

Jun Ma, MD, PhD, FAHA, FABMR

Beth and George Vitoux Professor of Medicine

CURRICULUM VITAE

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Contact Information

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I. PERSONAL INFORMATION

Birth year, place 1972, Guiyang, Guizhou, P.R. China
Citizenship U.S. citizen

II. EDUCATION AND TRAINING

Education

1989-94	M.D.	West China University of Medical Sciences (Preventive Medicine), P.R. China
1996-97	M.S.	University of Nebraska in Lincoln (Nutritional Sciences), U.S.A.
1998-02	Ph.D.	University of Nebraska in Lincoln (Major: Nutritional Sciences; Minor: Biometry), U.S.A.

Internships

1993-94	Intern in Medicine, West China University of Medical Sciences, P.R. China
2000-01	Intern in Dietetics, University of Nebraska in Lincoln, U.S.A.

III. AREAS OF INTEREST

I am a dually trained, MD and PhD scientist with expertise in preventive medicine, translational behavioral medicine, and experimental and implementation studies of lifestyle interventions.

My research career goal is to create new knowledge in precision lifestyle medicine and translate results into clinical and public health practice to promote patient-centered population health management and health equity. The core objectives of my **Translational Lifestyle Medicine and Precision Health** program are threefold: (1) Accelerate the development and implementation of innovative lifestyle interventions for individualized treatments as well as scalable prevention programs for diverse populations; (2) Train a new generation of clinical and translational researchers in precision lifestyle medicine; and (3) Engage multisector stakeholders locally and nationally in lifestyle medicine research, dissemination, and implementation.

Individual Research and Development: With a vision to transform lifestyle medicine for the prevention and control of major chronic conditions, since 2006 I have built an impactful and progressive portfolio that embodies a transformative team science approach to actionable behavioral medicine research. My research broadly seeks to address seemingly intractable health-compromising lifestyle behaviors and chronic conditions as well as their associated health disparities in racially/ethnically and socioeconomically diverse adult populations. The primary foci are on the development and implementation of pragmatic behavioral interventions in primary care, and their effects on lifestyle behaviors, patient and system outcomes, and neuropsychological and biophysiological mechanisms.

With >\$25M NIH and other federal funding since 2018, as Principal Investigator I have led complex clinical and translational lifestyle medicine research projects involving transdisciplinary investigators in numerous institutions across different US geographic regions spanning the two coasts. Also importantly, these projects have involved partnerships with providers and clinic staff in diverse health systems, including academic medical centers, federally qualified health centers, large multispecialty group practice networks, and Kaiser Permanente. These projects have investigated integrated multiple-behavior interventions targeting weight management, healthy eating, physical activity, and emotional health in multiple clinical areas. These span metabolic (e.g., obesity, prediabetes, metabolic syndrome), cardiovascular (e.g., coronary heart disease, hypertension), pulmonary (e.g., asthma, chronic obstructive pulmonary disease), and psychological (e.g., depression) conditions. Influenced by the Institute of Healthcare Improvement Triple Aim, my research emphasizes a patient-centered population health management orientation, a primary care-based research and implementation pipeline, and an affordable and scalable approach to intervention delivery through strategic and secure use of both common and novel technologies (e.g., artificial intelligence voice agent).

Further inspired by the precision medicine paradigm, my research has rapidly expanded to include novel mechanistic explorations. Examples include neuropsychological self-regulation mechanisms and digital phenotyping in the management of comorbid obesity and depression, and effects of weight loss, diet quality, and physical activity on physiologic, metabolomic and immune biomarkers of asthma in obesity. This work is at the cutting edge of research on fundamental mechanisms of behavior change and disease.

In summary, the spectrum of my translational research in precision lifestyle medicine extends from mechanistic investigations to efficacy and pragmatic clinical trials and to practice-based implementation studies, spanning multiple lifestyle behaviors and multiple major chronic conditions in diverse populations. This portfolio has led to prolific scientific discoveries of high clinical and policy relevance – and I foresee its impact to increase exponentially over time.

Teaching and Mentorship: This broad-spectrum portfolio has offered unparalleled educational and training opportunities for students, residents, fellows and junior faculty. The vast majority of my research mentees have continued in successful academic and research careers. I co-direct a new NIH-funded T32 for postdoctoral fellowships at the University of Illinois at Chicago (UIC) that originated from my intellectual leadership in precision lifestyle medicine and translational research.

Leadership and Honors: As Founding Director of the Vitoux Program on Aging and Prevention and Associate Head of Scholarly Activity in the Department of Medicine at UIC, my primary responsibilities include research career development for trainees and faculty, and research and educational program development and operations. Nationally I have been a member and served in leadership roles in a number of premier professional organizations, including the NIH Science of Behavior Change (SOBC) Research Network Steering Committee (member), the CMS Preventive Care and Screening expert work group (member) for Body Mass Index (BMI) Screening and Follow-Up Plan, the Academy of Behavioral Medicine Research (fellow), the American Heart Association (AHA) Council on Lifestyle and Cardiometabolic Health Leadership Committee (member), and the AHA Behavior Change Committee (current chair).

IV. PROFESSIONAL POSITIONS AND APPOINTMENTS

University of Nebraska in Lincoln

1996-02 Doctoral Research Assistant, Department of Nutrition and Health Sciences

Stanford University School of Medicine, Department of Medicine

2002 Social Science Research Assistant II, Stanford Prevention Research Center

2002-03 Social Science Research Assistant III, Stanford Prevention Research Center

2003-06 Research Director, Program on Prevention Outcomes and Practices,
Stanford Prevention Research Center

2011-14 Consulting Assistant Professor, Stanford Prevention Research Center

2014-15 Consulting Associate Professor, Division of General Medical Disciplines

2015-16 Consulting Professor, Division of General Medical Disciplines

Palo Alto Medical Foundation (PAMF) Research Institute

2006-09 Assistant Scientist

2009-14 Associate Scientist

2014-15 Senior Scientist

2015-18 Consulting Investigator

University of Illinois, Chicago (UIC)

- 2015-17 Professor (with tenure), Department of Health Policy and Administration, School of Public Health
- 2015-17 Professor (secondary appointment), Division of Academic Internal Medicine and Geriatrics, Department of Medicine, College of Medicine
- 2015-17 Lead, Health Promotion for Racially and Ethnically Diverse Older Adults Cluster, Chancellor's Cluster Hire Initiative
- 2017-19 Visiting professor, Division of Academic Internal Medicine and Geriatrics, Department of Medicine, College of Medicine
- 2019- Professor (with tenure), Division of Academic Internal Medicine and Geriatrics, Department of Medicine, College of Medicine
- 2019- Beth Fowler Vitoux and George E. Vitoux Distinguished Professor in Geriatric Medicine, Department of Medicine, College of Medicine

Administrative appointments

- 2015-16 Co-Director, Center for Research on Health and Aging, Institute for Health Research and Policy
- 2016-19 Director, Center for Health Behavior Research, Institute for Health Research and Policy
- 2017- Associate Head, Scholarly Activity Council, Department of Medicine, College of Medicine
- 2019- Founding Director, Vitoux Program on Aging and Prevention, Department of Medicine, College of Medicine

University of California, Irvine

- 2016 Visiting Professor, Department of Epidemiology, School of Medicine

V. AWARDS AND HONORS

West China University of Medical Sciences

- 1991-94 Annual Outstanding Student Scholarships
- 1994 Distinguished Graduate Student Scholarship

University of Nebraska in Lincoln

- 1999 Twila Herman Claybaugh Human Resources and Family Sciences Food Science and Technology Fellowship
- 1999-00 Widaman Trust Distinguished Graduate Assistant Award
- 2000-01 Department of Nutritional Science and Dietetics Graduate Fellowship
- 2000-01 University Graduate Fellowship
- 2001 Margaret S. Fedde Fellowship
- 2001-02 Presidential Fellowship

Post-degree honors

- 2005- Fellow, American Heart of Association
2006 Travel scholarship, Office of Behavioral and Social Sciences Research (OBSSR) 10th Anniversary - Celebrating a Decade of Progress and Promise, National Institutes of Health,
2008 Fellow, First Summer Cohort Study Data Workshop Sponsored by the NHLBI and Northwestern University
2008 Appreciation Award for Outstanding Achievement in Support of the American Heart Association's Efforts in Cardiovascular Science, Education and Community Programs
2009 Advocacy Heart Partner Award, Greater Bay Area Division, American Heart Association
2017- Elected fellow, Academy of Behavioral Medicine Research
2020- Fellow, Society of Behavioral Medicine

VI. SCHOLARLY PUBLICATIONS (Underline denotes senior authorship; ¹denotes equal contributions by multiple authors; **denotes mentees, trainees or supervisees; PMID not applicable unless provided)

Peer-Reviewed Original Research Articles

1. **Ma J**, Hampl J, Betts NM. Smoking status and antioxidant intakes in today's Americans: Data from 1994-1996 CSFII. *Am J Clin Nutr.* 2000;71:774-80.
2. **Ma J**, Betts NM. Zinc and copper intake and the major food sources for older adults in the 1994-96 Continuing Survey of Food Intakes by Individuals. *J Nutr.* 2000;130:2838-43.
3. **Ma J**, Betts NM, Hampl JS. Clustering of lifestyle behaviors: the relationship between cigarette smoking, alcohol consumption and dietary intake. *Am J Health Promot.* 2000;15:107-17.
4. **Ma J**, Betts NM, Horacek T. Measuring stage of change for assessing readiness to increase fruit and vegetable intake among 18-24-year-olds. *Am J Health Promot.* 2001;16:88-97.
5. **Ma J**, Betts NM, Horacek T, Georgiou C, White A, Nitzek S. The Importance of decisional balance and self-efficacy in relation to stages of change for fruit and vegetable intakes by young adults. *Am J Health Promot.* 2002;16:157-66.
6. Horacek T, White A, Betts N, Hoerrs S, Georgiou C, Nitzke S, **Ma J**, Greene G. Self-efficacy, perceived benefits and weight satisfaction discriminate among

- stages of change for fruit and vegetable intake for young men and women. *J Am Diet Assoc.* 2002;102:1466-70.
7. Horacek T, Greene G, Georgiou C, White A, **Ma J**. Comparison of three methods for assessing fruit, vegetable, and grain stages of change for young adults. *Topics Clin Nutr.* 2002;17:36-61.
 8. **Ma J**, Betts NM, Horacek T, Georgiou C, White A. Assessing stages of change for fruit and vegetable intake in young adults: A combination of traditional staging algorithms and food frequency questionnaires. *Health Educ Res.* 2003;18:101-13.
 9. Greene G, Horacek TM, White A, **Ma J**. Use of a diet interview method to define stages of change in young adults for fruit, vegetable and grain Intake. *Topics Clin Nutr.* 2003;18:35-44.
 10. Stafford RS, **Ma J**, Finkelstein SN, Haver K, Cockburn IM. National trends in asthma visits and asthma pharmacotherapy, 1978-2002. *J Allergy Clin Immunol.* 2003;111:729-35.
 11. **Ma J**, Stafford RS, Cockburn IM, Finkelstein SN. The magnitude and composition of drug promotion in the U.S. *Clin Ther.* 2003;25:1503-17.
 12. **Ma J**, Stafford RS. U.S. physician adherence to standards in asthma pharmacotherapy varies by patient and physician characteristics [research letter]. *J Allergy Clin Immunol.* 2003;112:633-5.
 13. Stafford RS, Furberg CD, Finkelstein SN, Cockburn IM, Alehegn T, **Ma J**. The impact of clinical trial results on national trends in alpha-blocker prescribing, 1996-2002. *JAMA.* 2004;291:54-62.
 14. **Ma J**, Urizar GG, Jr., Alehegn T, Stafford RS. Diet and physical activity counseling during ambulatory care visits in the U.S. *Prev Med.* 2004;39:815-22.
 15. **Ma J**, Wang Y, Stafford RS. US adolescents receive suboptimal preventive counseling during ambulatory care. *J Adolesc Health.* 2005;36:441.e1-e7.
 16. **Ma J**, Sehgal NL, Ayanian JZ, Stafford RS. National trends in statin use by coronary heart disease risk category. *PLoS Med.* 2005;2(5):e123. PMID: PMC1140942
 17. **Ma J**, Stafford RS. Quality of outpatient care in the U.S.: temporal changes and racial/ethnic disparities. *Arch Intern Med.* 2005;165:1354-61.

18. **Ma J**, Lee K-V**, Stafford RS. Depression treatment during outpatient visits by U.S. children and adolescents. *J Adolesc Health*. 2005;37(6):434-42.
19. Stafford RS, Monti V**, **Ma J**. Underutilization of aspirin persists in U.S. ambulatory care for the secondary and primary prevention of cardiovascular disease. *PLoS Med*. 2005;2(12):e353. PMID: PMC1283363
20. Stafford RS, Drieling R**, Johns R**, **Ma J**. National patterns of calcium use in osteoporosis. *J Reprod Med*. 2005;11:885S-95S.
21. **Ma J**, Monti V**, Stafford RS. Are evidence-based cardiovascular prevention therapies being used? A review of aspirin and statin therapies. *Prev Contr*. 2005;1:285-95.
22. **Ma J**, Drieling RC**, Stafford RS. U.S. women desire greater professional guidance on alternative therapies for relief of menopause symptoms. *Menopause*. 2006;13:506-16.
23. Stafford RS, Monti V**, **Ma J**. Long-term and short-term changes in antihypertensive prescribing by office-based physicians in the U.S. *Hypertension*. 2006;48:213-8.
24. **Ma J**, Lee K-V**, Stafford RS. Changes in antihypertensive prescribing during U.S. outpatient visits for uncomplicated hypertension between 1993 and 2004. *Hypertension*. 2006;48:1-7.
25. **Ma J**, Lee K-V**, Berra K, Stafford RS. Implementation of case management to reduce cardiovascular disease risk in Stanford and San Mateo Heart to Heart Trial: Study protocol and baseline characteristics. *Implement Sci*. 2006;1:21. PMID: PMC1592109
26. **Ma J**, Johns RA**, Stafford RS. Americans are not meeting current calcium recommendations. *Am J Clin Nutr*. 2007;85:1361-6.
27. Rigby AJ, **Ma J**, Stafford RS. Women's awareness and knowledge of hormone therapy post Women's Health Initiative. *Menopause*. 2007;14:1-6.
28. Linder JA, **Ma J**, Bates DW, Middleton B, Stafford RS. Electronic health record use and the quality of ambulatory care in the United States. *Arch Intern Med*. 2007;167:1400-5.

29. Berra K, **Ma J**, Klieman L, Hyde S, Monti V**, Guardado A, Rivera S, Stafford RS. Implementing cardiac risk-factor case-management: Lessons learned in a county health system. *Crit Pathw Cardiol*. 2007;6:173-9.
30. **Ma J**, Stafford RS. Screening, treatment and control of hypertension in U.S. private physician offices, 2003-2004. *Hypertension*. 2008;51:1275-81. PMID: PMC2671992
31. **Ma J**, Xiao L**, Stafford RS. Under-diagnosis of obesity in adults in outpatient settings. *Arch Intern Med*. 2009;169:313-4. PMID: PMC2672042
32. **Ma J**, Xiao L**. Assessment of body mass index and association with adolescent preventive care in U.S. outpatient settings. *J Adolesc Health*. 2009;44:502-4.
33. **Ma J**, Xiao L**, Stafford RS. Adult obesity and office-based quality of care in the U.S. *Obesity (Silver Spring)*. 2009;17:1077-85. PMID: PMC2715846
34. **Ma J**, Berra K, Haskell WL, Klieman L, Hyde S, Smith MW, Xiao L**, Stafford RS. Case management to reduce cardiovascular risk in a county healthcare system. *Arch Intern Med*. 2009;169:1988-95. PMID: PMC3000904
35. **Ma J**, King AC, Wilson SR, Xiao L**, Stafford RS. Evaluation of lifestyle interventions to treat elevated cardiometabolic risk in primary care (E-LITE): A randomized controlled trial. *BMC Family Practice*. 2009;10:71. PMID: PMC2779786
36. **Ma J**, Xiao L**. Obesity and depression in U.S. women: Results from the 2005-06 National Health and Nutritional Examination Survey. *Obesity (Silver Spring)*. 2010;18:347-53.
37. Smith MW, **Ma J**, Stafford RS. Bar Charts enhance Bland-Altman plots when value ranges are limited. *J Clin Epidemiol*. 2010;63:180-4.
38. Drieling RL**, Gardner CD, **Ma J**, Ahn DK, Stafford RS. No beneficial effects of pine bark extract on cardiovascular disease risk factors. *Arch Intern Med*. 2010;170:1541-7.
39. **Ma J**, Strub P, Camargo CA, Jr., Xiao L**, Ayala E**, Gardner CD, Buist AS, Haskell WL, Lavori PW, Wilson SR. The breathe easier through weight loss lifestyle (BE WELL) intervention: A randomized controlled trial. *BMC Pulm Med*. 2010;10:16. PMID: PMC2860346

40. **Ma J**, Xiao L**, Knowles SB. Obesity, insulin resistance and the prevalence of atopy and asthma in US adults. *Allergy*. 2010;65:1455-63.
41. Zallman L, **Ma J**, Xiao L**, Lasser KE. Quality of US primary care delivered by resident and staff physicians. *J Gen Intern Med*. 2010;25:1193-7. PMID: PMC2947643
42. Xiao L**, Lavori PW, Wilson SR, **Ma J**. Comparison of dynamic block randomization and minimization in randomized trials: A simulation study. *Clin Trials*. 2011;8:59-69.
43. **Ma J**, Xiao L**. Use of dietary supplements among U.S. adults with asthma. *Nutr Dietary Supplements*. 2011;3:9-18.
44. Drieling RL**, **Ma J**, Stafford RS. Evaluating clinical and community-based lifestyle interventions for obesity reduction in a low-income Latino neighborhood: Vivamos Activos Fair Oaks Program. *BMC Public Health*. 2011;11:98. PMID: PMC3042942
45. Drieling RL**, **Ma J**, Thiyagarajan S**, Stafford RS. An Internet-based risk- and stage-tailored osteoporotic fracture risk management program: Effect on knowledge, attitudes and behaviors. *J Womens Health*. 2011;20:1895-907.
46. Ayala E**, Knowles SB, Buist AS, Strub P, Lavori PW, **Ma J**, Wilson SR. Influence of body mass index on effects of a shared asthma treatment decision-making intervention. *Am J Respir Crit Care Med*. 2012;185:591-3.
47. Xiao L**, Yank V**, **Ma J**. Algorithm for balancing both continuous and categorical covariates in randomized controlled trials. *Comput Meth Prog Bio*. 2012;108:1185-90.
48. Yank V**, Stafford RS, Rosas LG, **Ma J**. Baseline reach and adoption characteristics in a randomized controlled trial of two weight loss interventions translated into primary care: A structured report of real-world applicability. *Contemp Clin Trials*. 2013;34:126-35. PMID: PMC3645977
49. New C**, Xiao L**, **Ma J**. Acculturation and overweight-related attitudes and behavior among obese Hispanic adults in the United States. *Obesity* (Silver Spring). 2013;21:2396-404.
50. **Ma J**, Yank V**, Xiao L**, Lavori PW, Wilson SR, Rosas LG, Stafford RS. Translating the Diabetes Prevention Program lifestyle intervention for weight

- loss into primary care: A randomized trial. *JAMA Intern Med.* 2013;173:113-21. PMID: PMC3856315
51. Blonstein A**, Yank V**, Stafford RS, Wilson SR, Rosas LG, **Ma J**. Translating an evidence-based lifestyle intervention program into primary care: Lessons learned. *Health Promot Pract.* 2013;14:491-7. PMID: PMC4011386
 52. **Ma J**, Xiao L**, Yank V**. Variations between obese Latinos and whites in weight-related counseling during preventive clinical visits in the U.S. *Obesity (Silver Spring)*. 2013;21:1734-41.
 53. **Ma J**, Xiao L**. Association of general and central obesity and atopic and nonatopic asthma in US adults. *J Asthma.* 2013;50(4):395-402.
 54. Xiao L**, Yank V**, Wilson SR, Lavori PW, **Ma J**. Two-year weight loss maintenance in primary care-based Diabetes Prevention Program lifestyle interventions. *Nutr Diabetes.* 2013;3:e76. PMID: PMC3697405
 55. **Ma J**, Strub P, Lavori PW, Buist AS, Camargo CA, Jr., Nadeau KC, Wilson SR, Xiao L**. DASH for asthma: A pilot study of the DASH diet in not-well-controlled adult asthma. *Contemp Clin Trials.* 2013;35:55-67. PMID: PMC4217513
 56. Yank V¹,**, Xiao L¹,**, Wilson SR, Stafford RS, Rosas LG, **Ma J**. Short-term weight loss patterns, baseline predictors, and longer-term follow-up within a randomized controlled trial. *Obesity (Silver Spring)*. 2014;22:45-51. (1st dual first authors). PMID: PMC3815705
 57. **Ma J**, Xiao L**, Blonstein A**. Measurement of self-monitoring web technology acceptance and use in an eHealth weight-loss trial. *Telemed J E Health.* 2013;19:739-45. PMID: PMC3787321.
 58. Xiao L**, Huang Q, Yank V**, **Ma J**. An easily accessible web-based minimization random allocation system for clinical trials. *JMIR.* 2013;15:e139. PMID: PMC3785994
 59. Drieling RL, Rosas LG, **Ma J**, Stafford RS. Community resource utilization, psychosocial health, and sociodemographic factors associated with diet and physical activity among low-income obese Latino immigrants. *J Acad Nutr Diet.* 2014;114:257-65. PMID: PMC3947013
 60. Azar KMJ**, Xiao L**, **Ma J**. Baseline obesity status modifies effectiveness of adapted Diabetes Prevention Program lifestyle interventions for weight

- management in primary care. *BioMed Res Int*. 2013;2013:191209. PMID: PMC3867857
61. Collins BF, Ramenofsky D, Au DH, **Ma J**, Uman JE, Cecere-Feemster L. The association of weight with the detection of airflow obstruction and inhaled treatment among patients with a clinical diagnosis of COPD. *Chest*. 2014;146:1513-20. PMID: PMC4251614
 62. Lv N**, Xiao L**, Camargo CA, Jr., Wilson SR, Buist AS, Strub P, Nadeau KC, **Ma J**. Abdominal and general adiposity and level of asthma control in adults with uncontrolled asthma. *Ann Am Thorac Soc*. 2014;11:1218-24. PMID: PMC4299000
 63. **Ma J**, Strub P, Xiao L**, Lavori, PW, Camargo CA, Jr., Wilson SR, Gardner CD, Buist AS, Haskell WL, Lv N**. Behavioral weight loss and physical activity intervention in obese adults with asthma: A randomized trial. *Ann Am Thorac Soc*. 2015;12:1-11. PMID: PMC4342805
 64. Rosas LG**, Thiyagarajan S, Goldstein BA, Drieling R, Padilla PR, **Ma J**, Yank V**, **Stafford RS**. Social and environmental support to promote weight loss among immigrant Latinos: A randomized controlled trial. *J Acad Nutr Diet*. 2015;115:537-50.e2. PMID: PMC4380577.
 65. Tsai SA**, Lv N**, Xiao L**, **Ma J**. Gender differences in weight-related attitudes and behaviors among overweight and obese adults in the United States. *Am J Mens Health*. 2016;10:389-98.
 66. **Ma J**, Yank V**, Lv N**, Goldhaber-Fiebert JD, Lewis MA, Kramer MK, Snowden MB, Rosas LG**, Xiao L**, Blonstein AC**. Research aimed at improving both mood and weight (RAINBOW) in primary care: A type 1 hybrid design randomized controlled trial. *Contemp Clin Trials*. 2015; 43:260-78. PMID: PMC4537656.
 67. **Ma J**, Strub P, Lv N**, Xiao L**, Camargo CA, Jr., Buist AS, Lavori PW, Wilson SR, Nadeau KC, Rosas LG**. Pilot randomized trial of a healthy eating behavioural intervention in uncontrolled asthma. *Eur Respir J*. 2016;47:122-32. PMID: PMC5136475.
 68. Blonstein AC^{1, **}, Lv N^{1, **}, Camargo CA, Jr., Wilson SR, Buist AS, Rosas LG**, Strub P, **Ma J**. Acceptability and feasibility of the "DASH for Asthma" intervention in a randomized controlled trial pilot study. *Public Health Nutrition*. 2015;19:2049-59. (1st dual first authors).

69. Azar KMJ**, Koliwad SK, Poon T, Xiao L**, Lv N**, Griggs R, **Ma J**. The Electronic Cardiometabolic Program (eCMP) for Patients with Cardiometabolic Risk: Randomized Controlled Trial. *J Med Internet Res*. 2016;18:e134. PMID: PMC4902854.
70. Rosas LG**, Lv N**, Xiao L**, Lewis MA, Zavella P, Kramer MK, Luna V**, **Ma J**. Evaluation of a culturally-adapted lifestyle intervention to treat elevated cardiometabolic risk of Latino adults in primary care (Vida Sana): A randomized controlled trial. *Contemp Clin Trials*. 2016;48:30-40. PMID: PMC4886337.
71. Chesla CA, Chun KM, Kwong Y, Gay CL, Chi HL, Gu Y, Hernandez L, Huang P, Strycker LA, **Ma J**. Cultural adaptation of the Group Lifestyle Balance program for Chinese Americans. *Diabetes Educator*. 2016;42:686-96.
72. Green E, Goldstein-Piekarski AN, Schatzberg AF, Rush AJ, **Ma J**, Williams LM. Personalizing antidepressant choice by sex, body mass index, and symptom profile: An iSPOT-D report. *Personalized Medicine in Psychiatry*. 2016;1-2:65-73.
73. Xiao L**, Lv N**, Rosas LG**, Karve S**, Luna V**, Jameiro E**, Wittels N**, **Ma J**. Use of motivational interviewing-informed strategy in group orientations to improve retention and intervention attendance in randomized controlled trial. *Health Educ Res*. 2016;31:729-37.
74. Xiao L**, Lv N**, Rosas LG**, Au D, **Ma J**. Validation of clinic weights from electronic health records against standardized weight measurements in weight loss trials. *Obesity (Silver Spring)*. 2017;25:363-9.
75. Tsai SA**, Xiao L**, Lv N**, Liu Y**, **Ma J**. Association of the Cardiometabolic Staging System with individual engagement and quality of life in the US adult population. *Obesity (Silver Spring)*. 2017;25:1540-8.
76. **Ma J**, Xiao L**, Lv N**, Rosas LG**, Lewis MA, Goldhaber-Fiebert JD; Venditti EM, Snowden MB, Lesser L, Ward E. Profiles of sociodemographic, behavioral, clinical and psychosocial characteristics among primary care patients with comorbid obesity and depression. *Prev Med Reports*. 2017;8:42-50. PMID: PMC5560114.
77. Williams LM, Pines AR**, Goldstein-Piekarskia AN**, Rosas LG**, Kullar M**, Sacchet MD**, Gevaert O, Bailenson J, Lavori PW, Dagum P, Wandell B, Greenleaf W, Suppes T, Perry LM, Smyth JM, Lewis MA, Venditti EM, Snowden MB, Simmons JM, **Ma J**. The ENGAGE study: Integrating neuroimaging, virtual reality and smartphone sensing to understand self-regulation for managing

- depression and obesity in a precision medicine model. *Behav Res Ther.* 2018;101:58-70.
78. Rosas LG**, Lv N**, Lewis MA, Venditti EM, Zavella P, Luna V**, **Ma J**. A Latino patient-centered, evidence-based approach to diabetes prevention. *J Am Board Fam Pract.* 2018;31:364-74.
 79. Rosas LG**, Lv N**, Azar KMJ**, Xiao L**, Hooker SP, Lewis MA, Zavella P, Venditti EM, **Ma J**. HOMBRE: A randomized controlled trial (Hombres con Opciones para Mejorar el Bienestar y bajar el Riesgo de Enfermedades crónicas; Men with choices to improve well-being and decrease chronic disease risk). *Contemp Clin Trials.* 2018;68:23-34.
 80. Pines AR¹**, Sacchet MD¹**, Kullar M**, **Ma J**, Williams LM. Multi-level relations among neural, self-report, and behavioral correlates of emotion regulation in comorbid depression and obesity. *Sci Rep.* 2018;8:14032. (1st dual first authors). PMID: PMC6145883.
 81. **Ma J**, Rosas LG**, Lv N**, Xiao L**, Snowden MB, Venditti EM, Lewis MA, Goldhaber-Fiebert JD, Lavori PW. Effect of integrated behavioral weight loss treatment and problem solving therapy on body mass index and depressive symptoms among patients with obesity and depression: the RAINBOW randomized clinical trial. *JAMA.* 2019;321:869-79. PMID: PMC6439596.
 82. Nyenhuis SM**, Shah N, **Ma J**, Marquez DX, Wilbur J, Cattamanchi A, Sharp LK. Identifying Barriers to Physical Activity Among African American Women with Asthma. *Cogent Medicine.* 2019;6:1-18.
 83. Romanelli RJ, Huang HC, Chopra V, **Ma J**, Venditti EM, Sudat S, Greenwood DA, Pressman AR, Azar KMJ. Longitudinal Weight Outcomes from a Behavioral Lifestyle Intervention in Clinical Practice. *Diabetes Educ.* 2019;45:529-43. PMID: PMC6931394.
 84. Romanelli RJ, Sudat S, Huang Q, **Ma J**, Venditti EM, Greenwood DA, Pressman AR, Azar KMJ. Short-Term Weight Loss Trajectories and Long-Term Weight Outcomes from a Lifestyle Intervention in Real-World Clinical Practice. *Transl Behav Med.* 2019 Aug 1. pii: ibz118. doi: 10.1093/tbm/ibz118. [Epub ahead of print]
 85. Prieto-Centurion V**, Casaburi R, Coultas DB, Kansal MM, Kitsiou S**, Luo JJ, **Ma J**, Rand CS, Tan AYM, Krishnan JA. Daily physical activity in patients with COPD after hospital discharge in a minority population. *Chronic Obstr Pulm Dis.* 2019;6. doi: 10.15326/jcopdf.6.4.2019.0136. PMID: PMC7006699.

86. Rosas LG**, Azar KMJ, Lv N**, Xiao L**, Goldhaber-Fiebert JD, Snowden MB, Venditti EM, Lewis MA, **Ma J**. Effect of an intervention for obesity and depression on patient-centered outcomes: An RCT. *Am J Prev Med*. 2020;58(4):496–505
87. Nyenhuis SM**, Balbim GM, **Ma J**, Marquez DX, Wilbur J, Sharp LK, Kitsiou S. A Walking intervention supplemented with mHealth tools in low-active urban African American women with asthma: A proof of concept study. *JMIR Formative Research*. (In Press)
88. Rosas LG**, Xiao L**, Lv N**, Lavori PW, Venditti EM, Snowden MB, Smyth JM, Lewis MA, Williams LM, Suppes T, Goldstein-Piekarski AN, **Ma J**. Understanding mechanisms of integrated behavioral therapy for co-occurring obesity and depression in primary care: a mediation analysis in the RAINBOW trial. *Transl Behav Med*. 2020 March 23. doi: 10.1093/tbm/ibaa024. [Epub ahead of print]
89. Goldhaber-Fiebert JD, Prince L, Xiao L**, Lv N**, Rosas LG**, Venditti EM, Lewis MA, Snowden MB, **Ma J**. First-Year Economic and Quality of Life Effects of the RAINBOW Intervention to Treat Comorbid Obesity and Depression. *Obesity*. (In Press)

Peer-Reviewed Reviews and Special Communications

90. Lv N**, Xiao L**, **Ma J**. Dietary pattern and asthma: A systematic review and meta-analysis. [By invitation to Dr. Jun Ma]. *J Asthma Allergy*. 2014;7:105-21. PMID: PMC4137988
91. Lv N**, Xiao L**, **Ma J**. Weight management interventions in adult and pediatric asthma populations: A systematic review. [By invitation to Dr. Jun Ma]. *J Pulm Respir Med*. 2014;5:232.
92. Rosas LG**, Lv N**, Azar K**, Xiao L**, Yank V**, **Ma J**. Applying the PRECIS model in a primary care-based lifestyle intervention trial: From study design to practice implementation. [By invitation to Dr. Jun Ma]. *Am J Prev Med*. 2015;49:S208-S214.
93. **Burke LE, Ma J**, Azar KMJ**, Bennett GG, Peterson ED, Zheng Y, Riley W, Stephens J, Shah SH, Suffoletto B, Turan TN, Spring B, Steinberger J, Quinn CC; on behalf of the American Heart Association Publications Committee of the Council on Epidemiology and Prevention, Behavior Change Committee of the Council on Cardiometabolic Health, Council on Cardiovascular and Stroke

Nursing, Council on Functional Genomics and Translational Biology, Council on Quality of Care and Outcomes Research, and Stroke Council. Current science on consumer use of mobile health for cardiovascular disease prevention: a scientific statement from the American Heart Association. *Circulation*. 2015;132:1157-213.

94. **Ma J**, Rosas LG**, Lv N**. Precision lifestyle medicine: A new frontier in the science of behavior change and population health. *Am J Prev Med*. 2016;50:395-7. PMID: PMC4762748.
95. Lv N**, Azar KMJ**, Rosas LG**, Wulfovichd S, Xiao L**, **Ma J**. Behavioral lifestyle interventions for moderate and severe obesity: A systematic review. *Prev Med*. 2017;100:180-93. PMID: PMC5503454.
96. **Smyth JM**, Juth V, **Ma J**, Sliwinski M. A slice of life: Ecologically valid methods for research on social relationships and health across the lifespan. *Soc Personal Psychol Compass*. 2017;11:e12356.
97. Nyenhuis S**, Dixon A, **Ma J**. Impact of Lifestyle Interventions Targeting Healthy Diet, Physical Activity and Weight Loss on Asthma in Adults: What is the evidence? *J Allergy Clin Immunol Pract*. 2018;6:751-63. PMID: PMC5948112.
98. **Ma J**¹, Lewis MA¹, Smyth JM¹. Translational behavioral medicine for population and individual health: gaps, opportunities, and vision for practice-based translational behavior change research. *Transl Behav Med*. 2018;8:753-60. (1equal contributions) PMID: PMC6128965.
99. Azar KMJ**, Bennet G, Nolting LA, Rosas LG**, Burke LE, **Ma J**. A Framework for Examining the Function of Digital Health Technologies for Weight Management. *Transl Behav Med*. 2018;8:280-94.

Under Review

100. Lv N**, Xiao L**, Majd M**, Lavori PW, Smyth JM, Rosas LG**, Venditti EM, Snowden MB, Lewis MA, Ward E, Lesser L, Williams LM, Azar KMJ, **Ma J**. Variability in engagement and progress in efficacious integrated collaborative care for primary care patients with obesity and depression: within-treatment analysis in the RAINBOW trial. *PLoS ONE*.
101. Nygaard UC, Xiao L**, Nadeau KC, Hew KM, Lv N**, Camargo CA, Jr., Strub P, **Ma J**. Improved diet quality is associated with decreased levels of inflammatory markers in adults with uncontrolled asthma. *Annals ATS*.

102. Kannampallil T**, Smyth JM, Jones S, Payne PRO, **Ma J**. Cognitive plausibility in voice-based AI health counselors. *npj Digital Medicine*.
103. Lv N¹, Ajilore OA¹, Ronneberg CR, Venditti EM, Snowden MB, Lavori PW, Xiao L, Goldstein-Piekarskie AN, Wielgosze J, Wittels NE, Barve A, Patel AS, Eckley TL, Stetz P, Gerber BS, Smyth JM, Simmons JM, Rosas LG, Williams LM², **Ma J**². The ENGAGE-2 study: Engaging self-regulation targets to understand the mechanisms of behavior change and improve mood and weight outcomes in a randomized controlled trial (Phase 2). *Contemp Clin Trials*. (1co-first authors; 2co-senior authors)
104. Hoerster KD, Collins M, Au DH, Lane A, Epler E, McDowell J, Barón A, Rise P, Plumley R, Nguyen T, Schuttner L, **Ma J**. Testing a Remotely-Delivered Lifestyle Intervention among Veterans: the D-ELITE Pragmatic Clinical Trial. *Contemp Clin Trials*.
105. Majda M, Smyth JM, Lv N, Xiao L, Snowden MB, Venditti EM, Williams LM, Ajilore OA, Suppes T, Ma J. The factor structure of depressive symptoms in patients with comorbid depression and obesity enrolled in the RAINBOW clinical trial. *J Affect Disord*.

Book Chapters, Editorials, and Conference Proceedings

1. **Ma J**, Betts NM. Chapter 10: Hydration and regulation of cell size. In: Antonio J, Stout JR, eds: Sports Supplements. Lippincott Williams and Wilkins: Baltimore, MD. 2001. pp. 210-226.
2. **Ma J**. Be Part of the Solution. <http://www.annfammed.org/cgi/eletters/4/4/327>. [By invitation]. *Ann Fam Med*. July 27, 2006.
3. **Ma J**. Introductory editorial. [By invitation]. *Prim Prev Insights*. 2008;1:1
4. **Ma J**, Knowles SB, Wilson SR. Diabetes management. In: Cucciare MA, Weingardt KR, eds: *Using Technology to Support Evidence-Based Behavioral Health Practices: A Clinician's Guide*. Routledge: New York, NY. 2009.
5. Xiao L**, **Ma J**. MinimRan: A robust online system to implement minimization in randomized clinical trials. [By invitation to Dr. Jun Ma]. Panel session for Topic Contributed Papers on "Recent Advances in Covariate-Adaptive Randomization in Clinical Trials: Statistical, Operational, and Regulatory Aspects." In *Joint Statistical Meeting Proceedings*, Biopharmaceutical Section. Alexandria, VA: American Statistical Association. 2014.

6. **Ma J**, Lv N**. Does Healthy Diet Matter in Asthma Prevention and Control? [By invitation to Dr. Jun Ma]. *Indian Pediatr.* 2015;52:19-20.
7. **Ma J**, Ronneberg CR¹, Lv N¹, Lewis M¹, Kannampallil TG¹. Precision Medicine. In: Boulton ML, ed. *Evidence-based Public Health and Preventive Medicine*. 16th ed. Chicago, IL: McGraw-Hill; 2020 (forthcoming). (1equal contributions)

Theses

1. **Ma J**. Nutrition Knowledge, Attitudes, and Needs of Blacks, Asians, Hispanics, and American Indians. [Master of Science Thesis]. University of Nebraska, Lincoln, 1997. (Advisor: Nancy M. Betts)
2. **Ma J**. Examination of the Transtheoretical Model (TTM) on Fruit and Vegetable Intake [Doctor of Philosophy Dissertation]. University of Nebraska, Lincoln, 2002. (Advisor: Nancy M. Betts)

Peer-Reviewed Conference Abstracts (16 of 51 not yet published as articles)

1. Drieling RL, **Ma J**, Stafford RS. African American women's experience of menopausal transition, use of conventional and alternative therapies, and physician interaction. Bay Area Clinical Research Symposium, 2007; 1 (Abstract): 70; San Francisco, California, U.S.A.
2. Xiao L**, **Ma J**. Use RETAIN statement and LAG function to identify consecutively repeated conditions. Western Users of SAS Software 2010 proceedings. URL: http://www.wuss.org/proceedings10/coders/2999_4_COD-Xiao.pdf.
3. Yank V**, Stafford RS, Wilson SR, Xiao L**, **Ma J**. Baseline phenotypes among overweight and obese participants in an RCT of behavioral weight management in primary care. Poster presentation. American College of Preventive Medicine Annual Conference: February 16-19, 2011; San Antonio, Texas, U.S.A.
4. Ayala E**, Knowles SB, **Ma J**, Buist AS, Wilson SR. Exploring the proposed exacerbation-prone asthma phenotype. *Am J Respir Crit Care Med.* 2011;183:A1434.
5. Feemster LC, **Ma J**, McBurnie MA, Carson SS, Henderson AG, Lee TA, Lindenauer PK, Mularski RA, Naureckas ET, Vollmer WM, Krishnan JA, Au DH. The association of body mass index and waist circumference with six-minute walk distance and symptoms among patients with COPD. *Am J Respir Crit Care*

Med. 2013;187;A5021. doi: 10.1164/ajrccm-conference.2013.187.1_MeetingAbstracts.A5021 [Epub September 5, 2013]

6. Knowles SB, Wilson SR, Huang Q, **Ma J**, Lavori PW, Castro M, Wise R. A new approach to measuring disease impact on quality of life: Psychometric properties of the A-IQOLs in adults with uncontrolled asthma. Oral presentation. American Thoracic Society International Conference. May 20, 2014; San Diego, California, USA.
7. Rosas LG**, Zavella P, Lewis MA, Kramer MK, Luna V**, **Ma J**. Patient and provider engagement to culturally adapt a technology-mediated lifestyle intervention for Latinos. Poster presentation at the Society of Behavioral Medicine Annual Meeting, March 2016.
8. Tzeng J, Lewis MA, Lv N**, Rosas LG**, Kramer MK, Snowden M, Yank V**, **Ma J**. Use of RE-AIM to assess a Type I Hybrid Trial's implementation potential in real-world settings. Poster presentation at the Society of Behavioral Medicine Annual Meeting, April 2016.
9. Rosas LG**, Lv N**, Xiao L**, Snowden M, Steinman LE, Venditti EM, Lewis MA, Goldhaber-Fiebert JD, **Ma J**. Deficient Problem-Solving Abilities Are Associated with Unhealthy Behaviors and Factors Among Patients with Comorbid Obesity and Depression, submitted to American Heart Association Scientific Sessions, 2017.
10. **Ma J**, Lv N**, Rosas LG**, Xiao L**, Lavori PW, Venditti EM, Lewis MA, Snowden MB, Ward E, Smyth JM, Suppes T, Goldstein-Piekarski AN**, Williams LM. Understanding treatment response to integrated behavior therapy for comorbid obesity and depression in primary care, oral presentation at the Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, 2018.
11. **Ma J**, Lv N**, Xiao L**, Rosas LG**, Snowden MB, Lewis MA, Venditti EM, Goldstein-Piekarski AN**. Evaluation of PROMIS sleep measures in ethnically diverse overweight or obese primary care patients with and without depression, oral presentation at the Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, 2018.
12. Lv N**, Xiao L**, Rosas LG**, Venditti EM, Snowden MB, Lewis MA, Williams LM, Smyth JM, Ajilore OA, Gerber BS, **Ma J**. Sex Moderates Treatment Effects In Integrated Behavior Therapy for Comorbid Obesity and Depression, poster presentation at American Heart Association Scientific Sessions, 2020.

13. **Ma J**, Lv N**, Xiao L**, Goldstein-Piekarski A**, Wielgosz J**, Lavori PW, Stetz P, Rosas LG, Venditti EM, Snowden MB, Smyth JM, Lewis MA, Suppes T, Ajilore OA, Lefferts WK**, Williams LM. Reduced Nonconscious Reactivity to Threat in Amygdala Mediates Physical Activity and Energy Expenditure in Integrated Behavior Therapy for Adults with Obesity and Comorbid Depression. Poster presentation at American Heart Association Scientific Sessions, 2020.
14. Lewis MA, Rosas LG**, Lv N**, Wagner L, Etta V, Burrus O, Snowden MB, Venditti EM, Goldhaber-Fiebert J, **Ma J**. The potential public health impact of an evidence-based depression and weight management intervention: Lessons about implementation from the RAINBOW trial. Oral presentation at the Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, 2020.
15. Rosas LG**, Xiao L**, Lv N**, Venditti E, Lewis MA, Zavella P, Azar K, **Ma J**. Effect of a culturally adapted behavioral weight loss intervention among Latino adults: A randomized controlled trial. Oral presentation at the Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, 2020.
16. **Ma J**. Engaging self-regulation targets to understand the mechanisms of behavior change and improve mood and weight outcomes: The ENGAGE project. oral presentation at the Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, 2020

Letters-in-Reply

1. **Ma J**, Drieling RL, Nguyen Q, Stafford RS. *Use and Perceptions of Hormonal and Alternative Therapies in the Post-WHI Era: Results from the Women's Health Survey*. GlaxoSmithKline INC., Research Triangle Park, NC, U.S.A. 2004.
2. Stafford RS, Monti V, **Ma J**. Other studies show aspirin use is high: Authors' reply. *PLoS Med* 2006; 3(2):e109.
3. Drieling RL, **Ma J**, Johns R, Stafford RS. *Women's Bone Health Knowledge and Beliefs and Use of Internet for Health Information: Results from Focus Groups for A Bone Health Improvement Website Development Project*. Procter and Gamble Pharmaceuticals, U.S.A. 2006.
4. **Ma J**, Lee K-V, Stafford RS. Target Blood Pressure Level before Antihypertensive Class to Improve Outcomes More Quickly in Uncomplicated Hypertension: Authors' reply. *Hypertension*. 2007;49:e17.
6. Xiao L, Lavori PW, Wilson SR, **Ma J**. Reply to the letter "Minimization: Not All It's Cracked Up To Be" by Berger. *Clin Trials*. 2011;8:444.

8. **Ma J**, Kramer MK, Ciechanowski P. Reply to the letter “Efficacy vs effectiveness” by Pagoto SL and Lemon SC. *JAMA Intern Med.* 2013;173(13):1263-4. doi: 10.1001/jamainternmed.2013.7065.
9. **Ma J**, Venditti EM, Snowden MB. Reply to the letter “Binge eating disorder: a dilemma for collaborative care?” by Moulton CD, Tharmaraja T, and Hopkins CW. *JAMA.* 2019;322(4):368.

VII. EDITORIAL SERVICES

- 2003- Peer reviewer, *Archives of Internal Medicine*
Annals of Internal Medicine
Hypertension
American Journal of Public Health
American Heart Journal
Menopause
American Journal of Managed Care
Journal of the American Board of Family Medicine
International Journal for Quality in Health Care
Journal of Health Care for the Poor and Underserved
BMC Family Practice
Journal of General Internal Medicine
- 2008-16 Editor-in-Chief, *Primary Prevention Insights*
- 2016- Consulting Editor, *Health Psychology*

VIII. SPONSORED RESEARCH

(Estimated total costs reported only for current and past awards as PI or equivalent)

Current Funding

- 2014-20 National Heart, Lung, and Blood Institute (R01 HL119453)
“RCT on co-management of obesity, depression, and elevated CVD risk in primary care” (\$3,667,140)
Role: PI
- 2014-20 Agency for Healthcare Research and Quality (R01 HS022702)
“Culturally-adapted DPP intervention for Mexican Americans in primary care: an RCT” (\$1,240,473)
Role: PI
- 2015-20 National Heart, Lung, and Blood Institute (U01 HL128868; MPI Au and Ma)

“Intervention Study in Overweight Patients with COPD (INSIGHT COPD)” (\$1,187,513)

Role: PI

Note: This is one of four inaugural trials in the NHLBI Pulmonary Trials Cooperative

- 2016-20 National Heart, Lung, and Blood Institute (U01 HL128954; MPI Wisniewski and Sciruba)
“Network Management Core (NEMO) for the Pulmonary Trials Cooperative (PTC)” (\$393,200 sub only)
Role: Site PI
- 2016-20 Patient Center Outcomes Research Institute (SC15-1503-29190; PI Goldman Rosas)
“The HOMBRE trial: Comparing two innovative approaches to reduce chronic disease risk among Latino men” (\$110,479 sub only)
Role: UIC subaward PI and Senior Co-Investigator
- 2016-20 National Heart, Lung, and Blood Institute (K23 HL130524; PI Prieto-Centurion)
“Promoting Activity after COPD Exacerbations (PACE)”
Role: Co-Mentor
- 2016-20 National Heart, Lung, and Blood Institute (K01HL133370; PI Nyenhuis)
“Action Intervention: Physical Activity in Minority Women with Asthma”
Role: Advisor
- 2017-21 VA Health Services Research & Development (I01 HX002113; PI Au)
“DVD Lifestyle Intervention (D-ELITE)” (\$185,021 sub only)
Role: UIC subaward PI
- 2018-23 National Heart, Lung and Blood Institute (T32 HL134634; MPI Gerber and Ma)
“Precision Lifestyle Medicine and Translation Research (PREMIER)” (\$1,405,314)
Role: PI
- 2018-20 National Institutes of Health Common Fund (UH3 HL132368; MPI Ma and Williams)
“Engaging self-regulation targets to understand the mechanisms of behavior change and improve mood and weight outcomes” (\$2,632,818)
Role: Contact PI

Note: Total funding of this award includes an administrative supplement (3UH3HL132368-04S1) in the amount of \$133,195 to the parent grant (\$2,499,623)

Pending Funding

2020-25 National Heart, Lung and Blood Institute (UG3 HL143175; MPI Ma and Lewis)
"1/2 PROblem-Solving AuGmented Lifestyle Intervention to AddRESS Obesity and Cardiometabolic Disease (PROGRESS) in Underserved Primary Care Clinics" (\$9,987,886)
Role: Contact PI

Note: This is the Clinical Coordinating Center (CCC) application for an NHLBI multisite clinical trial. It has a companion Data Coordinating Center (DCC) application (U24 HL143176; PI Berbaum; \$2,312,605). The University of Illinois at Chicago is the prime institution for both applications.

2020-25 National Institute of Mental Health (R61 MH119237; MPI Ma and Ajilore)
"Study of a PST-Trained Voice-Enabled Artificial Intelligence Counselor (SPEAC) for Adults with Emotional Distress" (\$5,388,642)
Role: Contact PI

2020-25 National Heart, Lung and Blood Institute (R61 HL155160-01)
"The ALOHA trial: Addressing Quality of Life, Clinical Outcomes, and Mechanisms in Adults with Uncontrolled Asthma Following the DASH Dietary Pattern" (\$4,011,547)
Role: PI

Prior Funding

1998-99 University of Nebraska in Lincoln Dissertation Improvement Grant;
"Examination of Fruit and Vegetable Intakes Using the Trans-theoretical Model" (\$1,000) (Advisor: Nancy M. Betts)
Role: PI

2002-05 Agency for Healthcare Research and Quality (R01 HS013405; PI Stafford)
"Time Series Modeling in Medication Prescribing Scientific vs. Promotional Influences"
Role: Lead Research Analyst

2002-05 Agency for Healthcare Research and Quality (R01 HS11313; PI Stafford)

- “National Trends in Outpatient Quality Indicators”
Role: Research Director
- 2003-04 Bayer Pharmaceutical (unnumbered; PI Stafford)
“Aspirin Use in High-risk Primary Prevention Patients”
Role: Co-Investigator/Project Director
- 2003-04 Merck & Co., Inc. (unnumbered; PI Stafford)
“Patterns of Statin Use in Moderate Risk Patients”
Role: Co-Investigator/Project Director
- 2003-06 National Heart, Lung and Blood Institute ALLHAT Ancillary Study (PI Stafford)
“Impact on Antihypertensive Medication Prescribing”
Role: Co-Investigator
- 2003-09 National Heart, Lung and Blood Institute (R01 HL70781; PI Stafford)
“Improving Coronary Prevention in a County Health System”
Role: Co-Investigator/Project Director
- 2004-05 GlaxoSmithKline (unnumbered; PI Stafford)
“Complementary and Alternative Therapies for Menopausal Symptoms”
Role: Co-Investigator/Project Director
- 2004-06 National Institute on Aging Seed Grant through Stanford Center on the Demography and Economics of Health and Aging (CDEHA) (P30 AG017253-06)
“National Trends and Practice Patterns of Detection and Treatment of Hypertension during Ambulatory Visits in the U.S.” (\$20,000)
Role: PI
- 2005-06 Procter and Gamble Pharmaceuticals (unnumbered; PI Stafford)
“Assessing Gaps in Calcium Intake and Medication use among U.S. Men and Women of Differing Bone Mineral Status”
Role: Co-Investigator/Project Director
- 2005-07 Procter and Gamble Pharmaceuticals (unnumbered; PI Stafford)
“A Stage-tailored Online Intervention to Reduce Women’s Risk for Osteoporotic Fractures”
Role: Co-Investigator
- 2006-07 Toyo Shinyaku, Japan (unnumbered; PI Stafford)
“The Cardiovascular Effects of Pine Bark Extract”

Role: Co-Investigator

2007-08 Agency for Healthcare Research and Quality (R18 HS017179; PI Tang)
"Patient Centered Online Disease Management Using a Personal Health Record System"

Role: Investigator/Project Director

2007-10 Stanford Comprehensive Cancer Center Seed Grant (unnumbered; PI Stafford)

"Is Bone Health Being Neglected among Breast Cancer Survivors?: A Web-based Pilot Study" (\$15,994 sub only)

Role: Subcontract PI

2008-11 American Heart Association Scientist Development Grant (0830402N)

"Feasibility and Efficacy of an Online Self-Management Intervention in Adults with the Metabolic Syndrome in a Randomized Controlled Trial" (\$308,000)

Role: PI

2009-11 National Institute of Diabetes and Digestive and Kidney Diseases (R34 DK080878)

"A Pilot of Customized Continuous Care Management of Obesity in Pre-Diabetics" (\$488,535)

Role: PI

Note: The AHA grant and the NIDDK grant listed above were combined after negotiation with both funding agencies and together support the "Evaluation of Lifestyle Interventions to Treat Elevated Cardiometabolic Risk in Primary Care (E-LITE)" trial.

2009-15 National Heart, Lung, and Blood Institute (R01 HL094466)

"Can diet- & exercise-induced weight loss improve asthma control in obese adults?" (\$3,750,495)

Role: PI

2009-10 National Heart, Lung, and Blood Institute (3R01 HL094466-01A1S1)

"Can diet- & exercise-induced weight loss improve asthma control in obese adults?" (\$15,040)

Role: PI

2009-11 National Heart, Lung, and Blood Institute (3R01 HL094466-01A1S2)

"Can diet- & exercise-induced weight loss improve asthma control in obese adults?" (\$282,092)

Role: PI

Note: Two administrative supplements to the grant R01 HL094466 were awarded through the American Recovery and Reinvestment Act of 2009 to support for one post-doctoral pulmonary fellow for two years and two summer college student interns for one summer each in 2009 and 2010.

- 2010-12 Agency for Healthcare Research and Quality (R21 HS019550; PI Tai-Seale)
"A study of trends in obesity progression among complex patients"
Role: Co-Investigator
- 2008-13 National Heart, Lung, and Blood Institute (R01 HL089448; PI Stafford)
"Case management and environmental support to sustain weight loss and reduce CHD risk" (\$153,086 sub only)
Role: Subcontract PI
- 2012 Palo Alto Medical Foundation (unnumbered)
"Medical and surgical adult weight management programs: Patient profiles and treatment effectiveness" (\$127,136)
Role: PI
- 2012-15 National Heart, Lung, and Blood Institute (R34 HL108753)
"A pilot study of the DASH diet in not-well-controlled adult asthma" (\$690,724)
Role: PI
- 2013 Palo Alto Medical Foundation (unnumbered)
"New Weigh of Life Program: Reach and impact of translating evidence to practice in adult weight management and diabetes prevention at PAMF" (\$185,000)
Role: PI
- 2013-14 University of California San Francisco, Resource Allocation Program (unnumber; PI Chesla)
"Cultural adaptation and feasibility test of a diabetes prevention program for Chinese immigrants"
Role: Co-Investigator
- 2014 Palo Alto Medical Foundation (unnumbered)
"CardioMetabolic program meets eHealth: Redesign and evaluation for optimal reach and impact" (\$425,858)
Role: PI

- 2015 Palo Alto Medical Foundation (unnumbered)
“Patient-Centered Pragmatic Approaches to Confront Obesity” (\$271,842)
Role: PI
- 2013-15 National Institute of Diabetes and Digestive and Kidney Diseases (K23
DK097308; PI Yank)
“Primary care eHealth intervention for improved outcomes in chronic
kidney disease”
Role: Co-Mentor
- 2015-18 National Institutes of Health Common Fund (UH2 HL132368; MPI Ma
and Williams)
“Engaging self-regulation targets to understand the mechanisms of
behavior change and improve mood and weight outcomes” (\$2,499,000)
Role: Contact PI
- 2016-17 National Institutes of Health Common Fund (UH2 HL132368-02S1; MPI
Ma and Williams)
“Engaging self-regulation targets to understand the mechanisms of
behavior change and improve mood and weight outcomes”
(administrative supplement) (\$95,184)
Role: Contact PI
- 2017 Merck & Co., Inc. and Amazon Web Services (Alexa Diabetes Challenge
finalist, PI Ajilore)
“DiaBetty: an Alexa-enabled diabetes coach/educator”
Role: Co-Investigator

Service as Grant Reviewer

- 2006-07 Invited ad hoc reviewer, Georgian National Science Foundation, Georgia
- May 2013 Invited member, Special Emphasis Panel on Translational Research to
Improve Obesity and Diabetes Outcomes (R18/R34), National Institute of
Diabetes and Digestive and Kidney Diseases, National Institutes of Health
- May 2013 Invited member, Research Review Panel, Asthma UK, London, United
Kingdom
- June 2013 Invited ad hoc member, Diabetes, Endocrinology, and Metabolic Diseases
B Sub-Committee (DDK-B), National Institute of Diabetes and Digestive
and Kidney Diseases, National Institutes of Health

- July 2013 Invited external reviewer, Canadian CAM Research Fund, IN-CAM Research Network, Canada
- Oct. 2013 Invited ad hoc member, Behavioral Medicine: Interventions and
 Feb. 2014 Outcomes (BMIO) study section, Risk, Prevention and Health Behavior
 Oct. 2019 Integrated Review Groups, Center for Scientific Review, National
 Feb. 2020 Institutes of Health
- Sept. 2014 Invited member, Special Emphasis Panel on Pragmatic Research and
 Natural Experiments (R18/R34), National Institute of Diabetes and
 Digestive and Kidney Diseases, National Institutes of Health
- 2014-2018 Appointed member, BMIO study section, Prevention and Health Behavior
 Integrated Review Groups, Center for Scientific Review, National
 Institutes of Health
- Oct. 2015 Invited ad hoc member, Diabetes, Endocrinology, and Metabolic Diseases
 B Sub-Committee (DDK-B), National Institute of Diabetes and Digestive
 and Kidney Diseases, National Institutes of Health
- Jul. 2016 Invited member, Clinical Cooperative Agreement and Clinically-Oriented
 Applications Special Emphasis Panel (ZEY1-VSN-01), National Eye
 Institute, National Institutes of Health
- Sept. 2018 Invited member, Institutional Training Grants Special Emphasis Panel
 (ZNR1 REV-T 37), National Institute of Nursing Research, National
 Institutes of Health
- Jan. 2019 Invited member, P01 Program Project Grant (PPG) Work Group #5 HLBP
 (MA), National Heart, Lung, and Blood Institute, National Institutes of
 Health
- Apr. 2019 Invited member, ZAT1 JM 01 Loan Repayment Programs Study Section,
 National Center for Complementary and Integrative Health, National
 Institute of Health

IX. TEACHING AND MENTORING ACTIVITIES

Students and Postdoctoral Trainees

Year	Name (Role in Training)	Current Position and Institution
2008	Sylvie Rousseau	Monitoring and Evaluation Officer

2009-11	(Senior in Human Biology) Estela Ayala, MD (Postdoctoral fellow)	Caris Foundation International, Haiti Pulmonologist Palo Alto Medical Foundation, CA, USA
2009	Gloria Koskey (Senior in Human Biology)	Research Assistant Department of Psychiatry and Behavioral Sciences, School of Medicine, Stanford University, CA, USA
2010-12	Veronica Yank, MD (Postdoctoral fellow)	Assistant Professor in Residence University of California San Francisco, CA, USA
2011-12	Christin New (Research Intern)	Clinical Research Assistant, School of Medicine Stanford University, CA, USA
2013-14	Nan Lv, PhD (Postdoctoral fellow)	Research Scientist, Institute for Health Research and Policy, University of Illinois at Chicago, IL, USA
2017	Urveel Shah	Resident, Internal Medicine-Pediatrics, Johns Hopkins Hospital, Baltimore, MD, USA
2018-	Aashutos Patel (Student Intern)	Medical student, College of Medicine, University of Illinois at Chicago, IL, USA
2018-19	Sumeet Birla (Graduate Research Assistant)	MS student, Management Information Systems University of Illinois at Chicago, IL, USA
2018-	Wesley Lefferts, PhD (Postdoctoral fellow)	NIH T32 postdoctoral trainee, Precision Lifestyle Medicine and Translation Research (PREMIER) program, University of Illinois at Chicago, IL, USA
2019-	Tessa Eckley (Student Intern)	Medical student, College of Medicine, University of Illinois at Chicago, IL, USA
2019-	Rohit Shrestha, MD (International MD student)	Research Intern, Institute of Health Research and Policy, University of Illinois at Chicago, IL, USA
2019-	Sushanth Dosala, MD (International MD student)	Research Intern, Institute of Health Research and Policy, University of Illinois at Chicago, IL, USA
2019-	Mary Hannan, PhD (Postdoctoral fellow)	NIH T32 postdoctoral trainee, PREMIER program University of Illinois at Chicago, IL, USA
2019-	Emily Kringle, PhD (Postdoctoral fellow)	NIH T32 postdoctoral trainee, PREMIER program University of Illinois at Chicago, IL, USA

Faculty/Academic Professional Mentees

Year	Name	Current Position and Institution
2008-	Lan Xiao, PhD	Biostatistician, Center for Population Health Sciences, School of Medicine, Stanford University, CA, USA
2013-17	Sandra Tsai, MD	Clinical Associate Professor, General Medical Disciplines, Cardiovascular Medicine, School of Medicine, Stanford University, CA, USA
2014-	Lisa Goldman Rosas, PhD, MPH	Assistant Professor, Department of Health Research and Policy, School of Medicine, Stanford University, CA, USA

2015-	Emily Stiehl, PhD	Clinical Assistant Professor, Health Policy and Administration, School of Public Health, University of Illinois at Chicago, IL, USA
2016-	Corina Ronneberg, MS	Senior Research Specialist, Institute for Health Research and Policy, University of Illinois at Chicago, IL, USA
2016-	Deepika Laddu-Patel, PhD	Assistant Professor, Physical Therapy, College of Applied Health Sciences, University of Illinois at Chicago, IL, USA
2016-	Sharmilee Nyenhuis, MD	Assistant Professor, Clinical Director of Allergy, Pulmonary, Critical Care, Sleep & Allergy, College of Medicine, University of Illinois at Chicago, IL, USA
2016-19	Valentine Prieto-Centurion, MD	Associate Medical Director, Vertex Pharmaceuticals, Boston, MA, USA
2017-18	Min Joo, MD, MPH	Associate Professor, Director of PFT Lab, Jesse Brown VA Medical Center; Pulmonary, Critical Care, Sleep & Allergy, College of Medicine, University of Illinois at Chicago, IL, USA
2017-	Thomas Kannampallil, PhD	Assistant Professor and Associate Chief Research Information Officer, Department of Anesthesiology and Institute for Informatics (I2), Washington University School of Medicine in St. Louis, MO, USA
2017-19	Jesse Chin, PhD	Assistant Professor, School of Information Sciences, University of Illinois at Urbana-Champaign, Urbana, IL, USA, IL, USA
2017-	Spyros Kitsiou, PhD	Research Assistant Professor, Department of Biomedical and Health Information Sciences, College of Applied Health Sciences, University of Illinois at Chicago, IL, USA
2017-	Joanna Abraham, PhD	Assistant Professor, Department of Anesthesiology and Institute for Informatics (I ²), Washington University School of Medicine in St. Louis, MO, USA
2017-	Andrea N. Goldstein-Piekarski, PhD	Director, CoPsyN Sleep Lab; Instructor, Department of Psychiatry and Behavioral Medicine, Stanford University School of Medicine; Investigator, VA Palo Alto Health Care System, CA, USA

X. PROFESSIONAL AND PUBLIC SERVICE

Professional Societies

1999-02 Society of Nutrition Education
2000-04 American Dietetic Association
2003-07 American Society for Nutritional Sciences
2005- American Heart Association (Fellow), Council on Lifestyle and
Cardiometabolic Health (formerly Council on Nutrition, Physical Activity
& Metabolism), and Council on Epidemiology and Prevention (EPI)
2006 American Society of Health Economics
2007-09 American Medical Informatics Association
2007-15 American Diabetes Association
2010- American Thoracic Society
2015-17 American Public Health Association
2016- Society of Behavioral Medicine
2017- Academy of Behavioral Medicine Research (Fellow)

Service to Professional and Governmental Organizations (other than grant review)

Institutional

2016-17 Appointment, Promotion and Tenure Committee, School of Public
Health, University of Illinois at Chicago (UIC)
2016-18 Committee on Research, School of Public Health, UIC
2016-17 PhD Admissions Committee, Department of Health Policy and
Administration, School of Public Health, UIC
2017- Scholarly Advisory Council, Department of Medicine, College of
Medicine, UIC
2019-20 Chair, UIC 128 Research Misconduct Investigation Panel, Office of Vice
Chancellor for Research, UIC

Local and Regional

2009-10 Member, Quality and Availability of Care Workgroup, Greater Bay Area
Division, Western States Affiliate, American Heart Association
2009-11 Member, Steering Committee for the Preventive Health Services Research
Fellowship Program jointly sponsored by the Palo Alto Medical
Foundation Research Institute and the Stanford University School of
Medicine's Prevention Research Center
2009-12 Alternate member, Institutional Review Board, Sutter Health Institute for
Research and Education
2011-15 Member, Greater Bay Area 2020 Task Force, American Heart Association

National and International

2002 Expert panelist, A Delphi study with experts on Stages of Change,
Department of Health Education and Health Promotion, Maastricht
University; Department of Clinical and Health Psychology, Leiden
University, the Netherlands

- 2006-07 Faculty, Network for Continuing Medical Education, U.S.A.
2010 Invited Peer Reviewer, *Lifestyle Interventions for Four Conditions: Type 2 Diabetes, Metabolic Syndrome, Breast Cancer, and Prostate Cancer*, Technology Assessment Program, Agency for Healthcare Research and Quality, U.S.A.
- 2011-12 Member, Elizabeth Barrett-Connor Young Investigator Award Review Committee, Council on Epidemiology and Prevention, American Heart Association
- 2012-15 Member, National Diversity Leadership Committee, American Heart Association
- 2013 Member, National Multicultural Communications Best Practices Planning Team, American Heart Association
- 2013-16 Member, Committee on Scientific Sessions Program, Council on Epidemiology and Prevention, American Heart Association
- 2013- Chair ('18-'20), Vice chair ('16-'18), member ('13-'16), Behavior Change Committee, Council on Lifestyle and Cardiometabolic Health and Council on Epidemiology and Prevention, American Heart Association
- 2015- Member, Steering Committee of the Science of Behavior Change Research Network, Office of the Director, National Institute of Health
- 2016-17 Member, Guideline Advantage™ Research Sub Committee, American Heart Association
- 2016- Member, Leadership and Nominating Committees, Council on Lifestyle and Cardiometabolic Health, American Heart Association
- 2016- Member, Obesity Committee, Council on Lifestyle and Cardiometabolic Health, American Heart Association
- 2016-19 Member, Scientific & Clinical Education Lifelong Learning (SCILL) Committee, Council on Lifestyle and Cardiometabolic Health, American Heart Association
- 2017 Featured Expert, American Medical Association Integrated Health Model Initiative
- 2018 Reviewer, USPSTF Draft Recommendation Statement: Behavioral Weight Loss Interventions to Prevent Obesity-Related Morbidity and Mortality in Adults
- 2018-19 Member, Committee on Scientific Sessions Programming (CSSP), American Heart Association
- 2018- Member, Preventive Care and Screening: Body Mass Index (BMI) Screening and Follow-Up Plan Expert Work Group, Centers for Medicare & Medicaid Services (CMS)
- 2019-21 Member, Statistics Committee, Council on Epidemiology and Prevention, American Heart Association
- 2019-21 Member, Brain Health Science Committee, Stroke Council, American Heart Association

Community Service Related to Professional Work

- 2005- Participant in numerous print and radio programs about health
 - Print (e.g., TIME, AP, Reuters, O, The Oprah magazine, NY Times, LA Times, other major newspapers/magazines & wire services)
 - Radio (e.g., NPR, numerous local/national shows – live & recorded)
- 2007-15 Advocate, Greater Bay Area Division, Western States Affiliate, American Heart Association
- 2008 Expert witness in California government hearing, Sacramento
 - Senate, No. 1420 (Nutrition Labeling at Chain Restaurants)California State Assembly Committee on Health; March 26, 2008
- 2009 Participant in the American Heart Association's *You're the Cure on the Hill*, Washington, DC; April 21, 2009
- 2011 Guest researcher, American Heart Association's Annual Research Roundtable Luncheon, Burlingame, California; April 1, 2011

XI. INVITED PRESENTATIONS

- 2001 Invited speaker – “Cigarette smoking: Why should dietitians care?”
Annual Food and Nutrition Conference and Exhibitions
Arizona Dietetic Association, Mesa, AZ

- 2006 Invited speaker – “A Novel Approach to Cardiometabolic Risk Reduction: Role of the Endocannabinoid System,” Medical Grand Rounds
Sharp Chula Vista Cardiology Conference; San Diego, CA

- 2007 Invited speaker – “A Novel Approach to Cardiometabolic Risk Reduction: Role of the Endocannabinoid System,” Medical Grand Rounds
Watsonville Hospital, Watsonville, CA
Community Hospital and Rehabilitation, Los Gatos, CA
St. Helena Hospital, St. Helena, CA
Garfield Medical Center, Monterey Park, CA

- Invited speaker – "Current and Emerging Strategies for Reducing Cardiometabolic Risk"
Medical Grand Rounds, Encino Tarzana Regional Medical Center, Tarzana, CA

- 2008 Invited speaker – “Translational Research: From Treatment Gaps to Treatment Improvement”
Center for Health Care Evaluation Forum
VA Palo Alto Health Care System, Menlo Park, CA

- 2010 Invited speaker – “Soaring to New Heights to Gain Control”
3rd Annual New Mexico Asthma Symposium on Obesity and Asthma

Asthma Allies, Albuquerque, NM

- 2011 Invited faculty – CME lectures: “Evaluation of Lifestyle Interventions to Treat Elevated Cardiometabolic Risk in Primary Care,” and “The Relationship between Depression and Obesity in Women”
American Summit on Cardiometabolic Disease, October 1, 2011
Chicago, IL
- 2011 Special guest – Poster Presentations: “Baseline Data from an RCT of Obesity Management in Primary Care,” and “Baseline phenotypes among overweight and obese participants in an RCT of behavioral weight management in primary care”
First California Bay Area American Heart Association Research Award Reception, October 6, 2011
San Francisco, CA
- 2012 Chair – “Monitoring Health Care Reform through Provider-based Surveys: New Initiatives from the National Ambulatory Medical Care Survey and National Hospital Ambulatory Medical Care Survey,”
National Conference on Health Statistics, August 8, 2012
Washington, D.C.
- 2012 Invited speaker – “Translating Diabetes Prevention Program Lifestyle Intervention for Weight Loss and Cardiometabolic Risk Management in Primary Care”
Second Weight Management Symposium, Weight Management Program of Excellence, October 26, 2012
Palo Alto Medical Foundation, Palo Alto, CA
- 2013 Plenary speaker – “Clinical Research on Lifestyle Interventions to Treat Obesity and Asthma in Primary Care”
Healthy Children, Thriving Adults - *Strategies for Sustainable Change*
4th Annual Northern California Summit on Children and Youth, April 11, 2013
Richmond Community Foundation, Richmond, CA
- 2013 Invited speaker – “Accessible and affordable Diabetes Prevention Program Lifestyle Interventions in Primary Care Settings and the Community”
Santa Clara County Health Reform Stakeholder Working Group Meeting, July 24, 2013
Working Partnerships USA, San Jose, CA
- 2015 Invited speaker – “Precision Lifestyle Medicine Research for Personalized Population Health Management”

Epidemiology Distinguished Speaker Seminar Series, Department of
Epidemiology, School of Medicine, July 17, 2015
University of California, Irvine, CA

- 2015 Invited speaker - "Behavioral Weight Loss and Dietary Interventions in Adult Patients with Asthma"
Grand Rounds, Division of Pulmonary, Critical Care, Sleep and Allergy,
Department of Medicine, College of Medicine, November 3, 2015
University of Illinois, Chicago, IL
- 2018 Invited panelist - Panel Discussion "Turning the Tide: How Do We Change the Trajectory of Chronic Disease"
23rd Annual Research Day, University of Illinois at Chicago Health Sciences Campus – Rockford, April 27, 2018
University of Illinois, Rockford, IL
- 2018 Invited speaker - Symposium "Trans-behavioral Mechanisms and Processes of Change"
14th Annual Mechanisms of Behavior Change, National Institute on Alcohol Abuse and Alcoholism (NIAAA), June 16, 2018
San Diego, CA
- 2018 Featured speaker - "Integrated Behavior Therapy for Comorbid Obesity and Depression in Primary Care"
6th Annual UIC Diabetes and Obesity Research Day, October 9, 2018
Chicago, IL
- 2018 Invited speaker - "Treating Obesity as a Neurologic Disorder"
Cardiovascular Seminar "Rx for Behavior Change: Engaging Patients to Meet Guidelines," November 10, 2018
American Heart Association Scientific Sessions 2018
Chicago, IL
- 2018 Invited speaker - "Collaborating with Other Research Organizations"
Behavioral Medicine Research Council Founding Conference, December 10-11, 2018
Washington D.C.
- 2019 Invited speaker - "Effect of Integrated Behavioral Weight Loss Treatment and Problem-Solving Therapy on Body Mass Index and Depressive Symptoms Among Patients With Obesity and Depression: The RAINBOW Randomized Clinical Trial" Hot-of-the-Press session, March 7, 2019

- American Heart Association Epidemiology and Lifestyle Joint Council
Conference, March 5-8, 2019
Houston, TX
- 2019 Chair - "Examining Outcomes and Mechanisms of Integrated Collaborative Obesity and Depression Care: Insights from the RAINBOW Trial" Symposium, March 8, 2019
Society of Behavioral Medicine 40th Annual Conference, March 6-9, 2019
Washington, D.C.
- 2019 Chair - "Managing Hypertension: Behavioral Medicine's Role in Leading the Narrative" Panel discussion, March 8, 2019
Society of Behavioral Medicine 40th Annual Conference, March 6-9, 2019
Washington, D.C.
- 2019 Invited speaker - "Integrated Behavior Therapy for Comorbid Obesity and Depression in Primary Care: Efficacy and Mechanisms" Grand rounds, March 19, 2019
Department of Preventive Medicine, Rush University Medical Center
Chicago, IL
- 2019 Invited speaker - "Behavior Changes in Adults with Chronic Diseases," March 30, 2019
Michigan Society for Cardiovascular and Pulmonary Rehabilitation Conference, March 29-30, 2019
Mount Pleasant, Michigan
- 2019 Invited speaker - "An Experimental Medicine Approach to Studying Integrated Behavior Therapy for Comorbid Obesity and Depression in Primary Care: Efficacy and Mechanisms," July 9, 2019
Bringing an Experimental Medicine Approach to the Science of Behavior Change: A Hands-on Introduction to the NIH SOBC Program and its Method
Preconference meeting at the 27th Annual Meeting of the Society for the Study of Ingestive Behavior, July 9-13, 2019
Utrecht, Netherlands
- 2020 Invited speaker - "Behavioral Treatment Programs to Address Lifestyle and Diet Challenges in Primary Care," March 1, 2020
National Lipid Association's (NLA) 2020 Spring Clinical Lipid Update, February 28-March 1, 2020
Denver, Colorado