



Elizabeth Shepard

Clinical Professor, Pediatrics - General Pediatrics

CLINICAL OFFICE (PRIMARY)

- **Stanford Children's Health Specialty Services
Sunnyvale**

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Bio

CLINICAL FOCUS

- Pediatric nutrition and obesity
- Pediatric environmental health
- Pediatrics

ACADEMIC APPOINTMENTS

- Clinical Professor, Pediatrics - General Pediatrics
- Member, Maternal & Child Health Research Institute (MCHRI)

PROFESSIONAL EDUCATION

- Fellowship: Stanford University School of Medicine (1991) CA
- Board Certification: Obesity Medicine, American Board of Obesity Medicine (2018)
- Board Certification: Pediatrics, American Board of Pediatrics (1989)
- Residency: University of Tennessee (1987) TN
- Fellowship: University of California San Diego (1990) CA
- Internship: University of Tennessee (1985) TN
- Medical Education: University of Alabama School of Medicine (1984) AL

Research & Scholarship

CLINICAL TRIALS

- Gardner Packard Healthy Lifestyles Program, Not Recruiting

Publications

PUBLICATIONS

- **Pediatric Metabolic and Bariatric Surgery and Anti-Obesity Medications: Weighing Efficacy, Risks, and Future Directions.** *The Journal of pediatrics*
Chinn, J. O., Baidal, J. W., Pratt, J. S., Shepard, W. E., Fell, G. L.
2025: 114610
- **A Digital Health Behavior Intervention to Prevent Childhood Obesity: The Greenlight Plus Randomized Clinical Trial.** *JAMA*
Heerman, W. J., Rothman, R. L., Sanders, L. M., Schildcrout, J. S., Flower, K. B., Delamater, A. M., Kay, M. C., Wood, C. T., Gross, R. S., Bian, A., Adams, L. E., Sommer, E. C., Yin, et al
2024
- **Experience With Vertical Sleeve Gastrectomy in Adolescent and Young Adult Ehlers-Danlos Syndrome Patients: a Case Series and Review of the Literature.** *Obesity surgery*
Herdes, R. E., El Haija, M. A., Johnson, K., Shepard, W. E., Zak, Y., Bruzoni, M., Pratt, J. S.
2021
- **Pilot Evaluation of a Multidisciplinary Strategy for Laparoscopic Sleeve Gastrectomy in Adolescents and Young Adults with Obesity and Intellectual Disabilities.** *Obesity surgery*
Jones, R. E., Wood, L. S., Matheson, B. E., Pratt, J. S., Burgart, A. M., Garza, D., Shepard, W. E., Bruzoni, M.
2021
- **Experience With Vertical Sleeve Gastrectomy in Adolescent and Young Adult Ehlers-Danlos Syndrome Patients: a Case Series and Review of the Literature** *Obesity Surgery*
Herdes, R. E., Abu El Haija, M., Johnson, K., Shepard, W., Zak, Y., Bruzoni, M., Pratt, J. S.
2021
- **A multidisciplinary approach to laparoscopic sleeve gastrectomy among multiethnic adolescents in the United States.** *Journal of pediatric surgery*
Jaramillo, J. D., Snyder, E. n., Farrales, S. n., Stevens, M. n., Wall, J. K., Chao, S. n., Morton, J. n., Pratt, J. S., Hammer, L. n., Shepard, W. E., Bruzoni, M. n.
2017
- **Vitamin D-Deficient Rickets in a Child With Cow's Milk Allergy (vol 25, pg 394, 2010)** *NUTRITION IN CLINICAL PRACTICE*
Barreto-Chang, O. L., Pearson, D., Shepard, E., Longhurst, C. A., Greene, A.
2011; 26 (2): 208-208
- **Clinical resolution of severely symptomatic pseudotumor cerebri after gastric bypass in an adolescent** *SURGERY FOR OBESITY AND RELATED DISEASES*
Chandra, V., Dutta, S., Albanese, C. T., Shepard, E., Farrales-Nguyen, S., Morton, J.
2007; 3 (2): 198-200
- **Methamphetamine use following bariatric surgery in an adolescent** *OBESITY SURGERY*
Dutta, S., Morton, J., Shepard, E., Peebles, R., Farrales-Nguyen, S., Hammer, L. D., Albanese, C. T.
2006; 16 (6): 780-782