


Stanford



Michelle Hauser, MD, MS, MPA, FACP, FACLM, DipABLM, Chef

Clinical Associate Professor, Surgery - General Surgery

 NIH Biosketch available Online

 Curriculum Vitae available Online

CLINICAL OFFICE (PRIMARY)

- **Bariatric and Metabolic Interdisciplinary Clinic**

900 Blake Wilbur Dr Rm W0048

Garden Level

Palo Alto, CA 94304

Tel (650) 736-5800

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ACADEMIC CONTACT INFORMATION

- **Academic & Administrative Contact**

Tara Ti - Administrative Associate

Email titi@stanford.edu

Bio

BIO

Dr. Hauser is the Obesity Medicine Director of the Medical Weight Loss Program in the Stanford Lifestyle and Weight Management Center, formerly known as the Stanford Bariatric Surgery and Medical Weight Loss Clinic. She is a board-certified specialist in internal medicine and lifestyle medicine. She also holds the position of Clinical Associate Professor of Medicine, General Surgery, and by courtesy, Primary Care and Population Health.

Beyond delivering patient care and medical education, Dr. Hauser is a prevention researcher and Le Cordon Bleu-trained chef. She combines her skills to help patients move away from lifestyles that lead to chronic disease and toward those that promote health and well-being.

Dr. Hauser develops and runs lifestyle and medical weight management programs that combine evidence-based, non-surgical treatment modalities, which can be used alone or as an adjunct to bariatric surgery procedures. She provides screening, prevention strategies, and treatment for conditions including hyperlipidemia, diabetes, fatty liver disease, cardiovascular disease, and other metabolic diseases. As a chef, she recognizes the importance of enjoying food, so she incorporates cooking classes into her clinical practice to teach patients how to make delicious food that is also healthy in support of their short- and long-term health goals.

In her academic initiatives, Dr. Hauser has created and evaluated a novel medical weight management program for Veterans. It combines lifestyle medicine-enriched shared medical appointments and telehealth follow-up. She was a primary investigator of a Stanford study of food insecurity screening and referral to healthy food resources. She was also the project lead on a study of the impact of diet quality and type on weight loss and cardiovascular risk factors.

Dr. Hauser wrote the first comprehensive Culinary Medicine Curriculum for health care professional training programs, now in use in more than 100 countries. She also runs an ongoing culinary medicine elective course for medical and physician assistant students. She has co-authored numerous articles published in peer-reviewed journals such as JAMA, American Journal of Lifestyle Medicine, and American Journal of Clinical Nutrition. Topics address new strategies to improve nutrition, physical activity, and weight loss.

She has made invited presentations on obesity management, culinary medicine, and shared medical appointments at the American College of Lifestyle Medicine Annual Conference, Society for General Internal Medicine Annual Conference, and other meetings.

The Lifestyle Medicine Education Collaborative recognized Dr. Hauser as a “Champion for Change” for developing innovative programs to incorporate lifestyle medicine into medical education. Other honors include the Leonard Tow Humanism in Medicine Award from the Arnold P. Gold Foundation and Harvard Medical School.

Dr. Hauser is a fellow of the American College of Physicians and of the American College of Lifestyle Medicine, where she previously served on the Board of Directors.

CLINICAL FOCUS

- Internal Medicine
- Obesity Medicine
- Lifestyle Medicine

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Surgery - General Surgery

ADMINISTRATIVE APPOINTMENTS

- Obesity Medicine Director, Stanford University Medical Center, (2021- present)

HONORS AND AWARDS

- Invited Fellow, American College of Physicians
- Champion for Change, Lifestyle Medicine Education Collaborative
- Local Hunger Fighter, Second Harvest Food Bank of Santa Clara and San Mateo, California, Counties
- San Mateo Medical Center Above & Beyond Award, San Mateo Medical Center
- Food Hero, Honorable Mention, City of Cambridge, Massachusetts
- Cambridge Integrated Clerkship Teaching Award, Cambridge Health Alliance, Cambridge, MA
- Leonard Tow Humanism in Medicine Award, Arnold P Gold Foundation and Harvard Medical School
- Letter of Achievement in Leadership, Center for Public Leadership, Harvard Kennedy School of Government
- Zuckerman Fellowship and Scholarship, Harvard Kennedy School of Government
- Summer Research Award for Nutrition Research, Division of Nutrition and Osher Integrative Care Center, Harvard Medical School
- Howard Hughes Medical Institute Undergraduate Research Opportunities Program, Humboldt State University
- American Heart Association, Western States Affiliate Undergraduate Summer Research Program, University of California, San Diego

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Board of Directors, American College of Lifestyle Medicine (2015 - 2018)
- Member, American College of Lifestyle Medicine (2014 - present)
- Member, American College of Physicians (2012 - present)
- Member, Society of General Internal Medicine (2013 - present)

PROFESSIONAL EDUCATION

- Board Certification, American Board of Lifestyle Medicine , Lifestyle Medicine

- Board Certification, American Board of Internal Medicine , Internal Medicine
- Fellowship, American College of Physicians , Invited Fellow
- Fellowship, Postdoctoral Research Fellowship in Cardiovascular Disease Prevention
- Fellowship, American College of Lifestyle Medicine , Lifestyle Medicine
- Fellowship, Harvard Kennedy School of Government , Zuckerman Fellowship in Leadership and Public Service
- Residency, Harvard Medical School – Cambridge Health Alliance , Internal Medicine
- Medical Degree, Harvard Medical School

LINKS

- Chef in Medicine: <http://www.chefinmedicine.com>

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Dr. Michelle Hauser, MD, MS, MPA, FACLM, Chef is board certified in internal medicine and completed medical school, internal medicine residency, and a Master of Public Policy and Administration degree at Harvard, as well as a Master of Science in Epidemiology and Clinical Research at Stanford. She is also a certified chef via Le Cordon Bleu and serves on the Board of Directors for the American College of Lifestyle Medicine where she is also a Fellow. At Stanford University School of Medicine, she is a Postdoctoral Research Fellow in Cardiovascular Disease Prevention and teaches nutrition and culinary medicine to medical students. She practices primary care for the County of San Mateo at Fair Oaks Health Center, a safety-net clinic in Redwood City, where she is also a teaching attending for Stanford Internal Medicine residents. Additional clinical responsibilities include developing obesity medicine group visits for the Palo Alto Veteran's Affairs Health Care System and teaching medical students and residents about obesity medicine. Her research blends her training in medicine, public policy, nutrition, and culinary arts to focus on improving education and access to delicious, healthy food for medical professionals and the general public, including those who are underserved. Current research topics include: community-based participatory research (CBPR) utilizing lifestyle change interventions and technology for those in underserved communities with, or at risk of, diabetes, cardiovascular disease and obesity; food insecurity; food literacy; weight loss; diet quality; culinary medicine; lifestyle medicine; teaching nutrition and cooking skills; and medical education around lifestyle-based prevention topics.

Teaching

COURSES

2023-24

- The Doctor is In (the Kitchen): Teaching Kitchen Elective for Medical & PA Students: SURG 244 (Aut, Spr)

2022-23

- The Doctor is In (the Kitchen): Teaching Kitchen Elective for Medical & PA Students: SURG 244 (Aut, Win, Spr)

2021-22

- The Doctor is In (the Kitchen): Teaching Kitchen Elective for Medical & PA Students: SURG 244 (Win, Spr)

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Epidemiology (Masters Program)
- Prevention Research (Scholarly Concentration Application)

Publications

PUBLICATIONS

- **Serving up FLAN, a food literacy and nutrition intervention to fend off food insecurity.** *BMC nutrition*
Royer, M. F., Hauser, M. E., Zamora, A. N., Campero, M. I., Garcia, D., Gabaray, M., Sheats, J. L., King, A. C.
2024; 10 (1): 102
- **Vida Sana y Completa: A randomized controlled trial to examine the effectiveness of diabetes prevention with and without medically supportive groceries among Latina women.** *Contemporary clinical trials*
Rosas, L. G., Perez, J. A., Chen, W. T., Xiao, L., Espinosa, P. R., Venditti, E. M., Lewis, M. A., Gardner, C. D., Marti, A., Martinez, E., Murthy, M., Hauser, M.
2024: 107582
- **Serving Up FLAN. A Food Literacy and Nutrition Intervention to Fend Off Food Insecurity.** *Research square*
Royer, M. F., Hauser, M. E., Zamora, A. N., Campero, M. I., Garcia, D., Gabaray, M., Sheats, J. L., King, A. C.
2024
- **Evaluation of the reach and utilization of the American College of Lifestyle Medicine's Culinary Medicine Curriculum** *FRONTIERS IN NUTRITION*
Staffier, K., Holmes, S., Karlsen, M., Kees, A., Shetty, P., Hauser, M. E.
2024; 11: 1338620
- **Exploring Biases of the Healthy Eating Index and Alternative Healthy Eating Index when Scoring Low-Carbohydrate and Low-Fat Diets.** *Journal of the Academy of Nutrition and Dietetics*
Hauser, M. E., Hartle, J. C., Landry, M. J., Fielding-Singh, P., Shih, C. W., Qin, F., Rigdon, J., Gardner, C. D.
2024
- **Association of Dietary Adherence and Dietary Quality with Weight Loss Success among those Following Low-Carbohydrate and Low-Fat Diets: A Secondary Analysis of the DIETFITS Randomized Clinical Trial.** *The American journal of clinical nutrition*
Hauser, M. E., Hartle, J. C., Landry, M. J., Fielding-Singh, P., Shih, C. W., Qin, F., Rigdon, J., Gardner, C. D.
2023
- **Preoperative Weight Loss with Glucagon-Like Peptide-1 Receptor Agonists Before Bariatric Surgery**
Ruhle, B., Bartoletti, S., Hauser, M., Azagury, D. E.
LIPPINCOTT WILLIAMS & WILKINS.2023: S28
- **Nutrition-An Evidence-Based, Practical Approach to Chronic Disease Prevention and Treatment.** *The Journal of family practice*
Hauser, M. E., McMacken, M., Lim, A., Shetty, P.
2022; 71 (1 Suppl Lifestyle): S5-S16
- **Rapid conversion to virtual obesity care in COVID-19: Impact on patient care, interdisciplinary collaboration, and training** *OBESITY SCIENCE & PRACTICE*
Lohnberg, J. A., Salcido, L., Frayne, S., Mahtani, N., Bates, C., Hauser, M. E., Breland, J. Y.
2021
- **Rapid conversion to virtual obesity care in COVID-19: Impact on patient care, interdisciplinary collaboration, and training.** *Obesity science & practice*
Lohnberg, J. A., Salcido, L., Frayne, S., Mahtani, N., Bates, C., Hauser, M. E., Breland, J. Y.
2021
- **Associations of Changes in Blood Lipid Concentrations with Changes in Dietary Cholesterol Intake in the Context of a Healthy Low-Carbohydrate Weight Loss Diet: A Secondary Analysis of the DIETFITS Trial.** *Nutrients*
Vergara, M., Hauser, M. E., Aronica, L., Rigdon, J., Fielding-Singh, P., Shih, C. W., Gardner, C. D.
2021; 13 (6)
- **RAPID IMPLEMENTATION OF A VIRTUAL INTERDISCIPLINARY WEIGHT MANAGEMENT CLINIC: AN INNOVATIVE APPROACH**
Mahtani, N., Lohnberg, J. A., Frayne, S., Hauser, M. E., Salcido, L., Bates, C., Breland, J. Y.
OXFORD UNIV PRESS INC.2021: S390
- **The First, Comprehensive, Open-Source Culinary Medicine Curriculum for Health Professional Training Programs: A Global Reach.** *American journal of lifestyle medicine*
Hauser, M. E., Nordgren, J. R., Adam, M., Gardner, C. D., Rydel, T., Bever, A. M., Steinberg, E.

2020; 14 (4): 369-373

- **Testing the effectiveness of physical activity advice delivered via text messaging vs. human phone advisors in a Latino population: The On The Move randomized controlled trial design and methods.** *Contemporary clinical trials*
King, A. C., Campero, I., Sheats, J. L., Castro Sweet, C. M., Espinosa, P. R., Garcia, D., Hauser, M., Done, M., Patel, M. L., Parikh, N. M., Corral, C., Ahn, D. K.
2020: 106084
- **RESIDENT OBESITY MANAGEMENT: COMFORT CORRELATES WITH ACTION**
Hoppenfeld, M., Abou-Arraj, N. E., Hauser, M.
SPRINGER.2020: S256
- **The First, Comprehensive, Open-Source Culinary Medicine Curriculum for Health Professional Training Programs: A Global Reach** *AMERICAN JOURNAL OF LIFESTYLE MEDICINE*
Hauser, M. E., Nordgren, J. R., Adam, M., Gardner, C. D., Rydel, T., Bever, A. M., Steinberg, E.
2020; 14 (4): 369–73
- **EXTENT OF EDUCATION IN NUTRITION AND TRAINING IN LIFESTYLE COUNSELLING IN INTERNAL MEDICINE RESIDENCY PROGRAMS IN U.S: A NATIONAL SURVEY OF RESIDENCY PROGRAM DIRECTORS.**
Kim, B., Hauser, M., Stark, R., McCormick, D.
SPRINGER.2020: S127–S128
- **PHYSICAL ACTIVITY ADVISING BY HUMANS VS. COMPUTERS IN UNDERSERVED POPULATIONS: THE COMPASS2 TRIAL MAJOR RESULTS**
King, A. C., Campero, I., Sheats, J. L., Sweet, C., Hauser, M. E., Banda, J. A., Ahn, D. K., Bickmore, T.
OXFORD UNIV PRESS INC.2020: S526
- **Effects of Counseling by Peer Human Advisors vs Computers to Increase Walking in Underserved Populations: The COMPASS Randomized Clinical Trial.** *JAMA internal medicine*
King, A. C., Campero, M. I., Sheats, J. L., Castro Sweet, C. M., Hauser, M. E., Garcia, D. n., Chazaro, A. n., Blanco, G. n., Banda, J. n., Ahn, D. K., Fernandez, J. n., Bickmore, T. n.
2020
- **Changes in blood lipid concentrations associated with changes in intake of dietary saturated fat in the context of a healthy low-carbohydrate weight-loss diet: a secondary analysis of the Diet Intervention Examining The Factors Interacting with Treatment Success (DIETFITS) trial** *AMERICAN JOURNAL OF CLINICAL NUTRITION*
Shih, C. W., Hauser, M. E., Aronica, L., Rigdon, J., Gardner, C. D.
2019; 109 (2): 433–41
- **Changes in blood lipid concentrations associated with changes in intake of dietary saturated fat in the context of a healthy low-carbohydrate weight-loss diet: a secondary analysis of the Diet Intervention Examining The Factors Interacting with Treatment Success (DIETFITS) trial.** *The American journal of clinical nutrition*
Shih, C. W., Hauser, M. E., Aronica, L., Rigdon, J., Gardner, C. D.
2019
- **Culinary Medicine Basics and Applications in Medical Education in the United States.** *Nestle Nutrition Institute workshop series*
Hauser, M. E.
2019; 92: 161–70
- **Effect of Low-Fat vs Low-Carbohydrate Diet on 12-Month Weight Loss in Overweight Adults and the Association With Genotype Pattern or Insulin Secretion The DIETFITS Randomized Clinical Trial** *JAMA-JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION*
Gardner, C. D., Trepanowski, J. F., Del Gobbo, L. C., Hauser, M. E., Rigdon, J., Ioannidis, J. A., Desai, M., King, A. C.
2018; 319 (7): 667–79
- **Fruits and Vegetables Versus Vegetables and Fruits: Rhyme and Reason for Word Order in Health Messages.** *American journal of lifestyle medicine*
Offringa, L. C., Stanton, M. V., Hauser, M. E., Gardner, C. D.
2018; 13 (3): 224–34
- **Testing the comparative effects of physical activity advice by humans vs. computers in underserved populations: The COMPASS trial design, methods, and baseline characteristics** *CONTEMPORARY CLINICAL TRIALS*
King, A. C., Campero, I., Sheats, J. L., Sweet, C., Garcia, D., Chazaro, A., Blanco, G., Hauser, M., Fierros, F., Ahn, D. K., Diaz, J., Done, M., Fernandez, et al
2017; 61: 115–25

- **Dynapenia and Metabolic Health in Obese and Nonobese Adults Aged 70 Years and Older: The LIFE Study** *JOURNAL OF THE AMERICAN MEDICAL DIRECTORS ASSOCIATION*
Aubertin-Leheudre, M., Anton, S., Beavers, D. P., Manini, T. M., Fielding, R., Newman, A., Church, T., Kritchevsky, S. B., Conroy, D., McDermott, M. M., Botosaneanu, A., Hauser, M. E., Pahor, et al
2017; 18 (4): 312-319
- **The effect of intervening hospitalizations on the benefit of structured physical activity in promoting independent mobility among community-living older persons: secondary analysis of a randomized controlled trial** *BMC MEDICINE*
Gill, T. M., Beavers, D. P., Guralnik, J. M., Pahor, M., Fielding, R. A., Hauser, M., Manini, T. M., Marsh, A. P., McDermott, M. M., Newman, A. B., Allore, H. G., Miller, M. E.
2017; 15
- **DIETFITS study (diet intervention examining the factors interacting with treatment success) - Study design and methods.** *Contemporary clinical trials*
Stanton, M. V., Robinson, J. L., Kirkpatrick, S. M., Farzinkhou, S., Avery, E. C., Rigdon, J., Offringa, L. C., Trepanowski, J. F., Hauser, M. E., Hartle, J. C., Cherin, R. J., King, A. C., Ioannidis, et al
2017; 53: 151-161
- **Food Revolution** *American Journal of Lifestyle Medicine*
Gardner, C. D., Hauser, M. E.
2017; 11 (5): 387-96
- **Food Revolution.** *American journal of lifestyle medicine*
Gardner, C. D., Hauser, M. E.
2017; 11 (5): 387-96
- **Lifestyle Medicine: A Primary Care Perspective.** *Journal of graduate medical education*
Clarke, C. A., Hauser, M. E.
2016; 8 (5): 665-667
- **Shared Medical Appointments: A Portal for Nutrition and Culinary Education in Primary Care-A Pilot Feasibility Project.** *Global advances in health and medicine : improving healthcare outcomes worldwide*
Delichatsios, H. K., Hauser, M. E., Burgess, J. D., Eisenberg, D. M.
2015; 4 (6): 22-26