

PART H. APPENDIX 3. BIOGRAPHICAL SKETCHES OF THE COMMITTEE MEMBERS

Abby C. King, PhD, Co-Chair

Dr. King is Professor of Health Research & Policy and Medicine at Stanford School of Medicine. Recipient of the Outstanding Scientific Contributions in Health Psychology Award from the American Psychological Association, her research focuses on the development, evaluation, and translation of public health interventions to reduce chronic disease and its key risk factors, including physical inactivity and sedentary behavior. She has developed and evaluated the effectiveness of state-of-the-art communication technologies and community-based participatory research perspectives to address health disparities among disadvantaged populations worldwide. She has served on a number of government taskforces in the U.S. and abroad, including membership on the HHS Scientific Advisory Committee on National Health Promotion and Disease Prevention Objectives for 2020, and the Science Board of the President's Council on Fitness, Sports & Nutrition. An elected member of the Academy of Behavioral Medicine Research and Past President of the Society of Behavioral Medicine, Dr. King was one of 10 U.S. scientists honored by the Association of American Medical Colleges in 2014 for outstanding research targeting health inequities. Her research on citizen science engagement to promote healthful living environments for all has been honored with an international excellence award.

Kenneth E. Powell, MD, MPH, Co-Chair

Dr. Powell is a public health and epidemiologic consultant. He was an epidemiologist with the CDC for 25 years and with the Georgia Department of Human Resources for nearly 8 years. The relationship between physical activity and health has been an important theme during his career. He planned, chaired, and edited the papers from the first national workshop on the epidemiologic and public health aspects of physical activity and exercise in 1985. He has authored more than 50 scientific articles on a wide range of aspects of physical activity. Dr. Powell is a member of the Coordinating Team on Physical Activity for the Task Force on Community Preventive Services, Guide to Community Preventive Services. He has served on the Institute of Medicine Committee on Physical Activity, Health, Transportation, and Land Use (2005); Committee on Progress in Preventing Childhood Obesity (2008); and Committee on Physical Activity and Physical Education in the School Setting (2013). He was also a member of the 2008 Physical Activity Guidelines Advisory Committee.

David Buchner, MD, MPH

Dr. Buchner received his BA degree from Harvard University and his MD from the University of Kansas. After a residency in general internal medicine, he was a fellow in the Robert Wood Johnson Clinical Scholars Program at University of Washington, where he received his M.P.H. degree and training in geriatric medicine. Dr. Buchner joined the University of Washington faculty in 1982 and rose to the ranks of Professor of Health Services in the School of Public Health and Adjunct Professor of Medicine. While in Seattle, he also worked in the Health Services Research and Development unit of the Seattle VA Medical Center (now the VA Puget Sound Health Care System). In 1999, Dr. Buchner joined the US Centers for Disease Control and Prevention as Chief of the Physical Activity and Health Branch. In 2008, Dr. Buchner joined the faculty of the Department of Kinesiology and Community Health at the University of Illinois as a Shahid and Ann Carlson Khan Professor in Applied Health Sciences. He has published

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extensively in the area of physical activity and health, with an emphasis on physical activity in older adults and the role of physical activity in preventing fall injuries. Dr. Buchner retired from the University of Illinois in Summer 2017.

Wayne Campbell, PhD

Dr. Campbell is a Professor in the Department of Nutrition Science and Adjunct Faculty in the Department of Health and Kinesiology at Purdue University. Dr. Campbell's expertise integrates human nutrition, exercise physiology, and geriatrics. His research interests include assessing the effects of dietary energy and macronutrient intakes, especially protein, and exercise training on human body composition, skeletal muscle composition and function, and indexes of cardio-metabolic health. Dr. Campbell also studies the effects of dietary patterning, nutritional supplementation, and exercise on appetite, ingestive behaviors, insulin mediated glucose control and body weight management across the life course. Dr. Campbell has served on research advisory panels for NIH, USDA, NASA, USARIEM, and FAA, and was a member of the HHS/USDA 2015 Dietary Guidelines Advisory Committee.

Loretta DiPietro, PhD, MPH

Dr. DiPietro is Professor and Chair of the Department of Exercise and Nutrition Sciences, the Milken Institute School of Public Health at The George Washington University (GW). She received her training in epidemiology at Yale University. For nearly three decades, her research has focused on physical activity, and she has worked very hard to combine the two disciplines of epidemiology and physiology to better understand the mechanistic underpinnings of the benefits of exercise. Dr. DiPietro is recognized internationally as a leader in the field of physical activity and aging. An accomplished and widely published researcher, she has been awarded numerous grants from the NIH and the American Cancer Society, and has been invited to lecture around the world. She is a current fellow of the American College of Sports Medicine and the Editor-in-Chief of the Journal of Physical Activity and Health. Dr. DiPietro is a former Epidemic Intelligence Service (EIS) Officer in the Commissioned Corps of the United States Public Health Service. She joined GW in 2008 from Yale University School of Medicine, where she was associate professor of epidemiology and public health and a fellow at the John B. Pierce Laboratory.

Kirk I. Erickson, PhD

Dr. Erickson received his PhD in Psychology from the University of Illinois. He is a Professor in the Departments of Psychology and Geriatric Medicine at the University of Pittsburgh, working in the Center for the Neural Basis of Cognition within the Center for Neuroscience. His research examines cognitive and brain changes which occur as a function of physical health and aging as well as in the development of training and physical activity and exercise trials. Additionally, Dr. Erickson investigates the effects of obesity and physical activity on brain health in elderly with mild cognitive impairment and Parkinson's disease. Dr. Erickson is the recipient of the 2015 Chancellor's Distinguished Research Award from the University of Pittsburgh and currently serves on several editorial boards, external advisory boards, and the University of Pittsburgh Senate on Research Activities.

Charles H. Hillman, PhD

Dr. Hillman received his doctorate from the University of Maryland in 2000, and then began his career on the faculty at the University of Illinois, where he was a Professor in the Department of Kinesiology and Community Health for 16 years. He continued his career at Northeastern University in Boston,

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Massachusetts in 2016, where he currently holds appointments in the Department of Psychology and the Department of Physical Therapy, Movement, & Rehabilitation Sciences. He directs the Center for Cognitive and Brain Health, which has the mission of understanding the role of health behaviors on brain and cognition to maximize health and well-being, and promote the effective functioning of individuals across the lifespan. Dr. Hillman has published 170 refereed journal articles, 10 book chapters, and co-edited a text entitled *Functional Neuroimaging in Exercise and Sport Sciences*. He has served on an Institute of Medicine of the National Academies committee entitled *Educating the Student Body: Taking Physical Activity and Physical Education to School*. His work has been funded by the National Institutes of Health (NIH), Intelligence Advanced Research Projects Activity (IARPA), and several private sponsors. Finally, his work has been featured in the media including: CNN, National Public Radio, Good Morning America, Time, Newsweek, and the New York Times.

John M. Jakicic, PhD

Dr. Jakicic is a Distinguished Professor in the Department of Health and Physical Activity, and is also the Director of the Healthy Lifestyle Institute and the Director of the Physical Activity and Weight Management Research Center at the University of Pittsburgh. Dr. Jakicic has an international reputation as a leading scholar in the area of physical activity and weight control, and this builds on a line of research to determine the appropriate dose of physical activity for long-term body weight regulation. He studies the interaction between energy expenditure and energy intake, and the influence of these factors on body weight regulation. Dr. Jakicic's research was key to the public health recommendation that physical activity can be beneficial when separated into multiple 10-minute sessions per day. He is an expert in the implementation of strategies to improve long-term adherence to physical activity, and the understanding of behavioral and physiological mechanisms that are involved with linking physical activity to body weight regulation. Dr. Jakicic has served on various national and international committees to develop physical activity guidelines for the prevention and treatment of obesity and other chronic conditions. Dr. Jakicic has been influential in the heightened awareness of physical activity as a key lifestyle behavior to improve health.

Kathleen F. Janz, EdD

Dr. Janz is a physical activity epidemiologist at the University of Iowa in the Department of Health and Human Physiology and the Department of Epidemiology. She conducts population- and clinically-based research addressing the effect of physical activity and physical fitness to health outcomes. Her work seeks to understand type, dose, and pattern of physical activity associated with metabolic and musculoskeletal health. Her secondary area of research is physical activity measurement, specifically the modeling of objective measures using group-based trajectory and multi-level growth models, to better understand the effects of physical activity in prospective observational and intervention studies. As an 18-year investigator with the Iowa Bone Development Study, she has worked with colleagues to quantify physical activity dose associated with bone mass, density, and geometry. She recently led the physical activity and exercise section for the National Osteoporosis Foundation's *Position Statement on Peak Bone Mass Development and Lifestyle Factors*. This statement includes public health recommendations for bone-healthy physical activity for youth. Dr. Janz is an active fellow in the American College of Sports Medicine and the National Academy of Kinesiology. She is on the editorial boards of *JAMA Pediatrics*, *Frontiers in Endocrinology*, and *Pediatric Exercise Science*.

Peter T. Katzmarzyk, PhD

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Dr. Katzmarzyk is Professor and Associate Executive Director for Population and Public Health Sciences at the Pennington Biomedical Research Center where he holds the Marie Edana Corcoran Endowed Chair in Pediatric Obesity and Diabetes. He is an internationally recognized leader in the field of physical activity and obesity epidemiology, with a special emphasis on pediatrics and ethnic health disparities. He has over two decades of experience in conducting large clinical and population-based studies in children and adults. Dr. Katzmarzyk has a special interest in global health, and has a record of building research capacity in physical activity and obesity research in developing countries. He has published his research in more than 400 scholarly journals and books, and has delivered over 160 invited lectures in 15 countries. He is an Associate Editor for *Medicine and Science in Sports and Exercise* and an editorial board member for the *International Journal of Obesity, Pediatric Obesity, and Metabolic Syndrome and Related Disorders*. In addition to his research, Dr. Katzmarzyk plays a leading role in national health advocacy initiatives chairing the Research Advisory Committee for the U.S. Report Card on Physical Activity for Children and Youth for the National Physical Activity Plan Alliance.

William E. Kraus, MD

Dr. Kraus is a physician scientist and Professor in the Division of Cardiology, Department of Medicine at Duke University. He is director of translational research at the Duke Molecular Physiology Institute and the Duke Center for Living, a multidisciplinary treatment and research facility dedicated to the primary and secondary prevention of cardiovascular disease. Dr. Kraus is Director for Clinical Research. He has been Medical Director of the Duke Cardiac Rehabilitation Program since 1994. His undergraduate degree was in Astronomy and Astrophysics (1977) from Harvard College and his Medical degree (1983) and training (Internal Medicine Residency and Cardiology Fellowship) all at Duke University School of Medicine. Dr. Kraus' research interests span from basic science in the cellular signaling processes underlying the plasticity of skeletal muscle gene expression and mechanisms of skeletal myocyte development and differentiation to the human physiology underlying exercise training benefits on cardiovascular health to the human genetics of cardiometabolic diseases. He has been principal investigator for STRRIDE—a series of three NIH-sponsored human studies focusing on the dose-response effects of exercise training on cardiometabolic health. He served on the 2008 Physical Activity Guidelines Advisory Committee.

Richard F. Macko, MD

Dr. Macko is a Professor of Neurology, Medicine, Physical Therapy and Rehabilitation Science at University of Maryland, School of Medicine, where he leads Exercise and Robotics Research to improve health and function for persons disabled by stroke and other neurological conditions. He is an enthusiastic ambassador representing the science and practice of exercise rehabilitation from many collaborators in many cultures, focused on improving multiple physiological and functional systems for persons with neurological and other disability conditions linked to aging. He has 16 years of service as Research Director for Veterans Affairs Maryland, Geriatrics Research, Educational, and Clinical Center, developing personalized exercise programs for persons with chronic disability conditions associated with aging. He received the Paul B. Magnuson Award in 2010, the highest Veterans Affairs Rehabilitation Research Award for developing task-oriented exercise for Veterans with chronic disability from stroke. Dr. Macko's exercise research is culturally enriched by global collaborations, including current endeavors targeting sub-Saharan Africa. Dr. Macko has extensive service on consensus and review committees including NIH, VA, Canadian National Centers, American Stroke Association and American College of Sports Medicine recommendations for exercise after stroke. He contributed at the 2008 National Academies of Science, Adequacy of Evidence for Physical Activity Guidelines.

David X. Marquez, PhD

Dr. Marquez directs the Exercise Psychology Laboratory at the University of Illinois at Chicago, specializing in Exercise Psychology/Behavioral Medicine. He received his PhD in Kinesiology from the University of Illinois at Urbana-Champaign. His research agenda focuses on disparities in physical activity and disease/disability among Latinos. Dr. Marquez has been Chair of the Minority Health and Research Special Interest Group of the American College of Sports Medicine (ACSM) and Chair of the Physical Activity SIG of the Society of Behavioral Medicine (SBM). He is a fellow of the ACSM, SBM, and the Gerontological Society of America. He was Principal Investigator (PI) of an RCT funded by the Alzheimer's Association; and he is currently funded with an NIH R01, a large-scale RCT of the impact of the BAILAMOS© dance program on cognitive and physical function of older Latinos. In related work he is the Leader of the Latino Core of the Rush Alzheimer's Disease Center (3P30AG010161-25S1), a prospective study that is recruiting and enrolling older Latinos without dementia who agree to annual, detailed clinical evaluations.

Anne McTiernan, MD, PhD

Dr. McTiernan is a Full Member at the Fred Hutchinson Cancer Research Center and Research Professor at the University of Washington Schools of Medicine and Public Health. Her research focuses on associations among exercise, diet, obesity, and risk for cancer development and prognosis. She was Principal Investigator of the National Cancer Institute funded Seattle Transdisciplinary Research on Energetics and Cancer program that investigated mechanisms linking obesity and sedentary lifestyles with cancer. She has received research funding from the National Institutes of Health, the Breast Cancer Research Foundation, and Susan G. Komen. She is an elected Fellow in the American College of Sports Medicine and the Obesity Society. She has published more than 390 scientific manuscripts in major medical journal, is lead author of the book, *Breast Fitness* (St. Martin's Press, 2000), and Editor of *Cancer Prevention and Management through Exercise and Weight Control* (CRC Press LLL, 2005) and *Physical Activity, Dietary Calorie Restriction, and Cancer* (Springer; 2010). Her committee service related to physical activity includes the 2008 U.S. Department of Health and Human Services Physical Activity Guidelines Advisory Committee, the International Agency for Research on Cancer, the American Cancer Society, and the World Cancer Research Fund.

Russell R. Pate, PhD

Dr. Pate is a Professor in the Department of Exercise Science in the Arnold School of Public Health at the University of South Carolina. He has held several administrative positions including Chair, Department of Exercise Science; Associate Dean for Research, Arnold School of Public Health; and Vice Provost for Health Sciences. Dr. Pate is an exercise physiologist with interests in physical activity and physical fitness in children and the health implications of physical activity. His research has been supported by the NIH, the CDC, the American Heart Association, and several private foundations and corporations. He coordinated the effort that led to the development of the recommendation on Physical Activity and Public Health of the CDC and the American College of Sports Medicine (1995). He served on the 2005 Dietary Guidelines Advisory Committee, the 2008 Physical Activity Guidelines Advisory Committee, and an Institute of Medicine panel that developed guidelines on prevention of childhood obesity. He currently serves as Chair of the National Physical Activity Plan Alliance. In 2012 he received the Honor Award from the American College of Sports Medicine.

Linda S. Pescatello, PhD

Dr. Pescatello is a Distinguished Professor of Kinesiology at the University of Connecticut (UConn). She holds joint appointments in the Departments of Allied Health Sciences, Nutritional Sciences, and Physiology and Neurobiology at UConn, and the Department of Community Medicine and Health Care at the UConn School of Medicine. Her research focuses on exercise prescription to optimize health benefits, particularly among adults with hypertension and overweight and obesity; and on genetic and clinical determinants of the response of health-related phenotypes to exercise, particularly blood pressure and muscle strength. Dr. Pescatello was an associate editor of the American College of Sports Medicine (ACSM) Guidelines for Exercise Testing and Prescription the eighth edition, was the senior editor of ACSM's Guidelines for Exercise Testing and Prescription (9th edition), and recently she served as an expert panel and writing team member on an update of the ACSM's exercise preparticipation health screening recommendations. She has authored more than 150 manuscripts, four books, and 16 book chapters, and has had numerous UConn, American Heart Association, National Dairy Council, National Institutes of Health, and United States Department of Agriculture-funded grants. Dr. Pescatello has served in multiple leadership roles for ACSM.

Melicia C. Whitt-Glover, PhD

Dr. Whitt-Glover is President and CEO of Gramercy Research Group in Winston-Salem, NC. Gramercy Research Group's mission is to positively influence and improve the lives of individuals and communities by addressing health and related issues. Dr. Whitt-Glover is currently involved in research studies designed to identify effective strategies to increase weight loss and weight gain prevention among underserved communities, and to promote adherence to national recommendations for diet and physical activity. Dr. Whitt-Glover received her BA (Exercise Physiology, 1993) and MA (Exercise Physiology, 1996) from the University of North Carolina at Chapel Hill. She received her Ph.D. (Epidemiology, 1999) from the University of South Carolina. Dr. Whitt-Glover completed a postdoctoral fellowship at the University of Pennsylvania School of Medicine (2000-2002) and served on the faculty at the University of Pennsylvania School of Medicine (2002-2003) and Wake Forest University School of Medicine (2003-2009) before starting Gramercy Research Group in 2009.