

BIOGRAPHICAL SKETCH

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NAME: Hauser, Michelle E

eRA COMMONS USER NAME (credential, e.g., agency login): michellehauser

POSITION TITLE: Clinical Associate Professor (Affiliated/VAPAHCS), Stanford University School of Medicine

EDUCATION/TRAINING (*Begin with baccalaureate or other initial professional education, such as nursing, include postdoctoral training and residency training if applicable. Add/delete rows as necessary.*)

INSTITUTION AND LOCATION	DEGREE (if applicable)	Completion Date MM/YYYY	FIELD OF STUDY
Le Cordon Bleu, Brown College, MN	Diplôme	11/2001	Culinary Arts & Hospitality Management
Humboldt State University, CA	BS	05/2006	Cellular-Molecular Biology & Chemistry
Harvard Kennedy School of Government, MA	MPA	05/2011	Public Policy and Administration
Harvard Medical School, MA	MD	05/2011	Medicine
Cambridge Health Alliance-Harvard Medical School, MA	Residency	06/2014	Internal Medicine Internship & Residency
Stanford University School of Medicine, CA	MS	04/2017	Epidemiology & Clinical Research
Stanford Prevention Research Center, Stanford University, CA	Postdoctoral	09/2018	Cardiovascular Disease Prevention

A. Personal Statement

I have substantial training and experience in relevant clinical practice and medical oversight of clinical trials, scientific expertise, and the established community partnerships necessary to achieve the specific aims of Vida Sana y Completa Trial. I am board-certified with nearly 10 years' experience in internal medicine-primary care practice and 3 years' experience in obesity medicine. Most of my practice focuses on prevention and treatment of metabolic diseases among underserved and vulnerable patient populations. Additionally, I have extensive training and experience in culinary arts, nutrition education, and epidemiological nutrition research. I have experience in all aspects of clinical trial design and conduct, participant recruitment, intervention, data collection, and data analysis. I have served as Study Physician/Medical Safety Director for clinical trials focused on lifestyle changes and/or healthy food access to improve metabolic risk and disease, particularly among low-income Latinxs. I have co-designed and conducted five pilot studies on topics including food insecurity, culinary medicine, medical education, food literacy, and shared medical appointments. For the past 6 years, I have practiced internal medicine-primary care at Fair Oaks Health Center (FOHC)—a safety-net community clinic that serves a predominantly Latinx patient population. The clinic is located within the San Mateo Medical Center (SMMC) which will serve one of the two recruitment pools for the Vida Sana y Completa Trial. At FOHC, I previously led a pilot study that used community-based participatory research methods to implement universal screening for food insecurity among adult patients and refer those screening positive for food insecurity to free, healthy food resources within the community. The findings of this study are currently being translated to other clinics within SMMC and additional healthy food resources are being developed to meet the needs of the entire low-income community surrounding FOHC. The aforementioned food resources were developed and implemented in collaboration with the same community partner, Second Harvest of Silicon

Valley, that we will collaborate with for the Vida Sana y Completa Trial. In my past role as Postdoctoral Research Fellow, Vida Sana y Completa Trial PI, Dr. Lisa Goldman Rosas, was the mentor for my Master of Science in Epidemiology and Clinical Research program thesis which was a secondary analysis of data collected from the Vivamos Activos Fair Oaks Trial (R01HL089448). Study Co-Investigator, Dr. Christopher Gardner, was my primary research mentor during the fellowship, co-PI on two pilot studies, and co-author on several nutrition and weight loss related academic journal publications.

- a) Hauser ME, Sheats J, Castro Sweet C, Winter S, Goldman Rosas L, Gabaray M, Garcia-Flemate M, King AC. Creating a community-based tailored, scalable program to improve nutrition and food literacy for Latino adults. (Poster Presentation) American College of Lifestyle Medicine Annual Conference; November 2015; Nashville, TN.
- b) Gardner CD, Trepanowski JF, Del Gobbo LC, Hauser ME, Rigdon J, Ioannidis JPA, Desai M, King AC. 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 2018;319(7):667-679. PMID: PMC5839290
- c) Hauser ME, Singh R, Dyer A, Rydel T, Gardner C. Improving food insecurity screening and referral to healthy food resources in a community clinic population in San Mateo County. (Poster Presentation) Stanford Spectrum Research Symposium, Poster 9; April 2018; Stanford, CA.
- d) Hauser ME, Colombari Figueroa S, King AC, Stafford RS, Goldman L. Effect of a group behavioral lifestyle plus community health worker intervention on diet in low-income Latino adults with obesity. (under review)

B. Positions and Honors

Positions and Employment

2009-2010	Zuckerman Fellow, Center for Public Leadership, Harvard Kennedy School of Government, Cambridge, MA
2011-2014	Internal Medicine Internship & Residency, Cambridge Health Alliance-Harvard Medical School, Cambridge, MA
2011-2014	Clinical Fellow in Medicine, Harvard Medical School, Boston, MA
2014-2018	Postdoctoral Research Fellow in Cardiovascular Disease Prevention, Stanford Prevention Research Center, Stanford University School of Medicine, Stanford, CA
2015-	Internal Medicine-Primary Care Physician & Teaching Attending, Fair Oaks Health Center, San Mateo County Health System, Redwood City, CA
2017-	Obesity Medicine Physician & Teaching Attending, Veterans Affairs Palo Alto Health Care System (VAPAHCS), MOVE TIME Clinic, Palo Alto, CA
2019-	Internal Medicine-Primary Care Physician & Teaching Attending, VAPAHCS, General Medical Clinic, Palo Alto, CA
2019-	Clinical Associate Professor (Affiliated/VAPAHCS), Primary Care and Population Health, Stanford University School of Medicine
2021-	(Incoming) Clinical Associate Professor, Bariatric Surgery/General Surgery, Stanford University School of Medicine

Other Experience and Professional Memberships

2013-	Member, American College of Physicians
2014-	Internal Medicine Board Certification, American Board of Internal Medicine, #348480
2014-	California Medical License, Physician/Surgeon, #131070
2014-	Member, American College of Lifestyle Medicine
2015-2018	Board of Directors, American College of Lifestyle Medicine
2017-	Member, American Heart Association
2017-	Fellow, American College of Lifestyle Medicine
2020-	Lifestyle Medicine Board Certification, American Board of Lifestyle Medicine #002061
2021-	Invited Fellow, American College of Physicians

Honors

2011	Leonard Tow Humanism in Medicine Award, Arnold P Gold Foundation, Englewood Cliffs, NJ and Harvard Medical School, Boston, MA
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2011	Letter of Achievement in Leadership, Harvard Kennedy School of Government. Cambridge, MA
2013	Cambridge Integrated Clerkship-Harvard Medical School Teaching Award. Cambridge, MA
2013	Food Hero, honorable mention given by the Mayor and City Council, Cambridge, MA
2017	San Mateo Medical Center Above & Beyond Award for establishing access for food insecure patients with diabetes and their families to free, healthy food resources. San Mateo, CA
2018	Champion for Change—Lifestyle Medicine Education Collaborative, for innovative programs to incorporate lifestyle medicine into medical education. http://lifestylemedicineeducation.org/
2018	Local Hunger Fighter, Second Harvest of Silicon Valley, for working to reduce hunger in the North Fair Oaks (CA) community. San Jose, CA
2021	Invited Fellow, American College of Physicians, an honor bestowed by ACP leaders upon a physician for personal integrity, superior competence in internal medicine, professional accomplishment and demonstrated scholarship. Philadelphia, PA

C. Contributions to Science

1. Shared Medical Appointments. My early clinical work and research focused on increasing patient access to prevention-focused education around making healthy lifestyle changes within primary care clinics. Beginning in medical school and continuing through the present, I developed shared medical appointments (SMAs, also known as group visits) within a variety of academic primary care and obesity medicine clinics, most of which focus on care for the underserved. In each session, up to 25 patients participate in interactive group session lead by a dually trained physician-chef to better understand their lifestyle-related diseases (e.g., cardiovascular disease, diabetes, hypertension, obesity, etc.), gain support from other patients, and learn what they can do to make healthy lifestyle changes to prevent or manage these conditions. Many groups included cooking demonstrations or hands-on cooking for practical nutrition education. Related practice improvement evaluation has shown that these SMAs can be accomplished without any additional cost, staffing, time, or facility needs as compared with traditional primary care visits. During medical residency, I also developed an SMA curriculum that was incorporated into the broader residency curriculum for all internal medicine residents of the Cambridge Health Alliance-Harvard Internal Medicine Residency Program.
 - a. Lupton K, Hauser M, Ogur B. Shared medical appointment curriculum for internal medicine residents in a safety-net health center. (Poster Presentation) Society of General Internal Medicine Annual Conference; April 2013; Denver, CO.
 - b. Delichatsios H, Hauser ME, Burgess J, Eisenberg D. Shared medical appointments: A portal for nutrition and culinary education in primary care. A pilot feasibility study. *Glob Adv Health Med*. 2015;4(6):22-26. PMID: PMC4653594
 - c. Hauser ME, Shiue L. Recipes for adding culinary medicine to primary care—Shared medical appointments, pop-up teaching kitchens and food pharmacies. (Oral Presentation) American College of Lifestyle Medicine Annual Conference; Oct 2018; Indianapolis, IN.
 - d. Hauser ME, Bates C, Wischenka D, Guzman D, Hardin E, Lohnberg J, Frayne S. A novel weight management program for Veterans: Lifestyle medicine-enriched shared medical appointments plus telephone follow-up. (Poster) American College of Lifestyle Medicine Annual Conference. Orlando, FL. October 27-30, 2019.

2. Culinary Medicine. Culinary medicine (CM) is an evidence-based field that brings together nutrition and culinary knowledge and skills to assist patients in maintaining health, and preventing and treating disease by choosing high-quality, healthy food in conjunction with appropriate medical care. As both a chef and physician, I have worked in this burgeoning field since its inception. Currently, I focus on creating curricula and teaching courses in culinary medicine to physicians, medical trainees, and patients. One example is “The Doctor is In (the Kitchen): Teaching Kitchen Elective for Medical Students”; this was a randomized controlled pilot study to develop and lead an effective culinary medicine course at Stanford University School of Medicine. Preliminary results of the pre- and post-test surveys showed that participating students, relative to wait-listed controls, improved their cooking skills, abilities to make healthy choices while food shopping, plan a balanced meal, eat 5+ daily servings of produce, prepare a meal using whole foods, and counsel patients on these topics. The complete results of this work are being drafted as a manuscript and will be submitted to an academic journal for publication. The curriculum was expanded to

create the first, comprehensive, open-source culinary medicine curriculum for health professional education programs, published by the American College of Lifestyle Medicine in 2019.

- a. Hauser ME. Developed curriculum for lifestyle and medical management of obesity shared medical appointments (utilizing culinary medicine) in the MOVE TIME Clinic, VAPAHCS; August 2018-present; Palo Alto, CA. Related abstract: Hauser ME, Bates C, Wischenka D, Guzman D, Hardin E, Lohnberg J, Frayne S. A novel weight management program for Veterans: Lifestyle medicine-enriched shared medical appointments plus telephone follow-up. (Poster) American College of Lifestyle Medicine Annual Conference. Orlando, FL. October 27-30, 2019.
 - b. Hauser ME. The first, comprehensive, open-source culinary medicine curriculum for health professional training programs. *AJLM*. 2020;14(4):369-373. doi: <https://doi.org/10.1177/1559827620916699>
 - c. Hauser ME. *Culinary Medicine Curriculum*. St. Louis, MO: American College of Lifestyle Medicine; 2019.
 - d. Hauser ME, Nordgren J, Adam M, Gardner CD, Rydel T, Bever A, Steinberg E. A Comprehensive, Open-source, Culinary Medicine Curriculum for Health Professional Training Programs. (Poster Presentation) Teaching Kitchen Research Conference Abstract P2.01. *JACM*. Published Online Nov 9, 2020. doi: 10.1089/acm.2020.29085.abstracts.
3. Improving Diet and Physical Activity Behaviors for the Underserved. In parallel with the contributions above, I conducted a variety of secondary analyses and investigations related to improving diet and physical activity behaviors for the underserved. Examples include: (1) a secondary analysis of a randomized controlled weight loss trial of low-income Latinxs with obesity to evaluate the effects of a community health worker plus a group behavioral lifestyle intervention on diet and physical activity behaviors, (2) a translational pilot study aimed at improving access to free, healthy food for food insecure patients in a safety-net community clinic, (3) a pilot study aimed at developing and implementing a food literacy curriculum for low-income Latinx adults in a community center setting and subsequent development and validation of a food literacy measurement tool. Additionally, I participated in or led clinical practice improvement projects aimed at improving diet and served as Study Physician/Medical Safety Director for two NIH-funded trials (1R01 DK102016-01, R01 HL116448) focused on improving physical activity among low-income Latinx adults. Results of the above studies are in various stages of manuscript preparation, review, or have been published in academic journals.
- a) Hauser ME, Sheats J, Castro Sweet C, et al. Creating a community-based tailored, scalable program to improve nutrition and food literacy for Latino adults. (Poster Presentation) American College of Lifestyle Medicine Annual Conference; Nov 2015; Nashville, TN.
 - b) Hauser ME. Effects of a community health worker plus a group behavioral lifestyle intervention on diet and physical activity in low-income Latino adults with obesity: A secondary analysis of the Vivamos Activos Fair Oaks trial. [master's thesis] Stanford, CA: Stanford University School of Medicine; 2017.
 - c) King AC, Campero MI, Sheats JL, Castro Sweet CM, Hauser ME, Garcia D, Chazaro A, Blanco G, Banda J, Ahn DK, Fernandez J, Bickmore T. Effects of Counseling by Peer Human Advisors vs Computers to Increase Walking in Underserved Populations: The COMPASS Randomized Clinical Trial. 2020;180(11):1-10. doi:10.1001/jamainternmed.2020.4143.
 - d) King AC, Campero I, Sheats JL, Castro Sweet CM, Espinosa PR, Garcia D, **Hauser M**, Done M, Patel ML, Parikh NM, Corral C, Ahn DK. 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. *Contemp Clin Trials*. 2020; 95:106084. doi: 10.1016/j.cct.2020.106084. Epub 2020 Jul 11. PMID: 32659437; PMCID: PMC7351675

Complete List of Published Work in MyBibliography:

<https://www.ncbi.nlm.nih.gov/sites/myncbi/1BeNmPSuKO8kp/bibliography/40145338/public/?sort=date&direction=ascending>

D. Additional Information: Research Support

Completed Research Support

R01 HL116448 King (PI) 8/15/2013 – 6/30/2017

Virtual Advisors for Physical Activity Promotion in Underserved Communities

The goal of this randomized comparative effectiveness trial was to test the efficacy of a community-based Virtual Advisor PA program relative to a proven, peer advisor program to increase physical activity among Latino adults.

Role: Medical Safety Director

T32HL007034-41 Gardner (PI) 09/15/2014-09/14/2018

Cardiovascular Disease Prevention Training Program

The purpose of the program was to train behavioral and medical scientists to conduct interdisciplinary and translational research aimed at the prevention of cardiovascular disease in communities. The training was derived principally from direct research experience in an existing, interdisciplinary research center, the Stanford Prevention Research Center (SPRC), which included community, policy, behavioral, and clinical research.

Role: Postdoctoral Research Fellow

1R01 DK102016-01 King (PI) 12/1/2014 - 3/31/2018

Innovative Physical Activity Interventions for Overweight Latinos

The goal of this study was to test the comparative effectiveness of an interactive text messaging platform against professional health advisors to increase the adoption and maintenance of physical activity, prevent weight gain, and reduce abdominal adiposity in underactive, overweight Latinos.

Role: Medical Safety Director

Agreement # 120165-1 King (Co-PI) 05/19/2015-12/31/2016

Food Literacy and Citizen Science

The goal of this study was to create a novel food literacy curriculum and measurement tool to assess change in food literacy with input from study participants via Citizen Science data that they collected with tablets and mobile applications.

Role: Study co-Director

Agreement # IC2017-0272 Hauser (Co-PI), King (Co-PI), Gardner (Co-PI) 01/01/2017-12/31/2017

Food Literacy

The goal of this study was to validate a questionnaire to assess food literacy in adults and pilot a food literacy curriculum, both of which were created as part of a prior project funded by the same group.

Role: Co-PI

SPO# 110170 Hauser (Co-PI), Gardner (Co-PI) 05/01/2017-04/30/2018

Improving Food Insecurity Screening and Referral to Healthy Food Resources in a Community

Clinic Population in San Mateo County

The goal of this study was to test and implement standardized food insecurity screening and free, healthy food resource referral processes in a community-clinic that serves a high proportion of food insecure patients.

Another goal was to simultaneously conduct process evaluation so that these screening and referral methods can be expanded to other clinical sites.

Role: Co-PI

SPO#131389 Sonnenburg (PI) 08/22/2017-09/14/2018

Impact of a Probiotic Supplement on the Microbiome, Immune System, and Metabolic Syndrome

Define impact of a probiotic supplement on microbiome, immune system, and metabolic syndrome.

Role: Study Physician