



Nitin Agarwal, MD

Nitin Agarwal, MD, joined the University of Pittsburgh Department of Neurological Surgery residency program in July of 2014. Prior to matriculating into the residency program, Dr. Agarwal received his doctorate of medicine from Rutgers New Jersey Medical School.

His funded research activities focus on improving patient education to optimize patient outcomes. To date, he has published over 150 peer-reviewed articles and 10 book chapters and has spoken at several regional and national conferences, with over 100 oral and poster presentations. His health literacy related research has been published in several high impact factor journals including *JAMA Internal Medicine* and featured by prominent healthcare oriented news outlets such as Reuters Health. He is also the [co-editor of the book *The Evolution of Health Literacy: Empowering Patients through Improved Education*](#). In October of 2018, his multi-contributor guide for aspiring neurosurgeons, *Neurosurgery Fundamentals*, was released by Thieme Medical Publishers.

Dr. Agarwal also maintains an active role in organized neurosurgery advocating for medical student and patient education. His article entitled “Improving Medical Student Recruitment into Neurological Surgery” was featured online by the American Association of Neurological Surgeons. He was appointed as a member of the Young Neurosurgeons Committee of the American Association of Neurological Surgeons (AANS) and serves as the Medical Student Task Force resource coordinator and Top Gun Competition chair. He was also selected as a Council of State Neurological Societies socioeconomic fellow and continues to serve as a past resident fellow mentor as well as an alternate delegate appointee of the Congress of Neurological Surgeons (CNS).

Moreover, Dr. Agarwal serves a member of the Joint AANS/CNS Drugs and Devices committee as well. In addition, he is an advocate for philanthropic support and has been placed on the board of directors of both the Neurosurgery PAC, as a young neurosurgeon member, and served as a resident liaison for the Neurosurgery Research and Education Foundation. In the fall of 2018, he was selected to be a part of the CNS Resident Fellows program for the 2019 to 2020 term.

Dr. Agarwal is pursuing an enrolled fellowship in minimally invasive and complex spine surgery at the University of Pittsburgh and plans to complete further training in this subspecialty during post-residency through an approved fellowship with the Committee on Advanced Subspecialty Training (CAST) at the University of California, San Francisco.

Outside of neurological surgery, Dr. Agarwal is deeply dedicated to martial arts, specifically the disciplines of Taekwondo, Krav Maga, and Jiu-Jitsu.

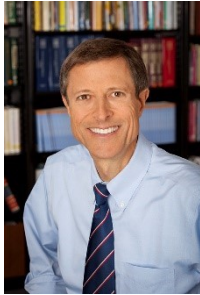


Nima Alan, MD

Nima Alan, MD, joined the University of Pittsburgh neurosurgery residency program in July 2015. He graduated from Case Western Reserve University School of Medicine with the Distinction in Research and Distinction in Teaching. He previously graduated from University of British Columbia, Vancouver, B.C. in 2010 with a degree in honors physiology.

Dr. Alan's research in undergraduate focused on spinal cord injury, for which he received the Top Student in Neurophysiology award. While in medical school, he studied outcomes in neurosurgery with focus on spine surgery, for which he received the AANS Best Medical Student Abstract Award.

Dr. Alan's hobbies include international traveling, soccer, tennis and yoga



Neal Barnard, MD, FACC, is an Adjunct Professor of Medicine at the George Washington University School of Medicine in Washington, DC, and President of the Physicians Committee for Responsible Medicine.

Dr. Barnard has led numerous research studies investigating the effects of diet on diabetes, body weight, and chronic pain, including a groundbreaking study of dietary interventions in type 2 diabetes, funded by the National Institutes of Health, that paved the way for viewing type 2 diabetes as a potentially reversible condition for many patients. Dr. Barnard has authored more than 90 scientific publications and 20 books for medical and lay readers and is the editor in chief of the *Nutrition Guide for Clinicians*, a textbook made available to all U.S. medical students.

As president of the Physicians Committee, Dr. Barnard leads programs advocating for preventive medicine, good nutrition, and higher ethical standards in research. His research contributed to the acceptance of plant-based diets in the Dietary Guidelines for Americans. In 2015, he was named a Fellow of the American College of Cardiology. In 2016, he founded the Barnard Medical Center in Washington, DC, as a model for making nutrition a routine part of all medical care.

Working with the Medical Society of the District of Columbia and the American Medical Association, Dr. Barnard has authored key resolutions, now part of AMA policy, calling for a new focus on prevention and nutrition in federal policies and in medical practice. In 2018, he received the Medical Society of the District of Columbia's Distinguished Service Award. He has hosted four PBS television programs on nutrition and health.

Originally from Fargo, North Dakota, Dr. Barnard received his M.D. degree at the George Washington University School of Medicine and completed his residency at the same institution. He practiced at St. Vincent's Hospital in New York before returning to Washington to found the Physicians Committee.



Daniel J. Buysse, MD, is the UPMC Professor of Sleep Medicine and Professor of Psychiatry and Clinical and Translational Science at the University of Pittsburgh School of Medicine. He received his medical degree from the University of Michigan and completed his residency and fellowship training at the University of Pittsburgh. His research focuses on the assessment, pathophysiology, and treatment of insomnia; the interactions between sleep and circadian rhythms; behavioral interventions for sleep; and the impact of sleep on health.

Dr. Buysse has received research funding from the National Institute of Mental Health (NIMH), the National Institute on Aging (NIA), the National Heart, Lung, and Blood Institute (NHLBI), and the National Center for Advancing Translational Science (NCATS). He has chaired and served on multiple study sections and advisory committees at the National Institutes of Health (NIH). Dr. Buysse has published over 380 peer-reviewed articles and over 100 book chapters or review articles. He is Past President of the American Academy of Sleep Medicine and is currently a member of the Sleep Research Society Board of Directors.

Dr. Buysse is a recipient of the Nathaniel Kleitman Distinguished Service Award from the American Academy of Sleep Medicine, the Mary A. Carskadon Outstanding Educator Award from the Sleep Research Society, and the Peter Hauri Career Distinguished Achievement Award from the Society of Behavioral Medicine.



COLONEL CAESAR A. JUNKER

Col. Caesar Junker is the Medical Advisor to the Secretariat, Assistant Secretary of the Air Force, MR. And Medicine Chief A1Z (Resilience), Headquarters AF, Pentagon. As Medical Advisor, he collaborates with military health services and tri-service agencies to advance congressional, defense, and secretarial warrior care initiatives. He also serves as IMA to the Command Surgeon, HQ USSOCOM. As such he serves as the principal adviser for Special Operations Forces medicine to the Commander, U.S. Special Operations Command. He exercises direction, guidance, and management for planning, force structure, global readiness, and medical operations for over 70,000 joint special operations forces.

Previously Col. Junker served as Chief, Wounded Warrior Program and Invisible Wounds Initiative, and Chief, Pain and Integrative Medicine, Office of the USAF Surgeon General. In that capacity, the Air Force Surgeon General tasked him to lead an effort to improve care for patients suffering from invisible wounds and construct a specialized Air Force clinic at Eglin AFB that would become a center of excellence in Traumatic Brain Injury care. He has expertise in TBI and post traumatic stress care and is an attending physician at Walter Reed National Medical Center, Department of Orthopedics and Rehabilitation and the National Intrepid Center of Excellence.

Col. Junker is an Honors Graduate from Emory University, Atlanta GA and distinguished graduate of the Uniformed Services University of the Health Sciences. He served as the Presidential Flight Surgeon under Presidents George W. Bush and Barack Obama. Col. Junker has flown worldwide special airlift missions with the President, Vice President, the Cabinet and members of Congress. He has held a number of flying squadron, group, combatant command, headquarters and Joint staff positions in multiple assignments in the U.S. and Overseas. Col. Junker has substantial deployment experience and has flown combat missions while deployed in support of Operations Enduring Freedom, Joint Endeavor, Joint Forge, Allied Force and Northern Watch.



Steven Chang, M.S., CEO, is a successful technology entrepreneur with more than 28 years of experience in identifying emerging market needs and combining state of the art technologies and resources to meet those needs. This includes raising over \$30 million in corporate capital and starting/leading multiple early stage companies. His career includes diverse markets such as power generation, transportation logistics, critical care medicine, pharmaceutical drug development, quantitative systems pharmacology and mobile applications. He played a role in the early years of the monetization of the Internet by providing key research and development for multiple companies, including Yahoo!, to target users based on their specific behavior and interests. In the late 1990s, he helped commercialize proprietary technologies that enabled real-time ad hoc query processing on terabyte sized databases with no loss in data resolution. While at Westinghouse, his group developed advanced decision support systems that were successfully deployed in many Fortune 500 companies, including Kraft Foods, Colgate-Palmolive, Nestle, and Airborne Express



Dr. Wayne Dysinger, MD, MPH, is a lifestyle, preventive and family medicine physician who currently serves as Chief Executive Officer for Lifestyle Medical, a new model primary care concept that is built around Lifestyle Medicine principles. He is also Chair of both the American Board of Lifestyle Medicine and the International Board of Lifestyle Medicine, and Medical Director of the Complete Health Improvement Program (CHIP). He is an active faculty at Loma Linda University and consults, teaches and participates in research on Lifestyle Medicine issues around the world.

Dr. Dysinger is a past President of the American College of Lifestyle Medicine and has worked in various capacities with the American Medical Association, the American College of Preventive Medicine and the Association for Prevention Teaching and Research. He was previously Chair, Department of Preventive Medicine, Loma Linda University, and faculty/co-founder of both the Family and the Preventive Medicine residencies at Dartmouth. He has also worked in faculty, patient care and service capacities in Atlanta and Guam.

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 is a Fellow of the American College of Lifestyle Medicine, the American College of Preventive Medicine, and the American Academy of Family Physicians.



Anna Ettinger, PhD, MPH, MSW, is a Senior Research Scientist in the Division of Adolescent and Young Adult Medicine in the Department of Pediatrics at the University of Pittsburgh. She provides leadership on study design, data collection strategies, and measurement for the Pittsburgh Study, a longitudinal, community-based, intervention study of child health and thriving.

Dr. Ettinger is a social and behavioral scientist with over 10 years of mixed methods research experience in maternal and child health, health disparities, mental health, and social determinants of health. Her research focuses on furthering the science of social influences on early childhood including how early caregiving and family environments directly influence child health.

Her community-based research with diverse populations includes a qualitative study of low-income inner-city families in Baltimore, concept mapping with diverse neighborhoods in Pittsburgh, as well as work with homeless women with HIV/AIDS and their children in Washington, DC.



Lisa Bellino Ference, MD

Board certified in Lifestyle Medicine and Family Medicine

Practices at UPMC Partners in Health in Pittsburgh's Eastern suburbs, where she also serves as Quality Director.

Teaches residents at UPMC St. Margaret Family Practice program.



Gary Fraser, MBChB, PhD, was born in Christchurch, New Zealand (NZ). In 1969 received his medical degree from Otago University, Dunedin, NZ, and a few years later PhD in epidemiology and a postgraduate diploma in mathematical statistics both from the University of Auckland, NZ. He has an FRACP (NZ medical specialist) qualification and American Boards in Cardiovascular Medicine. Professionally, he has received more than \$30M in research support (mainly from NIH) and has many peer-reviewed publications and two books published by Oxford University Press, one being a well-known text on Preventive Cardiology.

He is Professor of Medicine and Professor of Epidemiology, Loma Linda University, and also spent a year on a Senior NIH Research Fellowship at Cambridge University, U.K. He has served on many grant review committees at the National Institutes of Health, including a standing committee regular member for 4 years. For 32 years he was the Director of Adventist health studies at Loma Linda, till a few months ago. He has mentored 20 post-doctoral fellows, and been on the dissertation committees of many doctoral students. At different times has been Chair of the Epidemiology Dept, and Assoc Dean for Research, School of Public Health, Loma Linda University. Over the years he has maintained about a half-time cardiology practice.

Now still works on AHS-2 cohort data, along with 25% effort in cardiology, in theory working total of 80% FTE. With his wife he spends 30-40% time at a beach-house in NZ (mainly working on AHS-2 data), and increasingly enjoys reactivating skills in piano performance (Associate degree from 50 years ago). Enjoys wilderness walking in both NZ and California, as well as visiting children and grandchildren scattered from Boston, to Hawaii, to NZ.



John M. Jakicic, PhD is a Distinguished Professor in the Department of Health and Physical Activity and is also the Director of the Healthy Lifestyle Institute and the Director of the Physical Activity and Weight Management Research Center at the University of Pittsburgh.

Dr. Jakicic has a national and international reputation as a leading scholar in this area of physical activity, and this builds on a line of research to determine the appropriate dose of physical activity for long-term body weight regulation and related chronic diseases across the lifespan. Within this line of research

Dr. Jakicic studies the interaction between biological and behavioral pathways by which physical activity impacts health-related outcomes. Specifically, Dr. Jakicic's early research was key to the public health recommendation that physical activity can be beneficial when separated into multiple 10-minute sessions per day, and he is an expert in the implementation of strategies to improve long-term adherence to physical activity. He has also been at the forefront of applying technology to physical activity interventions, which includes wearable technologies and low-intensity intervention strategies for lifestyle behavior change.

Dr. Jakicic has served on various national and international committees to develop physical activity guidelines for the prevention and treatment of obesity and other chronic conditions, which included the 2018 Physical Activity Guidelines for Americans Advisory Committee. Thus, he has been influential in the heightened awareness of physical activity as a key lifestyle behavior to improve health.



David L. Katz, MD, MPH, FACPM, FACP, FACLM is the founding director (1998-2019) of Yale University's Yale-Griffin *Prevention Research Center*, Past-President of the *American College of Lifestyle Medicine*, Founder/President of the [True Health Initiative](#), and Founder/CEO of [Diet ID, Inc.](#) Katz earned his BA degree from Dartmouth College (1984); his MD from the Albert Einstein College of Medicine (1988); and his MPH from the Yale University School of Public Health (1993). He is a board-certified specialist in Preventive Medicine/Public Health. The recipient of many awards for his contributions to public health, he has received three honorary doctorates. He holds 5 US patents, with others pending.

He invented the research methods known as “evidence mapping” and “evidence threshold pathway mapping;” is the principal inventor of the *Overall Nutritional Quality Index (ONQI™)* algorithm; and invented the first fundamentally new dietary intake assessment method in decades, called *Diet Quality Photo Navigation* (<https://www.dietid.com/>). He has authored roughly 200 peer-reviewed publications, many hundreds of health columns both on-line and in print, and 17 books to date including leading textbooks in both nutrition and preventive medicine. His most recent book is [The Truth about Food](#), with all proceeds going to support the [True Health Initiative](#). His next (18th) book, a joint effort with food writer Mark Bittman, is due out in spring, 2020 (*How to Eat*; Houghton Mifflin Harcourt.)

He has served as one of the expert judges for the annual rankings of diets by [US News & World Report](#) for much of the past decade. Katz was a [2019 finalist for a James Beard Foundation Award](#) in the category of health journalism together with Mark Bittman. Katz is recognized globally for expertise in nutrition, lifestyle medicine, and health promotion. Called the “poet laureate of health promotion” by his peers, Katz has given keynote addresses in dozens of countries on six continents, and in all 50 U.S. states. He reaches a social media following of nearly one million.



Barry Kerzin, MD is a medical doctor, an Affiliate Prof at the Univ. of Washington Tacoma, a Visiting Prof at Central University of Tibetan Studies in Varanasi, India, a former Honorary Prof at the University of Hong Kong (HKU), and a former Assist. Prof. of Medicine at the Univ. of Washington. Barry is a fellow at the Mind and Life Institute and consults for the Max Planck Institute in Leipzig on compassion training.

He is founder and president of the Altruism in Medicine Institute (AIMI) <https://altruismmedicine.org/> and founder and chairman of the Human Values Institute (HVI) in Japan <http://humanvaluesinstitute.org/>.

For 30 years, he has been providing free medical care to the poor up to the highest lamas, including HH Dalai Lama. Barry has completed many meditation retreats including a three-year retreat. His brain was studied at Princeton Univ. and the Univ. of Wisconsin, Madison, as a long-term meditator. He was ordained as a Buddhist monk synthesizing monk and doctor work through harmonizing mind and body, lecturing around the world in Japan, Hong Kong, Russia, Mongolia, India, Korea, Europe, and North America.

For HVI, Barry works in juvenile prisons in Japan and is developing well-being curriculum. He teaches compassion to doctors at St. Luke's hospital in Tokyo, and other hospitals and medical schools in Japan, e.g. Kyoto University, and leads meditation retreats at Mt. Fuji. He has been training Google Japan employees in mindfulness, resilience, and compassion. He has delivered 2 TEDx talks.

For AIMI, in June 2015, he presented a medical grand rounds lecture on compassion at Stanford Medical School, and the Stanford CCARE - <http://ccare.stanford.edu/videos/invited-lecture-barry-kerzin-md/>, and in July lectured at Surgical Grand Rounds on the science behind meditation to the Ventura County Medicine Centre, as well as lectured at the Univ. of Washington. In Spring 2016 he lectured at Oxford and Cambridge Universities, and U.K. medical schools.

Barry was the keynote speaker for the White Coat Ceremony for new first year medical students at the University of Louisville School of Medicine in 2016 and again in 2018. In Fall 2016 he presented the plenary lecture to 800 Family Doctors at the Family Medicine Education Consortium in Pittsburgh, and in 2018 started training 18,000 nurses at the University of Pittsburgh Medical Center in Compassion, Mindfulness, and Resilience.

In 2018 he taught CME courses for UPMC doctors, and presented a Medical Grand Rounds at the University of Pittsburgh School of Medicine. For the last 5 years at Unilever Japan, he has held symposia on ethical leadership for Japanese HR leaders as well as similar programs at Google Japan, Mitsubishi Jisho, and others. In 2019, he presented Altruistic Artificial Intelligence at Deep Mind Google, U.K.



Paul Larson MD, MS, MBA, CPE, DIM&PH, FAAFP is Director of Global Health Education at UPMC St. Margaret Family Medicine Residency and Medical Director, Duquesne University Health Service in Pittsburgh, Pennsylvania. A graduate of UMass Medical School and Washington Hospital Family Medicine Residency, he completed a post-graduate diploma in Tropical Medicine at the University of Liverpool and practices full-spectrum Family Medicine in Kenya and Ghana.

Paul has completed an MS in medical education, fellowship in faculty development and executive MBA in Healthcare at the University of Pittsburgh. Paul is focused on the educational intersection of Lifestyle, Preventive and Family Medicine. Paul is a Captain and Medical Officer for the Civil Air Patrol, U.S. Air Force Auxiliary.



Liana Lianov, MD, MPH, FACLM, FACPM, DipABLM, As an innovative leader in lifestyle medicine, Dr. Lianov has advanced the movement in the US and internationally. She currently serves as the Chair of the Happiness Science and Positive Health Committee of the American College of Lifestyle Medicine (ACLM), lead faculty for the ACLM Physician and Health Professional Well-Being Program, vice-chair of the American Board of Lifestyle Medicine, and President of the Positive Health and Wellness Division of the International Positive Psychology Association.

She is also the lead faculty for the first of its kind intensive lifestyle medicine physician curriculum sponsored by American College of Preventive Medicine (ACPM) and ACLM. For this program and related work, Dr. Lianov received the 2015 Distinguished Service Award from ACPM. She is the lead author for the 2010 publication in the *Journal of the American Medical Association* unveiling the lifestyle medicine core competencies for physicians developed by a national blue ribbon panel of health professional organizations, which she chaired.

Dr. Lianov is a past president of the ACLM, a past board regent of ACPM, and the former Healthy Lifestyles Division Director for the American Medical Association. She previously directed a number of heart disease and stroke prevention, cancer detection, and other chronic diseases and mental health services programs at the California Department of Health Services. Her leadership of the inaugural national Summit on Happiness Science in Health Care and her publications, including the groundbreaking book *Roots of Positive Change: Optimizing Health Care with Positive Psychology*, and presentations are spearheading the integration of positive psychology interventions in health care as a core mechanism to support health behavior change and as an independent protective health strategy.



Dr. Liebschutz, MD, MPH, is a primary care and addiction medicine physician, substance use researcher, educator, and administrator. She is Professor of Medicine, Chief of the Division of General Internal Medicine and UPMC Endowed Chair for Translational Medicine and Research at the University of Pittsburgh School of Medicine and UPMC.

Her research agenda focuses on prevention and treatment of opioid use disorders, including safe opioid prescribing for pain and disseminating treatments for opioid use disorders in non-specialty medical settings. She is a national lecturer and educator on opioid prescribing. She has been a certified buprenorphine prescriber since 2006, managing an active panel of opioid-dependent patients within her primary care practice and serving as inpatient addiction medicine consultant. She also is a national expert on physician wellness.



David Loveland, Ph.D. is a Senior Program Director at Community Care in Pittsburgh, PA with a focus on improving addiction treatment. His research has included implementing effective behavioral and cognitive behavioral techniques in applied settings.

Dr. Loveland oversees several quality improvement projects at Community Care to enhance engagement, retention and the continuum of care for individuals with a substance use disorder (SUD). Ongoing projects include strategies to expand access to, as well as quality of, medication-assisted treatment (MAT), integrating MAT within all addiction treatment services, and developing value-based payment models to sustain a continuum of care for people with a SUD. Community care provides Medicaid funding to over 230 addiction treatment organizations, which includes approximately 350 sites across Pennsylvania.



Dr. Victoria Maizes, MD, is Executive Director of the Andrew Weil Center for Integrative Medicine and a Professor of Medicine, Family Medicine and Public Health at The University of Arizona. Internationally recognized as a leader in integrative medicine, Dr. Maizes is committed to helping individuals live healthier lives and pioneering change efforts that solve US health care system problems. Together with her team at the Center for Integrative Medicine she created and implemented national programs that have reached thousands of health professionals; developed an innovative, integrative primary care clinical model; and is carrying out research to assess the effectiveness of integrative care.

Dr. Maizes graduated from Barnard College of Columbia University, received her MD from the University of California, San Francisco, completed her residency in Family Medicine at the University of Missouri, Columbia, and her Fellowship in Integrative Medicine at the University of Arizona. A highly sought-after speaker, Dr. Maizes lectures worldwide to academic and community audiences on integrative medical education, women's health, healthy aging, nutrition, environmental issues, and cancer. She is the co-editor of the Oxford University textbook *Integrative Women's Health* and the author of *Be Fruitful: The Essential Guide to Maximizing Fertility and Giving Birth to a Healthy Child*. In 2009, Dr. Maizes was named one of the world's 25 intelligent optimists by ODE magazine.



Oscar C. Marroquin, M.D., FACC, is the Chief Clinical Analytics Officer, UPMC Health Services Division. He is also a practicing cardiologist at the UPMC Heart and Vascular Institute and an Associate Professor of Medicine, Epidemiology, and Clinical and Translational Sciences at the University of Pittsburgh.

His academic career has been focused on outcomes research in interventional cardiology and heart disease in women, and his research has been rewarded in the form of grants and numerous publications. In his current role, he leads UPMC's clinical analytics activities, where he oversees a team of analysts, statisticians, and data scientists focused on applying "big data" approaches to measure and predict clinical outcomes.

Dr. Marroquin completed his internship and residency in internal medicine at the Presbyterian Medical Center of the University of Pennsylvania and did his general cardiology and interventional cardiology fellowships at UPMC. He is a member of the American Medical Association, the American College of Physicians and a fellow of the American College of Cardiology and the Society of Cardiac Angiography and Interventions.



Dr. Michael D Parkinson, MD, MPH is the Senior Medical Director overseeing employer health and productivity strategies for UPMC Health Plan and WorkPartners. Following his retirement after a career in US Air Force, Mike was a principal founder of Lumenos, a pioneer in consumer-directed health plans acquired by Wellpoint. He trained in family medicine and preventive medicine at George Washington University, UCLA and Johns Hopkins. He is a Past President of the American College of Preventive Medicine, Advisory Board NIOSH Midwest Center of Workforce Excellence, Defense Health Board Healthcare Delivery Subcommittee and currently serves on the Editorial Boards of the American Journal of Medical Quality and the American Journal of Preventive Medicine.



Edward M. Phillips, MD, 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 Spaulding Rehabilitation Hospital www.InstituteofLifestyleMedicine.org. In his work at the ILM since 2006 he has directed 23 live CME programs plus 7 online CME modules completed by over 20,000 clinicians from 115 countries.

In 2015 Phillips joined the VA Boston Healthcare System and now serves as the Whole Health Medical Director. He is integrating lifestyle medicine training for health professional trainees across the Veterans Health Administration in his role as National Whole Health Education Champion for Professional Trainees. Additionally, Phillips is a Fellow of American College of Sports Medicine (FACSM) and serves on the executive council that developed the *Exercise is Medicine* global initiative.

He co-authored two books and >75 scientific publications. 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 a founding committee member of the American Board of Lifestyle Medicine.

Phillips is an active clinician and researcher who speaks and consults nationally guiding a broad-based effort to reduce lifestyle-related death, disease, and costs through clinician directed interventions with patients. 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 Time Magazine. He co-hosted the NPR Daily Exercise Podcast, *WBUR's Magic Pill* which was awarded an Edward R. Murrow award for Excellence in Innovation.



Ronald Poropatich, MD, is the Director of the Center for Military Medicine Research, Health Sciences and Professor of Medicine in the Division of Pulmonary, Allergy, and Critical Care Medicine at the University of Pittsburgh. Dr. Poropatich is an affiliated faculty member of the McGowan Institute.

Dr. Poropatich is an experienced Pulmonary/Critical Care Medicine physician who served 30 years on active duty in the US Army retiring in 2012 at the rank of Colonel with extended assignments at the Walter Reed National Military Medical Center, Bethesda, MD (formerly the Walter Reed Army Medical Center WRAMC, Washington, DC), from 1985 to 2012 and at the US Army Medical Research and Development Command from 1995 to 2012..

Dr. Poropatich is a long-standing educator and has been faculty at the Uniformed Services University of the Health Science (USUHS), Bethesda, MD, since 1985 and currently serves as an Adjunct Professor of Medicine. He has over 80 publications in peer-reviewed medical journals, numerous book chapters, and edited 2 books on Telemedicine. He is a diplomate of the American Board of Internal Medicine in Medicine, Pulmonary, and Critical Care Medicine. He is a Fellow of the American College of Physicians, Fellow of the American College of Chest Physicians, Fellow and past president of the American Telemedicine Association, and Fellow, American Institute for Medical Biological Engineering.



Loren H. Roth, MD, MPH, Following 44 years of distinguished service to the Department of Psychiatry and the University of Pittsburgh School of Medicine, Loren Roth, MD, MPH, was recognized and awarded emeritus status at a special reception following the Department's Annual Research Day held June 7, 2018. Prior to his being an Emeritus Professor, for the previous five years Dr. Roth was the Associate Senior Vice Chancellor, Clinic Policy and Planning, Health Sciences, University of Pittsburgh; Distinguished Service Professor of Psychiatry, Health Policy and Management, and Clinical and Translational Science; and Senior Advisor, Quality, UPMC Health Plan.

A graduate of the Harvard Medical School, the Harvard School of Public Health, the Yale and Massachusetts General Hospital's Psychiatric Residency Programs, Dr. Roth has conducted seminal research and writing in law and psychiatry over his career, related to informed consent, patient dangerousness (violence), competency (patient capacity) assessment, confidentiality, and ethics in research. He is a past winner of the American Psychiatric Association's prestigious Isaac Ray Award, given for outstanding lifetime career contributions to law and psychiatry. He is a past President of the American Academy of Psychiatry and the Law.

Dr. Roth played an instrumental role in developing the partnership with the University of Pittsburgh and UPMC. His ability to understand the dynamics of complex hospital/health care systems allowed him to play a significant role in the development of UPMC during a period of rapid change in health care economics, insurance, and care delivery beginning in 1993 with the advent of managed care, eventually becoming Senior Vice president, Medical Services and UPMC's first Chief Medical Officer.

The U.S. State Department and the American Psychiatric Association chose Dr. Roth to be the only physician and psychiatrist participating in the first Human Rights discussion between the United States and the Soviet Union in 1988. Subsequently, he served as the psychiatric leader of a 26-person delegation to the Soviet Union that examined the status of 27 individuals deemed by the West to be potential victims of psychiatric abuse and believed to be political dissidents falsely hospitalized in psychiatric prisons despite not being mentally ill.

Throughout his 45-year career, Dr. Roth has held leadership positions within the University of Pittsburgh and UPMC and has directed numerous initiatives aimed at enhancing communication between physicians and patients and improving patient safety and the quality of care. He has also had considerable influence on medical student education and the training of residents, incorporating this work into medical education curricula and clinical training.

At present Dr. Roth is the host for a podcast series from UPMC, Western Psychiatric Hospital and the Department of Psychiatry. This presents advances in psychiatry and behavioral medicine including research of clinical import and innovative clinical programming "**Psychiatry Advances**".



Dr. Dexter Shurney, MD, MBA, MPH, is the Chief Medical Officer and Senior Vice President of Clinical Affairs for **Zipongo**, the San Francisco-based based digital health and wellness company that focuses on enabling healthy eating - "Healthy Eating, Made Simple". Dr. Shurney is the former Chief Medical Director / Executive Director for Global Health Benefits and Corporate 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. Prior to Cummins, Dr. Shurney was the Chief Medical Director of the Employee Health Plan for **Vanderbilt University and Medical Center**. During his tenure at Vanderbilt he also held joint faculty appointments as Assistant Clinical Professor, Division of Internal Medicine and Public Health, and Adjunct Faculty, Owens Graduate School of Management.

Other positions that Dr. Shurney has held include Senior Vice President and Chief Medical Officer for **Healthways**, Senior Health Policy Strategist in the Division of 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 serves on numerous boards including: the American College of Lifestyle Medicine (ACLM) where he is the current President, the American Board of Lifestyle Medicine (ABLM), and the Health Enhancement Research Organization (HERO), the National Association of Managed Care Physicians (NAMCP). From 2007-2009, he served as the Chair of the Tennessee Diabetes Prevention and Health Improvement Board, appointed by Governor Phil Bredesen. He was also the most recent Chair of the Business Strategies Committee for Centers for Disease Control and Prevention (CDC)/National Diabetes Education Program (NDEP). For 12 years he served as the American College of Medical Quality's (ACMQ) elected delegate to the American Medical Association (AMA).

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 approach to chronic condition management.

Dr. Shurney is board-certified in lifestyle medicine and general preventive medicine / public health. He is a fellow in the American College of Lifestyle Medicine.



Michael Silva, MA, has been supporting development of the Pittsburgh Study since its inception in pediatric research strategic planning under the leadership of Dr. Terence Dermody, Chair of Pediatrics, and Dr. George Gittes, Chair of Pediatric Surgery. He was asked to serve as executive director of the Study by its co-leads, Dr. Elizabeth Miller, Director of Adolescent and Young Adult Medicine, and Val Chavis of the Urban League of Greater Pittsburgh.



Dr. Deborah Snyder, D.O. is a native inner city Pittsburgh, where she attended Brashear High School. She completed her undergraduate work at Allegheny College in Meadville, PA, where she earned a BS in Mathematics, cum laude. She attended medical school at Ohio University College of Osteopathic Medicine, also graduating with honors. Dr. Snyder completed an internship and residence in Family Medicine at Doctor's Hospital in Columbus, Ohio. She practices in Hermitage PA and is employed by University of Pittsburgh Medical Center.

Dr. Snyder is board certified in both Family Medicine and in Lifestyle Medicine, and is passionate in teaching her patients "Food As Medicine" to prevent, treat and in many cases reverse disease. She frequently gives lectures regarding the evidence supporting whole foods plant based nutrition. She has been involved in numerous community events including Walk With A Doc, Cooking With A Doc and Shop With A Doc. In addition to her medical practice, Dr. Snyder also has a leadership role in UPMC's Shared Savings Program, which promotes high quality and low cost healthcare.

Also, she is the author of KetoKid: Helping Your Child Succeed on the Ketogenic Diet and continues to advocate for the Ketogenic diet to treat uncontrolled epilepsy and other neurologic diseases.



Dr. Gwendolyn Sowa, MD, PhD, is the Endowed Professor and Chair of the Department of Physical Medicine and Rehabilitation at the University of Pittsburgh/UPMC. Dr. Sowa also serves as the Co-Director of the Ferguson Laboratory for Orthopaedic and Spine Research, and Medical Director of UPMC Total Care- Musculoskeletal Health. She holds joint appointments in the Departments of Orthopaedic Surgery and Bioengineering.

Dr. Sowa completed her PhD in Biochemistry and Medical Degree at the University of Wisconsin-Madison and her PM&R residency at the Rehabilitation Institute of Chicago, Northwestern University. She has served as a clinician scientist in the Department of Physical Medicine and Rehabilitation for over 14 years, where she also functioned as Vice Chair for Clinical Outcomes and Quality Care. She has been active in developing new models of care, assessment of patient reported outcomes, and inter-disciplinary work groups to improve the quality of care that we provide. In particular, she has fostered collaboration between various disciplines to improve care of patients with low back pain.

As Co-Director of the Ferguson Laboratory, which has a rich history in musculoskeletal research, she leads a diverse group of scientists including engineers, physiatrists, molecular biologists, orthopaedic surgeons, and neurosurgeons working together to develop innovative treatments for spine conditions and low back pain. The ultimate goal of her research program, which has garnered national and international recognition, is to apply the growing knowledge of the biology and mechanobiology of the spine to the development of individualized treatment programs for low back pain.



Dr. Sarah States, Ph.D., is the director of research and science education at Phipps Conservatory and Botanical Gardens in Pittsburgh, PA. Dr. States leads Phipps' Research Institute for Biophilia and Science Engagement, where she develops innovative local, national and international research partnerships. She brings her multidisciplinary experience to research initiatives in urban ecology, human and environmental health and wellness, green building design, environmental education and science communication.

Dr. States oversees the development and implementation of pre-K-12 informal education programs that focus on connecting youth to nature. She also leads Let's Move Pittsburgh, an initiative to improve healthy behaviors among Pittsburgh's children and families. She received her Ph.D. in ecology and evolutionary biology from Cornell University, and completed postdoctoral research at the Yale School of Public Health and Columbia University, focusing on the ecology of zoonotic and vector-borne disease.



Dr. Esther Sternberg, MD, holds the Inaugural Andrew Weil Chair for Research in Integrative Medicine at the University of Arizona College of Medicine -Tucson, is Founding Director of the UA Institute on Place, Wellbeing & Performance (UArizona IPWP), and Research Director of the Andrew Weil Center for Integrative Medicine (AWCIM). Internationally recognized design and health pioneer, she was a founding member of the American Institute of Architects' Design and Health Leadership Group and AIA Design and Health Research Consortium. She has advised the US Surgeon General and Surgeon General's Office, US General Services Administration, National Institutes of Health, branches of the US Department of Defense (including the U.S. Air Force Research Laboratory, U.S. Army Research Laboratory and U.S. Air Force Science & Technology 2030 Future Visioning), US Green Building Council, Australian Green Building Council (Australian Green Cities Keynote address 2011), and the Vatican's XXVII International Conference of the Pontifical Council for Health Care Workers, on the impact of the built environment on health. She began her current work with the US General Services Administration, using state-of-the-art wearables to measure the impact of office environments on health, wellbeing and performance, while Senior Scientist and Section Chief at the National Institutes of Health, Bethesda, MD (1986-2012).

The UArizona IPWP links the UArizona College of Medicine, AWCIM, and UArizona College of Architecture, Planning and Landscape Architecture, and other Colleges across UArizona, to study the effects of the built environment on health. This program uses wearable and stationary devices to measure the impact of up to 11 environmental variables on health, wellbeing and performance, and has been continuously supported by the US General Services Administration (GSA-UArizona's Wellbuilt for Wellbeing research program), and the U.S. Intelligence Advanced Research Projects Activity under the Office of the Secretary of Intelligence (IARPA MOSAIC–Lockheed Martin Rapid Automatic Adaptive Model of Performance Prediction). Her publications related to the GSA-UArizona Wellbuilt for Wellbeing research program are informing design and operations of buildings for health, and include *Occup. Environ. Med.* 2018;75:689–695, which showed the impact of office design on activity and stress, and received world-wide media attention.

In recognition of her many contributions, including her pioneering work in the science of the mind-body connection, she has received the U.S. Public Health Service Superior Service Award; an Honorary Doctorate in Medicine, Trinity College Dublin; and was named by the U.S. National Library of Medicine as one of 339 Women Who Changed the Face of Medicine. She has authored more than 225 scholarly articles and two popular books including best-selling *Healing Spaces: The Science of Place and Wellbeing* (Harvard University Press), which helped launch the design and health movement.



Dr Ron Stout, MD, MPH, serves as President & CEO of the Ardmore Institute of Health (AIH), whose mission is to improve the health and vitality of people to live more meaningful lives. Previously he worked as Medical Director at Procter & Gamble, in occupational medicine, pharmacovigilance and Medical Affairs.

Dr Stout was formerly Medical Director for Preventive Medicine and Occupational Services at Kettering Health Network in Ohio. He served in the United States Air Force as an Occupational and Preventive Medicine Consultant and as a Principal Investigator, Air Force Health Study.

Dr Stout currently sits on the NIOSH Board of Medical Advisors and the Preventive Medicine Section Council of the AMA. He is Board Certified in Family Medicine, General Preventive Medicine and Public Health and Occupational Medicine. His life partner Pam Stout BSN, MPH, is a Lactation Consultant, who has served as an educator, manager and hospital Director.



Eva M Szigethy, MD, PhD, is Professor of Psychiatry and Medicine, Director of Behavioral Health within the Chief Medical and Scientific Office at the University of Pittsburgh Medical Center. Clinically, she developed and runs several integrated behavioral health medical home programs within Gastroenterology.

Dr. Szigethy has been a NIMH funded researcher studying the effects and mechanisms underlying behavioral therapies for mood and pain in chronic pain in medical populations. She specializes clinically in combining behavioral techniques, digital behavioral tools, and pharmaceutical interventions to manage mental health disorders, trauma, and chronic pain. Dr. Szigethy also serves as a behavioral advisor for UPMC Enterprises and the UPMC Health Plan as an expert in digital behavioral technology.



Leonardo Trasande, MD, MPP, is an internationally renowned leader in children's environmental health. His research focuses on identifying the role of environmental exposures in childhood obesity and cardiovascular risks and documenting the economic costs for policy makers of failing to prevent diseases of environmental origin in children proactively. He also holds appointments in the Wagner School of Public Service and NYU's College of Global Public Health. He is perhaps best known for a series of studies published in *Lancet Diabetes and Endocrinology* and the *Journal of Clinical Endocrinology and Metabolism* that document disease costs due to endocrine disrupting chemicals in the US and Europe of \$340 billion and €163 billion annually, respectively.

Dr. Trasande leads one of 35 centers across the country as part of the National Institute of Health's Environmental Influences on Child Health Outcomes program. He is leveraging the NYU Children's Health and Environment Study as well as another birth cohort to examine phthalates, bisphenols, organophosphate pesticides and polycyclic aromatic hydrocarbons and their effects on fetal as well as postnatal growth and early cardiovascular and renal risks. These two cohorts are part of a larger initiative nationally to identify preventable and environmental factors that influence child health and disease.

After receiving his bachelor, medical and public policy degrees from Harvard, he completed the Boston Combined Residency in Pediatrics and a legislative fellowship in the Office of Senator Hillary Rodham Clinton. Prior to coming to NYU, he completed fellowship training in environmental pediatrics. For five years he also was a Lead Investigator in one of the original (Vanguard) locations of the National Children's Study, and Deputy Director for the largest (eight location) Study Center spanning a region from upstate New York to central New Jersey.



Dr. PAUL F.M.J. VERSCHURE, Ph.D, is a Catalan Institute of Advanced Studies (ICREA) Research Professor, Director of the neuroengineering program at the Institute for Bioengineering of Catalunya (IBEC) and the Barcelona Institute of Science and Technology (BIST). He runs the Synthetic Perceptive, Emotive, and Cognitive Systems (SPECS) Laboratory (<https://specs-lab.com/>). He is the founder/CEO of Eodyne Systems S.L. (<https://www.eodyne.com/>), which is commercializing new science grounded neurorehabilitation and cultural heritage technologies. Paul is the Founder/Chairman of the Future Memory Foundation (futurememoryfoundation.org), which aims at supporting the development of new tools and paradigms for the conservation, presentation, and education of the history of the Holocaust and Nazi crimes. Paul is the Founder/Chairman of the Convergent Science Network Foundation, which supports the development of new science and technology to support the human condition.

Paul received his MA and Ph.D. in Psychology, and his scientific aim is to find a unified theory of mind and brain using synthetic methods and to apply it to the quality of life-enhancing technologies. Distributed Adaptive Control, has shed light on the function of several brain structures, used to control advanced mobile and humanoid robotic systems and has laid the foundation for a novel neurorehabilitation approach called the Rehabilitation Gaming System (<http://specs-lab.com/portfolio-items/neuro-rehabilitation/?portfolioCats=14>). Paul explores new methods for the simulation, visualization, and exploration of complex data to support his DAC theory and advance clinical diagnostics and intervention in neuropathologies such as stroke and epilepsy (<http://www.brainx3.com/>). Complementary to his science, Paul has developed and deployed over 35 art installations ([http://specslab.com/what we do/#Installations](http://specslab.com/what_we_do/#Installations)). These include the biomimetic mixed reality space Ada experienced by over half a million visitors (2002) and, more recently, three virtual/augmented reality educational installations and applications for the Memorial Sites Bergen-Belsen (2012-), and Falstad which is now generalized to other sites across Europe.

Paul manages a multidisciplinary team of 30 researchers with whom he has published over 300 articles in leading journals and conferences in a range of disciplines. Paul collaborates with an extensive network of international researchers. He has represented Switzerland at the Global Science Forum of the OECD, is chair of the annual Barcelona Cognition, Brain, and Technology summer school and co-chair of the yearly Convergent Science Network's conference Living Machines. Paul also hosts a podcast (80 episodes) accompanying the 100+ video lectures (<http://csnetwork.eu/talks/podcast>). He is the founder and academic director of the Interdisciplinary Master program Cognitive Systems and Interactive Media at University Pompeu Fabra in Barcelona.



Yoram Vodovotz, Ph.D., is currently a Professor of Surgery, Immunology, Computational and Systems Biology, Bioengineering, Clinical and Translational Science, and Communication Science and Disorders at the University of Pittsburgh School of Medicine. His research focus is the biology of inflammation, a process that is both necessary to maintaining health and, paradoxically, central to most if not all diseases that affects both developing and industrialized societies. As the Director of the Center for Inflammation and Regeneration Modeling (CIRM; <http://www.mirm.pitt.edu/our-research/centers/center-for-inflammation-and-regeneration-modeling-cirm/>) at the McGowan Institute for Regenerative Medicine, he has led an interdisciplinary effort combining computational, experimental, and clinical studies aimed at a systems-based understanding of inflammation.

He has created novel, translational applications of mathematical modeling, including *in silico* clinical trials and patient-specific predictive models. He is a co-founder and past President of the Society for Complex Acute Illness (www.scai-med.org), which is dedicated to applying complex systems and other computational approaches in sepsis, trauma, and related diseases. He is also a co-founder of Immunetrics, Inc. (www.immunetrics.com), a Pittsburgh-based company that is commercializing this mathematical modeling work in the context of the pharmaceutical industry, applying computational models of inflammatory disease in the rational design of therapy for inflammatory diseases. He has published over 300 manuscripts, including two books.



Steven H. Woolf, M.D., M.P.H., is Director Emeritus of the Center on Society and Health at Virginia Commonwealth University, where he is Professor of Family Medicine and Population Health. He holds the C. Kenneth and Dianne Wright Distinguished Chair in Population Health and Health Equity. Dr. Woolf has edited three books and published more than 200 articles in a career that has focused on raising public awareness about the social, economic, and environmental conditions that shape health and produce inequities. Beyond research, he works to address these issues through outreach to policymakers and the public, including testimony before Congress, consulting, editorials in major newspapers and social media, and speaking engagements.

Dr. Woolf chaired the National Research Council/Institute of Medicine panel that produced *Shorter Lives, Poorer Health*, which compared the health of Americans with peers in 16 other high-income countries. In recent years his team has examined the rise in midlife mortality rates in the United States, including studies conducted at the national, state, and county levels.

Dr. Woolf received his M.D. in 1984 from Emory University and underwent residency training in family medicine at Virginia Commonwealth University. Dr. Woolf is also a clinical epidemiologist and underwent training in preventive medicine and public health at Johns Hopkins University, where he received his M.P.H. in 1987. He is board certified in family medicine and in preventive medicine and public health. He began his career as a health services researcher, with a focus on evidence-based guidelines. He served on the U.S. Preventive Services Task Force and was elected to the Institute of Medicine in 2001.