Research Assistant Professor in the Department for Medical Social Sciences, Feinberg School of Medicine at Northwestern University in Chicago, and is a Fellow of the Royal Society of Public Health in the UK. His research focuses on how public health policy can help to regulate the rapid increase in the consumption of unhealthy products, including soft drinks and tobacco. Recently, he has studied the growth of the soft drink industry in low-and-middle-income countries, and, along with Professor Marion Nestle, he has co-edited a special issue on this topic.

Rena Wing, PhD

Dr. Wing is Professor of Psychiatry and Human Behavior at Brown Medical School and Director of the Weight Control & Diabetes Research Center at The Miriam Hospital. Dr. Wing received her Ph.D. degree in Social Relations from Harvard University in 1971 and completed a postdoctoral fellowship at Massachusetts Mental Health Center.

She is well known for her programmatic research investigating the most effective strategies for long-term weight loss. She has published over 200 peer-reviewed articles in the area of obesity treatment and prevention. She was the principal investigator on the Diabetes Prevention Program and developed the lifestyle intervention being used in all 27 centers in that study. In addition, she is principal investigator at The Miriam Hospital site for a fifteen-center trial entitled, Study of Health Outcomes of Weight Loss, and serves as chairperson of this multi-site study.

Wing is a member of the council for the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) and serves on the NIDDK Task Force on the Prevention and Treatment of Obesity. She co-founded the National Weight Control Registry with James Hill in 1994. Dr. Wing has received numerous awards, including the Taking Off Pounds Sensibly (TOPS) Award for Outstanding Achievement in obesity research.

Margo Wootan, D.Sc.

Margo Wootan is the director of nutrition policy at CSPI. She received her B.S. in nutrition from Cornell University and her doctorate in nutrition from Harvard University's School of Public Health.

Wootan co-founded and coordinates the activities of the National Alliance for Nutrition and Activity (NANA) and the Food Marketing Workgroup. She has coordinated and led efforts to require calorie labeling at fast-food and other chain restaurants, require trans fat labeling on packaged foods, improve school foods, reduce junk-food marketing aimed at children, and expand the nutrition and physical activity program at CDC. Wootan has received numerous awards and is quoted regularly in the nation's major media.

Brierley Wright, MS, RD

Brierley Wright is Nutrition Editor at EatingWell. She writes the Ask the Nutritionist column in EatingWell's front-of-book section, *Fresh & Nutritious*, and blogs for EatingWell.com and Yahoo! Shine.

Wright served as President of the Vermont Academy of Nutrition and Dietetics. She holds a master's degree in Nutrition Communication from the Friedman School of Nutrition Science and Policy at Tufts University. A Registered Dietitian, she completed her undergraduate degree at the University of Vermont.

Derek Yach, MBChB, MPH, DSc

Dr. Yach has focused his career on advancing global health. He is Senior Vice President (SVP) of the Vitality Group, part of Discovery Ltd, where he leads the Vitality Institute.

Previously, Dr. Yach was SVP Global Health and Agriculture Policy at PepsiCo, headed global health at the Rockefeller Foundation, was a Professor of Global Health at Yale University, and is a former Executive Director for Noncommunicable Diseases and Mental Health of the World Health Organization (WHO). At WHO, he served as cabinet director under Director-General Gro Harlem Brundtland where he led the development of WHO's Framework Convention on Tobacco Control and the Global Strategy on Diet and Physical Activity.

Dr. Yach also established the Centre for Epidemiological Research at the South African Medical Research Council. He has authored or co-authored over 200 articles covering the breadth of global health. Dr. Yach serves on several advisory boards including those of the Clinton Global Initiative, the World Economic Forum and the NIH's Fogarty International Centre, and was nominated in September 2014 as the Chair of the World Economic Forum Global Agenda Council on Ageing.

Kathleen Zelman, MPH, RD, LD

Dr. Zelman is director of nutrition for WebMD, overseeing diet, nutrition, and food information. She has extensive media experience, including co-hosting a weekly radio program, 12 years as a national spokeswoman for the Academy of Nutrition and Dietetics, and numerous print and television appearances. She is a contributing writer for newspapers, magazines, and books.

Zelman has been a dietetic internship director at Ochsner Medical Institutions and assistant professor of nutrition at St. Mary's Dominican College, both in New Orleans. She has extensive experience working with children and weight management clients, chefs, and restaurants in analysis and development of healthy recipes.

She recently served as the director-at-large on the Academy of Nutrition and Dietetics' board of directors. She served as a trustee of the Georgia Dietetic Foundation and as the Georgia delegate to the academy. She received her master's degree in public health from Tulane University and her bachelor of science from Montclair State University.

Dr. Zelman serves on the advisory board of Share our Strength, a nonprofit organization aimed at childhood hunger, is a judge for the James Beard Foundation Journalism Awards, and is a member of the Registered Dietitian Advisors program for the Egg Nutrition Center and Healthy Living Council for Jamba Juice.

*Denotes Ex Officio Membership
