

**CURRICULUM VITAE**  
**Sachiko Tokunaga (de)St. Jeor**

**I. PERSONAL DATA:**

**Birth:** Los Angeles, California

**Home Address:**  
60 Hawken Road  
Reno, NV, 89519

Home: (775) 826-9075

Cell: (775)250-2303

**Married:** Two children; 6 Grandchildren

**Office:**  
GenQuest Laboratories  
133 Coney Island Drive  
Sparks, NV 89431

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**II. EDUCATION:**

B.A. 1963	University of Utah, Salt Lake City, Utah (Nutrition)
(R.D.) 1963-64	Clinical Nutrition Internship (Registered Dietitian), State University of Iowa Hospitals, Iowa City, Iowa
M.S. 1965	State University of Iowa, Iowa City, Iowa (Nutrition)
Ph.D. 1980	Pennsylvania State University, University Park, Pennsylvania (Nutrition)

**III. PROFESSIONAL EXPERIENCE:**

2015 -	CEO, GenQuest Nutrition, Reno, NV
2012 -	Professor of Internal Medicine Emerita, Reno; Adjunct Professor of Family Medicine, Las Vegas, University of Nevada School of Medicine, Reno and Las Vegas, NV 89557
2010 - 2012	Professor of Clinical Medicine (tenured), Division of Endocrinology, Nutrition and Metabolism, Department of Internal Medicine; Adjunct Professor, Department of Family and Community Medicine (LV), UNSOM, Reno and Las Vegas, Nevada.
2003- 2010	Professor and Chief, Division of Medical Nutrition and Director, Center for Nutrition and Metabolism, Professor of Clinical Medicine (tenured), Department of Internal Medicine, University of Nevada School of Medicine (UNSOM), Reno, Nevada
1990-2003	Director, Nutrition Education and Research Program (1990-2003) and Professor (tenured, 1990) of Clinical Medicine (Internal Medicine and Family Medicine), University of Nevada School of Medicine, and Professor of Nutrition, Department of Nutrition, College of Human and Community Sciences, University of Nevada, Reno, Nevada;
1984-1990	Director and Associate Professor, Nutrition Education and Research Program and Departments of Family and Community Medicine and Internal Medicine, UNSOM, Reno, Nevada
1982-1984	Director and Assistant Professor, Nutrition Education and Research Program, Department of Family and Community Medicine and Internal Medicine, UNSOM, Reno, Nevada
1980-1982	Assistant Professor, Departments of Family and Community Medicine, Internal Medicine and Pediatrics, University of Nevada School of Medicine (UNSOM), Reno, Nevada
1974-1979	Director, Nutrition Behavior Clinic and Instructor, Departments of Behavioral Science and Int. Med., Hershey Medical Center, College of Medicine, Pennsylvania State University, Hershey, PA.
1973-1974	Instructor, Pennsylvania State University, Commonwealth Campuses, Reading and York, PA.
1971-1973	Nutrition Research Consultant, Clinical Research Center, Temple University Hospital, Philadelphia, Pennsylvania
1969-1971	Research Dietitian, Clinical Study Center and Shriner's Burn Institute, University Texas Medical Branch, Galveston, Texas
1965-1969	Head Research Dietitian and Clinical Instructor, Clinical Research Center, University of Utah College of Medicine, Salt Lake City, Utah
1964-1965	Metabolic Dietitian and Technical Laboratory Assistant, Division of Metabolism and Endocrinology, Department of Internal Med, College of Med, University of Utah, SLC, Utah

#### **IV. PROFESSIONAL ACTIVITIES SINCE RETIREMENT (2012 – )**

CEO, GenQuest Nutrition (GenQuest DNA Laboratories), Reno, NV (2015 - )  
Professor of Internal Medicine Emerita, University of Nevada School of Medicine (7/1/2012 - )  
Clinical Professor, Dept. of Family Medicine (4/1/2012 – )  
Adjunct Professor, Division of Nutrition, College of Health Sciences, University of Utah (2012 - )  
Consultant, DNA Art and Nutrition, Genquest Laboratories, Reno, NV (2012 - 2015)  
Grand Juror, Washoe County District, Nevada (2012 – 2014)  
Consultant (Panel Member), USA Today, Best Diets (2012 - 2015)  
Consultant, Consumer Reports, Survey Research Department, Diet Plan Ratings (2012-2013)  
Member, Evidence Analysis Panel II, Adult Weight Management, AND (2009 - )  
External Advisory Committee, Innovative Translational Medical Nutrition Training for Physicians and Non-Physician Scientists, Pi -Sunyer – PI, Grant # R25CA127432, (2009 – 2014)  
Member, Health Behavior and Context Study Section, NIH, (2008 – 2012), Reviewer (2012 - )  
Advisory Board, Division of Nutrition, College of Health Sciences, University of Utah (1990 - )  
Board Member, Reno Cancer Foundation, Reno, NV. (1989 - )

##### **Presentations/ Misc. Activities**

Speaker, Commencement Address, Case Western Reserve University, Combined Dietetic Internship and Master's Degree Programs, December 9, 2016, Cleveland, Ohio  
Invited Speaker, "Personalized Nutrition Assessment with Technology", Greater Cleveland Dietitians, Cleveland, Ohio, December 8, 2016.  
Copher Acceptance Speech, FNCE/AND, Houston, Texas, October 19, 2013  
Keynote Speaker, Ohio Consultant Dietitians in Healthcare, Cleveland, Ohio, Sept. 19, 2014.  
Speaker, California Dietetic Association Annual Conference and Exp, Santa Clara, CA, April 3, 2014  
External Advisory, NIH Grant for Innovative Translational Medical Nutrition Training, (PI – PiSunyer) Columbia University-St Luke's Roosevelt Hospital Center, NY Obesity Reserch Center, May 21, 2014.  
Exhibitor, FNCE/AND, Atlanta, Georgia, October, 2014.  
Speaker, UCSF (University of California San Francisco), April 2, 2015.  
Exhibitor, WMDPG (Weight Management PDG) Symposium, Portland, Oregon, April 17, 2015.  
Speaker, Advances in Nutrition Colloquium Series, New York University, New York, NY, April 24, 2015.  
Exhibitor, Member Product MarketPlace, FNCE, Nashville, TN, October 4, 2015  
Moderator, Quantifying Success: Practice Growth through Nutrition Tracking Technology, FNCE, Nashville, TN, October 5, 2015

#### **V. PROFESSIONAL SOCIETIES AND ACTIVITIES:**

##### **PROFESSIONAL SOCIETIES:**

Fellow, Society of Behavioral Medicine, 1992 (Elected Delegate at Large 1994-1997)  
Fellow (FADA), Registered Dietitian, (RD), American Dietetic Association, 1995  
Fellow (FAHA), Council on Epidemiology and Prevention, American Heart Association, 2001  
Fellow (FAHA), Council on Nutrition, Physical Activity and Metabolism, American Heart Association, 2003  
Fellow, The Obesity Society (TOS) formerly North American Association for the Study of Obesity (NAASO)  
Member, Clinical Committee (2008-2010)  
Member, American Society Clinical Nutrition, American Society for Nutritional Sciences, FASEB  
(Elected Member of the Council for Medical Nutrition 2007-2010, Graduate Professional Council 2008 - 2011)  
Member, American Institute of Nutrition (Certified Nutrition Specialist)  
American Association for Cancer Education  
Society for Nutrition Education

##### **SPECIAL AWARDS AND RECOGNITION:**

Recipient, Utah Dietetic Association Scholarship, 1964  
 Omicron Nu, National Scholastic Honorary Society, 1964  
 Dietary Products Foundation Award, American Dietetic Association, 1968  
 New Professional Award, College of Human Development and Alumni Society, Pennsylvania State University, University Park, PA, 1985  
 First Place, Roche Laboratories Award, Excellence in Clinical Research and Best Paper in Overall Excellence in Research, Council on Scientific Affairs American Medical Association, presented to Mark D. Mifflin (St. Jeor Mentor) National Research Forum, Galveston, Texas, 1988  
 Featured Faculty, Century Campaign, University of Nevada Foundation, 1989-1994  
 Founding Member (Vice Chairman), Council on Renal Nutrition, National Kidney Foundation Annual Meeting, Washington, DC, December, 1990  
 Visiting Professor of Nutrition, National Dairy Council, National Program, 1990-1995  
 Outstanding Alumnus, Division of Foods and Nutrition, College of Health, University of Utah, Salt Lake City, Utah, 1991  
 Honoree, Nevada Women's Fund, (University of Nevada) Woman of Achievement, University of Nevada, Reno, 1992  
 Fellow, Society of Behavioral Medicine, 1992  
 Award for Excellence in the Practice of Dietetic Research, American Dietetic Association, 75th Annual Meeting, 1992  
 Alumnus Recognition Award, College of Health and Human Development, The Pennsylvania State University, University Park, PA, 1992  
 Fellow, American Dietetic Association, 1995  
 Outstanding Nevada Dietitian, Nevada Dietetic Association, 1996  
 Medallion Recognition Award, American Dietetic Association, 1996  
 Fellow, Council on Epidemiology and Prevention, American Heart Association, 1999  
 Fellow, Council on Nutrition, Physical Activity and Metabolism, American Heart Association, 2003  
 National Recommendation by the American Dietetic Association for the 1991 Mifflin-St. Jeor Equation (MSJE) to be used as the standard predictive equation for resting energy expenditure (REE) in place of the 1919 Harris-Benedict Equation (HBE), Food and Nutrition Conference and Exhibition, American Dietetic Association, San Antonio, October 27, 2003  
 Recipient, ASN Roland Weinsier Award for Excellence in Medical/Dental Nutrition Education for 2007, American Society for Nutrition, Federation of American Societies for Experimental Biology, (FASEB), Experimental Biology Meeting, April 21, 2007, Washington, D.C.  
 Marjorie Hulsizer Copher Award, FNCE, October 2013, Houston, TX

**NATIONAL ACADEMY OF SCIENCES: (\*\*Major Committees)**

- \*\* Member, Committee to Develop Criteria for Evaluating the Outcomes of Approaches to Prevent and Treat Obesity, "Weighing the Options", Food and Nutrition Board, Institute of Medicine, National Academy of Sciences, Washington, D.C., 1993-94
- \*\* Member, Food and Nutrition Board Committee, "Opportunities in the Nutrition and Food Sciences", Institute of Medicine, National Academy of Sciences, Washington, D.C., 1991-93

**DEPARTMENT OF HEALTH AND HUMAN SCIENCES AND THE DEPARTMENT OF AGRICULTURE (\*\*Major Committees)**

- \*\* Member, 1995 Dietary Guidelines Advisory Committee, Department of Health and Human Sciences and Agriculture, Washington, D.C., 1990-95

**NATIONAL INSTITUTES OF HEALTH (\*\*MAJOR COMMITTEES):**

- \*\* Member, Health, Behavior and Context Study Section, NIH, NIH 2008-2012.
- \*\* Member, Small Business: Endocrinology, Metabolism, Nutrition and Reproductive Sciences Review Group, NIH, 2003 -2007
- \*\* Member, National Dietary Modification Committee, Women's Health Initiative, NIH, 1995-1997, 1997-2000
- \*\* Member, Epidemiology and Disease Control Study Section (EDC-1), DRG, NIH, Bethesda, MD, 1995, 1996-2000
- \*\* Member Expert Panel, Consensus Development Conference on Optimal Calcium Intake, Office of Medical Applications of Research, NIH, Bethesda, Maryland, June 6-8, 1994
- \*\* Member, Clinical Applications and Prevention Advisory Committee, NIH, Bethesda, Maryland, 1987-1991
- \*\* Member, Behavioral Medicine Study Section, NIH, Bethesda, Maryland, 1980-1984
- \*\* Member, Scientific Advisory Group, National Cooperative Dialysis Study, Artificial Kidney Chronic Uremia Program, National Institutes of Arthritis, Metabolism and Digestive Diseases, Bethesda, Maryland, 1976-1982

### **PROJECT RELATED NIH ACTIVITIES:**

Reviewer, GO Grants, Special Recovery Act Limited Competition for NIH, August 4-5, 2009, Washington, D.C.  
Chair, Multisite Data and Safety Monitoring Board (DSMB), "Regulating Eating and Obesity" (U01AAT002550) at Indiana, Duke and Univ. Pennsylvania, NIH, 2006-2007  
Chair, Invited Speaker, Family Based Interventions, Innovative Approaches to Prevent Obesity, NIH, 2001  
Member, Committee to Define Directions for the Office of Dietary Supplements, NIH, Bethesda, MD, 1996  
Member, Committee to Define Behavioral and Social Science Research, Office of Behavioral and Social Science Research (OBSSR, NIH, 1995)  
Invited Speaker, "Risk Factors for Unhealthy Eating," Scientific Symposium on Eating Disorders, National Institute of Mental Health, NIH, Chicago, Illinois, May 1993  
Planning Committee, Workshops on How to Conduct Well Controlled Studies of Diet and Lipid Metabolism in Humans, National Heart and Lung and Blood Institute, NIH, Sept and Dec 1991  
Planning Committee, Smoking and Body Weight: Methods and Assessment, National Heart and Lung and Blood Institute, NIH, Sept, 1990  
Invited Speaker, "The Respiratory Quotient (RQ) as a possible marker for estimating dietary fat intake," Biochemical Markers of Compliance of Modified Fat Diets, National Heart Lung and Blood Institute, NIH Sept 1989  
Invited Speaker and Chairman, Nutrition and Behavior Assessment Workshop on Dietary Behavior Changes for Disease Prevention: A Research Agenda, National Cancer Institute and National Heart Lung and Blood Institute, NIH, April 1989

### **NIH SPECIAL REVIEW COMMITTEES:**

Project Site Visitor and Special Reviewer for NIH (NIADDDK and General Medicine B) 1981  
Member, Special Study Section, Growth Failure in Children with Renal Failure, NIADDDK, National Institutes of Health, November, 1982  
Member, Ad Hoc Review Committee, Accuracy of Derived Historic Dietary Information, National Cancer Institute, National Institutes of Health, Bethesda, Maryland, April 1983  
Member, Ad Hoc Advisory Committee on Renal Disease (Nutrition) NIADDDK, National Institutes of Health, Bethesda, Maryland, May 1983  
Member, Ad Hoc Review Committee. Low Fat Diets in Breast Cancer, National Cancer Institute, National Institute of Health, Bethesda, Maryland, March 29-30, 1983  
Member, Special Study Section, Influence of Sodium on Blood Pressure in Children, 1984  
Member, Special Review Committee, NHLBI Clinical Trial, Houston, Texas, October 1984  
Member, Special Review Committee, National Cancer Institute, NIH, January, 1985  
Reviewer, Special Review Committee, NCI, Workshop on Dietary Fat and Fiber in Carcinogenesis, August, 1985  
Reviewer, Small Business Innovative Research Grants Behavioral Medicine, NIH, June 10-11, 1985  
Reviewer, NHLBI, NIH, Special RFA Review Committee "Childhood Nutrition, Physical Activity and Cardiovascular Health," June 5-7, 1985  
Reviewer, Special Review Committee, Clinical Trials Review, Blood Pressure in Children, NIH, March 24-25, 1985  
Reviewer, Special Review Committee, Demonstration and Education Research Grants, NHLBI November 4, 1985  
Member, Special Review Committee, NHLBI, Diet and Physical Activity in Children, University of California, San Diego, California, February 27-28, 1986  
Member, Special Review Committee, National Research and Education Demonstration Grant Application, NHLBI, Baylor College of Medicine, May 4-5, 1986  
Member, Special Review Committee, Demonstration and Education Research Grant, NHLBI, Washington, D.C., October 14-15, 1986  
Member, Special Review Committee, Project Site Visit Team, Memorial Hospital for Cancer and Allied Diseases, NCI, NIH, New York City, New York, November 17-19, 1986  
Member, Special Review Committee, Exploration Studies in Minority Aging, National Institute on Aging, NIH, Bethesda, MD, February 9-10, 1987  
Member, Special Review Committee, Behavioral Medicine Study Section, NIH, February 10, 1987  
Member, Special Review Committee, Multicenter Clinical Trial: Effect of Dietary Modification on Blood Pressure Control (COTAIM), NHLBI, NIH, Albuquerque, New Mexico, March 1988  
Member, Special Review Committee, Cancer Education Program, National Cancer Institute, National Institutes of Health, Washington, D.C., August 29, 1988  
Reviewer, Special Committee, NCI, The Regional Center for Clinical Nutrition Education, New York Academy of Medicine, New York, November 1988  
Member, Special Review Committee, National Cancer Institute, Gastrointestinal Cancer Prevention Research Unit, University of Arizona, Tucson, Arizona, December 1988

Member, Special Review Committee, Tufts Cancer Prevention Research Unit, National Cancer Institute, 1989

Member, Special Review Committee, Demonstration and Education Research Grant Applications, National Heart, Lung and Blood Institute, NIH, San Diego, California, February 1989

Member, Special Review Committee, National Cancer Institute, Rockville, Maryland, October 6, 1990

Member, Special Review Committee, Demonstration and Education Research Grant Applications, National Heart, Lung and Blood Institute, NIH, San Diego, California, March 1991

Member, Special Review Committee, Nutrient Requirements in Older Americans, National Institute on Aging, NIH, Mar1993

Member, Special Review Committee, An Intervention Trial to Assist Primary Care Providers in Changing the Eating Habits of Low-Literacy Patients, National Cancer Institute, NIH, February 17, 1994

Concept Review "An Intervention Trial to Assist Primary Care Providers on Changing Eating Habits of Low-Literacy Patients", NCI, NIH, February 17, 1994

Member, Special Review Committee, Phase III, CATCH: The Child of Adolescent Trial for Cardiovascular Health, NHLBI, NIH, August 7-8, 1994

Member, Special Review Committee, Demonstration and Education Resources, NHLBI, NIH, October 27, 1994

Ad Hoc Reviewers, Workshop for Dietary Intake Assessment, NHLBI, October 2, 1995

Ad Hoc Reviewers, Epidemiology and Disease Control (EDC-1) Study Section, NIH, Oct 11, 1995 and Mar 1996

Member, Special Review Committee, Environmental Influences on Obesity, NIH, August 26-28, 2002.

Member, Special Review Committee, NIH Roadmap Initiatives, Exploratory Centers for Interdisciplinary Research (P20), July 13-15, 2004

Member, Diet and Physical Activity Special Emphasis Review Panel, NIH, October 28, 2004.

Member, Pediatric Obesity Site Specific Interventions, Special Review Panel, NIH, June 23-24, 2005

Member, Obesity Nutrition Research Centers, NIH, NIDDKD, November 29,-30.2005.

Member, Special Emphasis Panel, Metabolism and Nutrition, Pilot and Feasibility Clinical Research Grants in Diabetes, Endocrine and Metabolic Diseases (R21), PA 06-387, 8/01/2007

Member, Metabolism and Nutrition, Pilot and Feasibility Clinical Research Grants in Diabetes, Endocrine and Metabolic Diseases (R21), March 14, 2008.

#### **NIH PROJECT SITE VISITS (SPECIAL REVIEWS)**

Physiologic Effects of Diet/Exercise in Obese Children, C.S. Mott, Children's Hospital, University of Michigan, Ann Arbor, Michigan, January 27-28, 1982

Special Grant Review (NIADDDK) Effects of Vit.D on Growth in Children with Renal Insufficiency (Clinical Trial), Dept. of Pediatrics, Medical College of Virginia, Richmond, Virginia, April 5-7, 1982 and November 11, 1982

Biobehavioral Changes During Female Puberty, St. Luke's Roosevelt Hospital, Dept. of Pediatrics and Gynecology, New York City, New York, April 28-30, 1982

Cross Cultural Study of Coronary Heart Disease Risk Factors in Greek Adolescents, University of Miami, School of Medicine, Miami, Florida, May 4-6, 1982

Primary Prevention of Cancer in Children, American Health Foundation, New York, New York, Jan 26-27, 1983

Biobehavioral Treatment of Obesity: Aerobic Lifestyle Diet Modification Clinic, Baylor College of Medicine, Houston, Texas, February 9-10, 1983

Behavioral Factors and Metabolic Control, IDDM and NIDDM, Beth Israel Hospital and Joslin Diabetes Center, Harvard Medical School, Boston, Massachusetts, November 17-18, 1983

Biobehavioral Aspects of Exercise in Obese Children, Univ of Pitts School of Med, Pittsburgh, PA, January 4-5, 1984

Psychophysiology of Irritable Bowel Syndrome, Johns Hopkins Univ School of Med, Baltimore, MD, Jan 5-6, 1984

Relapse Prevention in the Diet Treatment of Hyperlipidemia, Oregon Health Sciences University, Portland, Oregon, February 18-19, 1984

Weight Reduction for Mexican Americans, Diet Mod Clin, Baylor College of Med, Univ of TX, Houston, TX, Oct 1984

Diet and Physical Activity in Children, University of California, San Diego, California, February 1986

National Research and Education Demonstration Grant Application, Baylor College of Med, Houston, TX, May 1986

Breast Cancer Prevention, Memorial Hospital for Cancer and Allied Disease, New York City, NY, November 1986

Cancer Center Program Project, University of Texas Medical Branch, Galveston, TX, March 1988

Effect of Dietary Modification on Blood Pressure Control (COTAIM), Multicenter Clinical Trial, Albuquerque, New Mexico, March 1988

Gastrointestinal Cancer Prevention Research Unit, Univ. Arizona, Tucson, Arizona, December 1988

Prevention and Control of Diet Related Cancers, Tufts Univ., Boston, MA, January 1989

Demonstration and Education Research (Physician's Role in Lowering Elevated Lipids by Diet), NHLBI/NIH, La Jolla, California, February 1989

Member, Ad Hoc Review Committee, Activity, Inactivity, Diet and the development of Obesity, NIDDKD, NIH, Boston,

**EDITORIAL BOARDS AND JOURNAL ACTIVITIES:**

Member, Editorial Board, Childhood Obesity Mary Ann Liebert, Inc Publishers, NY (2009- Current)  
Member, Editorial Board, Journal Cancer Education (2007 - Current)  
Member, Editorial Board, Topics in Clinical Nutrition, Aspen Publishers Inc., Frederick, MD, 1993-2011  
Guest Editor, Obesity Supplement, Journal of the American Dietetic Association, (May 2005)  
Member, Editorial Board, Obesity Research, North American Association for the Study of Obesity (NAASO), Baton Rouge, LA and New York, NY 1995-2002  
Member, Editorial Board, Mind/Body Medicine, Society of Behavioral Medicine, Decker Periodicals, Hamilton, Ontario, Canada, 1995-1999  
Member, Editorial Board, The Weight Control Digest, American Health Publishing Company, Dallas, Texas, 1990-2000  
Member, Editorial Advisory Board, Clinics in Applied Nutrition, Andover Medical Publishers, Inc., 1990-1992  
Member, Guest Editorial Board, Journal of School Health, 1990  
Member, Board of Editors, Journal of American Dietetic Association, Chicago, Illinois, 1983-1985, 1985-1988  
Consulting Editor, Behavioral Medicine Abstracts, New York, N.Y., 1985-1988

**ADVISORY BOARDS:**

Advisory Board, Adult Weight Management, American Dietetic Association, Chicago, IL (1995- Current )  
Advisory Board, Division of Foods and Nutrition, College of Health, University of Utah, 1990- Current)  
President, Reno Cancer Foundation, Inc., Reno, Nevada, 1995-1997, (President Elect, 1993-1995, Secretary, 1989-1992, Board of Directors 1989-Current) \\  
American Dietetic Association Foundation (ADA), Chicago, Illinois (2006-2009)  
Scientific Advisory Board, National Council on Women's Nutrition Solution, NCBA, Denver, Colorado 1999-2009)  
Scientific Advisory Group, HealthETech, Denver Colorado, 2001- 2004  
Scientific Advisory Board, Nutrition and Health Campaign for Women, Amer Dietetic Association, Chic, IL, 1993-1999  
Advisory Council, The American Obesity Association (founding member), Washington, DC 1995-  
Board of Advisors, Medical Nutrition Curriculum Initiative, University of North Carolina at Chapel Hill, 1993-  
Board of Directors, American Dietetic Association, Chicago, Illinois, 1989-1991

**AMERICAN DIETETIC ASSOCIATION:**

**(\*\*Major Committees):**

\*\*Evidence Analysis Panel II, adult Weight Management, American Dietetic Association (2009-Current)  
\*\* Weight Management Practice Group, Research Committee, (2008-Current)  
\*\* Obesity Steering Group, American Dietetic Association and Foundation, 2004 – 2007  
\*\* Evidence Analysis Panel, Adult Weight Management, American Dietetic Association (2004 – 2007)  
\*\* Scientific Advisory Panel, National Childhood Obesity Initiative, American Dietetic Assoc.& Foundation, 2000- 2004  
\*\* Member, Obesity Certification Program, 1999 – 2005  
\*\* Alliance Representative to the North American Association for Obesity, 1999-  
\*\* Member Elect, National Nominating Committee American Dietetic Association, 1994-95  
\*\* Chair, Committee to revise the RDA's American Dietetic Association, Chicago, Illinois, 1993  
\*\* Scientific Advisor and National Representative (Weight Management), Nutrition and Health Campaign for Women, American Dietetic Association, Chicago, Illinois, 1993-95  
\*\* Chair, Council on Research, ADA, Chicago, Illinois, 1990-1991; Member, 1987-1989 ;  
\*\* ADA Board of Directors, Chicago, Illinois, 1989-1991  
\*\* House of Delegates, 1990-1991  
\*\* Board of Editors, Journal of American Dietetic Association, Chicago, Illinois, two terms: 1983-1985; 1985-1988

**Other Activities: (American Dietetic Association)**

Invited Participant, Research Agenda Workshop, 1992

Member, Strategic Planning Committee, American Dietetic Association, 1992  
Reviewer, Journal American Dietetic Association, 1987-Current  
Chair, New Researchers Award Committee, 1989  
Member, Published Paper Award Committee, Research Dietitian Practice Group, 1986  
Member, Resource Panel Annual Meeting Program, ADA Convention, 1985-1986  
Member, Working Committee, Role Delineation Study for the Field of Clinical Dietetics, 1979-1980  
Leader, Skills Development Workshop, 1990 and 1991  
Speaker and Session Chairman at numerous local, state and national meetings  
Member, State Associations (Utah, Texas, Pennsylvania, Nevada) - Various Offices including Secretary/Treasurer;  
Chairman, Nominating Committee, Chairman Practice Groups

**AMERICAN HEALTH FOUNDATION:**

\*\* Chair, Expert Panel, Healthy Weight Roundtable Conference, New York, NY, Sept. 20, 1994

**AMERICAN HEART ASSOCIATION (\*\*MAJOR COMMITTEES):**

\*\* Member, National Nutrition Committee, American Heart Association, Dallas, Texas, 1998 - 2003  
\*\* Member, Executive Committee, Council on Epidemiology and Prevention, American Heart Association, Dallas, Texas, 1998 – 2003  
\*\* Chair, Membership Committee, Industry Nutrition Advisory Panel, American Heart Association, 2001 - 2003  
\*\* Chair, Committee on Women, Nutrition Intervention Strategies, Underlying Themes, Conference on Preventive Nutrition: Pediatrics to Geriatrics, Salt Lake City, Utah, Feb. 1997  
\*\* Chair, Obesity Workshop, AHA Prevention III Conference, Behavior Change and Compliance: Keys to Improving CV Health, Jan. 1993  
\*\* Member, National Nutrition Committee (Sub-Committee of Nutritionists), AHA, Dallas, Texas, 1988-1992  
\*\* National Chairman, Food Festival, AHA, Dallas, Texas, 1987  
Member, Nutrition Program Subcommittee, AHA, Dallas, Texas, 1984-1988  
Member, Healthcare Site Task Force, AHA, Dallas, Texas, 1985-1988

**AMERICAN SOCIETY FOR NUTRITION (ASN) Federation of American Societies for Experimental Biology**

Also **AMERICAN SOCIETY FOR CLINICAL NUTRITION (\*\*MAJOR COMMITTEES):**

\*\* Member, Graduate and Professional Education Committee (2008-2011)  
\*\* Elected Member, Medical Nutrition Council (2007-2010)  
\*\* Member, Committee on Continuing Education Programs, 1999-2002  
\*\* Member, Search Committee, Editor, American Journal of Clinical Nutrition, 1996  
\*\* Member, Nominating Committee, 1995-1997  
\*\* Member, Committee to Review Educational Materials for Teaching Clinical Nutrition, 1993-1995  
\*\* Member, Expert Steering Group, Workshop on Healthy Weights, American Institute of Nutrition, Life Sciences Resource Office, Federation of American Societies for Experimental Biology (FASEB) for the Office of Health Promotion and Disease Prevention, NIH, Department of Health and Human Services, May 17-18, 1993  
\*\* Member, Committee on Medical/Dental School and Residency Nutrition Education, Bethesda, Maryland, 1989-1992, 1996-1999  
\*\* Site Visitor, Programs of Excellence, 1990

**AMERICAN ASSOCIATION FOR CANCER EDUCATION (\*\*MAJOR COMMITTEES):**

\*\* Member, Committee on Nutrition and Cancer Education Objectives, 1989

### **SOCIETY BEHAVIORAL MEDICINE (MAJOR COMMITTEES):**

- \*\*Nominating Committee, 2009
- \*\* Elected Member, Board of Directors, 1994-97
- \*\* Officer, Member Delegate, 1994-97  
Member, Membership Council, 1995-97

### **INTERNATIONAL COMMITTEES:**

- \*\* Peer Review Panel, Opportunities for Micronutrient Interventions, U.S. Agency for International Development, Human Nutrition Institute, International Life Sciences, Nutrition Foundation, Washington, D.C., 1994-1999
- Planning Committee, Second International Conference on Dietary Assessment Methods, Boston MA, Jan., 1995
- Planning Committee, First International Conference on Dietary Assessment Methods. Assessing Diets to Improve World Health, Minneapolis, MN, Sept. 20-23, 1992

### **PARTNERSHIP FOR HEALTHY EATING AND ACTIVE LIFESTYLE (National Consortium)**

Working Group Member, Environmental Influences, 1999-2001

### **THE OBESITY SOCIETY or TOS (Formerly NORTH AMERICAN ASSOCIATION FOR THE STUDIES OF OBESITY (NAASO))**

- Member, Clinical Committee (2008-2011)
- Chair, TOS Component cooperatively with the American Association of Clinical Endocrinologists, Healthy Eating Evidence Based Clinical Practice Guidelines (In Process 2008 - )
- Co-Chair, CME Pre Meeting Program, NAASO Annual Scientific Meeting, October 11, 2003, Ft. Lauderdale, Florida
- Liaison Member, American Dietetic Association (1999- 2000)

### **OTHER MISCELLANEOUS COMMITTEES AND ACTIVITIES:**

- Scientific Reviewer, Smith Richardson Foundation, American Council on Science and Health, New York, NY, 1978
- Consultant, Governor's Renal Disease Advisory Committee, Harrisburg, Pennsylvania, 1978
- Member, Ad Hoc Committee on Perinatal and Prenatal Nutrition, Society for Nutrition Education, 1978
- \*\* Executive Committee and Charter Member (Vice Chairperson) Council on Renal Nutrition, National Kidney Foundation, New York, New York, 1973-1980
- Member, Advisory Council, Nutrition Education and Training Program, Nevada Department of Education, Carson City, Nevada 1981-1982
- Member, Editorial Review Board, Nutrition in Practice, Minneapolis, Minnesota, 1981-1984
- Member, Minority Affairs, Committee, Reno Gazette Journal Newspaper, 1989
- Chairman, Healthcare Site, for Heart RX, Nevada Affiliate, American Heart Assoc., Las Vegas, Nevada, 1988-1990
- Consultant, University of Arizona Health Sciences Center, Nutrition Curriculum in Medical Education, Tucson, Arizona, 1995-2000
- Consultant, NIH SPARK Program, University of California, San Diego, 2000-Current
- Reviewer, CME Programs in Nutrition, Robert Wood Johnson Foundation, Chicago, IL, September 26, 2003
- External Advisory Committee, New York Obesity Research Center, St. Lukes-Roosevelt Hospital, 2011 – Current
- Member, Expert Panel, US News, "Best Diets" Rankings, 2011
- Consultant, Consumer Report, Diet Ratings (2010-2013)
- External Advisory Committee, Innovative Translational Medical Nutrition Training for Physicians and Non-Physician



**UNIVERSITY OF NEVADA COMMITTEES:**

Research Committee, University of Nevada School of Medicine, 1982-1983  
Ad Hoc Committee to establish a graduate degree in Comparative Nutrition for the University of Nevada, 1983  
Search Committee, Pediatric Chairman, University of Nevada School of Medicine, 1983  
Student Admissions Committee, University of Nevada School of Medicine, 1983-1985  
Gerontology Committee, University of Nevada-Reno, 1983-1985  
Advisory Council, Synapse, University of Nevada School of Medicine, 1986-  
University Appeals Committee, University of Nevada-Reno, 1986-1989  
Practice Plan Committee, University of Nevada School of Medicine, 1986  
Student Health Task Force, University of Nevada School of Medicine, 1988  
Chairman, Nutrition Department Committee Proposal for the University of Nevada Systems, 1989  
Search Committee, Chairman Department of Nutrition; College of Human and Community Sciences, University of Nevada,  
Reno, Nevada, 1989  
Member, Heart at Work Committee, University of Nevada School of Medicine, Reno, Nevada, 1989  
Wild Idea Group, President's Advisory, University of Nevada, Reno, Nevada, 1991  
Research and Graduate Education Committee, University of Nevada, Reno, Nevada, 1992  
Merit Review Committee, University of Nevada-Reno, 1994-1996  
School of Medicine Faculty Council, 1996- 2003; Vice Chair 2001- 2002  
Committee to Evaluate Biostatistics at UNR, 2001  
Scholarship Committee, Sanford Center for Aging, UNR, 2005  
Conflict of Interest Committee, 2007

**V. GRANTS AND CONTRACTS:**

**GRANTS AND CONTRACTS AWARDED:** (\*\* Denotes NIH Grants):

Co-Investigator (Chau, PI). Geriatric Training for Physicians, Dentists and Behavioral and mental Health Professions,  
Department of Health and Human Services, Health Resources and Services Administration (HRSA), 07/01/10 to  
06/30/2015, \$2,956,850 Direct.  
Co Principal Investigator (with CO-PI Plodkowski), Jenny Craig, Inc., Weight Loss and Visceral Fat Responses to  
Different Diet Compositions (\$245,678 Direct, \$300,000 Total), 5/1/90 – 6/30/2011  
Principal Investigator, Microlife Endowment for the Division of Medical Nutrition (\$50,000) and Sponsored Research  
Project Developing, Implementing and Evaluating Innovative Weight Management Services (\$55,000), 12/1/07 to  
12/31/09 (Initial Phase), Microlife USA, Golden, Colorado and Taipei, Taiwan.  
Principal Investigator, Comparison of Two Methods of Body Composition and Their Relationships with Measures of  
Visceral Fat and Resting Metabolic Rate, Tanita Corporation, Tokyo Japan, (\$25,000) 6/1/2006- 12/31/2007  
Principal Investigator, ARI Match to " Comparison of Two Methods of Body Composition" , State of Nevada  
General Fund, University of Nevada, Reno (\$17, 862), 6/1/06-12/31/07  
\*\* Principal Investigator, Statewide Curriculum Enhancement of Nutrition Education, (K07 HL03972) NHLBI, NIH,  
09/28/00- 09/27/06, \$737,478 (direct) \$750,000 (total)  
Principal Investigator, Diabetes/Obesity Treatment Module, Nevada State Health Department 4/1/03-3/31/04, 54,816

- Principal Investigator, Second-half Of Life Enhancement (SOLE) Study, Nevada Senior Nutrition Center, Vitamin Settlement Funds Bureau of Consumer Protection, Office of Nevada Attorney General, 8/1/2002 – Dec. 31, 2003, \$136,302. (PI transferred to Dr. Jordi Goldstein-Fuchs for faculty development)
- \*\* Co-Principal Investigator, Nevada Environmental Tobacco Smoke and Health Study, (R01 ES09520), National Institute of Environmental Health Sciences, NIH, 09/30/00- 09/29/04, \$1,596,220 (direct), \$2,350,000 (total), PI: Pristos
- \*\* Principal Investigator, Family-Based Intervention: Preschool Children & Parents,(R01 HL65133) NIH, NIDDK, 09/30/99 – 09/29/03, \$325,00 (direct), \$541,125 (total)
- \*\* Co-Investigator (PI Judith Ashley), Nutrition and Cancer: Statewide Preceptor Education (R25 CA88899), National Cancer Institute, NIH, 9/01/02-12/31/03, \$1,299,144 (direct), \$1,403,076 (total).
- \*\* Principal Investigator, Cancer and Nutrition: A Generalist Education Model, (R25 CA64754), National Cancer Institute, NIH, 7/1/96-06/30/0, \$1,140,318 (Direct), \$1,231,543 (Total)
- Principal Investigator, Energy Density, International Life Sciences Institute, 10/01/99 - 12/31/00, \$27,500 (Total)
- Principal Investigator, The Use of Meal Replacements in Obesity Treatment: Minimal vs Maximal Intervention Models, SlimFast Nutrition Institute, 01/01/98 - 06/30/01, \$115,000 (Direct), \$186,950 (Total); Co-I, 7/1/99-6/30/00, \$81,518 (PI switched to Ashley); 2001-2002 Co-Investigator (PI Ashley) \$247,586
- Principal Investigator, Applied Research Initiative, Univ of Nevada, 02/01/98 - 06/30/99, \$50,000 (Total)
- Principal Investigator, Development of REE Registry, Knoll Pharmaceutical Company and Roche Pharmaceutical, 10/01/98 -, \$30,000
- \*\* Principal Investigator, RENO Diet-Heart Study, National Heart, Lung and Blood Institute, NIH (R01 HL34589), 4/1/92-3/31/96, 980,123 (Direct), \$1,420,570. (Total)
- \*\* Principal Investigator: Curricular Integration of Nutrition in Cancer and Health (CINCH), (R25 CA48062)( National Cancer Institute, NIH, 5/1/89 - 4/30/94, \$801,391 (Direct) \$865,502 (Total)
- Co-Investigator: Early Nutrition Intervention in HIV and AIDS, DHHS, Public Health Service, 10/01/94-09/30/96 (Direct) \$210,337 ), PI Trudy Larson ( Co-I, Barbara Scott).
- Principal Investigator: Relationships of Fatty Acid Intake, Total Nutrient Intake and Dietary Patterns to CVD in Healthy Individuals: Dairy vs. Non-dairy Foods, NDC, 7/1/89-12/31/91, \$52,416. Co-Principal Investigator, ( PI switched to B. Scott) The Assessment of Temporal Changes in Type and Level of Dairy Food Intake in Relation to CVD Risk. 1/1/92-12/30/94, \$103,565.
- \*\* Principal Investigator: Behavioral and Hormonal Influences in Women, NHLBI, NIH, ( R01 HL34589 Supplement) 4/1/92-3/31/93, \$34,650 Direct, \$50,000 (Total)
- \*\* Principal Investigator: Weight Trends, Behaviors and CVD: Obese vs. Normals, (R01 HL34589) National Heart Lung and Blood Institute, NIH, 9/30/85-9/29/90, \$738,604 (Direct) \$1,070,441 (Total)
- \*\* Principal Investigator: Small Instrumentation Program, National Heart, Lung and Blood Institute, NIH, 9/1/89-8/31/90, \$18,018.
- Principal Investigator: A Nutrition Education Program for a Community Based Medical School, National Fund for Medical Education, Hartford, Connecticut. 7/1/83-6/30/85, \$43,311.
- Principal Invest: Nutrition Status of Patients with Neoplastic Disease, Reno Cancer Center, Reno, 11/1/83-10/31/85, \$5,000
- Co-Investigator: An Investigation of Low Iodine Diets as a Function of Thyroidal Radioiodine Uptake, Reno Cancer Center, Reno, Nevada. 10/1/82-9/30/83, \$5,000

**CONTRACTS AWARDED:**

- \*\* Co-Principal Investigator (PI Dr. Sandra Daugherty), Women’s Health Initiative-West (Nevada Center), (P01 DK41315),DHHS, OASH, OMH, NIH, 9/30/94-09/14/05, \$9,480,995 (total)

Principal Investigator: The Effect of Glucose, Mixed Formulas and Test Meals on Glucose Tolerance Testing and Glucoregulatory Hormones in Normal Subjects, Research Committee, University of Nevada School of Medicine, Reno, Nevada, 4/1/81-3/31/82, \$2000

Co-Principal Investigator: Lifetime Body Weights and Associated factors. Centers for Disease Control, Atlanta, Georgia \$10,000 9/91

\*\* Co-Investigator: Validation Study of the Self Reported Dietary Assessment (SRDA), J.W.K. Int'l Corp, 7/1/89-6/30/90, Small Business Innovative Research Project, NIH, \$4,000

Co-Investigator (Project Director): Oncology Nutrition Behavior Clinic, An Interdisciplinary Study of Nutritional Problems, Central Pennsylvania Oncology Group, Harrisburg, Pennsylvania, 7/1/78 - 6/30/79

Instructor (Project Director): Hershey Foods Corporation Award, Nutrition Education for Medical Students, Dept. of Behavioral Sciences, M.S. Hershey Medical Center, Hershey, Pennsylvania, 1976

## **VI. PUBLICATIONS:**

### **PUBLISHED: (Includes ALL publications – refereed , invited, chapters, etc.)**

1. de St. Jeor ST, Carlston BJ, Tyler FH. Planning low protein diets for use in chronic renal failure. *Journal American Dietetic Association* 1969;54:34-38.
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5. de St. Jeor ST, Carlston BJ, Christensen S, Maddock RK Jr, Tyler FH. *Low protein diets for the treatment of chronic renal failure*. Salt Lake City: University of Utah Press, 1970 pp. 71.
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7. de St. Jeor ST. First Annual Meeting of the Council on Renal Nutrition. *Journal of the American Dietetic Association* 1975;67:135-136.
8. Barlow S, St. Jeor ST. "Exchange Lists" Renal Diet Guide for the Patient on Dialysis, Dialysis Education Series, Volume V. King of Prussia, PA: Extracorporeal Medical Specialties, Inc., 1976;23-36.
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10. Hepner G, Fried R, St. Jeor ST, Fusetti L, Morin R. Hypocholesterolemic effect of yogurt and milk. *American Journal of Clinical Nutrition* 1979;32:19-24.
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14. St. Jeor ST. Panel Remarks. Workshop on Can Diet Be Dialysis Sparing? Nutritional Management of Progressive Renal Failure. Clinical Applications. Proceedings of the 12th Annual Contractor's Conference. Artificial Kidney Program of the NIADDKD, Bethesda, MD: NIH
15. St. Jeor ST, Guthrie HA, Jones MB. Variability in nutrient intake in a 28-day period. *Journal of the American Dietetic Association* 1983;83:155-162.
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18. Powell SK, Powell B, St. Jeor ST, Veach TL. *Nutrition Assessment* (Computer Software Program), Reno, NV: Nutrition Education and Research Program, 1984.
19. St. Jeor ST, Hill LA, Bissett L. Evaluation of diet in behavioral medicine research: a data based approach with diet questionnaires. *Behavioral Medicine Abstracts* 1987;8:51-54.
20. St. Jeor ST, Winston M. A national educational event: the Food Festival designed to help consumers implement the American Heart Association Dietary Guidelines for Healthy Americans. *Nutrition Today* 1987;22:10-15.
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125. Best C, Ashley J, Perumean-Chaney S, Lardinois C, St. Jeor ST. Observational study of survival skills training for diabetic patients. *AFMR, Western Region Meeting*, Carmel, CA, 2001.

126. Anderson J, Ashley J, MacKintosh R, Perumean-Chaney SE, Dudding B, St Jeor S. Integration and synthesis: A model for Curricular Revision. Cancer and Nutrition Annual Convention, Seattle, WA, April 2001
127. BJ Scott, MPH, RD, ST; St. Jeor, PhD, RD; JM Ashley, PhD, RD; UNR School of Medicine, Reno, NV. "Hands on" Teaching Nutrition Applications to 2nd Year Med. Students. .American Dietetic Association 2001
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129. S.T. St. Jeor, PhD, RD, J. Ashley, PhD, RD, J. Krenkel, MS, RD, Scott B, Perumean-Chaney, Bovee V, Bryg R, Veach T. The Special Qualifications In Nutrition (SQIN) Program For Medical Students. Association of American Medical Colleges, Washington, D.C., Nov 2001.
130. Veach TL, St. Jeor ST, Krenkel J, Dow M. Integrating nutrition in the medical school curriculum. Association of American Medical Colleges, Washington, D.C., Nov. 2001.
131. St. Jeor ST, Scott BJ, Perumean-Chaney S, Clodfelter S, McCarthy WJ, Ward A, Yancey A. BMI VS age/gender-adjusted BMI percentiles in the assessment of obesity in children. NAASO, Quebec, Canada, Oct. 2001. *Ob Res* 2002;10;66.
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133. Constantino N, Perumean-Chaney SE, Coulston E, Clodfelter S, Bovee V, St. Jeor ST. Methodological considerations in the assessment of physical activity for free-living mother and preschool children. National Cardiovascular Health Conference, April 2002
134. Perumean-Chaney S, Sigman-Grant M, St. Jeor ST: The theoretical development of a family-based intervention for parent-child feeding and activity behaviors. Society of Behavioral Medicine, 2002, April 2002
135. Constantino NL, Sirard JR, Clodfelter SE, Perumean-Chaney S, Coulston EM, St. Jeor ST. Comparison of physical activity levels in overweight mothers and their preschool child . American College of Sports Medicine, June 2002.
136. Sigman-Grant M, St. Jeor ST, Perumean-chaney SE, Scott BJ, Constantino, NL. Reflections of overweight mothers regarding prevention of overweight in preschool-aged children. Society for Nutrition Education, Philadelphia, PA, 2002.
137. Krenkel, J. St. Jeor ST, Veach T, Plodkowski R, Kulick D, Goldstein Fuchs J. Review of nutrition competencies for medical education. WGEA Regional Medical Education Meeting, March 28, 2003, Reno, NV.
138. Terre L., PostonWSC, foreyt JP, St. Jeor, ST. Predictors of somatization in a community sample: The RENO Diet Heart Study. Society of Behavioral Medicine 23<sup>rd</sup> Annual Scientific Session, Washington, D.C., April 2002. *Annals of Behavioral Medicine*, 24, S134.
139. Terre L., Poston WSC, Foreyt JP, St Jeor ST. Does somatization predict subsequent depression? Society of Behavioral Medicine 23<sup>rd</sup> Annual Scientific Session, Washington, D.C., April 2002. *Annals of Behavioral Medicine*, 24, S134.
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141. Goldstein-Fuchs J, Bovee V, Herzog H, Perumean-chaney S, Veach T, St. Jeor S. Second-half of life enhancement (SOLE): Identifying nutrition supplement use in healthy older adults. Food and Nutrition Conference and Exhibition, American Dietetic Association, San Antonio, Tx , October, 2003
142. Scott BJ, St. Jeor ST: Evaluating outcomes in pediatric obesity research: To BMI or not to BMI. Food and Nutrition Conference and Exhibition, American Dietetic Association, San Antonio Texas, October 2003.
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162. Krenkel J, Scott B, Plodkowski R, St. Jeor ST. Differences and validity of using bioelectrical impedance analysis for segmental body composition compared to dual energy x-ray analysis. 621-P, *Obesity Research* 2007, A195-196.
163. Wirshing J, Molini M. Krenkel J, scott B, Plodkowski R, St. Jeor ST. University based low calorie meal replacement program shows maintenance of lean mass and loss of trunk fat with rapid weight loss. 623-P, *Obesity Research.* 2007:A196.
164. Plodkowski R, Chau D, Cho L, Jani P, St. Jeor ST. Effect of thiazolidinedione administration on metabolic rate in human subjects with type 2 diabetes. 663-P. *Obesity Research.* 2007:A209.
165. Plodkowski RA, Chau DL, Andal J, Sundaran U, Hovenic TA, St. Jeor ST. Effect of thiazolidinedione administration on bone turnover markers in human subjects with type 2 diabetes. *American College of Physicians, Las Vegas, NV.* 1/26/08.
166. St Jeor, ST, Krenkel J, Scott B, Gerweck C, Plodkowski. Dissemination of the Special Qualifications for Nutrition (SQIN) Program for medical students. *J. Am Diet Assoc.* 2008; 108 (9): A67.
167. Gerweck C, Krenkel JA, Molini MM, Frattinger SR, Plodkowski RA, St Jeor ST: Application of a new tool to assess patient self-efficacy in weight management: a pilot project. *J Am Diet Assoc.* 2008; 108 (9): A58.
168. Krenkel JA, Gamett K, Molini M, Gerweck C, Plodkowski ST, St. Jeor ST. Health risk appraisal and lifestyle education to improve weight loss outcomes. *J Am Diet Assoc.*, 2008; 108 (9): A37.
169. Molini M, Krenkel J, Wirshing J, Gerweck C, St. Jeor S. The role of the registered dietitian in the development and implementation of an innovative cardiac wellness program in a university based weight management center. *J. Am Diet Assoc.* 2008; 108 (9); A105.
170. St. Jeor ST, Okamoto S, Gerweck C, Kleyman K, Luerken E, Dahir V, Dascalu S, Krenkel J, Sanders M, Plodkowski R. Evaluation of new tools to encourage the application of energy requirements in practice. *International Congress of Dietetics, Yokohama, Japan, September 2008, PS1-87.*
171. Plodkowski R, Chau D, Krenkel J, Sundaram S, St Jeor S. Gastric bypass surgery negatively impacts bone health by increasing bone turnover in human subjects. *Obesity*, 2008;16;s224.
172. Jahangir S, Krenkel J, Plodkowski R, Chau D, Sundaram U. St. Jeor S. Preservation of fat free mass in overweight patients experiencing significant weight loss. *Obesity*, 2008; 16;S228.
173. Wirshing J, Molini M. Krenkel J. Plodkowski R, St. Jeor S. A low calorie meal replacement program shows body composition changes in fat mass, fat free mass and muscle mass with rapid weight loss. *Obesity*, 2008; 16;S207.
174. Okamoto S , Dascal, S. St. Jeor S. Development of new tools to assess energy balance in practice, *American Society for Nutrition, New Orleans, Louisiana April 19, 2009.*
175. Een, M, Scott B, Prum, A, St. Jeor St. An interactive game to present information to medical students during their family medicine clerkship. *J. Am Diet Assoc.* 2009;109 (9):A
176. Molini MM, Wirshing JK, Krenkel JA, Frattinger SR, Thomas KT, St. Jeor S. Comparison of weight loss success, Attendance, compliance and retention to type of payment used by participants in a meal replacement program., *J. Am*



- Dietet Assoc, 2009 ;109(9):A38
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  179. Plodkowski RA, St. Jeor ST, Nguyen WT, Fernandez G, Dahir VB. A low carbohydrate diet enhances early weight loss in people with insulin resistance. *Obesity*,2010:S95.
  180. Molini-Blanford M,Thomas K, Plodkowski RA, Nguyen QT, Ragavan A, Krenkel J., St. Jeor ST. Change in serum Vitamin D status with and without supplementation in subjects following an energy restricted diet: A Pilot study *Obesity*;2010, S95.
  181. Plodkowski RA, St. Jeor ST, Nguyen QT. et al. Effect of diet Composition on Weight Loss in Insulin Resistant People. Oral presentation with special designation of significance with a formal press release from the Endocrinology society. The Endocrinology society Annual Meeting. San Diego, CA, June 19, 2010.
  181. Thomas KT, Molini MM, Plodkowski RA, Nguyen QT, Frattinger S, Ragavan AJ, Wirshing J, St. Jeor ST. Compliance to a weight loss program using commercial meal replacements predicts success. , Food & Nutrition Conference and Exhibition(FNCE), San Diego, Sept 2011). *J. Am Dietet Assoc.*: 2011
  182. Molini MM, Scott BJ, Thomas KT, Plodkowski RA, Nguyen MD, St. Jeor ST. Does the type of payment for a meal replacement weight loss program affect participant weight loss at 6 months or length of time in program? The Obesity Society Annual Scientific Meeting, Orlando, FL. October 3, 2011.
  183. Plodkowski RA, St. Jeor ST., Nguyen QT, Sanders ME, Molini M. and Thomas K. Evaluation of Wellness Benefits as a Resource for Reimbursement of Weight Loss Services. The Obesity Society Annual Scientific Meeting, Orlando, FL. 474-P, October 2, 2011.

#### **BOOK REVIEWS:**

1. Margie JD, Anderson CF, Nelson RA, Hunt JC: The Mayo Clinic Renal Diet Cookbook. New York: Golden Press, 1975. *J Am Diet Assoc*, 1975;67:418.
2. Spitzer ME, Dickinson BB, Rogers PW: A Renal Failure Diet Manual Utilizing the Food Exchange Lists. Springfield, IL: Charles C. Thomas, 1976. *J Am Diet Assoc*, 1977;71:203.
3. Berlyne GM: A Course in Clinical Disorders of the Body Fluids and Electrolytes by Boston: Blackwell Scientific Pubs, 1980. *J Am Diet Assoc*, 1981;79:735.
4. Yeung DL: Infant Nutrition. A Study of Feeding Practices and growth from Birth to 18 Months. Ottawa, Ontario: Canadian Public Health Assoc, 1983. *J Am Diet Assoc* 1984;84:612.
5. Stunkard AJ, Stellar E (Eds): Eating and Its Disorders. New York: Raven Press, 1983. *J Am Diet Assoc* 1984;84:1282.
6. Winick M, (Ed): Current Concepts in Nutrition. Vol. 15. Nutrition and Exercise. New York: Wiley & Sons, 1986. *J Am Diet Assoc* 1987;87:1133.
7. Gilbert S: Pathology of Eating: Psychology and Treatment, New York: Routledge and Kegan Paul, 1986. *J Am Diet Assoc* 1988;88:873.
8. Bourne GH, (Ed): Nutrition Disorders and Requirements Vol. 50 World Review of Nutrition and Dietetics. New York: Karger, 1987. *J Am Diet Assoc* 1988;88:1003.
9. Wurtman RJ, Wurtman JJ (Eds): Human Obesity. Vol. 499. Annals of the New York Academy of Sciences. New York: New York Academy of Sciences, 1987. *J Am Diet Assoc* 1989;89,584-5.
10. Bray GA, LeBlanc, Inoue S, Suzuki M (Eds): Diet and Obesity. Tokyo, Japan Scientific Societies Press, 1988. *J Am Diet Assoc* 1990;90:324
11. Bryne K: Understanding and Managing Cholesterol: A Guide for Wellness Professionals. Champaign, IL. Human Kinetics Books, 1991. *J Nutr Educ*, 1993.

#### **PATIENT EDUCATION BOOKLETS:**

1. Cole R, St. Jeor ST: Are You Getting Enough Roughage? Department of Behavioral Science, M.S. Hershey Medical Center, Hershey, PA, 1975
2. Cole R, St. Jeor ST, Zoumas B: Read Labels - Why Shop Blindfolded? The Department of Behavioral Science, M.S. Hershey Medical Center, Hershey, PA, 1975
3. Cole R, St. Jeor ST: Read Labels - Get the "Most" for your Calories. The Department of Behavioral Science, M.S. Hershey Medical Center, Hershey, PA, 1975
4. St. Jeor ST, Groves D, Cole R: Meal Planning for People with Kidney Disease. The Department of Behavioral Science, M.S. Hershey Medical Center, Hershey, PA, 1975

## **VI. INVITED PRESENTATIONS:**

Guest Lecturer ("Special Problems of Renal Diets"), University of Colorado Medical Center, Denver, CO, Dec. 6, 1969  
Chairman, Sixth Natl. Conf. of Gen. Research Dietitians, Am Diet Assoc, Cleveland, OH, October 8, 1970  
Chairman, "Dietary Management of Renal Disease", Am Diet Assoc Convention, Philadelphia, PA, October 9, 1974  
Instructor, "Prescribing Nutritional Care & Counseling", Institute on Nutr and Renal Disease, Mich State University, East Lansing, MI, July 21-23, 1975  
Panel, "Dialysis Transplantation and You", Susquehanna Valley Reg Med Prog, Hershey, PA, October 16, 1975  
Lecturer, "Nutritional Consideration in the Diet Therapy of Uremia", Renal Disease Symposium, Central Pennsylvania Dietetic Assoc, York, PA, March 10, 1976  
Guest Faculty, "Nutritional Management in Renal Disease", Interwest Reg Med Ed Cntr, SLC, UT, March 17-18, 1976  
Panel "Med. School Teaching of Applies Behavioral Sciences", Association of Teachers of Preventative Medicine, Philadelphia, PA, April 2, 1976  
Lecturer, "Renal Nutrition", Pennsylvania Dietetic Assoc Bicentennial Mtg., Valley Forge, PA, April 30, 1976  
Lecturer, "Nutritional Behavior & Weight Reduction", Coop Ext Serv, Camp Hill, PA, October 22, 1976  
Lecturer, "Good Eating Behavior - Calories Do Count", Am Assn Univ Women, Harrisburg, PA, January 26, 1977  
Lecturer, Renal Nutrition, Dial a Dietitian, Reading, Pennsylvania, January 31, 1977  
Lecturer, "Improving Compliance to Renal Diets - An Overview", Kidney Transplant & dialysis Assoc, Feb. 16, 1977  
Lecturer, "Food Fortification and Food Labelling", Berks County Educational Meeting, Reading, PA, March 9, 1977  
Speaker, Food, Fat and Fallacy - Cooperative Extension Service, Homemakers Conf., Hershey, PA, April 21, 1977  
Coordinator, Clinical Nutrition Symposium, "The Obese Patient", Hershey Medical Center, Hershey, PA, June 2, 1977  
Speaker, Prof Serv Lecturer, "Nutr Consideration in Renal Disease", Lebanon VA Hosp, Lebanon, PA, June 17, 1977  
Lecturer, What Medical Schools Can Contribute, Central Penn. Dietetic Assoc, Chambersburg, PA, Sept 14, 1977  
Lecturer, Criteria for Nutritional Care in End-State Renal Disease Patients", Kidney Foundation of Southeast Pennsylvania, Philadelphia, PA, October 5, 1977  
Speaker, Nutrition & Diet in Our Society, Home Economics Assoc, Spring Meeting, Hershey, PA, April 5, 1978  
Speaker, Behavior Modification in Diet Therapy, Berks Co Nutr Education Comm, Reading, PA, April 12, 1978  
Speaker, Nutritional and Behavioral Considerations in Renal Disease, Kidney Transplant and Dialysis Association, Harrisburg, PA, May 18, 1978  
Speaker, Behavioral considerations in the Nutritional Management of Renal Patients, North Central Dialysis and Transplant Association, Chicago, IL, September 22, 1978  
Speaker, Nutritional Evaluation in Renal Disease, North Carolina State Kidney Program, Chronic Renal Disease Symposium, Wrightsville Beach, NC, October 18, 1978  
Panel Member, Nutritional Management of Progressive Renal Failure, Can Diet Be Dialysis Sparing, 12th Ann Contr Conf Artificial Kidney Chronic Uremia Prog, Natl Inst of Arthritis, Metabolism & Digest Dis, Bethesda, MD, January 15, 1979  
Chairperson, Nutritional Assessment in Renal Disease, Council on Renal Nutrition, National Kidney Foundation Annual Meeting, Boston, MA, November, 1979  
Lecturer, Nutrition for the Athlete, 1980 Natl. Institute of Preventive Sports Medicine, Reno, NV, June 15, 1980  
Speaker, Diet in the Treatment of Hypertension, Am Heart Assoc Symposium, Reno, NV, October 24-25, 1980  
Lecturer and Research Consultant, "Nutrition Assessment and Research in Geriatrics", Geriatric Research & Ed. Clinical Center, VA Hospital, University of Washington, Tacoma, WA, November 12-14, 1980  
Lecturer, Nutr in the Aging, Geriatric Ed Week, VA Hosp, Reno, NV, Aug. 18, 1981  
Speaker, Fad Diets and Health, Am Assoc of Univ Women Annual Workshop, January 9, 1982  
Workshop Leader, Nutrition Mini Course - Utah Academy of Family Physicians, Family Practice Refresher Course, Salt Lake City, UT, February, 1982  
Speaker, Nutrition and Running, Sports Medicine Conference, Reno, NV, 1982  
Speaker, Nutrition Assessment for the Optometrist, NV Optometric Assoc, Sept. 9, 1982  
Speaker, Nutr Problems in the Nursing Home, AMA Directors Meeting, Las Vegas, NV, October 17, 1982  
Speaker, Nutr Research Methodology, ADA Annual Meeting, San Antonio, TX, October 20, 1982  
Speaker, Nutrition Research Methodology, University of California San Francisco Medical Center, November 18, 1982  
Speaker, Good Nutrition and Dieting Behaviors, Teachers Society (PDK), Reno, NV, January 17, 1983  
Workshop Leader, Nutrition Methodology in Behavioral Medicine Research, Fourth Annual Scientific Session, Society of Behavioral Medicine, Baltimore, MD, March 5, 1983  
Speaker, Nutr Mgmt of Obesity, Med Grand Rounds, So NV Mem Hosp, Univ of NV, Las Vegas, NV, Mar. 25, 1983  
Speaker, Meganutrition, 16th Annual NV Academy of Family Physicians Mtg., Lake Tahoe, NV, January 26, 1984  
Chairperson, New Frontiers - Need for Change?, Nutr in Practice Annual Symposium, Reno, NV, March 9-10, 1984  
Chairperson, Nutrition and Exercise - Partners in Health. Nutrition in Practice II, Reno, NV, March 16, 1985  
Speaker, Regulation of Food Intake: Fact and Fantasy, Nutrition in Practice II, Reno, NV, March 16, 1985

Speaker, Use of Computers in Nutrition Education and Research, Frontiers in Nutrition sponsored by the Medical College of Georgia, Augusta, held at Hilton Head, SC, September 26-28, 1985

Chairman and Discussant, Weight Mgmt Session Body Weight Regulation: The Impact of Weight Cycling on Weight Control, ADA Annual Meeting, Las Vegas, NV, October 29, 1986

Speaker, Implementation of Weight Trends and Fluctuation in Non-obese vs Obese Subjects, University of Utah Medical Center, Special Seminar, February 3, 1986

Chairman and Presenter, Nutrition Education for Health Scientists: Chal & Directions, ADA Annual Meeting, Las Vegas, NV, November 1986

Workshop Leader, Nutrition in the Predoctoral Curriculum: Administration and Reaction, Society of Teachers in Family Medicine, 1986 Predoctoral Education Conference, Atlanta, GA, February 5-8, 1986

Speaker, Body Weight Fluctuations and their Implications on CVD, Idaho Diet Assoc Annual Meeting, May 1-3, 1986

Speaker, Nutr for Life Preservation, The Heart Inst of Nev, First Wellness Seminar, Las Vegas, NV, October 2-3, 1986

Chairman, Promoting Wellness: Health Promotion in Minority Families, ADA Annual Meeting, Las Vegas, NV, October 29, 1986

Speaker, Seventh Annual Nutrition in Contemporary Medicine Symposium, University of Utah, Weight Fluctuations, Serum Lipids, Energy Requirement/Expenditure: Obese vs. Normals, Park City, UT, March 16-18, 1987

Speaker, Conf for Advanced Practice and Research Improving Diet Practice Through Research, ADA, Chicago, IL, February 25-28, 1987

Speaker, Current Issues in Nutrition, Iowa State University, Practical Strategies for Implementing the American Heart Association's Dietary Guidelines, Ames, IA, April 16, 1987

Chairman, Weighing the Issues, Phase II: Weight Gainers, Losers & Maintainers, ADA, San Francisco, CA, October 1988

Speaker, Natural History of Weight Patterns: Antecedents and Their Consequences, ADA, San Francisco, October 1988

Speaker, Case Presentation: The Nutrition Education and Research Program, University of Nevada School of Medicine, American Dietetic Association, San Francisco, CA, Oct. 1988

Speaker, Weight Gainers, Losers and Maintainers: Who are they?, Indiana Dietetic Association, April 11, 1989

Speaker and Chairman, Nutrition and Behavior Assessment, Workshop on Dietary Behavior Changes for Disease Prevention: A Research Agenda, NCI/NHLBI, National Institute of Health, Bethesda MD, April 12, 1989

Speaker, "The Respiratory Quotient (RQ) as a possible marker for estimating dietary fat intake" an invited workshop participant for Biochemical Markers of Compliance to Modified Fat Diets, NHLBI, NIH, Bethesda, MD, Sept., 1989

Discussant, Improving Health Behaviors of Minority Populations, SBM, Chicago, IL April 20, 1990

Discussant, Smoking & Body Weight: Methods & Assessment, NIH Conf, Memphis, TN, Sept., 1990

Speaker, Women's Health Issues in the 1990's, A Woman's Education and Leadership Forum, August 10, 1991

Speaker and Workshop Leader, Developing a Research Question: The Key to Successful Research. Skills Development Workshop, ADA Annual Meeting, Denver, CO, October 1990 and Dallas, TX, 1991

Speaker, Managing Energy Balance & Body Weight, Workshop on how to conduct well controlled studies of diet and lipid metabolism in humans, NHLBI, NIH & COR, American Dietetic Association, Sept. 20-22, 1991 Boston, MA, and December 13-15, 1991, Chicago IL

Speaker, Dieting Behaviors in Women and Men, Obesity Update: Assessment and Treatment of the Patient with Medically Significant Obesity. University of California, Davis, CA, October 18-20, 1991

Chairman, Key Issue Nutrients: Vitamins as Hormones. American Dietetic Association Meetings, Dallas, TX, Oct. 1991

Co-Chairman, Assessment in Dietary Intake in a Research Setting: What Works and Why. Symposium, Society of Behavioral Medicine Annual Scientific Session, New York City, New York, March 27, 1992

Speaker, Weight Fluctuations in a Healthy Adult Population. RENO Diet-Heart Study, Department of Nutrition, College of Health and Human Development, The Pennsylvania State University, University Park, PA., May 11, 1992

Chairman and Moderator, Assessing Intake of Specific Food Components. First International Conference on Dietary Assessment Methods, St. Paul, MN, Sept. 22, 1992

Chairman, New Opportunities in Obesity Research, American Dietetic Association, Washington, DC, Oct. 20, 1992

Chairman, Obesity Workshop, American Heart Association Prevention III Conference. Behavior Changes and Compliance: Keys to Improving Cardiovascular Health. American Heart Association, Monterey, CA, Jan., 1993

Keynote Speaker, Eating Patterns and CVD Risk and Weight Gainers, Losers and Maintainers, Women and Wellness. A '90s Perspective, Nutrition Council of Arizona, Chandler, AZ, April 22-23, 1993

Invited Speaker, Risk factors for unhealthy eating, Scientific Symposium on Eating Disorders, National Institute for Mental Health, NIH, Chicago, IL, May 7-8, 1993

Invited Speaker, Weight and Aging: Fat or Thin? That is the Question. Food, Fitness and Aging: Facts, Fads and Fantasies, Nevada Geriatric Education Center, VA Medical Center and Long Beach Regional Medical Education Center, Reno, NV, May 20, 1993

Invited Speaker, RDA's in nutrition education, patient counseling and menu planning: Dietitians' perspectives. Should the RDA's be Revised? Food and Nutrition Board, National Academy of Sciences, Washington, DC, June, 1993

Invited Speaker and National Spokesperson, Weight Management, Nutrition and Health Campaign for Women, American Dietetic Association Annual Meeting, Anaheim, CA, October 26, 1993

Invited Speaker, Current Perspectives on Weight Management and Practical Aspects of Current Women's Issues, Caring for America's Obese Population in the 90's, Part III, 43rd Annual Symposium of the American Society of Bariatric Physicians, Las Vegas, NV, November 6, 1993

Visiting Professor of Nutrition, Role of Weight in Women's Health (Family Practice Chief's Rounds), Trends in Nutrition Education in Family Practice (Family Medicine Faculty Meeting), Obesity Management (Junior Medical Students, Department of Family Medicine, School of Medicine, State University of Iowa; and Role of Weight in Women's Health, Iowa Dietetic Association, Iowa City, Iowa, November 8-9, 1993

Invited Speaker, The RENO Diet-Heart Study, Nutrition Research Clinic, Department of Medicine, Baylor College of Medicine, Houston, Texas, November 11, 1993

Invited Speaker and Workshop Panel, R25 Grantees, Nutrition Perspectives, 27th Annual Meeting, American Association for Cancer Education, Houston, Texas, November 12, 1993

Invited Speaker, Weight and Aging: Fat or Thin? That is the Question. Food, Fitness and Aging: Facts, Fads and Fantasies, Nevada Geriatric Conference, Las Vegas, NV, April 7, 1994

Speaker, Good Nutrition and Healthy Eating for the Busy Employee, Classified Employees, University of Nevada, Reno, NV, May 20, 1994

Invited Speaker, Weight Maintainers, USDA Pacific West Area Human Nutrition Research Center, Presidio of California, San Francisco, CA, June 16, 1994

Speaker, Obesity in Women, North American Association for the Study of Obesity Workshop, Houston, Texas, October 7-9, 1994

Invited Speaker, Weighing the Options. Criteria for Evaluating Obesity Treatment. 77th Annual Meeting, American Dietetic Association, Orlando, Florida, October 18, 1994

Chair, Current Perspectives in the Treatment of Obesity. 77th Annual Meeting, American Dietetic Association, Orlando, Florida, October 18, 1994

Invited Speaker, RDA's: Should They be Revised? American Dietetic Association, 77th Annual Meeting, Orlando, Florida, October 19, 1994

Chair, Biomarkers Second International Dietary Assessment Conference, Boston, MA, January 22-25, 1995

Speaker, Nutrition in Weight Management, Lifestyle Counselor Certificate Program, Learn Institute, Cooper Clinic, Dallas, Texas, February 9, 1995 and January 1996, Los Angeles, CA, April 1996

Speaker, Shape Up America Campaign, Dietary Management. Jenny Craig, San Diego, CA, March 17, 1995

Chair, Racial and Ethnic Differences in Body Image and Weight Loss, Society of Behavioral Medicine 16th Annual Meeting, San Diego, CA, March 25, 1995

Speaker, Weighing the Options, Nevada Dietetic Association Annual Meeting, Las Vegas, NV, May 5, 1995

Speaker, Nutrition Education in Family Medicine, National Educators Satellite Symposium, Annual Meeting of the American Society for Clinical Nutrition, May 6, 1995

Speaker, Obesity and Heart Disease, American Heart Association, Redding, CA, May 19, 1995

Speaker, The Future of Weight Management, Arizona Dietetic Association Annual Meeting, Mesa, AZ, June 9, 1995

Speaker, Obesity and Dieting, Third Annual Congress on Women's Health, Washington, DC, June 28, 1995

Speaker, U.S. Dietary Guidelines: Implications for the future, Society for Nutrition Education 28th Annual Meeting, Washington, DC, July 17, 1995

Speaker, Management of Obesity in the Elderly, Nutrition and Aging Conference XI, Health Promotion Strategies in the Elderly, Little Rock, AR, September 20-21, 1995

Panel Member, Nuts and Nutrition, The role of a complex plant food in the diet. USDA-ARS Western Human Nutrition Center (USDA, ADA, AHA, UCD and Nut Council), September 28-29, 1995

Speaker, DHS Dietary Guidelines, An Advisory Committee Members Perspective, Calorie Control Council, Orlando, Florida, November 7, 1995

Speaker, Dietary Guidelines, Southern Nevada Dietetic Association, Las Vegas, Nevada, November 15, 1995

Faculty, LifeStyle Counselors Certification Course, Cooper Aerobics Institution, Dallas, TX, 1996

Faculty, Preparing dietitians for the 21st Century: Modern approaches and techniques, XII International Congress on Dietetics, Manila, Philippines, February 22, 1996

Speaker, The 1995 Dietary Guidelines: Opportunities, Challenges and Limitations. Dairy Council of Greater Metropolitan Washington, Inc., Washington, D.C., April 26, 1996

Speaker, A sane approach to weight loss. Primary Care for the 90's, University of Nevada School of Medicine, Lake Tahoe, CA, May 10, 1996

Speaker, Public Health Implications of Childhood Weight Management, American College of Sports Medicine Roundtable on Physical, Actual and Nutritional Consideration in Childhood Weight Management, Indianapolis, IN, July 15-17, 1996

Chair, Speaker: Defining Clinical Success in Obesity Management. New Multidisciplinary Strategies in Obesity Management, American Dietetic Association, San Antonio, Texas, October 1996

Speaker, Nutritional Consideration, Integrating dietary and pharmacotherapeutic approaches to obesity. Meeting the paradigm shift in treating obesity with multiple drugs, Academic Services Consortium, Office of Clinical Research and Development, University of Rochester, Scottsdale, Arizona, January 17-18, 1997

Speaker, Treating obesity as a disease, National Academy of Physicians Annual Meeting, Stateline, Nevada, Feb 1997

Speaker and Chair, Nutrition Intervention Strategies Underlying Theme Considerations for Women, American Heart Association Scientific Conference, Preventive Nutrition: Pediatrics to Geriatrics, Salt Lake City, Utah, Mar 1997

Speaker, Nutritional Consideration, Integrating dietary and pharmacotherapeutic approaches to obesity. Meeting the paradigm shift in treating obesity with multiple drugs, Academic Services Consortium, Office of Clinical Research and Development, University of Rochester, Scottsdale, Arizona, January 17-18, 1997

Speaker, Treating obesity as a disease, National Academy of Physicians Annual Meeting, Stateline, Nevada, Feb 6, 1997

Speaker and Chair, Nutrition Intervention Strategies Underlying Theme Considerations for Women, American Heart Association Scientific Conference, Preventive Nutrition: Pediatrics to Geriatrics, Salt Lake City, Utah, Feb 1997

Speaker, Non pharmacological approaches to therapy, Update on managing the obese patient, Academic Services Consortium, Office of Clinical Research and Development, University of Rochester, Dallas, Texas, March 1997

Moderator, Keynote Debate, Genetic versus environmental determination of obesity, Society of Behavioral Medicine Annual Meeting, San Francisco, California, April 17, 1997

Speaker and Workshop Leader, low calorie, low fat diets: effects and limitations, treating obesity as a disease, University of California Davis Continuing Medical Education Series, Napa Valley, California, April 27-28, 1997

Speaker and Program Faculty, Wednesday One, Managing hypertension in the obese patient. Program Accreditation Council for Continuing Medical Education, Category I (1.0 credits) National broadcast every first Wednesday of each month. Dannemiller Memorial Education Foundation, San Antonio, TX 1997

Speaker, Nutritional consideration to prevent chronic diseases of women, changing behavior to optimize women's health, American Dietetic Association and University of Wisconsin-Stout, Menomonie, Wisconsin, June 16, 1997

Speaker, What's wrong with high protein diets? 24th Health and Science Journalists Forum, American Heart Association, Portland, Oregon, July 13-16, 1997

Faculty, Lifestyle Counselors Certification Course, Chicago, IL, July 16, 1997 and Baltimore, MD, September 15, 1997

Speaker, Role of weight maintenance in the treatment and prevention of obesity. Eighth Annual Conference on Managing Obesity and Eating Disorders, Brigham Young University, Provo, Utah, October 2-3, 1997

Speaker, Weight issues. Enhancing retention and adherence. Women's Health Initiative Fourth Annual General Meeting, Alexandria, VA, October 20-21, 1997

Faculty, Lifestyle Counselors Certification Course, San Francisco, CA, February 25, 1998

Speaker, Obesity Update, Board of Directors, Roche Laboratories, New York City, NY, March 29, 1998

Speaker, Consequences of Low Fat Diets, Women's Health Initiative Western Region Conference, Honolulu, Hawaii, April 1998

Speaker, Obesity: Impact on Cardiovascular Disease, Sorting out the issues of diet composition, American Heart Association, Ameal Island, FL, May 24, 1998

Speaker, Alphabet Soup: What's become of the RDA's?, Arizona Dietetic Association Meeting, Phoenix, AZ, June 1998

Moderator, The Future of Obesity Treatment I: Is obesity a disease?, American Dietetic Association Annual Meeting, Kansas City, MO, October 19, 1998

Speaker, Is a low fat diet good for everyone?, American Heart Association Annual Meeting, Dallas, TX, Nov. 9, 1998

Moderator, Risk Factors: Diet, homocystene, obesity and physical activity, American Heart Association Annual Meeting, Dallas, TX, Nov. 10, 1998

Speaker, Obesity National Nutrition Policy Objectives, The National Conference on Obesity and Co-Morbidity, Sanibel Harbour, Ft. Meyers, FL, December 17, 1998

Speaker, Dietary Strategies, Diet composition and meal patterns in obesity treatment, National Conference on Obesity and Co-Morbidity, December 18, 1998

Speaker, Obesity in Women, Purdue University, Indianapolis, IN, May 7, 1999

Speaker, Fat, Cholesterol and Calories, Atherosclerosis at the Crossroads: Merging Science and Clinical Practice. AHA Lipid Nurse Task Force Conference, Minneapolis, MN, September 10, 1999

Speaker, Obesity and Weight Management 1999, First Lady's Conference on Women's Health Issues, University of Nevada, Las Vegas, NV, September 15, 1999

Speaker, Nutrition Management Issues of Women in Mid Life, American Dietetic Association Annual Meeting, Atlanta, GA, October 18, 1999

Speaker, New Strategies in Weight Management, Pritikin Center, Florida, January 21, 2000.

Speaker, New Frontiers: Nutrition Counseling, AALC Annual Meeting & Conference, Dallas Texas, August 25, 2000.

Speaker, Healthy Families = Healthy Kids, New Challenges for the Treatment of Childhood Obesity, Launching of the American Dietetic Association Foundation Childhood Obesity Initiative, October 15, 2000, Denver Colorado

Speaker, Nutrition, Challenging Dietary Issues, American Dietetic Association Annual Food and Nutrition Conference and Exhibition, October 16, 2000, Denver, Colorado

Moderator and Program Planner (Invited), Tomorrow's Answer: Obesity Prevention and Treatment (2 sessions), American Dietetic Association Annual Food and Nutrition Conference and Exhibition, October 16, 2000, Denver, Colorado.

Speaker, Benefits and Strategies for Weight Maintenance, USDA Health Effects of Popular Diets Invitational Conference, November 8, 2000, Washington, DC.

Speaker, Balancing Nutrition and Weight Management, Council for Women's Nutrition Solutions (CWNS) Health Professional Roundtable, February 17, 2001, Dallas, TX.

Speaker, Strategies for Successful Weight Management, Nevada Dietetic Association, Lake Tahoe, April 6, 2001.

Speaker, Weight Management in the U.S., Beijing University, Beijing, China April 2001

Speaker, Integrating Nutrition into Medical Education: An Experience in the U.S., Kunming University, Kunming, China. April 2001

Speaker, Diet Composition and Weight Loss, Florida Dietetic Association, St. Petersburg, Fla. , July, 2001

Speaker and Chair, Family Based Interventions, NIH Workshop for Innovative Approaches for the Prevention of Obesity, Washington, D.C., NIH, August 2001

Chair and Speaker, Maximizing Dietary Strategies, Annual Food and Nutrition Conference, ADA.St. Louis, MO, Oct, 2001.

Chair, Energy Density for Weight Management, Annual Food and Nutrition Conference, ADA, St. Louis, MO, Oct. 2001

Chair, Obesity and Women's Health Across the LifeSpan, Annual Food and Nutrition Conference, ADA, St. Louis, MO, Oct. 2001.

Chair, Food Patterns and CVD Health, American Heart Association Annual Meetings, Anaheim, CA, Nov. 2001

Co-Chair, Behavioral Research Roundtable, Industry Nutrition Advisory Panel, American Heart Association, Anaheim , CA, Nov. 2001.

Faculty Lecturer, "Clinical Assessment of the Overweight and Obese" and Discussant for Case Studies, Certificate of Training in Adult Weight Management, American Dietetic Association, Commission on Dietetic Registration, Feb 28-March 2, 2002, October 2002.

Co-Chair, "Obesity Treatment: Maintenance, Weight Regain and Factors Involved: Nutrition Week (ACN, ASCN, ASPEN, NAAASO, ADA, AHA sponsored), San Diego, CA, Feb 24, 2002.

Keynote Speaker, "Critical Periods of Weight Gain for Women", Speaking of Women's Health, Cincinnati Health Professional Event, University of Cincinnati College of Medicine's Women's Health Program (Women's Health Initiative), Cincinnati, Ohio, March 14-15, 2002 and St. Louis, MO, May 3, 2002., Reno, NV., July 18, 2002. and SLC., Utah, September 6, 2002.

Moderator, "Dietary Factors and Cardiovascular Disease," Asia Pacific Scientific Forum/42<sup>nd</sup> Annual Conference on Cardiovascular Disease Epidemiology and Prevention, Honolulu, Hawaii, April 23-26, 2002.

Co-Chair, "Age Dependent Risk Factors for Obesity", Prevention VII: Obesity, A Worldwide Epidemic Related to Heart Disease and Stroke, Honolulu, Hawaii, April 27-28, 2002.

Co-Chair, NIH Innovative Approaches to Behavioral Treatment of Obesity, National Institutes of Health, Bethesda, Md., August 13, 2002.

Invited Speaker, "Good Nutritional Practices", Office of Research in Womens Health Seminar Series, National Institutes of Health, Bethesda, MD, Sept. 10, 2002.

Co-Chair, Pre-Meeting Program, NAASO Annual Scientific Meeting, Ft. Lauderdale, Florida, Advances in Obesity Research: Clinical Applications, Ft. Lauderdale, Florida, October 11, 2003.

Speaker, "What is Important in Nutrition Assessment?" NAASO Annual Scientific Meeting – Pre Meeting Program, Ft. Lauderdale, Florida, October 11, 2003.

Speaker, "Physicians and Dietitians Working Together for Medical Nutrition Therapy Referral and Reimbursement", Food & Nutrition Conference and Exposition, American Dietetic Association Annual Meeting, San Antonio, TX, October 26, 2003

Faculty Lecturer, "Clinical Assessment of the Overweight and Obese", Certificate Training in Adult Weight Management, American Dietetic Association, Commission on Dietetic Registration, Riverside, CA, June 2003

Invited Speaker, The Obesity Conundrum – Is There a Food Solution?, Institute of Food Technologists (IFT) Summit, New Orleans, LA, February 16, 2004.

Invited Speaker, Dietary Treatment of Obesity in Children, L.J. Filer Symposium on Prevention of Overweight and Its Consequences Beginning in Youth, American Heart Association 44<sup>th</sup> Anniversary Conference on Cardiovascular Disease Epidemiology and Prevention, San Francisco, CA, March 6, 2004.

Invited Speaker, "A Black Bag for RD's", Nevada Dietetic Association Annual Convention, Reno, NV, April 30, 2005.

Invited Speaker, "Obesity Assessment, Treatment & Prevention in Preschool Children," HIS National Nutrition Seminar: Making Connections, Facing Challenges in Nutrition in American Indian/Alaska Native Communities. Albuquerque, New Mexico, July 12-14, 2005.

Invited Speaker, "Messages for portion control," American Heart Association. Obesity, Lifestyle, and Cardiovascular Disease Symposium, Washington, D.C., January 18, 2006

Invited Speaker, Treatment of Obesity and the Metabolic Syndrome, Department of Internal Medicine, Las Vegas, NV, May 16, 2006

Invited Chair and Speaker, Obesity Directions, Annual RD Thought Leaders Retreat, Council on Women's Nutrition Solutions, Napa Valley, California, June 6-9, 2006

Speaker, Obesity Assessment in the U.S., Department of Metabolic Medicine and Osaka University Hospital, Graduate School of Medicine, Osaka University, Osaka, Japan. February, May and August, 2006.

Invited Speaker, "Energy Balance Assessment", Tokyo Health Sciences University, Tokyo, Japan, September 28, 2006.

Invited Faculty, 2007 International Health Promotion & Aerobic Convention, Health Leadership Across Lifespan, National Taiwan University (6 lectures), Taipei, Taiwan, January 30 - February 4, 2007.

Visiting Professor and Lectureship, Department of Community and Preventive Medicine, University of Rochester Medical Center, Rochester, New York, "Is Weight Maintenance the Answer?" April 2, 2007.

Invited Lecture, "Definition of Weight Maintenance", Behavioral Medicine Center, Baylor College of Medicine, Faculty Retreat, Las Vegas, Nevada, May 14, 2007.

Invited Speaker (Symposium). Case Study: MD/RD Models. The Division of Medical Nutrition and Division of Endocrinology and Metabolism and the Center for Nutrition and Metabolism at the University of Nevada School of Medicine. American Society for Nutrition (ASN) Pre-Conference Symposium at FASEB. San Diego, California, April 4, 2008.

Invited Speaker, A tool from Nevada: The Mifflin-St. Jeor Equation (MSJE) to estimate energy needs. Nevada Dietetic Association Annual Meeting, Las Vegas, NV, April 26, 2008.

Facilitator, Winter Assembly Division of Health Sciences, Research opportunities and collaborations: Chronic Diseases (Obesity, diabetes, Addictions, Cardiovascular, Autism .....and more), Univ. Nevada, Reno, January 14, 2009.

Invited Speaker, Obesity Management in the Primary Care Setting, Nevada Academy of Family Physicians, 41<sup>st</sup> Annual Winter CME Meeting (Joint Presentation with Raymond Plodkowski, M.D.), Lake Tahoe, NV, January 25, 2009.

Invited KickOff Speaker, Dietitians on the "Go"- Energy Balance, Diabetes and Obesity: Building Collaborative Practices, Weight Mangement (WM) and Diabetes Care and Education (DCE) Practice Groups, American Dietetic Association, Grapevine, Texas, March 22, 2009.

Feature Alumni Colloquium Speaker, "Is Weight Maintenance the Answer?" Pennsylvania State University Alumni Weekend, State College, Pennsylvania, March 27, 2009

Invited Chair, Hot Topic – Obesity Management and Outcomes in Pregnancy, ADA Food and Nutrition Conference & Expo (FNCE), Denver, Colorado, October 18, 2009

Invited Faculty Presenter, ASN Symposium on the Feasibility of Training a Medical Nutrition Scientist - Co-Sponsored with St. Luke's-Roosevelt Hospital (Dr. Xavier Pi-Sunyer, Chair), Washington, D.C., October 24, 2009.

Invited Co-Chair, Special Symposium – Making dollars and Sense: Reimbursement Strategies for Weight Management Programs, The Obesity Society, 27<sup>th</sup> Annual Scientific Meeting, Washington, D.C., October 27, 2009.

Invited Chair, Medical Management of the Refractory Patient, the Obesity Society, 27<sup>th</sup> Annual Scientific Meeting, Washington, D.C., October 27, 2009.

Invited Chair, Special Symposium, Future of Obesity Treatment and Reimbursement; The Obesity Society Annual Scientific Meeting, San Diego, CA, October 2010.

Invited Participant, Scientific Meeting and Update, Nestle International, Carlsbad, California (Sept 21-14, 2011)

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