



Jennifer Carlson

Clinical Professor, Pediatrics - Adolescent Medicine

CLINICAL OFFICE (PRIMARY)

- **Center for Adolescent Health**

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Bio

BIO

Jennifer Carlson, MD, is a Clinical Professor of Pediatrics in the division of Adolescent Medicine at Stanford. During her time at Stanford, she has served in a range of both clinical roles (providing care in the ambulatory, inpatient, and consultative services) and educational roles (serving as rotation director, pediatric resident coach, program director for Adolescent Medicine fellowship, member of the Fellows in Adolescent Medicine Learning Initiative (FAMLII)). She has led/collaborated on program initiatives with the goal of improving health access, particularly for the adolescent-aged population. These programs have included the Virtual PrEP clinic, inpatient Reproductive Consultation service, outpatient Joint Reproductive Health clinics, and Eating Disorders Telehealth program.

In addition to Adolescent Medicine, Dr. Carlson is board-certified in Clinical Informatics. She has served as the Medical Director of Patients Portals since 2016 and is a member of the Epic Adolescent Medicine Steering Board/BrainTrust. In her role as Clinical Informaticist, she has worked to expand and enhance information access for patients and families and published widely on novel approaches to portal development and management of confidentiality within the electronic health record (EHR). She has collaborated on the Epic White paper for managing confidentiality within the EHR and co-authored a multi-organization position statement on the topic.

Operationally, Dr. Carlson has held positions as physician-at-large for the LPCH Executive committee, Medical Director of the South Bay clinics, and member of the Operations Leadership Steering committee for the hospital.

Specific areas of interest and scholarship include:

- 1) Improving health equity and health access for the pediatric population- particularly for the adolescent and young adult age range- through novel program development (such as Virtual PrEP clinic).
- 2) Developing foundational and systemic approaches to managing health information within the EHR to allow for optimal health care for all patients. This includes ensuring that private and confidential information is protected within the electronic health record and non-private information is easily accessible to patients and families.
- 3) Improving systems for screening and management of psychosocial factors that affect the health of youth and families (ie, social determinants of health, universal depression screening, etc).

CLINICAL FOCUS

- Adolescent Medicine
- Clinical Informatics

ACADEMIC APPOINTMENTS

- Clinical Professor, Pediatrics - Adolescent Medicine
- Member, Wu Tsai Human Performance Alliance
- Member, Maternal & Child Health Research Institute (MCHRI)

ADMINISTRATIVE APPOINTMENTS

- Portal Medical Director, Clinical Informatics, Stanford Medicine Children's Health, (2016- present)
- Medical Site Director, South Bay clinics, Stanford Medicine Children's Health, (2021- present)
- Fellowship Program Director, Adolescent Medicine, Stanford University School of Medicine, (2018-2023)

HONORS AND AWARDS

- Normal Schlossberger Research grant, UC San Francisco (2006)
- Honor Roll for Teaching, Stanford University Medical Center (2008-2010, 2013)
- Fuji Apple Mentoring Award, Stanford University, Department of Pediatrics (2017)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Fellow, American Academy of Pediatrics (2000 - present)
- Member, Society for Adolescent Health and Medicine (2003 - present)
- Member, Academy of Eating Disorders (2007 - present)
- Member, Athlete Triad Coalition (2013 - present)
- Member, Epic Adolescent Medicine Steering Board (2018 - present)
- Member, Adolescent Medicine Subboard, American Board of Pediatrics (2022 - present)
- Member, COCIT, American Academy of Pediatrics (2023 - present)
- Member, American Pediatric Society (2024 - present)

PROFESSIONAL EDUCATION

- Board-certified, ABPM: Clinical Informatics (2023)
- Fellowship: UCSF Adolescent Medicine (2006) CA
- Residency: Vermont Children's Hospital (UVMC) Pediatric Residency Program (2003) VT
- Internship: Vermont Children's Hospital (UVMC) Pediatric Residency Program (2001) VT
- M.D., Georgetown University , Medicine (2000)
- B.S., University of California, Davis , Biological Sciences (1996)

COMMUNITY AND INTERNATIONAL WORK

- Yael's Running Club, Mountain View

Teaching

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Adolescent Medicine (Fellowship Program)

Publications

PUBLICATIONS

- **The association between overuse and musculoskeletal injuries and the female athlete triad in Division I collegiate athletes.** *PM & R : the journal of injury, function, and rehabilitation*
Miller Olson, E., Sainani, K. L., Dyrek, P., Bakal, D., Miller, K., Carlson, J. L., Fredericson, M., Tenforde, A. S.
2024
- **Evaluation of a Large Language Model to Identify Confidential Content in Adolescent Encounter Notes.** *JAMA pediatrics*
Rabbani, N., Brown, C., Bedgood, M., Goldstein, R. L., Carlson, J. L., Pageler, N. M., Morse, K. E.
2024
- **Provider Perspectives on Adolescent Confidentiality and the Electronic Health Record Postimplementation of the 21st Century Cures Act Final Rule.** *The Journal of adolescent health : official publication of the Society for Adolescent Medicine*
Goldstein, R. L., Mermelstein, S. J., Sisk, B. A., Carlson, J. L.
2023
- **A Natural Language Processing Model to Identify Confidential Content in Adolescent Clinical Notes.** *Applied clinical informatics*
Rabbani, N., Bedgood, M., Brown, C., Steinberg, E., Goldstein, R., Carlson, J., Pageler, N., Morse, K.
2023
- **EATING DISORDER CARE VIA TELEHEALTH: TELEHEALTH ACCESS AND QUALITY OF CARE AMONG YOUNG ADULTS AND ADOLESCENTS, 2018-2022**
Meza, B. A., Wozniak, L., Goldstein, R., Saynina, O., Wise, P., Carlson, J., Chamberlain, L.
ELSEVIER SCIENCE INC.2023: S55
- **The Prevalence of Confidential Content in Adolescent Progress Notes Prior to the 21st Century Cures Act Information Blocking Mandate.** *Applied clinical informatics*
Bedgood, M., Rabbani, N., Brown, C., Goldstein, R., Carlson, J. L., Steinberg, E., Powell, A., Pageler, N. M., Morse, K.
2023; 14 (2): 337-344
- **MANAGING ADOLESCENT CONFIDENTIALITY IN THE ELECTRONIC HEALTH RECORD POST IMPLEMENTATION OF THE 21ST CENTURY CURES ACT FINAL RULE: A SURVEY OF PROVIDERS**
Goldstein, R. L., Mermelstein, S. J., Sisk, B. A., Carlson, J. L.
ELSEVIER SCIENCE INC.2023: S86
- **Adolescent Privacy and the Electronic Health Record - Creating a Guardrail System to Ensure Appropriate Activation of Adolescent Portal Accounts.** *Applied clinical informatics*
Xie, J., Hogan, A., McPherson, T., Pageler, N., Lee, T. C., Carlson, J.
2023
- **Providing Online Portal Access to Families of Adolescents and Young Adults with Diminished Capacity at an Academic Children's Hospital: A Case Report.** *Applied clinical informatics*
Carlson, J. L., Pageler, N., McPherson, T., Anoshiravani, A.
2023; 14 (1): 128-133
- **Clinician confidence and practices for evaluating bone health in male and female adolescents and young adults with an eating disorder.** *Eating disorders*
Nelson, L. R., Carlson, J. L., Halpern-Felsher, B. L., Nagata, J. M.
2022: 1-9
- **Usability and Utility of HIV Pre-exposure Prophylaxis (PrEP) Clinical Decision Support to Increase Knowledge and PrEP Initiations among Pediatric Providers.** *Applied clinical informatics*
Chan, C. T., Carlson, J., Lee, T. C., Vo, M., Nasr, A., Hart-Cooper, G.
2022
- **Female Athlete Triad Risk Factors Are More Strongly Associated With Trabecular-Rich Versus Cortical-Rich Bone Stress Injuries in Collegiate Athletes.** *Orthopaedic journal of sports medicine*
Tenforde, A. S., Katz, N. B., Sainani, K. L., Carlson, J. L., Golden, N. H., Fredericson, M.
2022; 10 (9): 23259671221123588

- **Dobbs v. Jackson Decision: It's Time to Get Uncomfortable.** *Hospital pediatrics*
Goldstein, R. L., Carlson, J. L., Tyson, N. A.
2022
- **Implementation of an Inpatient Reproductive Health Screening Consult Service.** *Hospital pediatrics*
Goldstein, R. L., Keppler, H., Pineda, N., Weng, Y., Carlson, J. L.
2022
- **Pediatric Provider Utilization of a Clinical Decision Support Alert and Association with HIV Pre-exposure Prophylaxis Prescription Rates.** *Applied clinical informatics*
Chan, C. T., Vo, M., Carlson, J., Lee, T., Chang, M., Hart-Cooper, G.
2022; 13 (1): 30-36
- **Ensuring Adolescent Patient Portal Confidentiality in the Age of the Cures Act Final Rule.** *The Journal of adolescent health : official publication of the Society for Adolescent Medicine*
Xie, J., McPherson, T., Powell, A., Fong, P., Hogan, A., Ip, W., Morse, K., Carlson, J. L., Lee, T., Pageler, N.
2021
- **Clinician practices assessing hypothalamic-pituitary-gonadal axis suppression in adolescents with an eating disorder.** *The International journal of eating disorders*
Nelson, L. R., Halpern-Felsher, B. L., Nagata, J. M., Carlson, J. L.
2021
- **Low-Energy Availability and the Electronic Preparticipation Examination in College Athletes: Is There a Better Way to Screen?** *Current sports medicine reports*
Goldstein, R., Carlson, J., Tenforde, A., Golden, N., Fredericson, M.
2021; 20 (9): 489-493
- **The 21st Century Cures Act & Adolescent Confidentiality.** *Pediatrics*
2021; 147 (6)
- **To meat or not to meat: disordered eating and vegetarian status in university students.** *Eating and weight disorders : EWD*
Sieke, E. H., Carlson, J. L., Lock, J., Timko, C. A., Neumark-Sztainer, D., Peebles, R.
2021
- **Markers of Low Iron Status Are Associated with Female Athlete Triad Risk Factors.** *Medicine and science in sports and exercise*
Finn, E. E., Tenforde, A. S., Fredericson, M., Golden, N. H., Carson, T. L., Karvonen-Gutierrez, C. A., Carlson, J. L.
2021
- **NASPAG/SAHM Statement: The 21st Century Cures Act and Adolescent Confidentiality.** *Journal of pediatric and adolescent gynecology*
Carlson, J., Goldstein, R., Hoover, K., Tyson, N.
2021; 34 (1): 3-5
- **NASPAG/SAHM Statement: The 21st Century Cures Act and Adolescent Confidentiality.** *The Journal of adolescent health : official publication of the Society for Adolescent Medicine*
Carlson, J., Goldstein, R., Hoover, K., Tyson, N.
2021; 68 (2): 426-28
- **Lower Trabecular Bone Score and Spine Bone Mineral Density Are Associated with Bone Stress Injuries and Triad Risk Factors in Collegiate Athletes.** *PM & R : the journal of injury, function, and rehabilitation*
Tenforde, A. S., Carlson, J. L., Sainani, K. L., Chang, A. O., Kim, J. H., Diaz, R., Golden, N. H., Fredericson, M.
2020
- **Using the Electronic Health Record to Conduct Adolescent Telehealth Visits in the Time of COVID-19.** *The Journal of adolescent health : official publication of the Society for Adolescent Medicine*
Carlson, J. L., Goldstein, R.
2020
- **Teenager, Parent, and Clinician Perspectives on the Electronic Health Record.** *Pediatrics*
Carlson, J. L., Goldstein, R. n., Buhr, T. n., Buhr, N. n.

2020

- **Associations between ergogenic supplement use and eating behaviors among university students.** *Eating disorders*
Nagata, J. M., Peebles, R. n., Hill, K. B., Gorrell, S. n., Carlson, J. L.
2020: 1–17
- **Providers' Perspectives on Adolescent Confidentiality and the Electronic Health Record: A State of Transition.** *The Journal of adolescent health : official publication of the Society for Adolescent Medicine*
Goldstein, R. L., Anoshiravani, A., Svetaz, M. V., Carlson, J. L.
2019
- **Associations between exercise, bone mineral density, and body composition in adolescents with anorexia nervosa** *EATING AND WEIGHT DISORDERS-STUDIES ON ANOREXIA BULIMIA AND OBESITY*
Nagata, J. M., Carlson, J. L., Golden, N. H., Murray, S. B., Long, J., Leonard, M. B., Peebles, R.
2019; 24 (5): 939–45
- **Comparisons of bone density and body composition among adolescents with anorexia nervosa and atypical anorexia nervosa** *INTERNATIONAL JOURNAL OF EATING DISORDERS*
Nagata, J. M., Carlson, J. L., Golden, N. H., Long, J., Murray, S. B., Peebles, R.
2019; 52 (5): 591–96
- **Eating behavior and reasons for exercise among competitive collegiate male athletes.** *Eating and weight disorders : EWD*
Gorrell, S. n., Nagata, J. M., Hill, K. B., Carlson, J. L., Shain, A. F., Wilson, J. n., Alix Timko, C. n., Hardy, K. K., Lock, J. n., Peebles, R. n.
2019
- **Sport and Triad Risk Factors Influence Bone Mineral Density in Collegiate Athletes** *MEDICINE AND SCIENCE IN SPORTS AND EXERCISE*
Tenforde, A. S., Carlson, J. L., Sainani, K. L., Chang, A. O., Kim, J., Golden, N. H., Fredericson, M.
2018; 50 (12): 2536–43
- **Sport and Triad Risk Factors Influence Bone Mineral Density in Collegiate Athletes.** *Medicine and science in sports and exercise*
Tenforde, A. S., Carlson, J. L., Sainani, K. L., Chang, A. O., Kim, J. H., Golden, N. H., Fredericson, M.
2018
- **Contraception for Adolescents and Young Adults in the Inpatient Setting: The Providers' Perspective.** *Hospital pediatrics*
Goldstein, R. L., Carlson, J. L., Halpern-Felsher, B. n.
2018
- **Characterization and correlates of exercise among adolescents with anorexia nervosa and bulimia nervosa** *INTERNATIONAL JOURNAL OF EATING DISORDERS*
Nagata, J. M., Carlson, J. L., Kao, J. M., Golden, N. H., Murray, S. B., Peebles, R.
2017; 50 (12): 1394–1403
- **Effect of a Prior History of Overweight on Return of Menses in Adolescents With Eating Disorders** *JOURNAL OF ADOLESCENT HEALTH*
Seetharaman, S., Golden, N. H., Halpern-Felsher, B., Peebles, R., Payne, A., Carlson, J. L.
2017; 60 (4): 469-471
- **Assessment of sex differences in bone deficits among adolescents with anorexia nervosa** *INTERNATIONAL JOURNAL OF EATING DISORDERS*
Nagata, J. M., Golden, N. H., Peebles, R., Long, J., Leonard, M. B., Chang, A. O., Carlson, J. L.
2017; 50 (4): 352-358
- **Association of the Female Athlete Triad Risk Assessment Stratification to the Development of Bone Stress Injuries in Collegiate Athletes.** *American journal of sports medicine*
Tenforde, A. S., Carlson, J. L., Chang, A., Sainani, K. L., Shultz, R., Kim, J. H., Cutti, P., Golden, N. H., Fredericson, M.
2017; 45 (2): 302-310
- **Assessment of Sex Differences in Body Composition Among Adolescents With Anorexia Nervosa.** *journal of adolescent health*
Nagata, J. M., Golden, N. H., Peebles, R., Long, J., Murray, S. B., Leonard, M. B., Carlson, J. L.
2017
- **HEALTHY RELATIONSHIPS AND PHYSICAL ACTIVITY: A QUALITATIVE ANALYSIS OF MIDDLE SCHOOL GIRLS AND THEIR PARENTS**
Ragavan, M. I., Halpern-Felsher, B., Chang, A., Carlson, J.

ELSEVIER SCIENCE INC.2016: S87

- **Use of Psychopharmacologic Medications in Adolescents With Restrictive Eating Disorders: Analysis of Data From the National Eating Disorder Quality Improvement Collaborative.** *journal of adolescent health*
Monge, M. C., Forman, S. F., McKenzie, N. M., Rosen, D. S., Mammel, K. A., Callahan, S. T., Hehn, R., Rome, E. S., Kapphahn, C. J., Carlson, J. L., Romano, M. E., Malizio, J. B., Bravender, et al
2015; 57 (1): 66-72
- **REPORT FROM THE NATIONAL EATING DISORDER QUALITY IMPROVEMENT COLLABORATIVE OF TEN ADOLESCENT MEDICINE-BASED EATING DISORDER PROGRAMS: POPULATION DESCRIPTION AND PREDICTORS OF WEIGHT OUTCOME AT ONE YEAR**
Forman, S. F., McKenzie, N. M., Monge, M. C., Mammel, K. A., Kapphahn, C. J., Callahan, S. T., Rome, E. S., Rosen, D. S., Hehn, R. S., Carlson, J. L., Romano, M. E., Malizio, J. B., Rouse, et al
ELSEVIER SCIENCE INC.2013: S37-S38
- **RUNNING CLUB PARTICIPATION AFFECTS WEIGHT CONCERNS AND BMI IN MIDDLE SCHOOL GIRLS**
Carlson, J. L., Peebles, R., Golden, N. H.
ELSEVIER SCIENCE INC.2013: S104
- **The Female Athlete Triad** *The Female Patient*
Carlson JL, Golden NH
2012; 37 (6): 16-24
- **Obstacles in the Optimization of Bone Health Outcomes in the Female Athlete Triad** *SPORTS MEDICINE*
Ducher, G., Turner, A. I., Kukuljan, S., Pantano, K. J., Carlson, J. L., Williams, N. L., De Souza, M. J.
2011; 41 (7): 587-607
- **Using OCs in teen eating disorders: What are we treating?** *Contemporary OB/Gyn*
Carlson, J., Golden, NH
2009; 54 (2): 39-46
- **The pathophysiology of amenorrhea in the adolescent.** *Ann N Y Acad Sci*
Golden, N., Carlson, JL
2008; 1135: 163-178
- **Clinician practices for the management of amenorrhea in the adolescent and young adult athlete** *JOURNAL OF ADOLESCENT HEALTH*
Carlson, J. L., Curtis, M., Halpern-Felsher, B.
2007; 40 (4): 362-365
- **Service utilization and the life cycle of youth homelessness** *JOURNAL OF ADOLESCENT HEALTH*
Carlson, J. L., Sugano, E., MILLSTEIN, S. G., Auerswald, C. L.
2006; 38 (5): 624-627
- **Childhood and adolescent sexuality** *PEDIATRIC CLINICS OF NORTH AMERICA*
Duncan, P., Dixon, R. R., Carlson, J.
2003; 50 (4): 765-?