NATIONAL ACADEMIES Sciences Engineering Medicine

Exploring the Role of Physical Activity in Obesity Treatment, Body Weight Management, and Related Health Outcomes in Adults

July 29 · 10:00AM – 3:30PM ET
July 30 · 10:00AM – 1:00PM ET

Speaker, Moderator, and Planning Committee Biographies

W. Scott Butsch, M.D., M.Sc., is the director of obesity medicine in the Bariatric and Metabolic Institute at the Cleveland Clinic since 2018. He was on staff at Massachusetts General Hospital (MGH) and an instructor in medicine at Harvard Medical School (HMS) from 2008-2018. Dr. Butsch is a leader in obesity education and has been instrumental in shaping the current state of education and training in the United States and abroad. With his initial idea to create core obesity competencies in U.S. medical schools, Dr. Butsch has helped formalize and expand obesity education in undergraduate and graduate medical education. He has created/co-created numerous national and international obesity education programs for practitioners interested in treating obesity. He has authored numerous chapters and manuscripts and lectures nationally and internationally on the management of obesity. He has previously served both in the Obesity Medicine Education Collaborative and in the Integrated Clinical and Social Systems for the Prevention and Management of Obesity Innovative Collaborative (a satellite activity of the Roundtable on Obesity Solutions) specifically for development of core competencies in obesity medicine. In 2023, he served on the planning committee at the National Academies of Sciences, Engineering, and Medicine for a two-part workshop series, “BMI and Beyond: Considering Context in Measuring Obesity and its Applications” and “Going Beyond BMI: Communicating About Body Weight.” Dr. Butsch was one of the first two physicians in the United States to complete a subspecialty fellowship in obesity medicine in 2008 at HMS/MGH. He completed a clinical nutrition fellowship at the University of Alabama at Birmingham in 2007 and a fellowship in medical education at Harvard. He is a diplomat of the American Board of Obesity Medicine and a Fellow of The Obesity Society. Dr. Butsch received his M.D. and M.Sc. in natural sciences from the State University of New York at Buffalo.

Tim Church, M.D., M.P.H, Ph.D., serves as the chief medical officer of Wondr Health. In addition, Dr. Church is an adjunct professor at Pennington Biomedical Research Center at Louisiana State University. Dr. Church has over 260 peer-reviewed research publications and has received numerous awards for his research in preventative health. As a consultant to the U.S. Department of Health and Human Services’ Physical Activity Guidelines Advisory Committee, Dr. Church contributed to their national report published in 2008 and 2018. After receiving a B.S. in animal physiology from the University of California, Davis, Dr. Church received his M.D. and Ph.D. from Tulane University School of Medicine. During his preventive medicine residency training, he also obtained an M.P.H.

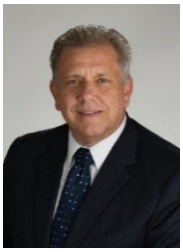
Kelley Pettee Gabriel, Ph.D., M.S., is a professor of epidemiology and associate dean for research at the University of Alabama at Birmingham (UAB). Her research focuses on 1) the development and evaluation of report- and device-based physical activity measurement strategies that balance accuracy and feasibility for use in large epidemiological studies; and 2) the application of a life-course framework to examine associations of physical activity with aging, disease, and disability. She currently serves as a principal investigator for the Coronary Artery Risk Development in Young Adults (CARDIA) Birmingham Field Center and ancillary studies related to CARDIA, Jackson Heart Study, Multi-Ethnic Study of Atherosclerosis, and Reasons for Geographic and Racial Differences in Stroke. Dr. Gabriel also serves as co-lead of the UAB Scoring and Classifying Outcomes for Research in Exercise and Sleep (SCORES) research team which provides expertise and resources to support the conduct of sleep and physical activity research.

David O. Garcia, Ph.D., M.S., is an associate professor in the Mel and Enid Zuckerman College of Public Health at the University of Arizona. He has extensive experience in short- and long-term intervention trials in the areas of physical activity and weight management. He received his training from leading institutions and mentors in the field. Dr. Garcia has designed and implemented trials as a lead investigator focused on reducing obesity-related health disparities, particularly among Mexican-origin adults. He is also the director and founder of "Nosotros Comprometidos a Su Salud-Committed to Your Health," a program developed to foster community-engaged research collaborations, service, and education to advance health equity in Southern Arizona. This community-based effort promotes regular access to health communications and information, and opportunities to participate in lifestyle interventions tailored for the Mexican-origin community. As a result, over 4,000 participants of Mexican-origin descent have participated in his research studies in the areas of obesity prevention. In 2022, Dr. Garcia received the Early Career Investigator Award from the National Institute on Minority Health and Health Disparities. More recently, he was elected to the American College of Sports Medicine (ACSM) Board of Trustees and serves on the ACSM American Fitness Index Advisory Board. Dr. Garcia received his Ph.D. in exercise physiology and an M.S. in health, physical activity, and chronic disease-research focus from the University of Pittsburgh.

Bret Goodpaster, Ph.D., is scientific director at AdventHealth Translational Research Institute. Dr. Goodpaster's primary research is in the pathophysiology of obesity, insulin resistance, diabetes, and aging, and deciphering biological mechanisms underlying the health benefits of exercise. He has received a number of awards and honors for his work, including the Nathan Shock Award from the National Institute of Aging in 2008 for his work investigating the role of muscle fat infiltration in aging and muscle quality. He is particularly well known for "the athlete's paradox" which has shifted the paradigm in Type 2 diabetes research to investigate how and why does fat accumulation in muscle cause insulin resistance in some subjects but not others? Dr. Goodpaster has published over 300 peer-reviewed papers, review articles, and book chapters, and his papers have received more than 45,000 citations (h-index 101). He has served on Editorial Boards for *Diabetes*, the *American Journal of Physiology*, and the *Journals of Gerontology*, and served as Associate Editor for both *Obesity* and *Diabetologia*. He has also served on several National Institutes of Health grant review panels as well as the American Diabetes Association. Dr. Goodpaster obtained a B.S. in biology from Purdue, and after completing a pre-doctoral fellowship at Maastricht University in the Netherlands, received his Ph.D. in human bioenergetics from Ball State University in 1995. Dr. Goodpaster has competed in several marathons and Ironman triathlons, including the World Championship in Kona, Hawaii in 2022. In 2002, he was part of an Antarctica expedition to the South Pole to raise awareness for Type 1 Diabetes.

Steven Heymsfield, M.D., is professor and director of the Body Composition-Metabolism Laboratory at the Pennington Biomedical Research Center of the Louisiana State University System in Baton Rouge. He is on the visiting faculty at Harvard Medical School and a former professor of medicine at Columbia University, College of Physicians and Surgeons. Dr. Heymsfield has published more than 700 peer-reviewed papers covering topics such as obesity, malnutrition, cancer, cachexia, body composition, and caloric expenditure. He holds multiple patents related to technologies developed in collaborations with colleagues. His contributions to the study of human nutrition led to the TOPS Award from The Obesity Society (TOS), the Rhoads Award from the American Society of Parenteral and Enteral Nutrition (ASPEN), the Robert H. Herman Memorial Award, American Society of Nutrition (ASN), and the George Bray Founders Award from TOS. Dr. Heymsfield is past president of ASPEN, ASN and TOS. He was appointed as an Amazon Scholar in 2021.

Mark Hopkins, Ph.D., is an associate professor in nutritional physiology and a UK Research & Innovation Future Leaders Fellow within the School of Food Science & Nutrition, University of Leeds, UK. His work aims to link whole-body metabolism and psychological function with human behavior to gain a better understanding of how eating is shaped by our physiology, and how these relationships are altered under differing conditions of energy balance. In particular, he is interested in 1) the relationships between body composition, energy expenditure and appetite, 2) the role of fat-free mass and resting metabolic rate in the control of appetite, 3) the impact of exercise on appetite control, and 4) the biological and behavioral mechanisms that resist diet and exercise-induced weight loss. Dr. Hopkins has published extensively in the areas of human appetite, energy balance and obesity, and has successfully obtained more than £4.9 million in research funding as principal investigator and co-investigator. He has authored two expert position statements on exercise and appetite control for the British Association of Sport & Exercise Sciences (the professional body for sport and exercise sciences in the UK) and is an author on the recent American College of Sports Medicine's consensus statement on Physical Activity and Excess Body Weight and Adiposity for Adults.



John M. Jakicic, Ph.D., is a professor at the University of Kansas Medical Center in the Department of Internal Medicine and the Division of Physical Activity and Weight Management. He has an interdisciplinary research program that examines lifestyle approaches to the prevention and treatment of chronic health conditions, with a particular focus on the role of increased physical activity and reduced sedentary behavior. Central to this research has been a focus on interventions for weight loss and weight loss maintenance, and this has more recent application to medical treatments for obesity that include metabolic and bariatric surgery and contemporary anti-obesity medications. He has served on numerous national committees focused on obesity, physical activity, and other chronic health conditions, which included his appointment by the U.S. Department of Health and Human Services to the 2018 Physical Activity Guidelines Scientific Advisory Committee. He authored the 2024 American College of Sport Medicine's Consensus paper.

Elizabeth A. Joy, M.D., M.P.H., DipABLM, FACSM, FAMSSM, is the chief medical officer for Lore Health. Prior to that, she served as senior medical director for wellness and nutrition at Intermountain Health in Salt Lake City, UT. She is an adjunct clinical faculty member at the University of Utah School of Medicine in the Department of Family and Preventive Medicine, and in the College of Health Department of Nutrition & Integrative Physiology. Dr. Joy is the past president of the American College of Sports Medicine (ACSM), and the Female Athlete Triad Coalition. She chairs the Exercise Is Medicine Governance Committee for the ACSM and serves on the board of directors, and chairs the Healthcare Sector for the National Physical Activity Plan. Her research interests lie in the areas of diabetes prevention, physical activity promotion, and the Female Athlete Triad. She received her B.S. and M.D. degrees at the University of Minnesota, and M.P.H. from the University of Utah. She completed her Family Medicine Residency and Sports Medicine Fellowship at Hennepin County Medical Center in Minneapolis, MN.

Peter T. Katzmarzyk, Ph.D., M.Sc., FACSM, FTOS, FAHA, is professor and associate executive director for Population and Public Health Sciences at the Pennington Biomedical Research Center where he holds the Marie Edana Corcoran Endowed Chair in Pediatric Obesity and Diabetes. Dr. Katzmarzyk is an internationally recognized leader in the field of physical activity and obesity, with a special emphasis on pediatrics and ethnic health disparities. He has over two decades of experience in conducting large clinical and population-based studies in children and adults. He has a special interest in global health and has a record of building research capacity in physical activity and obesity research in developing countries. He has published his research in more than 660 scholarly journals and books and has delivered 239 invited lectures in 15 countries. He is an associate editor-in-chief for *Medicine and Science in Sports and Exercise*, associate editor for *American Journal of Human Biology*, and an editorial board member for *Pediatric Exercise Science, and Metabolic Syndrome and Related Disorders*. In addition to his research, Dr. Katzmarzyk plays a leading role in national health advocacy initiatives. He chaired the Research Advisory Committee for the U.S. Report Card on Physical Activity for Children and Youth for the National Physical Activity Plan Alliance from 2013-2022. He also recently served on the 2018 U.S. Physical Activity Guidelines Advisory Committee for the U.S. Department of Health and Human Services and on the World Health Organization Guideline Development Group for the 2020 WHO Guidelines on Physical Activity and Sedentary Behavior in Youth, Adults and Older Adults. Dr. Katzmarzyk holds an M.Sc. in human biology from the University of Guelph, and a Ph.D. in exercise science from Michigan State University.

Daniel Kraft, M.D., is a Stanford and Harvard-trained physician-scientist, inventor, entrepreneur, and innovator. With over 25 years of experience in clinical practice, biomedical research and healthcare innovation, Dr. Kraft has served as faculty chair for medicine at Singularity University since its inception in 2008, and in 2011 founded NextMed Health (previously called Exponential Medicine), which is a program and community that explores convergent, rapidly developing technologies and their potential in biomedicine and healthcare. He serves as chair of the XPRIZE Pandemic & Health Alliance. Dr. Kraft is a member of the Inaugural class of the Aspen Institute Health Innovators Fellowship and is a member of the Kauffman Fellows Society. He is a managing partner with Continuum Health Ventures which is focused on funding early-stage health tech companies enabling the democratization of health and improved healthspan for all. He is often called upon to speak to the future of health, medicine, and technology and has given four TED and two TEDMED Talks and has delivered keynotes to a diverse array of organizations. He has multiple scientific publications (including in *Nature* and *Science*) and medical device, immunology, and stem cell-related patents through National Institutes of Health-funded faculty positions with Stanford University School of Medicine and as clinical faculty for the pediatric bone marrow transplantation service at the University of California San Francisco. Dr. Kraft's academic research has focused on: stem cell biology and regenerative medicine, stem cell-derived immunotherapies for cancer, bioengineering human T-cell differentiation, and humanized animal models. His clinical work has focused on: bone marrow & hematopoietic stem cell transplantation for malignant and non-malignant diseases in adults and children, medical devices to enable stem cell based regenerative medicine. He is heavily involved in digital health, founded Digital.Health, is on the board of Healthy.io, and advises several Fortune-50 and digital health-related startups. Dr. Kraft recently founded IntelliMedicine, focused on personalized, data-driven, precision medicine. He is also the inventor of the MarrowMiner, an FDA-approved device for the minimally invasive harvest of bone marrow, and founded RegenMed Systems, a company developing technologies to enable adult stem cell-based regenerative therapies. Following undergraduate degrees from Brown University and medical school at Stanford, Dr. Kraft was board certified in both internal medicine and pediatrics after completing a Harvard residency at the Massachusetts General Hospital and Boston Children's Hospital, and fellowships in hematology, oncology, and bone marrow transplantation at Stanford. Dr. Kraft is also an avid pilot and has served in the Massachusetts and California Air National Guard as an officer and flight surgeon with F-15 & F-16 fighter Squadrons. He has conducted research on aerospace medicine that was published with NASA, with whom he was a finalist for astronaut selection.

Deepika Laddu, Ph.D., is associate professor in the Department of Preventive Medicine at Northwestern University Feinberg School of Medicine. Dr. Laddu leads a multidisciplinary research program focused on lifestyle and behavioral health promotion for chronic disease prevention, with an emphasis on cardiovascular disease across the aging continuum. As a trained lifestyle interventionist, Dr. Laddu designs interventions aimed at disentangling the effects of physical activity, with a focus on optimizing body composition, functional status, and improving both clinical and patient-centered outcomes. Her work is guided by a strong interest in the connection between the heart and skeletal muscle. She investigates mechanisms of disease—including high blood pressure, heart failure, and atrial fibrillation—with the goal of informing more precisely tailored lifestyle strategies to enhance therapeutic effectiveness and promote cardiovascular and overall health. Dr. Laddu has been a dedicated member of the American Heart Association (AHA), having led multiple Scientific Guideline Statements. She served as chair of the writing group for the 2024 *Obesity Implementation Science in Clinical Practice* statement, and previously led the *Health Behavior Change in Primary Care and Community Settings* statement. Additionally, she was a key contributor to the updated *Resistance Training Guidelines* as well as the AHA *Medical Nutrition Therapy Advisory Statement*. Dr. Laddu also represented the AHA Lifestyle Council as a content expert for the U.S. Preventive Services Task Force's 2022 updated recommendations on healthy diet and physical activity for the primary prevention of cardiovascular disease in adults with known risk factors.

Bruce Y. Lee, M.D., M.B.A., is a writer, journalist, professor, systems modeler, AI/computational and digital health expert, and entrepreneur. He has over two-and-a-half decades of experience in industry and academia developing artificial intelligence (AI), mathematical and computational modeling, and other computer-aided methods, approaches, and tools to assist a wide range of decision makers in health, medicine, and public health. Currently, he is a professor of health policy and management at the City University of New York (CUNY) Graduate School of Public Health where he is the founder and executive director of both the Center for Advanced Technology and Communication in Health (CATCH) at CUNY, which aims to develop and implement new technologies and approaches to help decision making and communication in health and public health, and the Artificial Intelligence, Modeling, and Informatics for Nutrition Guidance and Systems (AIMINGS) Center, which serves as the AI center for the National Institutes of Health Nutrition for Precision Health (NPH) consortium. His previous positions include serving as professor by courtesy at the Johns Hopkins Carey Business School, associate professor of international health at the Johns Hopkins Bloomberg School of Public Health, executive director of the Global Obesity Prevention Center (GOPC), and associate professor at the University of Pittsburgh. He's been the principal investigator for over $60 million in grants/contracts and authored over 295 scientific publications

and three books. He has also written extensively for the general media, which has included serving as a senior contributor for *Forbes*, where his articles have been read over 90 million times since January 2019, and maintaining a regular blog entitled "A Funny Bone to Pick" for *Psychology Today* that has been read over 4.5 million times since 2021 and the "Minded by Science" newsletter. Additionally, his writing has appeared in a number of other media outlets including *The New York Times, Time, The Guardian, STAT, and HuffPost.*

Joy Mockbee, M.D., M.P.H., DABFM, DABOM, DACLM, is medical director for family medicine, wellness, and street medicine at El Rio Health, a Federally Qualified Health Center in Tucson, Arizona. She developed and leads the El Rio Weight Management for Optimal Health program, which is a multidisciplinary, longitudinal weight management program for adults and the Healthy Youth-El Rio (HYPE) program for adolescents. She also promotes increased weight management expertise in primary care practice through systems work at El Rio, as faculty for the Weitzman ECHO Diabetes and Weight Management and Weight Management in Community Health courses, and The France Foundation Practical Strategies to Navigate Obesity Management in Primary Care initiative. She has been a co-investigator in the "Type 2 diabetes prevention in community healthcare settings for children and mothers at risk" and the FRESH T2DM studies. Dr. Mockbee attended medical school at the University of Arizona and completed a M.P.H. at Harvard, followed by a family medicine residency at Ventura County Medical Center.

Bonita Nolan, B.S., M.Ed., Ed.S., Ed.D-ABD, brings over three decades as an educator and district-level coordinated school health (CSH) supervisor and as one of the original CSH Coordinators in 2007, championed Tennessee's nationally acclaimed efforts to combat childhood obesity. Under the leadership of Connie Givens, the initiative gained national recognition backed by experts like Howell Wechsler (formerly chief executive officer of the Alliance for a Healthier Generation and director of the Division of Adolescent and School Health at the Centers for Disease Control and Prevention). Now retired from the field of education, she has a new career path as a licensed real estate agent serving downtown Nashville and surrounding communities, earning several distinguished credentials as a top tier real estate agent. Bonita has served on the Tennessee Advocacy Committee for the American Heart Association for more than a decade. She began her service as an advocate to combat childhood obesity but continues due to her own experience with cardiovascular disease as a STEMI widow-maker survivor. With a powerful blend of lived experience, professional leadership, and deep advocacy, Bonita inspires actionable change in health, education, and community design. As a survivor having experienced a widow maker heart attack in April 2017, resulting in multiple interventions, Bonita knows firsthand the challenges of cardiovascular disease and obesity. With a complex medical history including seven cardiac arteriograms during which two coronary stents were placed, surgical correction of a 90% descending aortic stenosis, and bariatric surgery for obesity—an operation during which she experienced a second myocardial infarction. She carries diagnoses of hypertension, coronary artery disease (including microvascular disease), peripheral vascular disease, mitral valve pathology, premature ventricular contractions, peripheral neuropathy, and anxiety disorder. Her medical regimen comprises twelve medications accounting for seventeen pills daily, some of which are associated with weight gain and significant metabolic side effects. At her peak weight, she required a wheelchair for mobility and supplemental oxygen support; yet, over time, she achieved remarkable functional recovery, progressing to walk seven miles daily and routinely climb approximately 100 flights of stairs five days a week. Embracing lifestyle change, physical activity, and medical advancements, she successfully achieved significant weight loss through dedicated efforts, underscoring her belief that obesity treatment can reduce heart attack and stroke risk. Bonita brings a deeply personal story of surviving cardiovascular collapse, conquering obesity, and rebuilding a life worth living!

Vu Pham is a father, husband, son, scout leader, and dedicated advocate in the obesity community, driven by his own experiences with the disease of obesity and a commitment to ensuring no one faces their journey alone. Vu is passionate about the transformative power of community and the vital role of organizations like the Obesity Action Coalition in the fight against obesity. He is a firm believer in empowering individuals through support, education, and connection. Finding unexpected, shared experiences with obesity among friends pushed Vu to try to normalize talking about our health, especially among men, who tend not to talk about such things. Vu hates regimented exercise, but he loves playing, dancing, chasing his kids, going on bike rides and hikes, and other physical activities.

Nicolaas (Nico) Pronk, Ph.D., M.A., FACSM, FAWHP, is president of the HealthPartners Institute and chief science officer at HealthPartners, Inc. and holds an academic appointment as affiliate full professor of health policy and management at the University of Minnesota, School of Public Health in Minneapolis, Minnesota. He continues to serve as a co-investigator on research studies in the Department of Social and Behavioral Sciences at the Harvard T.H. Chan School of Public Health in Boston, Massachusetts. Dr. Pronk's work is focused on connecting scientific evidence of effectiveness with practical applications of programs and practices, policies and systems that measurably improve population health and well-being. His work applies to the workplace, the health system setting, and the community and involves

development of new models to improve health and well-being at the research, practice, and policy levels. He was confirmed by the White House to serve as co-chair of the U.S. Secretary of Health and Human Services' Advisory Committee on National Health Promotion and Disease Prevention Objectives for the year 2030 (aka "Healthy People 2030"). Dr. Pronk is chair for the Roundtable on Obesity Solutions at the National Academies of Sciences, Engineering, and Medicine. He serves on various health-related committees and boards including the board of directors for the Health Enhancement Research Organization (HERO) and is the founding and past president of the International Association for Worksite Health Promotion. He is widely published in both the scientific and practice literatures and is an international speaker on population health and well-being. Dr. Pronk received his doctorate degree in exercise physiology at Texas A&M University and completed his post-doctoral studies in behavioral medicine at the University of Pittsburgh Medical Center at the Western Psychiatric Institute and Clinic in Pittsburgh, Pennsylvania.

Renee J. Rogers, Ph.D., FACSM, is a senior scientist at the University of Kansas Medical Center. Dr. Rogers is an expert in developing bio-behavioral healthy lifestyle interventions for obesity treatment with special focus on physical activity and relevant strategies to promote long-term success. She has worked in weight management and physical activity research and programming for 20+ years playing many professional roles that include working as an instructor, practitioner, program director, researcher, designer, and consultant and strategist to large corporations. She blends her background in theater and production with her formal academic training in exercise physiology, behavior change, and weight management to develop and implement innovative health promotion, physical activity, and weight management initiatives that encourage well-being and healthy lifestyle engagement. Her current work is focused on the body composition, behavioral, and lifestyle factors related to contemporary obesity treatments and pharmacotherapy. Dr. Rogers also serves in leadership and committee roles for the American College of Sports Medicine and The Obesity Society.

Robert Ross, Ph.D., is a professor within the School of Kinesiology and Health Studies at Queen's University, and director of the Lifestyle and Cardiometabolic Research Unit. His research program focuses on the development of strategies designed to manage lifestyle-based disease. He is a past president of the Canadian Society for Exercise Physiology, and vice president of the College of Kinesiology in Ontario. He is a fellow of the American College of Sports Medicine, the American Heart Association, the Canadian Academy of Health Sciences, and is a recipient of the Honor Award from the Canadian Society of Exercise Physiology and the Citation Award from the American College of Sports Medicine for research excellence. Dr. Ross obtained a Ph.D. in Exercise Physiology from the Université de Montréal in 1992.

Laurie Whitsel, Ph.D., is the national vice president of policy research for the American Heart Association (AHA) where she helps to translate science into impactful public policy at a national level in the areas of cardiovascular disease and stroke prevention and health promotion. In addition to leading the association's policy research and translation efforts, she covers specific areas of policy development around prevention, including ending tobacco and nicotine addiction, health promotion, obesity, physical activity, and policy implementation and outcome evaluation. As the senior advisor to the Physical Activity Alliance, the nation's broadest coalition dedicated to promoting physical activity for health, Dr. Whitsel helps to lead national policy and systems change to integrate physical activity assessment, prescription, and referral into health care delivery and improve population health. She has served on the boards of several organizations including the American Council on Exercise, the Health Enhancement Research Organization (HERO), and other non-profit organizations, and on expert advisory groups with RAND; the National Academies of Sciences, Engineering, and Medicine; the Bipartisan Policy Center; HERO; the Centers for Disease Control and Prevention; and the Robert Wood Johnson Foundation. Dr. Whitsel is an influential researcher in public health, cardiovascular health, and health promotion and has published more than 100 peer-reviewed articles and book chapters. Under her leadership, the AHA policy team has published more than 60 policy statements, and these influential statements have been cited more than 15,000 times in other peer-reviewed publications and major policy documents. She presents at national conferences on prevention issues and evidence-based policy making. She serves as an expert peer reviewer for several scientific journals and is a consultant on research grant teams. She is a regular lecturer at Columbia University. In 2023, Dr. Whitsel was recognized as one of "The Most Influential Women Leaders in Health Promotion" and was recently given the Mark Dundon Research Award by the Health Enhancement Research Organization. Dr. Whitsel received her Ph.D. from Syracuse University and is a fellow and member of the AHA's National Scientific Council on Lifestyle and Cardiometabolic Health.