

CURRICULUM VITAE

LAWRENCE J. CHESKIN, MD, FACP, FTOS

PERSONAL DATA

George Mason University
College of Public Health
Department of Nutrition and Food Studies
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Fairfax, VA 22030
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Johns Hopkins School of Medicine
Department of Medicine, Division of Gastroenterology
Johns Hopkins Healthful Eating, Activity and Weight Program
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EDUCATION AND TRAINING

1972 - 1974		Bronx High School of Science
1974 - 1977	B.A.	<i>summa cum laude</i> City University of New York Honors in biology; Honors in economics
1977 - 1980	M.D.	Dartmouth Medical School

POSTDOCTORAL TRAINING

1980 - 1983	Residency in Internal Medicine New York Medical College Lenox Hill Hospital
1983 - 1986	Fellowship in Gastroenterology and Liver Disease Yale University - New Haven Hospital
1984 - 1986	Research training in Immunology Howard Hughes Medical Institute Yale University School of Medicine
1995	Mini-Fellowship in Nutrition Regional Nutrition Center New York Academy of Sciences
1995 - 1996	Certificate Program: "The Business of Medicine" Johns Hopkins University

2018 Executive Certificate in Health Care
Leadership and Management, The Johns
Hopkins Carey Business School

LICENSURE & CERTIFICATION:

Medical Licenses: State of Maryland; Commonwealth of Virginia
Board Certified, Internal Medicine
Board Certified, Gastroenterology, 1991-2001

PROFESSIONAL EXPERIENCE

CURRENT AND PRIOR APPOINTMENTS:

January 2019 - date	Professor without term (tenured) Department of Nutrition and Food Studies College of Public Health George Mason University
January 2019 - July 2023	Chair Department of Nutrition and Food Studies George Mason University
March 2019 – August 2020	Interim Chair Department of Global & Community Health George Mason University
2020 - date	Adjunct Professor, Medicine (GI) Johns Hopkins School of Medicine
2009 - 2019	Associate Professor of Health, Behavior and Society Johns Hopkins Bloomberg School of Public Health
2002 - 2009	Associate Professor of International Health (Center for Human Nutrition)
2009 – 2020	Joint Appointment in International Health (Center for Human Nutrition) Johns Hopkins Bloomberg School of Public Health
2002 – 2019	Joint Appointment in Medicine (Gastroenterology) Johns Hopkins School of Medicine
2011 – 2019	Joint Appointment Public Health Studies Program Krieger School of Arts and Sciences Johns Hopkins University <i>Principal Responsibilities:</i> Teaching and mentoring of undergraduates; primary course instructor.
2016 – 2020	Joint Appointment, Nursing

	Johns Hopkins University School of Nursing <i>Principal Responsibilities:</i> Teaching and mentoring of graduate students.
2011 – 2015	Adjunct Clinical Professor Villanova University College of Nursing <i>Principal Responsibilities:</i> Teaching/CME
1990 - 2020	Director and Founder <i>The Johns Hopkins Weight Management Center</i> <i>Principal Responsibilities:</i> Lead program, teach clinical trainees, conduct clinical trials.
2013 – 2017	Associate Director Global Obesity Prevention Center at Johns Hopkins
2011 – 2017	Director, Pilot Studies Core Global Obesity Prevention Center, Johns Hopkins
2017 - 2019	Director, Clinical Research Global Obesity Prevention Center, Johns Hopkins
1993 - date	Active/Courtesy Medical Staff The Johns Hopkins Hospital Department of Medicine (Gastroenterology)
1986 - 2014	Active Medical Staff John Hopkins Bayview Medical Center Department of Medicine (Gastroenterology)
1997 - 2001	Director, Division of Gastroenterology Johns Hopkins Bayview Medical Center
1996 - 2001	Director, Fellowship Training Program in Gastroenterology Johns Hopkins Bayview Medical Center
1995 - 2001	Associate Professor of Medicine Johns Hopkins School of Medicine
1995 - 2001	Joint appointment International Health (Human Nutrition) Johns Hopkins School of Public Health
1993 - 2002	Director, Nutrition Support Service Johns Hopkins Bayview Medical Center
1992 - 1995	Assistant Professor International Health (Human Nutrition) Johns Hopkins School of Public Health
1991 - 1995	Medical Director Alcohol Rehabilitation Center Johns Hopkins Bayview Campus

1988 - 1995	Assistant Professor of Medicine Johns Hopkins School of Medicine
1988 - 1995	Senior Staff Fellow (part time) National Institute on Drug Abuse Intramural Research Program
1988 - 1990	John A. Hartford Scholar in Geriatric Medicine at Johns Hopkins University
1986 - 1990	Guest Scientist, Gerontology Research Center National Institute on Aging
1986 - 1988	Instructor in Medicine Johns Hopkins School of Medicine

PROFESSIONAL ACTIVITIES:

American College of Physicians
Fellow (FACP)

American Gastroenterology Association

American College of Gastroenterology
Fellow
Member, Educational Affairs Committee, 1996 -1999

The Obesity Society
Fellow (FTOS)

Chair, Clinical Affairs Committee, 2011- 2013
Member, Clinical Affairs Committee, 2009 – 2014

Member, Annual Scientific Meeting Program Committee, 2010, 2011, 2012, 2013
Chair, Program Committee's Professional Practice Section

Obesity Society Representative to the American Gastroenterological
Association's Obesity Bundled payment Workgroup, 2015.

American Society for Nutrition
Member, Graduate and Professional Education Committee:
Subcommittee for Continuing Medical Education, 2009 - 2012

American Council on Exercise
Consultant, and chapter co-author.

Mid-Atlantic Obesity Research Center
Member, 2008- date

EDITORIAL ACTIVITIES:

Faculty Editorial Board, Member, 2015- date
Johns Hopkins University Press, Baltimore, MD

Faculty Advisory Panel, Johns Hopkins Health Review, 2014- 2019

Editor, Series in Public Health, Praeger Press/ Greenwood Publishing, 2007- 2009

Title published: Global Chaos and Public Health, 2009

Section Editor (Nutrition in the Life Cycle): Encyclopedia of Human Nutrition, 5th ed. 2023

Editorial Board Member:

Encyclopedia of Food Sciences and Nutrition, 4th Edition (Academic Press-London, an imprint of Elsevier), 2023

Encyclopedia of Food and Health (Elsevier, 2016)

Biomarker Insights, 2009 – 2010

Clinical Medicine Insights – Gastroenterology, 2009 – 2011

Integrative Medicine Insights, 2009 – 2012

Journal of Obesity, 2010- 2013

Journal of Nutrition & Diet Therapy, 2011 – 2013

The Korean Society of Clinical Nutrition, 2014 – 2018

Obesity Science and Practice (Wiley), 2015 - date

Content Consultant, 2007- 2014.

Scholastic, Inc. and Children's Press; titles published:

The Food Pyramid; Food Allergies; Food Safety; The Circulatory System;

The Respiratory System; The Digestive System; The Nervous System;

Taste; Smell; Touch; Sight; Hearing

Book Proposal Reviewer:

Johns Hopkins University Press, 2000 – date

Elsevier Science/ Academic Press, 2007- date

Blackwell Scientific, 2006

Rowman & Littlefield Publishers, 2011

Ad Hoc Reviewer:

Africa Health Sciences

American Family Physician (American Academy of Family Physicians)

American College of Gastroenterology-Abstract reviewer

American Journal of Cardiology

American Journal of Epidemiology

American Journal of Gastroenterology

American Journal of Kidney Diseases

American Journal of Managed Care

American Journal of Psychiatry

American Journal of Public Health

Atlanta Journal- Constitution

ACP Clinical Evidence

ACP Journal Club

Annals of Nutrition and Metabolism

Archives of Internal Medicine

Biological Psychiatry

BioMed Central Anesthesiology

BioMed Central Public Health Journal

BioMed Central Sports Science, Medicine & Rehabilitation

British Journal of Pharmaceutical Research

Cancer Control Journal

Circulation

Clinical Evidence (British Medical Journal)
 Clinical Gastroenterology and Hepatology
 Clinical Obesity
 Critical Care Medicine
 Critical Reviews in Food Science and Nutrition
 Diabetes
 Diabetes Care
 Diabetes Research and Clinical Practice
 Diabetologia
 Drug and Alcohol Dependence
 Dubai Diabetes & Endocrinology Journal
 European Journal of Clinical Nutrition
 European Journal of Ageing
 Expert Opinion on Emerging Drugs
 Expert Opinion on Pharmacotherapy
 Expert Opinion on Drug Safety
 Gastroenterology
 Global Public Health
 Health Affairs
 Health Education and Behavior
 International Journal of Epidemiology
 International Journal of Medicine and Medical Sciences
 International Journal of Obesity
 JAMA Network Open
 Journal of Aging and Physical Activity
 Journal of Affective Disorders
 Journal of the American Geriatrics Society
 Journal of the American Heart Association
 Journal of Clinical Endocrinology & Metabolism
 Journal of Clinical Gastroenterology
 Journal of Clinical Investigation
 Journal of General Internal Medicine
 Journal of Integrative Medicine
 Journal of Nutrition and Metabolism
 The Medical Letter on Drugs and Therapeutics
 Medicine
 Military Psychology
 The New England Journal of Medicine
 Nature- Endocrinology
 Nutrients
 Nutrition Research
 Obesity
 Obesity Epidemic (iConcept Press)
 Obesity Research
 Obesity Reviews
 Obesity Science and Practice
 The Patient: Patient-Centered Outcomes Research
 Physiology and Behavior
 PLoS One
 Postgraduate Medicine- The Physician and Sports Medicine
 Preventive Medicine
 Progress in Community Health Partnerships: Research, Education,& Action
 Psychopharmacology
 Saudi Medical Journal
 The Science Teacher

Southern Medical Journal

NIH External Reviewer:

NIDDK Special Emphasis Panel ZDK-1 GRB-1, to review R18 and R34 grant applications on "Translational Research for the Prevention and Control of Diabetes," March 2008, October 2008, July 2009, October 2009, May 2010, October 2010, January 2011, May 2011, September 2011, May 2012, September 2013.

NCCAM ARRA Clinical Competitive Revisions Review Council ZAT1 LD 33 1, July 2009

(Chair): NIDDK Special Panel, to review R7 collaborative grant, November 2009.

NIDA Intramural Program projects, January 2010.

NIH: Member, Special Emphasis Panel, Nursing and Related Clinical Sciences Study Section [NRCS], Council ZRG1 NRCS-V 08F, 2018- 2020.

State of Maryland:

Maryland Board of Physicians Medical Review panel, 2017- 2022.

Veteran's Health Administration External Reviewer:

Merit Review Committee for Clinical Research, May, November, December 2008

Technical Expert: VA Evidence Synthesis Program Mobile Applications for Non-professional Caregivers, April 2012

US Army Medical Research and Materiel Command (USAMRMC)

Grant proposal reviewer, 2011 - 2012

State of Pennsylvania, Department of Health, and Oak Ridge Associated

Universities *External reviewer*,

Department of Health grant performance reviews, 2007 – 2015

University of Pennsylvania Institute for Diabetes, Obesity, and Metabolism

External reviewer, 2007

The Obesity Society *External reviewer*, 2010 - date

Annual Meeting abstract reviewer, track 3

Chair, Program Committee Track 5 (Clinical and Professional track), 2013

Early-Career Grant Review Program

Nutrisystem, Inc. Grants

Glaxo Smith-Kline Grants

The American Gastroenterological Association

AGA Institute Council: **Committee Chair** 2014, 2015 *for abstract reviews of the topics:*

- Lifestyle & Pharmacologic Treatment of Obesity
- Obesity: Clinical & Epidemiological Studies

US News and World Report

Member, Expert Panel <http://health.usnews.com/best-diet/experts/lawrence-cheskin-3>

Best Diets Project, 2011- 2022. <http://health.usnews.com/best-diet/experts>

Department of Environmental Health Sciences, JHBSPH

Reviewer, Translational pilot project grants, 2012.

New Zealand Ministry of Business, Innovation & Employment
Science Peer Reviewer; Science Investment Round, 2014.

PSI Foundation (funds peer-reviewed medical research in **Ontario, Canada**).
External Peer Reviewer, 2014.

United States-Israel Binational Agricultural Research and Development Fund (BARD)
External Reviewer, grant applications, 2014-2015.

Distinguished Faculty Investigator Award, University of Alabama School of Public Health
Judge, 2015.

The John M. Eisenberg Center for Clinical Decisions and Communications Science at Baylor College of Medicine
Invited Expert Reviewer, “Behavioral Programs for Diabetes” (3 reports), July 2016.

Columbia University Medical Center/ Rockefeller University Diabetes Research Center
Invited External Reviewer, pilot grant applications, 2016-2017 cycle.

Al Jalila Foundation: Dubai, United Arab Emirates
Invited External Reviewer, grant applications, 2017- 2020, 2023.

ADVISORY/EXECUTIVE BOARDS:

State of Maryland, Department of Health and Human Services:
Co-Chair, Advisory Board,
Maryland Nutrition, Physical Activity, and Obesity Prevention Program, 2005 - 2007

Family Circle Magazine: Nutrition Advisory Board, 1999 - 2015

REWARD Trial: Clinical Advisory Board, 2000 - 2001

Nutri/system, Inc.: Scientific Advisory Board, 2001 - 2002

Chronic Liver Disease Foundation: NAFLD/NASH Steering Committee advisor,
2003

Center for Mind-Body Medicine: Advisory Board member, 2004 – 2018
Course Advisor: “Food as Medicine”

Blue Cross Blue Shield Association and Johns Hopkins University: An Analysis of Utilization
and Cost of Obesity Treatment among Blue Cross Blue Shield Plans. 2007 - 2009

Johns Hopkins Center for Bioengineering, Innovation and Design,
Johns Hopkins School of Engineering:
Clinical Advisory Board member, 2008 – 2019
<http://cbid.bme.jhu.edu/>

ACHIEVE Study (Randomized Trial of Achieving Healthy Lifestyles in Psychiatric
Rehabilitation) Data Safety Monitoring Board: Member, 2007 – 2020;
Chair, 2008 – 2020

Medifast, Inc.

Chair, Scientific Advisory Board, 2008 – 2018

Vivus, Inc.

Member, National Advisory Board, 2010 - 2013

Burston- Marsteller Food and Beverage Reformulation Group

Consultant, Rebiana Panel, July 20, 2010; May 26, 2011.

Washington Ideas Forum 2010 (The Atlantic, and the Aspen Foundation)

Panelist, Obesity Working Group

Washington, DC September 30, 2010.

MacDonald Center for Obesity Prevention and Education at Villanova University

Member, Advisory Board, 2011 - date

Johns Hopkins University Global mHealth Initiative

Member, Steering Committee, 2011 – 2019

STOP Obesity Alliance

Member, Roundtable, May 1, 2014

NIHGRI-Johns Hopkins University Genetic Counseling Program

Member, Executive Committee

2014- 2018

Pressed Juicery, Inc.

Chair, Medical Advisory Board, 2015 - 2017

Plexus, Inc.

Member, Scientific Advisory Board, 2018- date

CONSULTANT/TECHNICAL EXPERT:

American Dietetic Association (Scientific consultant on ethics and science of weight control practice), 2002.

Procter & Gamble Company (regarding olestra), 1998 – 2005, and

Member, National Advisory Board, 2012 - 2015

Wake Forest University and North Carolina Baptist Hospital: *Best Health* website, 1999

Shalon Research Ventures, LLC/ iWhisper, Inc. (regarding monitoring of chewing for weight control), 2006 - 2007

MAPI Values, LLC (regarding obesity and Health-Related Quality of Life instruments), 2006

Mt. Auburn Hospital, Cambridge, MA (to aid development of a weight management program), 2007

Easton Associates, NY, London (regarding obesity drug development strategies), 2009

Burston-Marsteller, NY (regarding Cargill's rebiana sweetener), 2010- 2011

Evidence-Based Practice Center V, Johns Hopkins School of Medicine; technical expert, obesity and nutrition, 2014-2019.

Ministry of Business, Innovation and Employment, New Zealand, 2014
MBIE Science Investment Round 2014 Scientific Peer Reviewer, June 2014.

BARD: The US-Israel Binational Agricultural Research & Development Fund, 2014

HONORS AND AWARDS:

F.A.C.P. (Fellow of the American College of Physicians)
F.A.C.G. (Fellow of the American College of Gastroenterology)
F.T.O.S. (Fellow of The Obesity Society)
National Merit Scholarship Finalist
Dr. Jonas E. Salk Scholarship
Certificate of Recognition, DHHS
John A. Hartford Scholar in Geriatric Medicine, 1988-1990
Young Investigator Award, NATO-NIH Research Workshop: Obesity Treatment
Physician Nutrition Specialist Award 2004-2006; American Society for Clinical Nutrition
Who's Who in America, 2010- date
Top Doctors: *U.S. News & World Report*, 2012- date:
<http://health.usnews.com/top-doctors/lawrence-cheskin-gastroenterologist-103CC000307>
Top Doctors: *Baltimore Magazine*, 2018
<https://www.hopkinsmedicine.org/about/awards/baltimore-top-doctors-2018.html>
Top Doctors: *Baltimore Magazine*, 2022
<https://www.hopkinsmedicine.org/about/awards/baltimore-top-doctors/general-medicine.html>
Top Doctors: *Baltimore Magazine*, 2023

PUBLICATIONS:

Publication statistics (calculated via Google Scholar 2-10-2024):

***h-index* = 72 *i10-index* = 170 Total citations = 23,794**

Peer-Reviewed Articles:

* identifies a George Mason or Johns Hopkins student or postdoctoral advisee

1. **Cheskin LJ.** 1977 Physician Survey. New York State Legislative Institute, New York, 1977.
2. **Cheskin LJ, Sohn N.** Proctitis after fecal diversion in Crohn's disease and its elimination with reanastomosis. Implications for surgical management. *Gastroenterology* 87:710-13, 1984.
3. Korelitz BI, **Cheskin LJ**, Sohn N, Sommers SC. The fate of the normal rectal segment after diversion of the fecal stream in Crohn's disease. *J Clin Gastroenterology* 7(1):37-44, 1985.
4. **Cheskin LJ.** Viral hepatitis. *J Clinical Gastroenterology* 8(6): 704, 1986.

5. Whitehead WE, Drinkwater D, **Cheskin LJ**, Heller BR, Schuster MM. Constipation in the elderly living at home: Definition, prevalence, and relationship to lifestyle and health status. *J Am Geriatrics Soc* 37(5):423-9, 1989.
6. **Cheskin LJ**, Schuster MM. Motility and ageing. *Motility (UK)* 2(8):4-6, 1989.
7. **Cheskin LJ**, Bohlman M, Schuster MM. Diverticular disease in the elderly. *Gastroenterol Clin North Am* 19(2):391-403, 1990.
8. Whitehead WE, **Cheskin LJ**, Heller BR, Robinson JC, Crowell MD, Benjamin C, Schuster MM. Evidence for exacerbation of irritable bowel syndrome during menses. *Gastroenterology* 98:1485-9, 1990.
9. **Cheskin LJ**, Shabsin HS, Brooner R, Schuster MM, Whitehead WE. Colon motility in opiate addiction and naloxone-precipitated withdrawal. *J Gastrointestinal Motility* 2(2):90-95, 1990.
10. *Crowell MD, Bassotti G, **Cheskin LJ**, Schuster MM, Whitehead WE. Prolonged ambulatory monitoring of high amplitude propagated contractions from the colon. *Am J Physiol* 261(24):G263-G268, 1991.
11. **Cheskin LJ**, *Moscatello S, Crowell MD. Gastrointestinal transit and exercise. *Motility (UK)* 5:9-11, 1992.
12. Newlin DB, Wong CJ, **Cheskin LJ**. Cardiovascular responses to naloxone challenge in opiate-dependent individuals. *Pharmacol Biochem Behav* 43(2):357-360, 1992.
13. **Cheskin LJ**, Crowell MD, *Kamal N, *Rosen B, Schuster MM, Whitehead WE. The effects of acute exercise on gastrointestinal motility. *J Gastrointestinal Motility* 4:173-177, 1992.
14. *Moscatello S, **Cheskin LJ**. Irritable bowel syndrome. *J Am Osteopath Assoc* 92(12):1518-1521, 1992.
15. *Deckmann R, **Cheskin LJ**. Progress in Geriatrics: Diverticular disease in the Elderly. *J Am Geriatr Soc* 41(9):986-993, 1993.
16. *Crowell MD, **Cheskin LJ**, *Musial F. Prevalence of gastrointestinal symptoms in obese and normal weight binge eaters. *Am J Gastroenterol* 89(5):387-391, 1994.
17. *Lamport RD, **Cheskin LJ**, *Moscatello SA, Nikoomanesh P. Sterile epidural and bilateral psoas abscesses in a patient with Crohn's disease. *Am J Gastroenterol* 89(7):1086-1089, 1994.
18. **Cheskin LJ**, Fudala PJ, Johnson RE. A controlled comparison of buprenorphine and clonidine for acute detoxification from opioids. *Drug Alcohol Depend* 36:115-121, 1994.
19. *Crowell MD, *Dubin N, Robinson JC, **Cheskin LJ**, Schuster MM, Heller BR, Whitehead WE. Functional bowel disorders in women with dysmenorrhea. *Am J Gastroenterol* 89:1973-1977, 1994.
20. *Lamport RD, **Cheskin LJ**, Bender JS, Nikoomanesh P. Duodenal lipoma encasing the papilla. A rare cause of gastrointestinal hemorrhage. *Illus Case Rep Dig Dis* 1:45-49, 1994.
21. **Cheskin LJ**, *Lamport RD. Diverticular disease: Epidemiology and pharmacological treatment. *Drugs Aging* 6(1):55-63, 1995.
22. **Cheskin LJ**, *Kamal N, Crowell MD, Schuster MM, Whitehead WE. Mechanisms of constipation in the elderly and effect of fiber compared to placebo. *J Am Geriatrics Soc* 43:666-669, 1995.

23. Contoreggi C, **Cheskin LJ**, Lange WR. Acute hepatitis following clozapine in a cocaine abuser. A case report and review. *Am J Addict*, 1995.
24. **Cheskin LJ**, *Chami TN, Johnson RE, Jaffe JH. Assessment of nalmefene glucuronide as a selective gut opioid antagonist. *Drug Alc Depend* 39(2):151-154, 1996.
25. *Fontaine KR, **Cheskin LJ**, Barofsky I. Health-related quality-of-life in obese persons seeking treatment. *J Family Practice*, 43(3):265-270, 1996.
26. **Cheskin LJ**, *Fontaine KR, *Lasner L, Stridiron C, Katz PO. Improved detection of malnutrition by medical housestaff after focused-teaching intervention. *J Gen Intern Med* 11(9):548-550, 1996.
27. *Fontaine KR, McKenna L, **Cheskin LJ**. Support group membership and perceptions of control over health in HIV+ men. *J Clin Psychol* 53(3):249-252, 1996.
28. *Fontaine KR, **Cheskin LJ**, Allison DB. Predicting treatment adherence and weight loss: Assessing the psychometric properties and predictive validity of the Dieting Readiness Test. *J Per Assess* 68(1):173-183, 1997.
29. *Fontaine KR, Barofsky I, **Cheskin LJ**. Predictors of quality of life among obese persons. *J Nerv Mental Disord* 185(2):120-122, 1997.
30. *Fontaine KR, **Cheskin LJ**. Self-efficacy, attendance, and weight loss in obesity treatment. *Addict Behav* 22(4):567-570, 1997.
31. Anderson RA, Blair SN, **Cheskin LJ**, *Bartlett SJ. Encouraging patients to become more physically active: the physician's role. *Ann Intern Med* 127(5):395-400, 1997.
32. *Silver K, Walston J, Chung K, Yao F, Parikh VV, Andersen R, **Cheskin LJ**, Elahi D, Muller D, Leibel RL, Shuldiner AR. The Gln 223 Arg and Lys 656 Asn polymorphisms in the human leptin receptor do not associate with traits related to obesity. *Diabetes* 46(11):1898-1900, 1997.
33. Barofsky I, *Fontaine KR, **Cheskin LJ**. Pain in the obese: Impact on health-related quality of life. *Ann Behav Med* 19(4):408-10, 1998.
34. *Bassotti G, Crowell MD, **Cheskin LJ**, Chami TN, Schuster MM, Whitehead WE. Physiological correlates of colonic motility in patients with irritable bowel syndrome. *Z Gastroenterol* 36(9):811-17, 1998.
35. **Cheskin LJ**, Zorich N, Miday R, Filloon T. Gastrointestinal symptoms following consumption of olestra or regular triglyceride potato chips: a controlled comparison. *JAMA* 279(2):150-152, 1998.
36. Andersen RE, Crespo CJ, *Bartlett SJ, **Cheskin LJ**, Pratt M. Relationship of physical activity and television watching with body weight and level of fatness among children: results from the Third National Health and Nutrition Examination Survey. *JAMA* 279(12):938-42, 1998.
37. *Schaefer DC, **Cheskin LJ**. Constipation in the elderly. *Am Family Physician* 58(4):907-14, 1998.
38. *Fontaine KR, Faith MS, Allison DB, **Cheskin LJ**. Body weight and health care among women in the general population. *Arch Family Med* 7(4):381-4, 1998. (Commentary 7(4):385.)
39. *Schaefer DC, **Cheskin LJ**. Update on obesity treatment. *Gastroenterologist* 6(2):136-145, 1998.

40. Beamer BA, Yen CJ, Anderson RE, Muller D, Elahi D, **Cheskin LJ**, Andres R, Roth J, Shuldiner AR. Association of the Pro12 Ala variant in the peroxisome proliferator activated receptor- γ 2 (PPAR γ 2) gene with obesity in two Caucasian populations. *Diabetes* 47(11):1806-8, 1998.
41. Franckowiak SC, Andersen RE, Snyder J, Bartlett SJ, Fontaine KR, **Cheskin LJ**. Physical activity promotion by the encouraged use of stairs. *Medicine Science Sports Exercise* 30. DOI:10.1097/00005768-199805001-01697, 1998.
42. *Fontaine KR, Heo M, **Cheskin LJ**, Allison DB. Body-mass-index, smoking and mortality among older American women. *J Women's Health* 7(10):1257-61, 1998.
43. Kristal AR, Patterson RE, Neuhouser ML, Thornquist M, Neumark-Sztainer D, Rock CL, Berlin MC, **Cheskin LJ**, Schreiner P. Olestra post-marketing surveillance study: design and baseline results from the sentinel site. *J Am Diet Assoc* 98:1290-96, 1998.
44. Andersen RE, Crespo CJ, Bartlett SJ, **Cheskin LJ**, Pratt M. Physical Activity and TV watching among US children and their relation to weight and body composition. *Med Sci Sport Exercise*; 30. DOI:10.1097/00005768-199805001-00457, 1998.
45. *Fontaine KR, **Cheskin LJ**. Optimism and obesity treatment outcomes. *J Clin Psych* 55(1):141-3, 1999.
46. *Zayat EN, *Fontaine KR, **Cheskin LJ**. Use of preventive health care services by patients with obesity. *Obesity Res* 7(2):223-6, 1999.
47. Allison DA, Fontaine KR, Heo M, Mentore JL, Cappelleri JC, Chandler LP, Weiden P, **Cheskin LJ**. The distribution of body mass index among individuals with and without schizophrenia. *J Clin Psychiatry* 60(4):215-20, 1999.
48. **Cheskin LJ**, *Bartlett SJ, *Zayas R, Allison DB, Twilley CH, Contoreggi C. Prescription medications: A modifiable contributor to obesity. *South Med J* 92(9):898-904, 1999. (Reprinted in *Am J Bariatric Med*, December 1999.)
49. *Fontaine KR, Barofsky I, Andersen RE, *Bartlett SJ, Wiersema L, **Cheskin LJ**, Franckowiak SC. Impact of weight loss on health-related quality of life. *Qual Life Res* 8(3):275-7, 1999.
50. Walston J, Deibert M, Yen CJ, **Cheskin LJ**, Andersen RE. Tumor Necrosis Factor- α -238 and-308 polymorphisms do not associate with traits related to obesity and insulin resistance. *Diabetes* 48(10):2096-8, 1999.
51. Rock CL, Thornquist MD, Kristal AR, Patterson RE, Cooper DA, Neuhouser ML, Neumark-Sztainer D, **Cheskin LJ**. Demographic, dietary and lifestyle factors differentially explain variability in serum carotenoids and fat-soluble vitamins: baseline results from the sentinel site of the olestra post-marketing surveillance study. *J Nutrition* 129(4):855-64, 1999.
52. *Bartlett SJ, Faith MS, *Fontaine KR, **Cheskin LJ**, Allison DB. Is the prevalence of successful weight loss and maintenance in the general community higher than the research clinic? *Obes Res* 7(4):407-13, 1999.
53. McCaul ME, Wand GS, Eissenberg T, Rohde CA, **Cheskin LJ**. Naltrexone alters subjective and psychomotor responses to alcohol in heavy drinking subjects. *Neuropsychopharmacology*, 22(5):480-92, 2000.

54. Neumark-Sztainer D, Kristal AR, Thornquist MD, Patterson RE, Neuhouser ML, Barnett MJ, Rock CL, **Cheskin LJ**, Schreiner P, Miller DL. Early adopters of olestra-containing foods: Who are they? *J Am Diet Assoc* 100(2):198-204, 2000.
55. Neuhouser ML, Patterson RE, Kristal AR, Rock CL, Neumark-Sztainer D, Thornquist MD, **Cheskin LJ**. Do consumers of savory snacks have poor quality diets? *J Am Diet Assoc* 100(5):576-9, 2000.
56. Neumark-Sztainer D, Rock CL, Thornquist MD, **Cheskin LJ**, Neuhouser ML, Barnett MJ. Weight control behaviors among adults and adolescents. Associations with dietary intake. *Prev Med* 30(5):381-91, 2000.
57. Thornquist MD, Kristal AR, Patterson RE, Neuhouser ML, Rock CL, Neumark-Sztainer D, **Cheskin LJ**. Olestra consumption does not predict serum concentrations of carotenoids and fat-soluble vitamins in free-living humans: early results from the sentinel site of the Olestra Post-Marketing Surveillance Study. *J Nutrition* 130(7):1711-8, 2000.
58. Faith MS, *Fontaine KR, **Cheskin LJ**, Allison DB. Behavioral approaches to the problems of obesity. *Behav Modific* 24(4):459-93, 2000.
59. Patterson RE, Kristal AR, Peters JC, Neuhouser ML, Rock CL, **Cheskin LJ**, Neumark-Sztainer D, Thornquist MD. Changes in diet, weight, and serum lipids associated with olestra consumption. *Arch Intern Med* 160(17):2600-4, 2000.
60. *Fontaine KR, **Cheskin LJ**, Carriero NJ, Jefferson L, Finley CJ, Gorelick DA. Body mass index and liver tests in drug-dependent adults on a residential research unit. *J Am Diet Assoc* 101(12): 1467-9, 2001.
61. Allison DB, *Fontaine KR, **Cheskin LJ**. Metabolic disharmony and mortality. *Med Hypotheses* 56(5): 604-9, 2001.
62. Neuhouser ML, Rock CL, Eldridge AL, Kristal AR, Patterson RE, Cooper DA, Neumark-Sztainer D, **Cheskin LJ**, Thornquist MD. Serum concentrations of retinol, alpha-tocopherol and the carotenoids are influenced by diet, race, and obesity in healthy U.S. children. *J Nutrition* 131(8):2184-91, 2001.
63. **Cheskin LJ**. The pathogens are speaking: Are we listening? *J Nutrition* 131(10): 2809-2810S, 2001.
64. **Cheskin LJ**, *Donze LF. Appearance vs. health as motivators for weight loss. *JAMA* 286(17):2160, 2001.
65. **Cheskin LJ**. Non-steroidal anti-inflammatory drugs, cyclooxygenase inhibitors, and the risk of gastrointestinal complications. *Am J Managed Care* 7(suppl12): S395-6, 2001.
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30. Anderson-Steeves E, Shipley C, Mejia Ruiz MJ, Jones-Smith J, Pollack K, **Cheskin L**, Hurley K, Hopkins L, Gittelsohn, J. Evaluation of a youth-led intervention for childhood obesity prevention among urban, African-American youth: Perceptions and impact among youth-leaders. International Society of Behavioral Nutrition and Physical Activity conference abstract, Cape Town, South Africa, June 2016.
31. Weiss CR, Akinwande OK, Arepally A, **Cheskin LJ**, Fischman A, Holly BP, Hong K, Kraitchman DL, Moran T, Nwoke F, Patel RS, Shin EJ, Steele K, Vairavamurthy J, Ziessman H. [Bariatric embolization of arteries for the treatment of obesity \(BEAT Obesity\): 6-12 month safety and efficacy data](#). Society for Interventional Radiography, Washington, DC March 6, 2017.
32. Weiss CR, Akinwande OK, Arepally A, **Cheskin LJ**, Fischman A, Holly BP, Hong K, Kraitchman DL, Moran T, Nwoke F, Patel RS, Shin EJ, Steele K, Vairavamurthy J, Ziessman H. 938 - [The effects of](#)

[Bariatric Embolization on gastric motility in severely obese patients: 6 month results from the BEAT Obesity trial.](#) Society for Interventional Radiography, Washington, DC March 6, 2017.

33. Cheskin LJ. [Weight management: A holistic view of the obese patient](#): Case-based workshop. Society for Interventional Radiography, Washington, DC March 8, 2017.
34. Mazidi M, Kengne AP, Cheskin LJ, Banach M. Telomere length is associated with serum antioxidant levels in US adults. *European Heart Journal* 38(suppl 1): 952, 2017. <https://doi.org/10.1093/eurheartj/ehx502.952>
35. Hill C, Weir B, Fuentes B, Garcia Alvarez A, Anouti D, Cheskin LJ. Weekly Patterns of Caloric Intake Influence Reported Weight Loss. Abstract #376427, American Public Health Association, Washington, DC November 5, 2017.
36. Agnihotri A, Xie A, Bartalos C, Kushnir V, Islam S, Islam E, Lamet M, Lamet A, Farboudmanesch R, Overholt BF, Altawil J, Early DS, Bennett M, Lowe A, Mullady DK, Adeyer CS, El Zein M, Mishra P, Fayad L, Dunlap M, Oberbach A, Cheskin LJ, Kalloo AN, Khashab MA, Kumbhari V. Real world experience of fluid filled dual intragastric balloon for weight loss: A multicenter study. Annual Meeting of the American Gastroenterological Association, April 2018.
37. Effectiveness of obesity prevention and control policies and programs for adults: a systematic review of natural experiment study designs. Tseng E, Zhang A; Shogbesan O; Gudzone K; Wilson RF; Kharrazi H; Cheskin, LJ, Bennett, W. Society of General Internal Medicine, 2018.
38. Trude, A, Surkan PJ, Pollack Porter K, Cheskin LJ, Anderson Steeves E, Gittelsohn, J. Child Obesity Prevention Trial Exposure Correlates with Greater Fruit Intake in Youth's Caregivers" Obesity Week, Nashville, TN. November 13, 2018.
39. Loi J, Cheskin LJ. Resiliency and Obesity: What factors promote healthy weight? The American Society of Nutrition Annual Meeting, Baltimore, MD. June 9, 2019.
40. Trude A, Surkan PJ, Cheskin LJ, Gittelsohn J. Gestational diabetes among Native American women: Lifetime prevalence and risk factors based on the OPREVENT2 study. APHA Annual Meeting; Philadelphia, PA. November 4, 2019.
41. Beavis A, Cheskin LJ, Mangal R, Fader AN. The prevalence of endometrial cancer symptoms in overweight and obese women presenting to a multidisciplinary weight management clinic. SGO Annual Meeting on Women's Cancer. Poster 2020.
42. Kennedy E, Cuellar L, Rossheim M, Cheskin LJ. COVID-19's impact on under-resourced/underrepresented college students and their peers APHA 2021 Annual Meeting Abstract: 493945. May 2021.
43. Latif MA, Tunacao JM, Moran TH, Yenokyan G, Dunklin T, Fischman AM, Cheskin LJ...Weiss CR. The association between gut hormones and weight changes after bariatric arterial embolization during the BEAT obesity trial. Radiologic Society of North America Annual Meeting, Chicago, IL. November 2021.
44. Khoshhal, B., Karon, S., Rossheim, M.E., Cheskin, L.J., Trangenstein, P.J., Frankenfeld, C.L., Ramezani, N., & Cuellar, A.E. Substance Use and Rapid Access to Firearm Among College Freshmen. Poster Presentation by Bitu Khoshhal at the 2022 Virginia Public Health Association (VPHA) Conference in Blacksburg, VA, March 2022.
45. Khoshhal, B., Karon, S., Rossheim, M.E., Cheskin, L.J., Trangenstein, P.J., Frankenfeld, C.L., Ramezani, N., & Cuellar, A.E. Substance Use and Firearm Access Among College Freshmen. Poster Presentation by Bitu Khoshhal at the 2022 Society for Epidemiologic Research (SER) Conference in Chicago, IL, June 2022.

INVITED LECTURES, CONFERENCES

Invited talks delivered (2010- date):

“Obesity Research Update”

Seminars in Endocrinology- Johns Hopkins Medicine, Baltimore, MD; February 19, 2010.

“Medical Management of Obesity” - Baltimore County Medical Association

- Greater Baltimore Medical Center, Baltimore, MD; March 24, 2010.
- “Strategies for Workplace Weight Loss Programs” Employee Health and Wellness Summit,
Johns Hopkins Department of Occupational Medicine, Towson, MD; April 26, 2010.
- “Microcomputers to Monitor Dieting Behaviors in Patients with type-2 Diabetes”
3rd Annual Diabetes Research & Training Center Symposium, Baltimore, MD, May 1, 2010.
- “Obesity Education for Nurses” Villanova University School of Nursing, Radnor, PA; June 30, 2010.
- “Developing a Food-Centered Health Promotion Intervention with and For Firefighters”
Department of Homeland Security AFG Grant R&D Annual Meeting; Chicago, IL, August 24, 2010.
- “Healthy Mondays” Anthem Conference, Richmond, VA; September 1, 2010.
- “The Medical Management of Obesity”
Family Practice Grand Rounds, Franklin Square Hospital, Essex, MD; September 10, 2010.
- “Current and Emerging Treatment Strategies for Obesity”
Best Practices in Primary Care Conference, Dallas, TX; October 8, 2010.
- “How to Avoid a Hospital Visit for Your Dieting Patient”
Obesity 2010 – Annual Meeting of the Obesity Society, San Diego, CA. October 12, 2010.
- “Obesity: Are We Doing Enough?” Primary Care Education Conference, Chicago, IL. October 13, 2010.
- “Obesity in the Commercial Trucking Population”
International Conference on Commercial Driver Health and Wellness, Baltimore, MD;
November 9, 2010. (**Proceedings** published as: Research on the Health and Wellness of
Commercial Truck and Bus Drivers: Summary of an International Conference.
Transportation Research Board of the National Academies of Science, 2012.
- “Dietary Compensation, Appetite, and Weight Control”
American Society of Bariatric Physicians, Baltimore, MD; April 8, 2011.
- “Obesity and Public Health” Public Health Awareness Seminar, Diversity Summer Internship Program
Johns Hopkins University, Baltimore, MD. June 22, 2011.
- “Drugs, Surgery or Behavior: Place your bets” (**Moderator of Symposium**)
The Obesity Society Annual Meeting, Orlando, FL; October 2, 2011.
- “Health Behavior Change for Preventive Medicine Residents”
Preventive Medicine Lecture Series, Johns Hopkins Bloomberg School, Nov 1, 2011.
- “Obesity Treatment – the Role of the Nurse Practitioner”
Guest lecture, Villanova University College of Nursing, Villanova, PA; March 27, 2012.
- “Obesity: A Nutrition Problem?”
USDA Beltsville Human Nutrition Research Campus, Beltsville, MD March 20, 2012.
- “Keep It Simple: Ideas to Communicate Weight and Metabolic Risk Factors More Easily”
The MacDonald Center for Obesity Prevention and Education
Villanova University College of Nursing Conference, Villanova, PA, March 31, 2012.
- Co-Chair:** “Pediatric Obesity and Metabolic Syndrome: Prevention and Treatment”

Pre-Conference at The Obesity Society's 30th Annual Meeting, San Antonio, Sept. 20, 2012.

Panelist, *The Weight of the Nation* film, Johns Hopkins School of Nursing Conference on Obesity.
Johns Hopkins Hospital. Baltimore, MD; December 10, 2012.

"Obesity: Nutritional Problem?"

Special Seminar, University of Alabama Department of Nutrition, Birmingham, AL,
January 25, 2013.

Moderator and Discussant: "Symposium 3: New Developments in Childhood Obesity Research"

Johns Hopkins Global Center on Childhood Obesity's 1st *Annual Scientific Symposium*.

Nancy Butte, PhD: "A Systems Approach to the Treatment of Childhood Obesity"

Tom Robinson, MD: "Solutions Science Meets Systems Science"

Matthew Gillman, MD: "How EARLY Should Obesity Prevention Start?"

Baltimore, MD, April 9, 2013.

"Dieting Strategies: What Works?" Johns Hopkins Health Care, Glen Burnie, MD, May 14, 2013.

"Mushrooms for Weight Control and Health" The *Andrew O'Neil Memorial Lecture*

22th North American Mushroom Symposium, **Vancouver, Canada**, June 24, 2013.

"Obesity in the Urban Health Setting" Urban Health Conference, Baltimore, MD, August 20, 2013.

"mHealth for Weight Loss" Developing Nations: Life Changing Innovations Conference

Johns Hopkins Technology Transfer Seminar, Baltimore, MD, September 19, 2013.

"Engaging the Obese Patient in Rx: The Role of the Nurse Practitioner"

Guest lecture, Villanova University; Villanova, PA, October 2, 2013.

"Why Monday? The Research Behind Monday as a Day for Health Behavior Change"

Invited Lecture; Meatless Monday & Johns Hopkins Bloomberg School of Public Health

10th Anniversary Scientific Symposium, Baltimore, MD, October 17, 2013.

Co-Chair. The Society for Medical Decision Making 35th Annual Meeting

Symposium K: "Well That Was Hard...Decision Making in Complex Clinical Encounters."

Baltimore, MD, October 23, 2013.

ASMBS/TOS/SBCBM Symposium VII: "Management of Metabolic Syndrome"

Moderators: Philip Schauer, MD, FACS; *Lawrence Cheskin*, MD, FACP, FTOS;

Ricardo Cohen, MD, FACS; *Obesity Week*: Atlanta, GA, November 15, 2013.

Co-Chair. The Obesity Society Annual Meeting Symposium

"Practice Management for Multidisciplinary Team Members" Atlanta, GA, November 16, 2013.

Chair. New Frontiers and Emerging Treatment Paradigms for Optimizing Management of Obesity;

and Speaker: "Epidemiology of Obesity"; "Treatment Paradigms for Pharmacologic
Management of Obesity, Washington, DC, December 7, 2013.

Co-Chair. Clinical Nutrition Week Symposium, "Treating the Greatest Threat to Global Health: Obesity"

and Speaker: "Medical Therapies for Obesity: the Good, the Bad, and the Ugly"

The American Society for Parenteral and Enteral Nutrition (ASPEN) Annual Meeting
Savannah, GA, February 28, 2014.

"Innovative Approaches for Obesity Control and Prevention"

Invited lecture, Department of Epidemiology, School of Public Health

University of Buffalo, SUNY, Buffalo, NY, April 25, 2014.

“What Works in Weight Control”

Invited lecture, Annual Convention of the Association of Physicians of Pakistani-descent of North America (APPNA), Washington DC, August 14, 2014.

“Using Computational Modeling to Evaluate the Potential Clinical and Economic Impact of Obesity Interventions Through the Lifespan: A Tool for Prevention and Treatment”

Global Obesity Prevention Center Systems Forum, Baltimore, MD, October 30, 2014.

Symposium Chair. Obesity Week 2014

Track 4 Symposium: “Lost Gems: Off the Beaten Path” <http://obesityweek.com/sessions/tos-oral-abstracts-track-4-population-health-lost-gems-off-the-beaten-path/> Boston, November 6, 2014.

“Screen and Intervene: A call to action to treat patients with obesity”

Invited CME symposium lecture: “New Perspectives and Emerging Treatment Paradigms for Individualizing Obesity Treatment”

Los Angeles, CA, January 31; Chicago, IL, March 7, Miami, FL, March 14, 2015.

Annual Public Health in Asia Symposium; (collaboration between the Johns Hopkins East Asian Studies Program, International Studies Program, Anthropology Department, History of Medicine Department, the Bloomberg School of Public Health, and the Environment, Energy, Sustainability and Health Institute)

Chair, "Alternative Methods in Treating Non-Communicable Diseases in South Korea"

Baltimore, MD, February 28, 2015.

1st International Congress on Childhood Obesity and Hypertension

Invited speaker: “Childhood obesity treatment: current practice and options”

Beijing, China, May 30, 2015.

Institute of Child and Adolescent Health of Peking University (the sole National Institute of Pediatrics in China) Invited Lecture: “Global Childhood Obesity Intervention and Control”, Beijing, China, June 1, 2015

China CDC Invited Lecture: “Public Health Potential of mHealth for Preventing and Treating Obesity”

Nanjing, China, June 3, 2015.

Fudan University School of Public Health Invited Lecture; “Obesity Treatment Using mHealth”

Shanghai, China, June 4, 2015.

43rd Annual Topics in Gastroenterology

Invited speaker and panelist: “Non-Surgical Weight Loss Management” Baltimore, MD, Sept 9, 2015.

2015 Gynecologic Cancer Survivorship Conference

Invited speaker: “Nutrition and Lifestyle Modifications after a Cancer Diagnosis”

Johns Hopkins Medicine/GBMC/Sibley Memorial Hospital, Baltimore, September 15, 2015.

HopeWell Cancer Support: Invited speaker, “Obesity, Nutrition and Cancer,” Lutherville, MD. May 9, 2016.

Cardiometabolic Risk Summit: Invited speaker, “Gastrointestinal Disease and Obesity,” Las Vegas, NV. October 15, 2016.

Eunice Kennedy Shriver National Institute of Child Health & Human Development: Invited speaker,

“A Systems Approach to Childhood Obesity in the United States”

Bethesda, MD. November 22, 2016.

National Hispanic Medical Association: Invited speaker and panelist:
“Physician Burnout and Resilience”
National Harbor, MD. May 6, 2017.

Belt & Road Initiative Global Health International Congress & 2017 Chinese Preventive Medicine Assoc.
Invited speaker and panelist:
“The *Doctors Without Borders* Program”
“Paradigm Shift: Prevention and Treatment of Non-Communicable Diseases in the Technology Era”
“Childhood Obesity Treatment”
Xi'an, China. September 25-28, 2017.

University of the West Indies School of Clinical Medicine and Research: 11th Annual Research Day
Keynote Speaker: Lawrence J. Cheskin
“The Complete Approach to Weight Management”
Nassau, Bahamas. September 29, 2017.

Central Maryland Diabetes Symposium
Invited speaker: “Diabetes and the Obesity Epidemic”
Frederick, MD. October 14, 2017.

Obesity Week 2017 Symposium: Fascinating Rhythms—How the Timing of Eating Affects Obesity
Invited speaker and panelist:
“Alternate Day Fasting vs. Energy Restriction: Which is Better for Weight Loss?”
National Harbor, MD. November 1, 2017.

NIH Pathways to Prevention Workshop: Methods for Evaluating Natural Experiments in Obesity
Speaker and panelist: “Evidence-Based Practice Center Presentation – Key Question 6
NIH Natcher Conference Center, Bethesda, MD. December 6, 2017.

Maryland Academy of Nutrition and Dietetics Annual Meeting
Invited speaker: “Using Mobile Health Technology to Communicate Nutritional Information and Treat Obesity.” Baltimore, MD. March 20, 2018.

The Johns Hopkins Center for Dynamic Health: Exercise as Medicine Symposium
Invited speaker: “Exercise and Obesity.” Baltimore, MD. April 13, 2018.

High-Intensity Therapeutic Endoscopy
Invited speaker: “Medical Management of Primary Weight Loss and Weight Regain.”
Baltimore, MD, May 4, 2018.

The 1st Guangdong-Hong Kong-Macao International Health Promotion and Development Forum
Invited speaker: “Effects of the COVID-19 Pandemic on Diet and Weight Control.”
Guangzhou, China; November 20, 2020.

Digestive Disease Week 2021- American Gastroenterological Association
Invited Symposium speaker: Brand-Name Diets and Nutrients for Weight Loss: Hype or Help?
Presentation Title: “Commercial Weight Loss Programs: Do They Work?”
Delivered virtually; May 21, 2021.

10th Anniversary: Villanova University MacDonald Center for Obesity Prevention and Education
Opening speaker: History of the COPE Center and its Founding
Delivered virtually; October 6, 2021.

The Comprehensive Life Course Prevention and Treatment of Obesity and Related Chronic Diseases (CP-ORChiD) Meeting

Invited speaker; delivered virtually to China, November 11, 2021.

Annual Meeting of the American Society for Colposcopy Centers 2022

Invited Symposium speaker: *Challenges in Gynecologic Care for Patients with Obesity*

Presentation Title: Treating Obesity: The Effectiveness of Lifestyle and Dietary Changes in Weight Loss and Control.

San Diego, CA, April 2, 2022.

Nutrition and Ageing

Invited talk for Woodlands Retirement Community, Fairfax, VA. June 16, 2022.

The 4th Belt & Road Initiative Global Health International Congress & 2022 Health Forum of the University Alliance of the Silk Road

Invited speaker *Obesity Treatment in the Digital Age.*

Western China Science and Technology Innovation Harbour
Xi'an, China. - June 18, 2022.

Healthy at Hopkins: Webinar *Ask the Expert-Exercise for weight loss: how much do you need?* July 14, 2022.

INVITED LECTURES, CONFERENCES (*selected from over 150 occurring prior to 2010*):

"Medical Aspects of Obesity and its Management" (or related titles):

Johns Hopkins Hospital (multiple occasions)

Henry Ciccarone Center, Division of Cardiology

Johns Hopkins Bayview Medical Center

Johns Hopkins: Topics in Ambulatory Medicine

Topics in Gastroenterology and Liver Disease, Johns Hopkins CME (4 yrs)

Grand Rounds, University of Maryland School of Medicine, Baltimore, MD.

University of Maryland Annual Endocrinology CME Course, Baltimore, MD.

Annual Gynecology CME Conference, Baltimore, MD.

Mid-Atlantic Regional Conference for Nurse Practitioners, College Park, MD.

Maryland Dietetics Association Annual Meeting (2 years)

Maryland Academy of Family Physicians Annual Scientific Assembly,
Ocean City, MD (2 years)

Maryland State Medical Society Annual Meeting, Ocean City, MD

The Nurse Practitioner Association of Maryland, Pikesville, MD

Maryland Nurses Association Conference, Baltimore, MD.

Preventive Cardiovascular Nurses Association, Baltimore, MD.

Annual Meeting of the Maryland Association of Physician Assistants (2 yrs)

Physicians' Assistants program at CCBC; Essex, MD

District of Columbia Academy of Family Physicians

Association of Family and Consumer Sciences Annual Meeting, Wash., DC.

Greater Baltimore Medical Center

Franklin Square Hospital Center, Baltimore, MD

Northrup-Grumman Corporate Headquarters, Baltimore, MD.

Frederick Memorial Hospital, Frederick, MD

Washington County Hospital, Hagerstown, MD.

Garrett County Memorial Hospital, Oakland, MD

Salisbury University Conference, Salisbury, MD.

York Hospital, York, PA

Hanover Hospital, Hanover, PA

Carlisle Hospital, PA
Temple University Practice Review Course, Lancaster, PA
Richmond Endocrine Club, Richmond, VA
East Hampton Healthcare Foundation, East Hampton, NY
Norwalk Hospital, Norwalk, CT
The Florida Medical Clinic, Tampa, FL
American Gastroenterological Association CME course, Baltimore, MD.
Network for Gastroenterology Communication and Research, Boca Raton, FL
North American Conference of Gastroenterology Fellows, Tampa, FL
Audiotaped lecture for the American College of Gastroenterology
American College of Gastroenterology Annual Meeting, Las Vegas, NV.
Weight Control Workshop, Orlando, FL.
Topics in Gastroenterology, Tampa, FL.
Diet Convention; Orlando, FL

“Obesity Treatment for the Millennium”:

Seminar; Human Nutrition Research Center, USDA, Beltsville, MD (2 years)

"Obesity: The World's Biggest Addictive Disorder?"

Grand Rounds, National Institutes on Drug Abuse, Intramural Research Program
Baltimore, MD.

“Obesity: The #1 Problem in Preventive Medicine?”

Keynote speech: Johns Hopkins Preventive Medicine 40th Anniversary Washington, DC.

“Obesity: The World’s Biggest Non-Endocrine Endocrine Problem.”

Endocrinology Grand Rounds, University of Maryland School of Medicine
Seminars in Endocrinology Series, Johns Hopkins Hospital, Baltimore, MD.

“Obesity - A World-Wide Challenge.”

Broadcast interactive lecture from Johns Hopkins University
United Arab Emirates Hospital.

“Obesity in Saudi Arabia.”

Broadcast lecture from JHU to *Riyadh, Saudi Arabia.*

“Childhood Obesity" or similar titles:

Public Health Practice Grand Rounds, Maryland Department of Health & Mental Hygiene
Central Maryland Association for Education of Young Children, Baltimore, MD.
Pediatric GI Grand Rounds, Johns Hopkins School of Medicine
National Association of Pediatric Nurse Practitioners Annual Conference, Bethesda, MD.
Johns Hopkins Pediatric Endocrinology CME Conference, Baltimore, MD.
"Adolescent Obesity": Johns Hopkins Hospital
Advanced Practice Clinical Conference, Johns Hopkins School of Nursing
Co-Course Director: “Gastroenterology for the Primary Care Provider”:
American College of Gastroenterology, Baltimore, MD.
Maryland Public Television’s Summer Institute for Teachers, Baltimore, MD.

“Pharmacotherapy of Obesity.”

Chair, AGA Forum. Annual Meeting, American Gastroenterological Association, Atlanta, GA .

“Risk factors for weight gain: Prescription medications.”

9th International Congress on Obesity, *Sao Paulo, Brazil*.

"Commercial Herbal Products and Weight Loss." (or similar title)

Johns Hopkins University Complementary and Alternative Medicine lecture series,
Baltimore, MD.

Women's Health Symposium, Baltimore Convention Center, Baltimore, MD.

Johns Hopkins Bayview Medical Center; 3rd Annual Continuing Nutrition Education Series

"One Size Does Not Fit All: How to Maintain Reasonable Body Weight." (or similar titles)

A Woman's Journey, Johns Hopkins Medicine, Baltimore, MD. (3 years)

“Losing Weight the Right Way”:

National Women's Heart Health Day Fair, Baltimore, MD

Women's Health Symposium, Johns Hopkins Bayview Medical Center.

Women's Club of Roland Park, Baltimore, MD.

“Controversies in Obesity Treatment: Drugs, Genes, & the Scalpel”:

Moderator & Speaker, Symposium

Annual Meeting, American College of Gastroenterology, Chicago, IL.

“Steatohepatitis, Obesity and Nutrition”:

G.I. Research Retreat, Johns Hopkins School of Medicine, Baltimore, MD.

“Treatment of Neurologic Medication-related Weight Gain.”

CME Symposium, Johns Hopkins School of Medicine, New York, NY.

“Fat Replacers and Medications”:

University of Kentucky School of Pharmacy

“Diet and Cancer Prevention”:

Board of Directors: American Cancer Society's Greater Baltimore Unit

Keynote address, Diet and Health Conference (U. Maryland and ACS)

Keynote address, Allegany College Symposium, Cumberland, MD

"Cancer in the Socioeconomically Disadvantaged":

First Annual Governor's Cancer Summit, Baltimore, Maryland

“Emerging Role of Pathogens in Chronic Diseases Requiring Nutritional Intervention”

Experimental Biology Symposium, Orlando, FL.

(Proceedings of this symposium published as a supplement to *The Journal of Nutrition*.)

Guest editors Nikhil V. Dhurandhar and Lawrence J. Cheskin.

"Renal Failure and the Gastrointestinal Tract":

National Kidney Foundation of Maryland Symposium, Baltimore, MD

Moderator: “Colonic Disease” session.

American College of Gastroenterology Annual Scientific Meeting, Phoenix, AZ.

“Healing Heartburn.”

Johns Hopkins University Wednesday Noon Series, Baltimore, MD.

“Obesity and Diabetes in Adults and Children.”

Calorie Control Council Annual Meeting, Orlando, FL.

- “Behavior and Obesity.”
Health Advisory Board meeting, Johns Hopkins Bloomberg School of PH
- “Nutrition for Educators.” and “Motivating Students to Change Eating Habits.”
Annual Teacher's Conference, Baltimore, MD (2 years).
- “Progress in Enhancing Nutrition Education at Johns Hopkins School of Medicine.”
American Society of Clinical Nutrition, San Diego, CA.
- “Caloric Restriction, Appetite, and Drug Use.”
Lecture for the professional staff of the Intramural Program,
National Institute on Drug Abuse, Baltimore, MD.
- “Treatment of Gastroesophageal Reflux Disease.”
Lecture at Johns Hopkins University, Baltimore, MD.
- “Progress Report: Physicians Nutrition Specialist Award.”
Experimental Biology Conference/ ASCN, San Francisco, CA.
- “The Burden of Obesity in Maryland.”
State of Maryland Department of Health Conference, Ellicott City, MD.
- “Botanicals for Weight Control: What is the Evidence?”
National Agriculture Library and the University of Medicine, Beltsville, MD.
- “The Role of Dietary Supplements on Immunomodulation, Cardiovascular Health, and Weight Control” *Society for General Internal Medicine* Annual Meeting Symposium, Miami, FL.
- Complementary/Alternative Medicine Conference series
Speaker and session moderator, Baltimore, MD
- “The Obesity Problem and Teaching Food Smarts.”
EnviroHealth Connections / Maryland Public Television Conference, MD.
- “Diet and Physical Activity.”
Johns Hopkins University Summer Session, Baltimore, MD.
- “Weight Control in the Assisted Facility.”
St. Lukes Institute lecture, Silver Spring, MD.
- “Examining the Relationship between Stress, Dietary Lapse and Weight Regain among Weight-Reduced Adults with type 2 Diabetes” NIH Baltimore Diabetes Research Training Center (DRTC) Symposium, Baltimore, MD.
- “Reducing the Risks: Weight Control and Cardiovascular Disease”
CME Course sponsored by Advogenics, Towson, MD.
- “Obesity and Sleep Apnea” Johns Hopkins Hospital Sleep Disorders Center, Baltimore, MD.
- “Iatrogenic Causes of Weight Gain” and, “Are All Diets Alike and their Outcomes the Same?”
Annual Meeting, American Society of Bariatric Physicians, Charleston, SC.
- “Lifestyle Change and Public Health” Public Health Awareness Week Symposium, Johns Hopkins Univ..
- “Obesity Treatment: The Diabetes Cure?” American Assoc. of Diabetes Educators Symposium, Baltimore.

**Curriculum Vitae
Part 2**

Lawrence J. Cheskin, M.D.

TEACHING:

Postdoctoral and Faculty Advisees:

Bruce Rosen (post-doctoral fellow, GI, 1988-1990)

Neel Kamal, M.D. (post-doctoral fellow, GI, 1989-1992)

Salvatore Moscatello (post-doctoral fellow, Weight Management, 1990 and GI, 1991-1993)

Tawfik Chami, M.D. (post-doctoral fellow, GI, 1989-1993)

Robert Deckmann, M.D. (resident, Medicine, 1993)

Robert Lampion, M.D. (post-doctoral fellow, GI, 1992-1995)

Kimberly Chupurdia, Ph.D. (post-doctoral fellow, Weight Management, 1993-94)

Lance Lasner, M.D. (post-doctoral fellow, GI, 1994-1996)

Kevin Fontaine, Ph.D. (post-doctoral fellow, Weight Management, 1995-1996, faculty, 1996-9)

Susan Bartlett, Ph.D. (post-doctoral fellow, Weight Management, 1995-1997, faculty 1997-9)

Ross Andersen, Ph.D. (faculty, Medicine/Weight Management, 1995-1998)

David Schaefer, M.D. (post-doctoral fellow, GI, 1995-1997; part-time faculty, 1997-2000)

Estephan Zayat, M.D. (post-doctoral fellow, GI, 1996-1999)

Debra Miller, Ph.D. (faculty, Medicine/Weight Management, 1997-2000)

Laurie Friedman-Donze, Ph.D. (faculty, Medicine/Weight Management, 1997-2003)

Hemant Pande, M.D. (post-doctoral fellow, G.I., 1999-2002)

Fadi Deeb, M.D. (post-doctoral fellow, GI, 1999-2002)

Param Dedhia, M.D. (post-doctoral fellow, Medicine, 2003-2004; faculty 2004-2008)

Jessica Noel, Ph.D. (post-doctoral fellow, Human Nutrition, 2003)

Brent Prosser, M.D. (post-doctoral fellow, GI, 2003-2006)

Aniket Sidhaye, M.D. (post-doctoral fellow, Endocrinology, 2003-2006)

Ami Jhaveri, M.D. (post-doctoral research trainee, Weight Management, 2005- 2006)

Igor Dorokhine, M.D. (post-doctoral fellow, Medicine, 2006)

Lisa M. Davis, Ph.D, PA-C, CNSD. (faculty - Research Associate, Human Nutrition, 2006-2007)

Andrea Hanlon Mitola, Ph.D. (post-doctoral fellow, Human Nutrition, 2008- 2009)

Scott Kahan, M.D., M.P.H. (postdoctoral fellow, Preventive Medicine, 2006-2008; Chief Resident and Instructor, 2008-2009)

He-Joo Park, M.D. (MPH candidate, trainee in weight management, 2008)

Kavita Poddar, Ph.D. (postdoctoral fellow, Health, Behavior and Society, 2009-2012)

Robert Segal, M.D. (postdoctoral fellow, Urology, 20011-2013)

Rachel Thornton, M.D. (Assistant Professor of Pediatrics, JHUSOM; K23 mentee, 2013-2018)

Amy M Lohman, MD (postdoctoral fellow, Family Medicine, West Virginia SOM; 4/2013)

Kimberley E. Steele, M.D. (Associate Professor of Surgery, JHUSOM; K23 mentee, 2014-)

Bander Alhamdan, MD, MPH (postdoctoral fellow, Health, Behavior & Society; *Kingdom of Saudi Arabia Fellow* at Johns Hopkins, 8/2015- 7/2016).

Alicia Garcia, PhD (Visiting Scholar, Department of Health, Behavior & Society, 8/2015- 7/2017).

Nik Tuah, PhD Lecturer (Public Health), MPH programme Coordinator, Honorary Research Fellow Imperial College London and Institute of Health Sciences, Universiti Brunei Darussalam (Visiting Scholar, Dept. of Health, Behavior & Society, JHBSPH, 2016- 2017).

Leslie Redmond, PhD, RD doctoral and postdoctoral advisee; now Asst. Professor, University of Alaska Anchorage

Dilhana S. Badurdeen, MD (Assistant Professor of Medicine, Division of Gastroenterology & Hepatology, JHUSOM, 7/2017 – date).

Daniel Foster, MD, MPH (Preventive Medicine resident, JHSPH, 2016-2018; now staff, FDA, Center for Drug Evaluation and Research).

Ziaul Rana, PhD (Postdoctoral fellow, George Mason University, CHHS, 2020-2021; now staff, NY Acadmy of Sciences).

Doctoral Examination / Dissertation Committees:

Patricia M. Risica, DrPH, International Health - Human Nutrition. “Obesity in Alaskan Natives,” 1997

Victoria Gammino, DrPH, International Health - Human Nutrition. “Obesity in the Marshall Islands,” 2001

Brit Saksvig, DrPH, International Health - Human Nutrition. “Diabetes Prevention Among First Nations School Children in Sandy Lake, Ontario: Evaluation of an

Integrated Community and School-based Nutrition and Physical Activity Intervention.” 2001

Jessica Noel, PhD, International Health - Human Nutrition. "Caregiving and Household Factors Associated with Weight Status of Apache Preschool Children." 2003 (Alternate)

Cindy (Xin) Huang, MD, PhD, International Health - Human Nutrition. "Dietary Fat Intake and Uncoupling Protein Expression in Lean and Obese Mice." May 2003

Jennifer Nielson, PhD. International Health- Human Nutrition, 2004 (Alternate)

Kristen Hurley, PhD, International Health - Human Nutrition. "Maternal Mental Health, and Infant Feeding Styles and Nutritional Status in Statewide Sample of WIC Participants," (Preliminary oral exam, 2004).

Mia Papas, PhD, International Health - Human Nutrition. Fast Food, Diet, and Risk of Overweight Among Adolescents in the CLUE II Cohort," (School-wide oral, 2004)

Xiaoping Weng, PhD, International Health - Human Nutrition. "The Nutrition Transition in China: Impact of Dietary Pattern and Insulin Resistance in Rural and Urban Populations," 2005 (Alternate)

Keshia M. Pollack, MPH, PhD. (Health Policy and Management) "The Impact of BMI on Non-fatal Traumatic Injury in Hourly Manufacturing Employees" March 2004 (Preliminary oral exam); September 2005 (Final; Alternate)

Chryssanthi Stylianopoulos, PhD, International Health - Human Nutrition. "Effects of Weight Loss on Insulin Sensitivity and Intramyocellular Lipid Levels of Obese Adults," 2005

Lisa Davis-McGuire, PhD, International Health - Human Nutrition. "Dopamine and weight control in genetically-obese rodents" September 2005 (**Advisor**)

Brett A. Ange, PhD. (Epidemiology) "Demographic and Nutritional Factors Associated with Bone Turnover in a Controlled Feeding Study" Committee Chair, July 13, 2007

Ching-Yu Cheng, MD, MPH. (PhD Epidemiology), "Searching for Human Obesity Genes by Linkage and Admixture Mapping," PhD, (School-wide preliminary oral examination, August 2006)

Erin Hager, PhD, International Health - Human Nutrition. "Familial Determinants of Overweight and Physical Activity Behavior Change among Urban African American Adolescents," (Final oral examination, November 19, 2007).

Joachim Bleys, MD. (PhD Epidemiology). Preliminary oral exam, June 2007.

Jeanette M. Beasley (PhD Epidemiology) "The Effects of Macronutrient Intake on Self-Reported Appetite and Appetite Hormones" Committee Chair, January 2007-2008.

Liwei Chen (PhD, International Health - Human Nutrition) "Beverage Consumption and Obesity Among US Adults" 2007.

Ji Li (PhD candidate, International Health - Human Nutrition) “The Influence of Genetics, Calcium Intake, and Their Interaction on Growth and Sexual Maturation During Puberty: A Twin Study in China.” Preliminary departmental oral exam, November 2007.

Andrea Hanlon Mitola (PhD, International Health - Human Nutrition) “Studying Weight Maintenance Using PDA's,”
Advisor, 2005-2007; Final defense- December 5, 2007.

Bethany Barone (ScM, PhD candidate - Epidemiology) “Effects of Exercise on Endothelial Function in Adults with and without Type 2 Diabetes” Committee Chair, Preliminary oral exam, January 4, 2008.

Rebecca Kanter (PhD candidate, International Health - Human Nutrition) “Gender Disparities in Obesity: A Comparison of Mexico and Brazil.” Preliminary oral exam, April 25, 2008.

Mariana Lazo (PhD candidate – Epidemiology) “Prevalence of Nonalcoholic Fatty Liver Disease: distribution and mortality risk in the U.S.” School-wide oral exam, August 26, 2008.

Amy M. Branum (PhD candidate, International Health - Human Nutrition) “Fruit and Vegetable Consumption Among U.S. Children and Adolescents: A multilevel Examination.” Preliminary oral exam, October 28, 2008.

Cari Meinhold (PhD candidate- Epidemiology) “The Association of Obesity and its Metabolic Consequences with Thyroid Function and Risk of Thyroid Cancer.” Committee Chair, School-wide oral exam, November 2, 2009.

Maryann Tabrisi (PhD candidate, Health Policy and Management) “Changes in Employee Obesity and Associated Health Care Costs” School-wide oral exam (Alternate), March 12, 2010.

Reuben Hernaez, MD (PhD candidate, Epidemiology) “Hemochromatosis Gene and Nonalcoholic Fatty Liver Disease in the U.S. Population.” *Committee Chair*, Final oral exam, May 7, 2010.

Soyhun Park (PhD candidate -- International Health - Human Nutrition) “Understanding Nutrition and Physical Environments and their Association with Obesity Prevalence in Korean Adolescents: A Multilevel Approach.” *Committee Chair*, Preliminary oral exam June 11, 2010.

Bethany Barone, ScM (PhD candidate, Epidemiology) “The Effect of Exercise on Endothelial Function in Adults with and Without Type 2 Diabetes.” Final oral exam, June 22, 2010.

John Ayers (PhD candidate, Health, Behavior & Society) Departmental oral exam *Committee Chair*, October 28, 2010.

Krystal Hodge, (PhD candidate, International Health – Human Nutrition) Preliminary oral exam, November 10, 2010.

Seung Hee Lee (PhD candidate, International Health – Human Nutrition) “Pilot trial of a multi-component Carry-out Intervention in Baltimore City.” Preliminary oral exam; November 12, 2010.

Steph Hsieh (PhD candidate, Health, Behavior & Society). Departmental oral exam, November 29, 2010. School-wide exam (alternate), December 9, 2010.

Mariana Lazo (PhD candidate, Epidemiology). Final defense exam (alternate), November 29, 2010.

Elizabeth Neilson (PhD candidate). Preliminary oral exam, December 6, 2010.

Hsing-Yu Yang (PhD candidate, International Health – Human Nutrition). Preliminary oral exam, December 14, 2010.

Maria Au (PhD candidate, International Health – Human Nutrition) Preliminary oral exam (alternate), February 11, 2011.

Cari Meinhold (PhD candidate). Final oral exam (alternate), February 16, 2011.

Daniel Roth, (PhD candidate, International Health – Human Nutrition) Thesis defense (alternate), February 28, 2011.

Anju Aggarwal, (PhD candidate, International Health – Human Nutrition) Thesis defense (alternate), March 7, 2011.

Amber C. Summers (PhD candidate, Health, Behavior & Society) “An exploration of factors associated with meat alternative use in school meals.” *Committee Chair*, Departmental preliminary oral exam, May 11, 2011. School-wide preliminary exam (alternate), May 26, 2011.

Rebecca Kanter, (PhD candidate, International Health – Human Nutrition). Final oral exam, May 20, 2011.

Amy Branum, (PhD candidate, International Health – Human Nutrition) “Fruit and vegetable intake in US children: measurement and determinants.” Final oral exam, June 17, 2011.

John Ayers, (PhD candidate, Health, Behavior & Society) Preliminary, and Final oral exam, June 22, 2011.

Lauren M. Rossen (PhD candidate, Health Policy and Management); “An evaluation of the food environment along paths to school, its impact on childhood obesity, and zoning as a policy solution.” *Committee Chair*, Final oral exam, November 8, 2011.

Robyn Foreman (PhD candidate, International Health – Human Nutrition) “Secondhand smoke exposure and mediators and modulators of the effect on diet and dietary biomarkers.” School-wide preliminary exam, December 9, 2011.

Kerry Brandt Dunbar, MD (PhD candidate, Clinical Investigation Track); “Confocal laser endomicroscopy for Barrett’s esophagus and gastroesophageal reflux disease.” *Committee Chair*, final oral examination, February 9, 2012.

Hsing-Yu Yang, MSN (DrPH candidate, Health, Policy & Management); “Effect of health care professionals’ advice on US adult patients’ physical activity and weight change.” *Committee Chair*, Thesis Committee and final oral examination, May 16, 2012.

Chandra L. Jackson, MSc (PhD candidate, Epidemiology); “Black/white disparities in overweight/obesity trends and obesity-related mortality in the United States.”
Committee Chair, final oral examination, May 30, 2012.

Sohyun Park, (PhD candidate, International Health - Human Nutrition)
“Understanding Nutrition Environments and Their Association with Obesity Prevalence in South Korean Adolescents: A Multilevel Approach.” Final oral exam (alternate), June 27, 2012.

Preety Gadhoke, (PhD candidate, International Health); “Structure, Culture, and Agency: Framing a Child as Change Agent Approach for Adult Obesity Prevention in American Indian Households.” Alternate, final oral examination, August 1, 2012.

Seung Hee Lee (PhD candidate, International Health); “Changing the Food Environment in Baltimore City: Impact of an Intervention to Improve Carryouts in Low-Income Neighborhoods.” Alternate, final oral examination, October 31, 2012.

Gary Yeh, (DrPH candidate, Health Policy and Management); “Comparative Study of Operational Performance between Religious and Private Hospitals -The Perspective of Baldrige Criteria.” Alternate, final oral examination, November 27, 2012.

Kimberley E. Steele, MD, (PhD candidate, Graduate Training Program in Clinical Investigation); “Neurobiologic Alternations in Bariatric Surgery: Taste Responsiveness and Weight Loss.” Member Thesis Committee; school-wide preliminary oral examination, February 22, 2013.

Amber Summers, (PhD candidate, Health, Behavior & Society) “Vegetarian Meals in the national school lunch program: Exploring the Challenges and Opportunities.” Alternate, final oral examination; February 25, 2013.

Maryam Tabrizi, (PhD candidate, Health Policy and Management).
Final oral examination; April 30, 2013.

Allysha Robinson, MPH (PhD candidate, Health, Behavior & Society; Brown Scholar) “Mental Illness, Substance Abuse, and HIV: Predictors of Medical Adherence Among African-American Injecting Drug Users.” Member, Thesis Committee; Departmental and School-wide preliminary oral examination, May 16, 2013. Final oral examination (alternate), October 2014.

Hong Xue, PhD; (PhD candidate, International Health/Human Nutrition) “A comparative study of the origin and development of childhood obesity in China and in the US using systems approaches.” Member, Thesis Committee; School-wide preliminary oral examination, October 7, 2013.

Matthew H. Goldshore, MPH; (MD candidate, George Washington School of Medicine; PhD candidate, Pop Fam Health, JHSPH) “Maternal BMI, Neighborhood Characteristics, and Early Childhood Obesity.”
Chair, School-wide preliminary oral examination, December 6, 2013.

Eun Ji Shin, MD; (PhD candidate, Graduate Training Program in Clinical Investigation) “Endoscopic imaging and image-guided sampling for pancreatic neoplasia.”
Chair, Final oral examination, February 17, 2014.

Katie Washington (MD, PhD candidate-HBS) “Prenatal Care Communication, Maternal BMI, and gestational weight gain.” *Chair*, Departmental Preliminary oral examination, April 23, 2014. Member, School-wide preliminary oral examination, May 12, 2014.

Kimberley Eden Steele, MD (PhD candidate, Graduate Training Program in Clinical Investigation) “. Member, Thesis Advisory Committee; *Chair*, Final oral examination, April 18, 2014.

Katherine A. Johnson (PhD candidate-HBS) “*Advisor*, Departmental Preliminary oral examination, March 21, 2014; School-wide preliminary oral examination, April 23, 2014.

Betsy Andersen Steeves, MS, RD (PhD candidate, International Health/ Human Nutrition); School-wide preliminary oral examination, May 13, 2014.

Maria C. Au, MPH (DrPH candidate, International Health/Human Nutrition) *Chair*; Final oral examination, May 23, 2014. Ethnic disparities, acculturation, and neighborhood racial/ethnic concentration: The consumption patterns of sugar-sweetened beverages among adults living in California.

Yue Guan, ScM, CGC (PhD candidate, Health, Behavior & Society) “Disclosing Alzheimer’s Risk to Family Accompanied, Cognitively-Impaired Patients.” Preliminary oral examination, June 16, 2014.

Lucine Petit Francis, RN (PhD candidate, School of Nursing) “Examining Food Environments of Family Child Care Homes.” Preliminary oral examination, October 14, 2014.

Krystal Lynch (PhD candidate, International Health/ Human Nutrition) “Diet Quality and the Evaluation of Eating Patterns in Early Childhood.” Alternate; Final oral examination, November 14, 2014.

Leigh A. Peterson (PhD candidate, International Health/ Human Nutrition) “Bariatric Surgery and Vitamin D.” Departmental Advisor; Final oral examination, February 28, 2015.

Yeeli Mui (PhD candidate, International Health/ Human Nutrition) “Investigating the impact of community blight on the neighborhood food system and adolescent obesity in Baltimore City.” *Chair*, School-wide Preliminary oral examination, June 8, 2015.

Michelle S. Wong (PhD candidate, Health Policy & Management) “A Multi-level Analysis of Obesity and Obesity-related Care.” *Chair*, School-wide Preliminary Oral Examination, June 10, 2015.

Leslie C. Redmond, MS, RD (PhD candidate, International Health/ Human Nutrition) “OPREVENT.” *Chair*, School-wide Preliminary Oral Examination, June 22, 2015.

Elizabeth Andersen Steeves, MS, RD (PhD candidate, International Health/ Human Nutrition). “The Role of Social Relationships in Diet and Diet-related Health Outcomes among Urban, Low-income African-American Adolescents in Baltimore.” *Chair*, Final Oral Examination, June 23, 2015.

Ramya Ambikapathi, PhD (International Health). “Effects of El Niño Southern Oscillation and Seasonality on Food Prices and Dietary Intake: Case Study in Iquitos, Peru.”

Final Oral Examination (alternate), July 8, 2015.

Janna Stephens, RN, BSN, PhD. (Johns Hopkins School of Nursing). “Smartphone Technology for Weight Loss in Young Adults: A randomized controlled trial.”

Final Oral Examination, July 21, 2015.

Robyn Foreman Sagatov, MHS, RDN, PhD (International Health/Human Nutrition). “Dietary Intake, Environmental Tobacco Smoke, Nutrient Biomarkers, and Chronic Disease Risk in US Adolescents.” Final Oral Examination, September 11, 2015.

Ryan Lee (PhD candidate, Health, Behavior & Society). “Exploring Purchasing Characteristics in a Regional Food System.”

Chair, Preliminary Departmental Examination, October 14, 2015.

Katie Washington Cole (MD, PhD candidate-HBS) “Prenatal Visit Communication and Maternal Body Weight: Patient-centered interviewing and behavioral counseling for healthy gestational weight gain.” Final oral examination, November 12, 2015.

Katherine A. Johnson (PhD candidate-HBS) “Neighborhood influences on obesity disparities in early childhood.” Final oral examination, December 2, 2015. (**Advisor**)

Nadine Budd (PhD candidate- IH/CHN) “Evaluation of a pricing and communications intervention with food retailers and small stores to improve supply and demand for healthier foods in Baltimore.” Final oral examination, February 22, 2016.

Julie Ruel-Bergeron (PhD candidate- IH/HN) “Growing the evidence for nutrition programming: Perceptions, implementation, and uptake of a package of lipid-based supplementation and behavior change communication interventions in Malawi.” *Chair*, Preliminary oral examination, March 10, 2016; alternate final oral examination, May 2017.

Anna Y. Kharmats (PhD candidate- IH) “Measuring food environment exposure in a low-income urban setting among caregivers and children: Do associations with obesity and food insecurity differ depending on measures used?” *Chair*; Preliminary oral examination, May 25, 2016.

Yang Wu (PhD candidate, HBS) “How does Urbanization Contribute to Western Fast Food Consumption and Childhood Obesity in China—The Mediating Effects of Food Environment” Member, Thesis Committee; Advisor, *Member*, School-wide final oral examination, September 23, 2016.

Hong Xue, PhD; (PhD candidate, International Health/Human Nutrition) “A comparative study of the origin and development of childhood obesity in China and in the US using systems approaches.” Member, Thesis Committee; *Chair*, School-wide final oral examination, September 30, 2016.

Myra Shapiro (PhD candidate, International Health/Human Nutrition) “Access to Healthy Food in Rural Maryland: The Potential of Small Stores” *Chair*, School- wide final oral examination, January 18, 2017.

Leslie C. Redmond, (PhD candidate, International Health/Human Nutrition) “Obesity Prevalence among American Indian Adults: Impact evaluation of a multi-level, multi-component intervention” *Chair*, School-wide final oral examination, March 17, 2017.

Atif Adam (PhD candidate- IH/CHN) “Determining the clinical and economic impact of intensive weight-loss management in adults with severe and morbid obesity using a Markov microsimulation model.” Preliminary oral examination, March 8, 2016; school-wide final oral examination, March 21, 2017.

Attia Goheer (PhD candidate, International Health/Human Nutrition) “Fighting Fires and Fat: A Nutrition Intervention to Address Obesity in the Fire Service.” Member, Thesis Committee; *Chair*, School-wide final oral examination, March 29, 2017.

Angela Trude (PhD candidate, International Health/Human Nutrition) Member, Thesis Committee; *Chair*, School-wide Preliminary oral examination, March 29, 2017.

Lucine Petit Francis, RN (PhD candidate, School of Nursing)
“Examining Food Environments of Family Child Care Homes.”
Final oral examination, August 16, 2017.

Doctoral Advisees:

Lisa M. Davis-McGuire. PhD, 2004- 2006

Andrea Hanlon Mitola. PhD, 2004- 2007

He-Jung Song. PhD, 2003- 2004

Hua Jing. PhD, 2006- 2007

Steven P. Menez. MD Class of 2013. Project Title: Perspectives on Obesity and Its Treatment: Health Care Providers and the General Public;
Osler medical resident, Johns Hopkins Hospital, 2013 – 2016.
Assistant Professor of Medicine (Nephrology) 2019- date.

Michael Lin, MD Class of 2013

Ralph Passarella, MD, PhD Class of 2013

Catherine Mercado, MD Class of 2013 (Georgetown)

Michael Lavantuksin, MD Class of 2014 (Medical College of Georgia) (Baltimore NIH Diabetes Research Training Center visiting student, T32; Summer 2012)

Katherine Abowd Johnson, PhD candidate, HBS. 2012–date. Sommer Scholar, 2013-2015

Yang Wu, PhD candidate, HBS, 2013 – 2016.

Luis Murillo, MD-candidate, JHUSOM; March 2014

Syed-Rafay Ahmed, PhD candidate, HBS, 2013 – 2015.

Ian Yarett, MD-candidate, JHUSOM (Scholarly Concentration advisor), 2014 – 2016.

William Coe, MD-candidate, JHUSOM (Scholarly Concentration advisor), 2015 – 2016.

Jeffrey Loi, DrPH-candidate, JHSPH (advisor), 2018- 2019.

Masters Advisees / MPH Capstone Advisor/ Thesis Reader

Bethany Barone, ScM. ScM thesis reader: "Lifetime Weight Trajectory in Male Physicians: an analysis of age, cohort, and survival effects in the Johns Hopkins Precursors Study," 2003

Kimberly M. Fetsch, MHS, 2002-2003

Lauren Frank, MHS, 2004-2006

Heather D'Angelo, MHS, 2004-2006

Denise Lattner, MHS, 2004-2006

Allison Borrell, MHS, 2004-2006

Michael Depetrillo, MHS, 2005-2006

Seth Kagan, MD, MPH, capstone advisor: "Predictors of Dietary Relapse Determined by Personal Digital Assistant-Based Ecological Momentary Assessment." 2006

Brooke Mickle, MPH capstone advisor: "Caloric Compensation, Satiety, and Dietary Satisfaction when Meat Entrees are Substituted with Mushrooms." 2007

Danielle Pillsbury. MHS, 2006-2008

Mari Nicholson. MHS, 2006-2008

Erin Braunscheidel, MHS, RD advisor, 2007-2008

Ana E. Rodriguez, MHS, RD advisor, 2007-2008 (now Bariatric Surgery Nutritionist with Kaiser Permanente)

Myra Shapiro, MHS, RD advisor, 2007- 2008

Robyn Foreman, MHS reader: "Case Study from Dietetic Internship," 2008

Jillian Faucette, MHS reader: "Ending Childhood Hunger in America: Using Formative Research to Guide Revisions to a Nutrition Education Curriculum for Parents and Children," 2008

Robyn Haaland, MHS reader: "Congestive heart failure: interventions for prevention." 2008

Ruti Gorev-Zerubaval, MD; MPH capstone advisor: "Predictors of successful initial weight loss in patients at the Johns Hopkins Weight Management Center." 2008

Elizabeth Brennan, MPH capstone advisor: "Food Aid: Help or Hindrance?" 2008

Ashkan Afshin, MD, MPH capstone advisor: "Food Policy in Maryland: A Survey of Opportunities and Challenges," 2009

Julia Terr-Malloy, MHS academic advisor, 2009- 2011

Laura Fox, MPH capstone advisor: "Monday 2000: A Pilot Study of Food and Calorie Messaging" 2009- 2010

Karissa White, MPH academic and capstone advisor: “A Literature Review: mHealth Applications in the Field of HIV/AIDS in Low-Resource Countries”, 2009- 2011

Rania Rabie, MD; MPH academic and capstone advisor: “The Development of a Patient-Based Tool to Evaluate Pain and its Determinants in Chronic Liver Disease: A Research Proposal”, 2010- 2012

Steven P. Menez. MS-1; thesis advisor: "Perspectives on Obesity and Its Treatment: Health Care Providers and the General Public," Summer 2010

Jane Cashin, RD; MPH academic advisor, 2010- 2011

Michelle Abel, MHS practicum supervisor, 7/2010- 2/2011.

Monica Burnett, MSPH; academic advisor, 2011 – 2012

Anita Kumar, MD, MPH, capstone advisor: “"Intentional weight loss and dose reductions of anti-diabetic medications" 2011-2012

Ghanshyam Palamaner Subash Shantha, MD; MPH; capstone advisor, 2011- 2012

Bharat Gopal, MD, MPH, capstone advisor: “Health Promotion Attitudes and Metabolic Testing”, 2011

Brintha Vasagar, MPH, academic advisor, 2011-2012

Nadijda Bassil, iMPH academic advisor, 2011- 2016

Matt deShazo, MD, iMPH academic and capstone advisor, 2011- date.
“Obesity in Mississippi: A growing problem with growing needs.”

Meghan Rimelsbach, MSPH academic advisor, 2012- 2013

Pia Rose, MSPH academic advisor, 2012- 2015

Clara Bohm, MD; iMPH academic advisor, 2012- 2014

Shani Buggs, iMPH academic advisor, 2012- date

Stephanie Van Dyke, MD; MPH academic advisor, 2012- 2013. Capstone advisor, 2013.

Adeena Toll Menasha, iMPH academic advisor, 2012- 2015.

Karen B. Shore, MPH academic and capstone advisor: “Implementation Plan for Continuous School Food Improvement at the Wallingford-Swarthmore School District”, 2012- 2013.

Benjamin Kaster, MD; MPH capstone advisor. Tools to Overcome the Barriers of Primary Care Physicians in Diet and Nutrition Counseling, 2013

Cara Elio, RD; MPH capstone advisor, Alabama and North Carolina Medicaid Coverage for Medical Nutrition Therapy: A Policy Review, 2013.

Marie Ferguson, MSPH academic advisor, 2013- 2015.

Bander Alhamdan, MD; MPH academic advisor; and capstone advisor: *“Alternate day fasting versus daily energy restriction: which is more effective and cardio protective for weight loss?”* 2014-2015.

Emerson Song, MPH capstone advisor: *“The effectiveness of a text message-based mHealth approach to weight loss.”* 2015.

Syeachia Dennis, MD, iMPH academic advisor, 2015-2017.

Devon Elaine Bonner, ScM Genetics Counseling Program. Thesis reader. *“Understanding How Clients Make Meaning of their Variants of Uncertain Significance in the Age of Multi-Gene Panel Testing for Cancer Susceptibility,”* 2017.

Zheyang Mao, MPH capstone advisor: *“Evaluation of the main commercial weight management programs in the US,”* 2017-2018.

Michael Benusic, MD. MPH capstone advisor: *“Examining the relationship between obesity and income through the Big Cities Health Inventory,”* 2017- 2018.

Bahar Roshanmanesh, MD. MPH capstone advisor: *“Osteoarthritis and obesity: How does weight loss in a clinic setting impact function?”* 2017- 2018.

Marc Trotochaud, MSPH academic advisor, 2017- date.

Minqi Lu, MPH capstone advisor: *“Comparison of environmental risk factors for obesity in China and the United States”,* 2018- 2019.

Sarah Barkley, MD. MPH capstone advisor: *“Time Restricted Feeding for Treatment of Overweight and Obese Individuals: A systematic review”,* 2018- 2021

Jing Xiu MPH capstone advisor: *“Insights for Function and Gamification Design Elements of Weight Loss Applications Based on User Reviews,”* 2018-2019

Undergraduate Public Health Studies Advisees

Anita Ram, 2010-2012 (then medical student, internal medicine resident, JHUSOM)

Alexandra Snook, 2012

Emily Nadelmann, 2012-2015

Mackenzie Norman, 2013-2014 (now medical student, Dartmouth)

Alberta Onyuka, 2015-2016

Elizabeth Liu, 2015-2016

Natasha Ng, 2015-2016

Thomas Meek, 2015-2016

Jeremy Cho, 2015-2016

Alyssa Perozich, 2015-2016

Anne Cohen, 2014-2015

Aravind Krishnan, 2014-2015

Katherine Prochownik, 2014-2016

Miscellaneous Advisees

Chelsea Alvarado, 2014. *Mid-Atlantic Nutrition Obesity Research Center Summer Intern*. (Project: *The impact of framed-individualized text messaging on weight loss program efficacy*).

Rebecca Morris, MSPH, 2014 student research assistant; now Univ of Utah medical student

Lauren Caton, University of Texas- Austin, *The Leadership Alliance's* Diversity Summer Internship Program, 2015 (Project: *Predictors of Weight Loss Magnitude in Johns Hopkins Weight Management Center Patients*).

Christine Hill, University of Delaware, *The Leadership Alliance's* Diversity Summer Internship Program, 2016 (Project: Dietary and weight loss correlates and daily patterns in *Lose It* users).

Angela Sas, Truman State University, Missouri, *The Leadership Alliance's* Diversity Summer Internship Program, 2017 (Project: *Focus groups to identify barriers and facilitators to weight control among Hispanic adults*).

Classroom Instruction:

Introduction to Nutrition (NUTR 295, George Mason University) Primary instructor, Spring 2020, 2021, 2022, Fall 2023. Held in person and online. 64, 27 45 and 50 students.

Nutrition for Weight Control (NUTR 466/566, George Mason University). Primary instructor, Spring 2022, 2023.

Nutrition Research Methods (NUTR 670, GMU)
Primary instructor, Fall 2023

Human Pathophysiology-Nutrition I, II, III (Johns Hopkins School of Medicine)
Obesity; Diet and Cancer; How to Modify Patient Health Behaviors
These lectures form much of the core nutrition education given to medical students during the preclinical years at the Johns Hopkins University School of Medicine. They are attended by ~120 medical students each year, and consistently receives high ratings via anonymous student feedback.

Gastroenterology (CME lectures for Department of Emergency Medicine)

Gastroenterology (for Division of Geriatrics Board Review Course)

Obesity Treatment (for annual Division of Gastroenterology Topics Course)

Preventive Medicine Seminars (lecturer)

Introduction to Public Health, Winter 2005, 2006, 2007 (Undergraduate, JHU)

Public Health Colloquium (Undergraduate, JHU)

Principles of Human Nutrition (lecturer, 2000- 2019) (JHBSPH)

Current Topics in Public Health (lecturer), Montgomery County Campus (for Dr.Edythe Schoenrich)

Advanced Nutrient Metabolism (lecturer) (for K. O'Brien 2003, 2004, 2005; for L. DeLuca Fall 2006, 2007, 2008, 2009)

Critical Analysis of Popular Diets and Dietary Supplements, Spring 2003 - 2019.
(course developer and primary instructor)

This course was developed to fill a gap in the curriculum in the area of dietary prescription for weight control, and dietary supplements. It has also been offered to the general public as a non-credit course via open courseware, and has had large enrollments via this mechanism.

Selected for a Johns Hopkins Bloomberg School of Public Health Teaching Excellence Award, 2011, 2012, 2013, 2015, 2017.

Critical Thinking in Nutrition – I, Fall 2006- 2019 (primary instructor)

This course introduces graduate students in public health to the science and practice of analyzing research studies in the field of nutrition, through guided readings and critical written analyses of faculty-selected publications.

Critical Thinking in Nutrition - II, Winter 2006 - 2019

(course developer and primary instructor)

This course was developed to expand the teaching offered in Critical Thinking in Nutrition (I), and involves practice in leading discussion and analysis of articles of the students' choosing.

In 2012, the course was enhanced by the addition of a core curriculum of faculty-selected "classic" articles in nutrition which have shaped the field.

Nominated for a Johns Hopkins Bloomberg School of Public Health Golden Apple teaching award, 2008. Commendation for Teaching Excellence in 2011, 2012, 2014, and 2016.

Health Policy 1: Social and Economic Determinants of Health

Lecturer/panel on obesity policies, (for Dr. Thomas LaVeist) October 5, 2010

Intersession 2010 Johns Hopkins University

AS 280.202.01 (S)

The Obesity Epidemic

Instructors: Scott Kahan, MD, MPH, Lawrence Cheskin, MD

Credits: 1

This course explored the obesity epidemic, considered by many to be the greatest 21st century public health threat in the U.S. and the developed world. Students will learn about the underlying causes, medical and economic consequences, and nutritional, policy, and public health aspects of the epidemic. Students will be presented with a multidisciplinary approach to addressing obesity and its complications.

JHU School of Medicine; Topics in Interdisciplinary Medicine

Health Promotion and Disease Prevention: Obesity, Nutrition, and Behavioral Change

(January 2010, December 2010, January 2012, December 2013, 2014, 2015, 2016, 2017, 2018).

Co-course directors: Paul Watkins, Lawrence Cheskin, Jeanne Clark

Explores the clinical and basic science underpinnings of the obesity epidemic for first-year medical students. First time an obesity course has been offered in the SOM (required course). Very positively evaluated by students.

Basic Science Intersession JHU School of Medicine

The Science of Weight Control (October 2010, 2011, 2013, 2015, 2017)

Course Director: Steven Gould, PhD **Co-Director:** Lawrence Cheskin

Lecturer and Small Group Leader: *A closer look at the metabolic and biochemical aspects of appetite and weight control.* (Required course for third and fourth year medical students)

Etiology, Prevention, and Control of Cancer 340.624.01

Course Directors: Gypsamber D'Souza, PhD; Jean Ford, PhD, Corinne Joshi, PhD

Lecturer: Lawrence Cheskin; *Obesity Reduction and Cancer Risk*; (November 5, 2010; November 2011, December 2012; December 2013, December 2014, November 2015).

Physician Communications

Course Director, Debra Roter, DrPH

Lecturer: Lawrence Cheskin; *Motivational Interviewing and Other Strategies*; April 26, 2011.

Johns Hopkins University

Clinical and Public Health Behavior Change. AS 280.360

Course Developer and Director: Lawrence Cheskin (Spring 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019).

Credits: 3

Sophomores-Seniors only: This course explores the theory and practice of changing the health behaviors of individuals, and the public health and medical impact of doing so. Theoretical concepts are integrated with practical clinical applications, especially in the areas of diet and fitness. Skill building in persuasive, health-related communication included in smaller group discussions.

Johns Hopkins University

Introduction to Biomedical Research and Careers

AS Biophysics 250: 106/300/306

Course Director: PC Huang

Lecturer: Lawrence Cheskin; *Overview of Obesity Science*; February 26, 2013

Social Ecological Approaches to Adherence to Health Regimens in Chronic Conditions

Course Director: Amy Knowlton

Lecturer: Lawrence Cheskin; *Social Ecology of Medical Adherence: Adherence to Lifestyle Changes for Weight Control*; April 4, 2013.

410.676.01 Clinical Health Behavior Change Experience in Weight Management

Course Developer and Director: Lawrence Cheskin

(1st and 3rd quarters 2013-2018) Credits: 2-3

Focuses on the practical application of principles from communication, behavioral, social science, and psychological theories in a clinical setting. Enables students to work directly with patients of the Johns Hopkins Weight Management Center to promote behavior change in the areas of diet and fitness. Integrates theoretical concepts with practical clinical applications, and presents students the opportunity to work in a team setting with healthcare practitioners. This course is the only one open to all students at the School of Public Health which gives students direct clinical experience applying theoretical concepts to practice.

Commendation for teaching excellence in 2014 and 2015.

Odyssey Program at Johns Hopkins University (914.583.01)

"Mini Med School: Aging Well- What We Can Learn from Preventive Medicine" Course Developer; Co-Directors Lawrence Cheskin and Susan Hannum). October 7-14, 2017

Explores the aging process and how specific preventive measures can impact risk of age-related disease and health conditions.

Clinical Instruction / Attending Responsibilities:

Outpatient Preceptor to Osler Medical Service residents and Obesity fellows (at the Johns Hopkins Healthful Eating, Activity, and Weight Center), 2020-date.

Outpatient Preceptor to Osler Medical Service interns, Johns Hopkins Hospital (at the Johns Hopkins Weight Management Center), 1999-2019

Outpatient Preceptor to Endocrinology fellows, Johns Hopkins Hospital (at the Johns Hopkins Weight Management Center), 1999-2019

Outpatient Preceptor to Preventive Medicine residents, Johns Hopkins Bloomberg School of Public Health, 2011-date

Elective Director, Obesity Treatment, Senior Residents, Osler Medical Firms, 2015-2018.

Clinical Skills/ Physical Diagnosis Preceptor, Johns Hopkins School of Medicine, 2001

Medical Ward Attending, Johns Hopkins Bayview Medical Center, 1986-1995

Gastroenterology Consult Attending, Johns Hopkins Bayview Medical Center, 1986-2002

Gastrointestinal Endoscopy Attending, Johns Hopkins Bayview Medical Center, 1986-2007

Nutrition Support Service Attending, Johns Hopkins Bayview Medical Center, 1990-2002

GRANT PARTICIPATION

Active:

COVID-19's Impact on Under-Resourced/Underrepresented College Students and their Peers

Sponsor: George Mason University- Office of the Provost, 2021 Summer Team Impact Grant-\$56,875 DC

Role: PI. Co-PIs: Alison Cuellar, Matthew Rossheim

Main objective: To gather data on the effects of COVID-19 on under-resourced and minority students at George Mason University via focused individual and small group interviews; to fashion methods of tracking such students and provide an early-warning system for intervening with at-risk individuals.

The Mason Cohort Study: Health Starts Here

Sponsor: George Mason University's Institute of Biohealth Innovation, 2019- 2024- DC \$421,500.

Role: PI. Co-PI Alison Cuellar; Jerome Short

Main objectives: To conduct a 5-year longitudinal cohort study of entering freshman at George Mason University using extensive periodic health and behavioral surveys, and an in-person visit for anthropometrics, physical exam and biochemical and genetic testing.

Recently Completed:

Development of a life course obesity prevention initiative in the Bahamas

Sponsor: Ministry of Health, Commonwealth of the Bahamas. 6/1/2016 – 12/31/2017

Role: Co-Principal Investigator (with Joel Gittelsohn) 1.35 calendar months

Main objectives: To conduct formative research to inform development of new obesity prevention strategies and materials targeting low-income populations in the Bahamas, then develop these through engagement with key stakeholders in the Bahamas, including the Medical Association of the Bahamas: To successfully train health professionals in 4 locations in the use of the developed strategies and materials. Process evaluation will be conducted to assess implementation success, and dissemination of the work will be effected through a project website, written reports, and peer-reviewed journal publications.

Role: As Co-PI, responsible for developing strategies and curriculum to train health professionals, and for conduct these training sessions and disseminating results through a website and peer-reviewed journal publications.

Advancing Research Methods for Evaluation of Natural Experiments in Obesity Prevention and Control (Task Order #22)

Sponsor: AHRQ 7/1/2016 – 10/31/2017 DC \$352,974

Role: **Co-Principal Investigator** (with Eric Bass and Wendy Bennett). 1.7 calendar months

Main study objective: To conduct a topic refinement and systematic review on advancing research methods for evaluating natural experiments in obesity prevention and control, including summarizing the state of the science on data linkage strategies, study designs, and statistical methods in obesity prevention and control research to serve as the foundation for a *Pathway to Prevention* workshop.

Responsibilities: As co-PI, to co-lead design, execution, and dissemination of the evaluation.

Systems-Oriented Pediatric Obesity Research and Training (SPORT) Center Grant.

Sponsor: NIH/NICHD (1 U54 HD 070725-01 Center grant; total \$16.1 million, 9/2011-3/2017)

Role: **Associate Director** of the **Global Obesity Prevention Center at Johns Hopkins; PI, Pilot Studies Core** (overall PI, Youfa Wang 2011-2013, Bruce Lee, 2014- 2019.)

Objective: The grant establishes a Global Center of Excellence in childhood obesity research and training based on a transdisciplinary, systems science framework, including the use of systems modeling to capture the complexity of the etiology of childhood obesity and the potential impact of environmental and policy interventions. Over 40 investigators from 15 leading US and international institutions bring transdisciplinary expertise to bear. The Center, structured as U.S. institutions in partnership with international institutions, undertakes epidemiological research linking biological with environmental and macrosocial factors of childhood obesity, conducts and provides developmental research funding for environmental and policy evaluations and/or interventions, and established an infrastructure for postgraduate systems-oriented research and training in the field of obesity and chronic disease prevention and control.

The U54 Center Grant—Pilot Studies Core (PSC)

Sponsor: NIH/NICHD (1 U54 HD070725-01, 9/2011 - 3/2017)

Role: **Principal Investigator** and Director, 15% effort.

Main Study Objective: The PSC manages and directs the Global Obesity Prevention Center at Johns Hopkins' rapid response mechanism to screen for promising natural experiments and other opportunities to study childhood obesity prevention with a systems-oriented focus, and administers its pilot project funding program.

Responsibilities: As PI of the Pilot Studies Core, solicit, select, and manage the awarding of grants to domestic and international applicants.

The PSC has awarded 20 pilot study grants since inception.

Look AHEAD Diabetes Weight Loss Trial

Sponsor: NIH/NIDDK -RFA-DK-98-019, 09/01/00 - 12/31/16

Role: **Co-PI. Co-I** (PI Frederick Brancati (deceased); now Jeanne Clark) 10-15% effort

Main study objective: Look Ahead will determine whether weight loss reduces the progression of atherosclerosis and the risk of incident cardiovascular disease in a

cohort of 6,000 overweight adults with diabetes randomly assigned to weight loss interventions vs. usual care alone.

Responsibilities: Help administer and run protocol at the Johns Hopkins site; member, study-wide Adjudication Committee, co-author, study publications.

A test of the effects of energy drinks

Sponsor: Department of Justice, State of Oregon 3/1/2016 – 9/1/2016

Role: **Principal Investigator.** 2.1 calendar months

Main study objective: To design and conduct a randomized, placebo-controlled trial of the effectiveness and safety of a widely used energy drink for alertness, using standardized cognitive neuroscience testing.

Responsibilities: As PI, to lead design, execution, and dissemination of the clinical trial.

Fostering Weight Control among Underserved Adults in Baltimore City: A Community Partnership

Sponsor: Warnock Foundation; *Co-sponsor:* Urban Health Institute (Johns Hopkins); 01/01/2015 – 12/31/2016

Role: **Principal Investigator** (Warnock Fdn); Co-PI UHI award (PI Janice Bowie)

Main Study Objectives: Conduct focus groups among obese, underserved, black adult Baltimore City residents to better understand the needs of this vulnerable population with respect to obesity interventions. Use the focus groups to inform conduct of an intensive, multiple-component, community-based pilot weight loss intervention and maintenance study; compare the short-term and 1-2 year outcomes of intensive vs. standard-care interventions on BMI, body composition, diet, fitness, and health parameters. The intervention will serve as a pilot test of the hypothesis that obesity is treatable and weight control can be sustained in this vulnerable urban minority population when a comprehensive approach is offered which partners with resources in the community.

Responsibilities: As PI, design and direct conduct of this multimodal community-based participatory trial, and disseminate results.

Using computational modeling to evaluate the potential clinical and economic impact of obesity interventions through the lifespan: a tool for prevention and treatment

Sponsor: NIH/NIDDK 050317C / Mid-Atlantic Nutrition Obesity Research Center (NORC); University of Maryland, Baltimore. 12/01/14- 08/31/16 1.2 calendar

Role: **Principal Investigator** (Co-PI Saeideh Falla-Fini; UC-Pomona School of Engineering)

Main Study Objectives: This subcontract will create a computational Markov model of adult obesity and its progression, and use it to evaluate the potential clinical and economic impact of obesity interventions (policy, prevention, and treatment strategies) through the lifespan.

Responsibilities: As PI, to direct the project, and guide definition of the parameters used to develop and test the computational model.

Framed Interactive Theory-Driven Texting (FITT) for Weight Control among the Underserved

Sponsor: Aetna Foundation; 11/04/2013 – 10/31/2015

Role: **Principal Investigator;** 2% effort

Main Study Objective: Design and implement an mHealth intervention to assist adults with weight control that is framed to learning style and personality characteristics of the individual, and evaluate the impact.

Responsibilities: As PI, direct design, conduct, and dissemination of the results of the study.

Liquor Store to Healthy Store

Sponsor: Urban Health Institute; 09/01/2013 – 08/31/2014

Role: **PI** 1% effort

Main Study Objective: Working with owners and communities to convert Baltimore City neighborhood liquor stores slated for closure under new zoning regulations to

other uses that are of public health benefit, such as food stores, and evaluating the impact.

Responsibilities: As PI, formulate goals and metrics; supervise work of Citizen's Planning and Housing Association nonprofit implementation arm.

Prevention of Obesity in Children AHRQ

Sponsor: Agency for Healthcare Research & Quality (02/15/11– 06/30/12 PI Bass)

Role: Co-I, 1.4 calendar months \$4,493,578

Main grant objective: Summarize the evidence regarding childhood obesity prevention and treatment.

Tailored Rapid Interactive Mobile Messaging (TRIMM) for Weight Control among the Underserved (5/11- 12/13)

Sponsor: The McKesson Foundation

Role: **Principal Investigator**, 10% effort

Main Study Objective: This project developed “TRIMM text” (Tailored Rapid Interactive Mobile Messaging), a user-friendly, semi-individualized mHealth intervention to facilitate lifestyle change and weight loss among obese African-American adults at risk for diabetes recruited from 10 inner-city Baltimore churches in collaboration with the Johns Hopkins Urban Health Institute, and tested its efficacy in a pilot, controlled clinical trial of 6-months duration, compared to traditional lifestyle education.

Responsibilities: As PI, designed and implemented the study and disseminated its findings.

Understanding Disparities in Obesity and its Co-morbidities in the U.S.

Sponsor: NIH/NIDDK -R01DK81335-01A1, \$1,179,721, 7/01/09-7/01/12

Role: Co-I; (PI Y Wang)

Main study objective: The study is a systematic investigation to understand the individual-, family-, and community-level causes of ethnic/SES disparities in obesity and its comorbidities including type 2 diabetes and hypertension in the U.S. using an interdisciplinary approach.

Responsibilities: As Co-I, assist with design and interpretation of results.

Firefighters and Wellness: Building a healthy future through partnership and science. 07/01/08 – 6/30/11

Sponsor: US Department of Homeland Security.

Role: Co-I; 15% effort (PI K Pollack)

Main study objectives: To 1) identify barriers to implementing wellness and fitness interventions among firefighters and fire departments; 2) develop and test a pilot intervention; and 3) create a national database to facilitate the longitudinal collection of health and injury-related measures for firefighters.

Examining the relationship between stress, dietary lapse and weight regain among weight-reduced adults with type 2 diabetes. 07/01/08 – 06/30/11

Sponsor: NIH Baltimore Diabetes Research Training Center (DRTC) Pilot and Feasibility Program

Role: **PI**; 5% effort

Main grant objective: To examine the relationship between self-reported stress, salivary alpha-amylase (an objective biochemical indicator of stress) and self-reported dietary lapse and weight regain among weight-reducing type 2 diabetic adults in a naturalistic environment, using ecological momentary assessment techniques and an electronic diary.

Substituting Mushrooms for Meat: A controlled clinical trial to control body weight. 4/01/09 – 12/31/11

Sponsor: USDA and the Mushroom Council. *Role:* **PI**; 10% effort

Main study objective: To assess the weight control efficacy and effects on inflammatory markers of this food substitution over a 12 month weight loss and weight maintenance period.
Responsibilities: As PI, designed and implemented protocol, and lead publication of results.

Effectiveness of Quaker Complete Nutrition Supplements in Malnourished Adults 07/01/2007-6/30/2009

Sponsor: Quaker Oats/Standard Foods. *Role:* PI, 10% effort
Main grant objective: A clinical trial to test whether a nutritional supplement improves body weight, biochemical markers, and immune function.
Responsibilities: As PI, develop and supervise conduct of protocol, prepare reports of findings.

The Johns Hopkins Weight Management Center 2001 – 2009

Sponsor: Johns Hopkins Bayview Medical Center.
Role: Director; 35% salary and effort.
Responsibilities: Direct the clinical and research activities of the Center.

The EMPOWER Trial. 5/08 – 4/10

Sponsor: Enteromedics, Inc.
Role: Co-I; 6% effort (PI Michael Schweitzer)
Main study objective: A multicenter trial of the efficacy of laparoscopic implantation of a vagal nerve blocking device for the treatment of morbid obesity.
Responsibilities: Co-investigator responsible for the recruitment, screening, and medical management of patients.

Real-Time Assessment of Food Craving, Use, and Triggers During Outpatient Treatment of Obesity: A development and feasibility study 05/01/2005-12/31/2007

Sponsor: NIH/National Institute on Drug Abuse, Intramural Program. *Role:* PI; 2-5% effort
Main grant objective: Studies the efficacy of ecological momentary assessment via handheld computer in the management of obesity in post-obese individuals.
Responsibilities: As PI, develop and implement protocol, co or lead author of resulting publications.

Darifenacin in the Treatment of the Irritable Bowel Syndrome 1997-1998

Sponsor: Pfizer Pharmaceuticals. *Role:* Co-PI with M. Crowell, 5% effort
Main study objective: A clinical study of the efficacy of this drug in IBS.
Responsibilities: Helped design, implement, and monitor this study.

Does Nasogastrically-Administered Lansoprazole Yield Equivalent Levels of Gastric Acid Suppression Compared to Continuous-Infusion Ranitidine? 1997-1998

Sponsor: TAP Holdings. *Role:* Co-PI; 2% effort; with *D. Schaefer
Main study objective: A clinical study of the efficacy of an alternative route of administration of acid-suppression therapy.
Responsibilities: Mentored a GI fellow in designing and implementing this study.

The National Study of Nutrition & Health 7/1/1997- 6/30/2001

Sponsor: Fred Hutchinson Cancer Research Center. *Role:* Site PI; 30% effort
Main study objectives: Four-center study of the effect on dietary habit, bowel function, and serum vitamin and carotenoids levels prior to and subsequent to the introduction of orlistat into the food supply in the US.

Responsibilities: As site PI, helped to design, implement, and monitor protocol, coauthored papers and abstracts.

Controlled Trial of Olestra in Adoption of a Low-Fat Diet, and Subsequent Weight Loss and Maintenance. 3/1999- 2/2002

Sponsor: Procter & Gamble Company. *Role:* PI; 10% effort

Main study objectives: Single center randomized, controlled clinical trial of the comparative efficacy of orlistat vs. regular fat foods for weight control in obese adults.

Responsibilities: As PI, designed, implemented, monitored protocol, and presented results at an international meeting.

Role of Fat Replaced Foods in Type-2 Diabetes Mellitus: Effects on fat intake, energy intake, and glycemic control. 1/1999- 1/2002

Sponsor: American Diabetes Association.

Role: PI; 5% effort (1999-2000, PI *Deborah Miller)

Main study objectives: To assess the attitudes and knowledge of adults with type-2 diabetes regarding fat replacers; and to implement nutritional changes in this population.

Responsibilities: Provided guidance to the initial PI, a postdoctoral fellow under my supervision; subsequent to her departure, completed the protocol.

Orlistat in Obese Patients with Hypertension. 1999-2000

Sponsor: Roche Laboratories. *Role:* Site PI; 5% effort

Main study objective: Multicenter randomized, controlled clinical trial of the comparative efficacy of orlistat vs. placebo for weight loss in obese adults with hypertension.

Responsibilities: As site PI, implemented and monitored protocol.

Effect of an Herbal Product on Appetite and Metabolism. 2/2000- 2/2002

Sponsor: Natural Prescriptions. *Role:* PI; 2% effort

Main study objective: Randomized, controlled clinical trial of the effect on resting metabolic rate and appetite of an herbal thermogenic product vs. control in obese adults.

Responsibilities: As PI, designed and implemented protocol.

A Double-Blind, Placebo-Controlled Study of the Efficacy and Tolerability of Orlistat in the Weight Management of Pediatric Obese Patients. 9/2000-8/2002

Sponsor: Roche Laboratories. *Role:* Site PI; 5% effort

Main study objective: Two year, multicenter, randomized, controlled clinical trial of the comparative efficacy of orlistat vs. placebo for weight loss in obese adolescents.

Responsibilities: As site PI, implemented and monitored protocol.

Effects of Herbal Products on Weight Loss, Weight Maintenance and Metabolic Rate (Efficacy and Safety of Biolean and Biolean Free). 2002-2004

Sponsor: Wellness International, Ltd. *Role:* PI; 7.5% effort

Main study objective: One year randomized, controlled clinical trial of the comparative efficacy of 2 herbal formulations vs. placebo for weight loss in obese adults.

Responsibilities: As PI, designed and implemented protocol.

Efficacy of 2 Diet Plans Designed for People with Type-2 Diabetes on Weight and Health Measures. 2002-2004

Sponsor: Medifast, Inc. *Role:* PI; 7.5% effort

Main study objective: Study of the comparative efficacy of meal replacements vs. standard dieting techniques for weight loss and weight maintenance in obese adults with type-2 diabetes.

Responsibilities: As PI, designed and implemented protocol, and led publication of results.

A Double-Blind, Placebo-Controlled, Randomized Trial of L-000753721 in Obese Patients. 2003-2005

Sponsor: Merck & Co., Inc. *Role:* site PI; 7.5% effort

Main study objective: To assess the efficacy of this experimental drug in the treatment of obesity.

Responsibilities: As PI, implemented and supervised protocol at Johns Hopkins.

Efficacy of Parent-Child Dieting Plans Incorporating Meal Replacements for Weight Loss. 2004-2006

Sponsor: Medifast, Inc. *Role:* PI Cheskin, 7.5% effort

Main study objectives: Study of the comparative efficacy of parental co-dieting with obese child vs child alone in the management of obesity, and of meal replacements vs standard dieting techniques.

Responsibilities: As PI, develop and implement protocol.

Physician Nutrition Specialist Award. 2004-2006

Sponsor: American Society for Clinical Nutrition. *Role:* PI, 15% effort

Main objectives: To develop curricular materials and promote the teaching of nutrition to medical students at the Johns Hopkins School of Medicine.

Degree of Caloric and Fat Compensation with Use of Mushroom Substitutes for Meat in Obese and Lean Subjects. 12/01/04 – 07/31/06

Sponsor: USDA and the Mushroom Council. *Role:* PI; 5% effort

Main study objective: To assess the degree of caloric and fat compensation for this food substitution in the intermediate term, and any differences by BMI or gender.

Responsibilities: As PI, designed and implemented protocol, and led publication of results.

Lifestyle versus Programmed Exercise to Treat Obesity. 1996-1998

Sponsor: American Heart Association (MDBG796). *Role:* Co-I; (PI Andersen)

Main study objective: To compare the weight control efficacy of lifestyle changes vs. traditional exercise prescription for obese adults.

Responsibilities: Mentored a junior faculty member in completing this study.

Development and Testing of a Citrus-based Weight Control Program. 1996-1997

Sponsor: State of Florida, Department of Citrus. *Role:* PI; 10% effort

Main study objective: To develop and monitor the results of nationwide implementation of a weight control program for obese adults that included citrus products.

Responsibilities: As study PI, to design, implement, and assess outcomes of this program.

Effect of Diet on Nicotine Consumption and Appetite. 1994-1996

Sponsor: NIH/NIDA [5M01RR002719-09](#) **Sub-Project ID:** 0174. *Role:* PI; 5% effort

Main study objective: To assess the effect of caloric restriction on smoking and cotinine levels.

Responsibilities: As PI, designed and implemented protocol, and led publication of results.

Prevention of Obesity in Apache Schoolchildren 1993-1998

Sponsor: NIH P-O1. *Role:* Co-I (PI B. Caballero)

Main study objective: A controlled study of the efficacy of school and community-based interventions for the prevention of obesity among American Indian.

Responsibilities: Helped the PI obtain and implement this study.

Omeprazole and Misoprostol for Treatment of NSAID-Induced Ulcers 1994-1995

Sponsor: Astra-Merck Pharmaceuticals. *Role:* PI; 5% effort

Main study objective: A multi-center, controlled clinical trial of the efficacy of these drugs for the treatment of peptic ulcers induced by nonsteroidal anti-inflammatory medications.

Responsibilities: As site PI, implemented and monitored this clinical trial.

Ranitidine Bismuth Citrate in Maintenance Therapy of Peptic Ulcer. 1993-1994

Sponsor: Glaxo Pharmaceuticals. *Role:* Site PI; 5% effort

Main study objective: A multi-center, controlled clinical trial of the efficacy of this drug for the maintenance treatment of peptic ulcers.

Responsibilities: As site PI, implemented and monitored this clinical trial.

Ranitidine Bismuth Citrate in Healing and Relapse of Duodenal and Gastric Ulcers. 1992-1993

Sponsor: Glaxo Pharmaceuticals. *Role:* Site PI; 5% effort

Main study objective: A multi-center, controlled clinical trial of the efficacy of this drug for the initial treatment and reduction of the rate of relapse of peptic ulcers.

Responsibilities: As site PI, implemented and monitored this clinical trial.

Nalmefene Glucuronide in Irritable Bowel Syndrome. 1991-1993

Sponsor: Baker-Cummins Pharmaceuticals. *Role:* PI; 10% effort

Main study objective: To assess the potential efficacy of this opioid antagonist in IBS.

Responsibilities: As study PI, to design, implement, and assess outcomes of this study.

Psychophysiology of Irritable Bowel Syndrome. 1989-1993

Sponsor: NIH/NIDDK, NIH R-01 AM31369. *Role:* Co-I (PI W. Whitehead) 10% effort

Main study objective: To assess the role of psychopathology and physiology in the genesis and course of the irritable bowel syndrome.

Responsibilities: Assisted the PI in designing, implementing and clinically monitoring subjects in the study.

Fiber, Colonic Transit and Motility in Constipated Elderly. 1989-1990

Sponsor: Lafayette Pharmaceuticals. *Role:* PI; 10% effort

Main study objective: To assess the effect of fiber supplementation on colonic motility in older adults with constipation.

Responsibilities: As study PI, to design, implement, and assess outcomes of this study.

John A. Hartford Scholarship in Geriatric Medicine. 1988-1990

Sponsor: The Hartford Foundation *Role:* Awardee; 40% effort (PI WB Greenough)

Objective: To train clinician-scholars in geriatric research techniques.

ACADEMIC SERVICE:

Johns Hopkins Bloomberg School of Public Health, School-Wide:

- 2009 – 2020 *Director and Founder*, Johns Hopkins Weight Management Center
- 2009 - 2019 *Member*, Center for a Livable Future: Eating for the Future
Pre-doctoral Fellowship faculty review committee
- 2008 - 2013 *Member*, Faculty Innovation Fund Grants review committee
- 2003 - 2013 *Member*, Technology Transfer Committee
- 2005 *Chair*, Subcommittee on Copyright, Technology Transfer Committee
- 2006 - 2010 *Chair*, Technology Transfer Committee

Johns Hopkins Bloomberg School of Public Health, Department of Health, Behavior & Society:

- 2009 – 2011 *Member*, Steering, Finance & External Development Committee
- 2009 – 2011 *Member*, Academic Affairs and Curriculum Committee
- 2011 – 2019 *Member*, Public Health Practice Committee
- 2011 – 2019 *Member*, Research Committee
- 2015 – 2019 *Member*, Advisory Board, NIH-Johns Hopkins Genetic Counseling
Training Program

Johns Hopkins University-wide

- 2011 – 2019 *Member*, Mobile Technology Steering Committee

Johns Hopkins Health System/ Johns Hopkins University School of Medicine:

- 2007 – 2019 *Faculty Member*
Center for Metabolism and Obesity Research
<http://www.hopkinsmedicine.org/ibbs/research/CMOR/faculty.html>
Johns Hopkins School of Medicine
- 1997 – 2001 *Director*
Division of Gastroenterology
Johns Hopkins Bayview Medical Center
- 1997 – 2002 *Member*, Pharmacy & Therapeutics Committee
Johns Hopkins Bayview Medical Center
- 1987 – 2002 *Member*
Credentials Committee
Johns Hopkins Bayview Medical Center
- 1990 – 2009 *Director*
The Johns Hopkins Weight Management Center

(while administratively under the Johns Hopkins School of Medicine/ Johns Hopkins Bayview Medical Center)

1992 – 2002 *Director*
Nutrition Support Service
Johns Hopkins Bayview Medical Center

1992 – 1997 *Chair*
Nutrition Committee
Johns Hopkins Bayview Medical Center

1995 – 1996 *Member*
Marketing Oversight Committee,
Johns Hopkins Health System & School of Medicine

MEDIA COVERAGE (since 2000):

Television

CNN Headline News -- "Weight Loss/AWJ" November 2003

WBAL-TV -- "Fitness Waters" -- February 2003

WBFF-TV --"The Perfect Diet" -- March 2003

WJZ-TV --"Obesity" -- May 2004

Ivanhoe Broadcast News, others – Yo-Yo Dieting” June 14, 2004

WBAL- TV 11 – “National Women’s Heart Day: Weight and Risk to Your Heart” 2-12-2005.

Ivanhoe Broadcast News – “Fit to Fat” – January 24, 2007

Maryland Public Television Live – “Obesity – Surgical and Medical Treatment” 2-15-2007

Maryland Public Television: Direct Connection – “Is Orlistat a Miracle Weight Loss Pill?” – February 12, 2007

WBAL-TV, WMAR-TV, WBFF Fox -- "Food Aphrodisiacs" -- February 14, 2007

Real Health TV – “Nutrition and Food” – December 18, 2007; “Weight Loss: Women vs. Men”

December 20, 2007; “Menopausal Weight Changes” – December 21, 2007;

“Weight Gain from Supplements” – December 22, 2007;

“Weight Loss: Small Meals?” – January 2, 2008

<http://www.realhealth.tv?goto=12&vid=651&vo=0>

Maryland Public Television: Direct Connection – “Surgery and Other Treatments for Obesity and Weight Loss” – April 14, 2008

WMAR-TV -- “Foods and Valentine’s Day” – February 9, 2009

WBFF Fox -- “Diet and Weight Control” – March 2, 2009

WBFF Fox – “The Freshman 15” – September 2, 2010

WUSA 9 -- :BioCentury This Week: “Weight Control Medications”-- September 23, 2010

Fox45 Morning News – “Healthy Obesity” – August 19, 2011

Maryland Public Television: Direct Connection – “Hormonal influences on Weight Control” – October 31, 2011

Al-Jazeera TV– “US Obesity Battle: What can and is being done” -- September 18, 2012

<http://blogs.aljazeera.com/blog/americas/us-obesity-battle-what-can-and-being-done>

HealthWorks Collective – *High Quality, Low Cost HealthCare Video Interview Series:*

Lawrence Cheskin, MD Talks About TRIMM -- March 12, 2013.

<http://healthworkscollective.com/joan-justice/87996/high-quality-low-cost-healthcare-video-interview-series-lawrence-cheskin-md-talks>

YouTube: *Voices from Public Health series through the Johns Hopkins Lerner Center.*

https://www.youtube.com/playlist?list=PLzADgIK3UiQE9e_n19teNsVQNlrbcoYQj –February 19, 2016.

Fox 5 Washington DC news: Study: Health risks stem from college students' meals.
https://www.fox5dc.com/video/1124691?utm_source=newsletter&utm_medium=email&utm_content=Lawrence%20Cheskin%20is%20interviewed%20about%20Mason%20research%20linking%20student%20dietary%20choices%20to%20potential%20health%20problems.&utm_campaign=College%20Weekly%20Update%20-%20October%206,%202022 – September 30, 2022.

Radio

Various radio stations nationwide syndicated via **Hopkins Health News Feed**; stories=:

- “Junk Food in Schools” – April 27, 2004 http://www.hopkinsmedicine.org/hnf/hnf_4049.htm
- “Internet Diet Support” – April 27, 2004 http://www.hopkinsmedicine.org/hnf/hnf_4050.htm
- “The New Food Pyramid” -- July 9, 2004 http://www.hopkinsmedicine.org/hnf/hnf_4095.htm
- ”Fat versus Fit” -- November 5, 2004 http://www.hopkinsmedicine.org/hnf/hnf_5080.htm
- “Obesity Epidemic” -- November 8, 2004 http://www.hopkinsmedicine.org/hnf/hnf_5082.htm
- “Only an Hour” -- November 8, 2004 http://www.hopkinsmedicine.org/hnf/hnf_5083.htm
- ”Gastroesophageal Reflux Disease and Salt” -- March 25, 2005
http://www.hopkinsmedicine.org/hnf/hnf_6080.htm
- ”Regulating Salt” -- March 28, 2005 http://www.hopkinsmedicine.org/hnf/hnf_6081.htm
- ”Stress and Weight Gain” -- March 29, 2005
http://www.hopkinsmedicine.org/hnf/hnf_6082.htm
- “Too Much Exercise?” – April 28, 2005 http://www.hopkinsmedicine.org/hnf/hnf_6106.htm
- “Leptin’s Role” – December 19, 2005 http://www.hopkinsmedicine.org/hnf/hnf_6261.htm
- “Daily Weighing” – December 20, 2005 http://www.hopkinsmedicine.org/hnf/hnf_6262.htm
- “Diet Drugs and Habits” – December 26, 2005
http://www.hopkinsmedicine.org/hnf/hnf_6266.htm
- “Advertising to Kids” – December 27, 2005
http://www.hopkinsmedicine.org/hnf/hnf_6267.htm
- ”OTC Diet Drug” -- March 9, 2007 http://esgweb1.nts.jhu.edu/hnf/hnf_6560.htm
- “Chinese Food Warning” – April 21, 2007
http://www.hopkinsmedicine.org/hnf/hnf_6583.htm
- ”Trans Fats” -- June 7, 2007 http://www.hopkinsmedicine.org/hnf/hnf_6614.htm
- “New Federal Website Can Help You Make Good Choices When it Comes to Eating Fish” –
August 10, 2007 http://www.hopkinsmedicine.org/hnf/hnf_6655.htm
- ”Are Your Friends Making You Fat?” -- August 16, 2007
http://www.hopkinsmedicine.org/hnf/hnf_6654.htm
- “Fact or Fiction: Does Food Make You Sexy?” – June 27, 2008
<http://www.hopkinsmedicine.org/mediaII/MNU/2007/aphrodisiacs.html>
- “Weight Loss Diets” – July 26, 2008
- “Best Diet?” – August 10, 2008 http://www.hopkinsmedicine.org/hnf/hnf_6868.htm
- “When Kids Become Teens, They Stop Exercising” – August 10, 2008
http://www.hopkinsmedicine.org/hnf/hnf_6867.htm
- “BMI and Mortality” – April 5, 2009 http://www.hopkinsmedicine.org/hnf/hnf_7004.htm
- “Middle Age Spread” -- April 5, 2009 http://www.hopkinsmedicine.org/hnf/hnf_7005.htm

Other Radio Appearances:

Voice of America broadcast news: “Our World” – July 19, 2008
<http://www.voanews.com/english/Science/2008-07-18-voa30.cfm>

“Mushrooms and Weight Control” – October 28, 2009
The Morning Show with Glenn Wheeler; Network 7 (Australia) Radio

“Which foods and behaviors faster and prevent weight gain?” – July 12, 2011
The Diane Rehm Show; WAMU 88.5, and nationally syndicated www.wamu.org

“Obesity in the Baltimore African-American Community” – September 30, 2011.

UHRP Radio

“Health Tips for the New Year” – December 28, 2011. *WNPR Radio*

“Diets, Detox and Nutrition: What works, what doesn’t” January 18, 2012.

The Kojo Nnamdi Show, WAMU 88.5.

<http://thekojonnamdishow.org/shows/2012-01-18/diets-detox-and-nutrition-what-works-what-doesnt>

“BMI and Health Risk: Overstated?” – February 5, 2013. Midday with Dan Rodricks.

WYPR National Public Radio

“Childhood Obesity - Dr. Lawrence Cheskin” – Baltimore’s Future with David Warnock.

July 15, 2014. *WYPR National Public Radio*

<http://wypr.org/post/baltimores-future-dr-lawrence-cheskin>

“The Daily Circuit: The (Latest) Diet Winner- Low Carb” – Drs. Marion Nestle and Lawrence Cheskin September 9, 2014. *YMPR, Minnesota Public Radio*.

<http://www.mprnews.org/story/2014/09/09/daily-circuit-fat-carbs?from=dc>

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UPI Newswire Service

CNN.com

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Voice of America.com

Scripps-Howard News Service

MSN.com

Ivanhoe Newswire

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The Wall Street Journal (3)

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The Baltimore Sun (33)

New York Daily News

The Chicago Tribune

The Philadelphia Enquirer

Cleveland Plain Dealer

The Los Angeles Times (6)

The Boston Globe (2)

Newsday

Seattle Times (2)

Dallas Morning News

Houston Chronicle (2)

Miami Herald

Detroit News

The Washington Times

Oakland Times

Jewish Times

Magazine and Internet articles containing quotations:

Time (3)

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MSN Health.com

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Net Doctor (UK)

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Better Homes and Gardens

People Magazine

Redbook (2)

Weight Watchers.com

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Johns Hopkins Dome

Johns Hopkins Magazine (2)

Johns Hopkins Medicine Health Alerts

Center for a Livable Future Blog

Baltimore Magazine (2)

Woman's Day (2)

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Woman's World

Women's Health Magazine (2)

Men's Health (2) latest is <https://www.menshealth.com/weight-loss/a26409662/sudden-weight-gain-causes/>
Arthritis Today
Shape
Cooking Light
Vox.com (2) latest is <https://www.vox.com/platform/amp/2014/12/3/7324047/how-to-count-calories>
Alaska Airlines Magazine
American College on Exercise- Certified News
Obesity Society.org
Endocrine Today
Diabetes Forecast
Health Day.com
The Health Site.com
DOT Med News
ConscienHealth.com
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Vim & Vigor Magazine
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Food Engineering Magazine
Calorie Lab News
Food Tank.com
Best Herbal Health.com
Boss Magazine
HealthLeaders Magazine
VIV Magazine
Home Life
La Provence (France)
Pakistan Tribune
HealthCentral.com
AHRQ Research Activities Newsletter – “Preventing Childhood Obesity-Researching What Works Feature Story” -- Publication # 13-RA011, 2013.
The NY Times “Amazon Halo Review” by Brian X. Chen 12/9/2020
<http://www.ahrq.gov/news/newsletters/research-activities/13aug/0813RA1.html>
https://www.nytimes.com/2020/12/09/technology/personaltech/amazon-halo-review.html?action=click&algo=bandit-all-surfaces&block=trending_recirc&fallback=false&imp_id=19647051&impression_id=c2252c88-3a21-11eb-95e0-7dbcf2a0691e&index=8&pgtype=Article®ion=footer&req_id=92455671&surface=most-popular
MSN.com; 2021: <https://www.msn.com/en-ca/health/other/weight-loss-experts-say-these-are-the-best-ways-to-lose-belly-fat-for-good/ar-AALDpW5>
Medical News Today (2022): https://www.medicalnewstoday.com/articles/exercise-induced-molecule-suppresses-hunger-may-help-treat-obesity?utm_source=ReadNext

COMMUNITY SERVICE:

American Cancer Society, Maryland Division:

Service and Rehabilitation Committee, 1987-1991
 Task Force on the Socioeconomically Disadvantaged, 1990-1991
 Chair, Committee on the Socioeconomically Disadvantaged, 1991-1992
 Chair, Prevention Committee, 1996-1997
 Board of Directors, 1991-1997

Morgan State University, Baltimore, MD:
Judge, Science-Mathematics-Engineering Fair, 1995-1998.

National Youth Leadership Foundation Forum (mentor), 1996

St. Mary's Seminary and University, Baltimore, MD, 2018 – date.
Member, Advisory Board, and *Committee on Education and Formation*
Member, *Search Committee for the Director of Human Formation*

ADDITIONAL INFORMATION

Personal statement of research and practice goals, objectives and impact

My career has been dedicated to translational research, education, and program building in the service of combating poor nutrition and obesity, through both treatment and prevention. This body of work is at the intersection of public health and clinical medicine, applying knowledge gained through rigorous clinical investigation, for example through the multi-center *Look AHEAD* trial I played a key role in, to the community and beyond. My work has impacted the problem of obesity through innovative treatment paradigms disseminated through practice (as modeled by the Johns Hopkins Weight Management Center, founded in 1990); through application of new treatment paradigms in community-based participatory research, particularly among the underserved in Baltimore, Maryland; through teaching and mentoring of the next generation of public health and clinical scholars dedicated to obesity, and through my role as Associate Director of the NIH U54-funded *Global Obesity Prevention Center at Johns Hopkins*, and Principal Investigator of its *Pilot Studies Core*.

Most recently, I have studied obesity progression, costs, and treatment using Markov micro-simulation modeling; using “smart” mHealth as a tool to enhance and tailor obesity treatment; and establishing the Mason Cohort study, a large examination of the factors that promote and hinder good health behaviors among young adults.

Keywords: Translational research, nutrition, obesity, weight control, diet, behavior modification, physical activity