

Biographical and Bibliographic Information

I. Personal Information

Name: Christopher David Gardner
Birth Date: July 13, 1959
Birth Place: Washington, D.C.
Citizenship: U.S.

II. Educational Background

1977–1981 Colgate University, B.A. (Philosophy)
1988–1993 University of California, Berkeley, Ph.D. (Nutrition Science)

III. Professional Appointments

Stanford University School of Medicine, Dept. of Medicine, Stanford, California

1993–1997 Postdoctoral Research Fellow in Cardiovascular Disease
Epidemiology and Prevention, Stanford Prevention Research Center
(NIH T32-HL007034 and the American Heart Association)
1997–1999 Research Associate, Stanford Prevention Research Center

University of California, Davis, Dept. of Epidemiology and Preventive Medicine

1999–2001 Assistant Professor
1999–2001 Director of Center for Advanced Studies in Nutrition and Social
Marketing

Stanford University School of Medicine, Dept. of Medicine, Stanford, California

2001–2007 Assistant Professor, Stanford Prevention Research Center
2007–2013 Associate Professor, Stanford Prevention Research Center
2013– Professor, Stanford Prevention Research Center
2017– The Rehnborg Farquhar Professorship

IV. Honors and Awards

1988 University of California Regents Fellowship
2005 Department of Medicine Teaching Award
2011 Department of Medicine Teaching Award
2012 Outstanding Student Advisor, Human Biology Program
2016 Fellow of the American Heart Association

V. Scholarly Publications

A. Peer-reviewed journal articles, original research (63 total)

1. **Gardner CD**, Winkleby MA, Viteri FE. Dietary intake patterns and acculturation levels of Hispanic immigrant men: A pilot study. *Hispanic J Behav Sci*, 1995;17(3):347-61.
2. **Gardner CD**, Kraemer HC. Monounsaturated versus polyunsaturated dietary-fat and serum-lipids: A meta-analysis. *Arterioscler Thromb Vasc Biol*, 1995;15(11):1917-27.
3. Winkleby MA, **Gardner CD**, Taylor CB. The influence of gender and socioeconomic factors on Hispanic/white differences in body mass index. *Prev Med*, 1996;25(2):203-11.
4. **Gardner CD**, Fortmann SP, Krauss RM. Association of small low-density lipoprotein particles with the incidence of coronary artery disease in men and women. *JAMA*, 1996;276(11):875-81.

5. Kraemer HC, **Gardner CD**, Brooks JO, Yesavage JA. Advantages of excluding underpowered studies in meta-analysis: Inclusionist versus exclusionist viewpoints. *Psychol Methods*, 1998;3(1):23-31.
6. Tham DM, **Gardner CD**, Haskell WL. Clinical review 97: Potential health benefits of dietary phytoestrogens: a review of the clinical, epidemiological, and mechanistic evidence. *J Clin Endocrinol Metab*, 1998;83(7):2223-35.
7. **Gardner CD**, Winkleby MA, Fortmann SP. Population frequency distribution of non-high density lipoprotein cholesterol (Third National Health and Nutrition Examination Survey [NHANES III], 1998-1994) *Am J Cardiol*, 2000;86(3):299-304.
8. **Gardner CD**, Tribble DL, Young DR, Ahn DK, Fortmann SP. Population frequency distributions of HDL, HDL(2) and HDL(3) cholesterol and apolipoproteins A-I and B in healthy men and women and associations with age, gender, hormonal status, and sex hormone use: The Stanford Five City Project. *Prev Med*, 2000;31(4):335-45.
9. **Gardner CD**, Tribble DL, Young DR, Ahn DK, Fortmann SP. Associations of HDL, HDL(2), and HDL(3) cholesterol and apolipoproteins A-I and B with lifestyle factors in healthy women and men: The Stanford Five Project. *Prev Med*, 2000;31(4):346-56.
10. **Gardner CD**, Chatterjee LM, Carlson JJ. The effect of a garlic preparation on plasma lipid levels in moderately hypercholesterolemic adults. *Atherosclerosis* 2001;154(1):213-20.
11. **Gardner CD**, Newell KA, Cherin, R, Haskell WL. The effect of soy protein with or without isoflavones relative to milk protein on plasma lipids in hypercholesterolemic postmenopausal women. *Am J Clin Nutr*, 2001;73(4):728-35.
12. Ackermann RT, Mulrow CD, Ramirez G, **Gardner CD**, Morbidoni L, Lawrence VA. Garlic shows promise for improving some cardiovascular risk factors. *Arch Intern Med*, 2001;161(6):813-24.
13. Bravata DM, Sanders L, Huang J, Krumholz HM, Olkin I, **Gardner CD**, Bravata DM. Safety and efficacy of low-carbohydrate diets: A systematic review. *JAMA* 2003;289(14):1837-50.
14. **Gardner CD**, Coulston A, Chatterjee L, Rigby A, Spiller G, Farquhar JW. The effect of a plant-based diet on plasma lipids in hypercholesterolemic adults: A Randomized Trial. *Ann Intern Med* 2005;142(9):725-33.
15. Lawson LD, **Gardner CD**. Composition, stability, and bioavailability of garlic products used in a clinical trial. *J Agric Food Chem* 2005;53(16):6254-61.
16. Stookey JD, Burg M, Sellmeyer DE, Greenleaf JE, Arieff A, Van Hove L, **Gardner CD**, King JC. A proposed method for assessing plasma hypertonicity in vivo. *Eur J Clin Nutr* 2007;61(1):143-6.
17. **Gardner CD**, Lawson LD, Block E, Chatterjee LM, Kiazand A, Balise RR, Kraemer HC. Effect of raw garlic vs. commercial garlic supplements on plasma lipid concentrations in adults with moderate hypercholesterolemia: A randomized clinical trial. *Arch Int Med* 2007;167(4):346-53.
18. **Gardner CD**, Kiazand A, Alhassan S, Kim S, Stafford RS, Balise RR, Kraemer HC, King AC. Comparison of the Atkins, Zone, Ornish, and LEARN diets for change in weight and related risk factors among overweight premenopausal women: A randomized trial. *JAMA* 2007;297(9):969-77.

19. **Gardner CD**, Zehnder JL, Rigby AJ, Nicholus JR, Farquhar JW. Effect of Ginkgo biloba (EGb 761) aggregation and platelet and aspirin on platelet analysis among older adults at risk of cardiovascular disease: A randomized clinical trial. *Blood Coagul Fibrinolysis* 2007;18(8):787-93.
20. **Gardner CD**, Messina M, Kiazand A, Morris JL, Franke AA. Effect of two types of soy milk and dairy milk on plasma lipids in hypercholesterolemic adults: A randomized trial. *J Am Coll Nutr* 2007;26(6):669-77.
21. Stookey JD, Constant F, **Gardner CD**, Popkin BM. Replacing sweetened caloric beverages with drinking water is associated with lower energy intake. *Obesity* 2007;15(12):3013-22.
22. Alhassan S, Kiazand A, Balise RR, King AC, Reaven GM, **Gardner CD**. Metabolic syndrome: Do clinical criteria identify similar individuals among overweight premenopausal women? *Metabolism* 2008;57(1):49-56.
23. King AC, Ahn DK, Oliveira BM, Atienza AA, Castro CM, **Gardner CD**. Promoting physical activity through hand-held computer technology. *Am J Prev Med* 2008;34(2):138-42.
24. Alhassan S, Kim S, Bersamin A, King AC, **Gardner CD**. Dietary adherence and weight loss success among overweight women: Results from the A TO Z weight loss study. *Intl J Obes* 2008;32(6):985-991.
25. Atienza AA, King AC, Oliveira BM, Ahn DK, **Gardner CD**. Using hand-held computer technologies to improve dietary intake. *Am J Prev Med* 2008;34(6):514-8.
26. **Gardner CD**, Taylor-Piliae RE, Kiazand A, Nicholus J, Rigby AJ, Farquhar JW. Effect of Ginkgo biloba (EGb 761) on treadmill walking time among adults with peripheral artery disease: A randomized clinical trial. *J Cardiopulm Rehabil Prev* 2008;28(4):258-65.
27. Stookey JD, Constant F, Popkin BM, **Gardner CD**. Drinking water is associated with weight loss in overweight dieting women independent of diet and activity. *Obesity* 2008;16(11):2481-8.
28. **Gardner CD**, Chatterjee LM, Oliveira BM, Franke AA. Effects of isoflavone supplements vs. soy foods on blood concentrations of genistein and daidzein in adults. *J Nutr Biochem* 2009;20(3):227-34.
29. Swami S, Krishnan AV, Moreno J, Bhattacharya RS, **Gardner CD**, Brooks JD, Peehl DM, Feldman D. Inhibition of prostaglandin synthesis and actions by genistein in human prostate cancer cells and by soy isoflavones in prostate cancer patients. *Int J Cancer* 2009;124(9):2050-9.
30. **Gardner CD**, Oelrich B, Liu JP, Feldman D, Franke AA, Brooks JD. Prostatic soy isoflavone concentrations exceed serum levels after dietary supplementation. *Prostate* 2009;69(7):719-26.
31. Hekler EB, **Gardner CD**, Robinson TN. Effects of a college course about food and society on students' eating behaviors. *Am J Prev Med* 2010;38(5):543-7.
32. Ma J, Strub P, Camargo CA, Xiao L, Ayala E, **Gardner CD**, Buist AS, Haskell WL, Lavori PW, Wilson SR. The Breathe Easier through Weight Loss Lifestyle (BE WELL) Intervention: A randomized controlled trial. *BMC Pulm Med* 2010Mar 24;10:16.
33. Drieling RL, **Gardner CD**, Ma J, Ahn DK, Stafford RS. No beneficial effects of pine bark extract on cardiovascular disease risk factors. *Arch Int Med* 2010;170(17):1541-7.

34. **Gardner CD**, Kim S, Bersamin A, Dopler-Nelson M, Otten J, Oelrich B, Cherin R. Micronutrient quality of weight-loss diets that focus on macronutrients: results from the A TO Z study. *Am J Clin Nutr* 2010;92(2):304-12.
35. Moore SD, King AC, Kiernan M, **Gardner CD**. Outcome expectations and realizations as predictors of weight regain among dieters. *Eat Behav* 2011;12(1):60-3.
36. Dixit AA, Azar KM, **Gardner CD**, Palaniappan LP. Incorporation of whole, ancient grains into a modern Asian Indian diet to reduce the burden of chronic disease. *Nutr Reviews* 2011;69(8):479-88.
37. Dewell A, Marvasti FF, Harris WS, Tsao P, **Gardner CD**. Low- and high-dose plant and marine (n-3) fatty acids do not affect plasma inflammatory markers in adults with metabolic syndrome. *J Nutr* 2011;141(12):2166-71.
38. Otten JJ, Hekler EB, Krukowski RA, Buman MP, Saelens BE, **Gardner CD**, King AC. Food marketing to children through toys: Response of restaurants to the first U.S. toy ordinance. *Am J Prev Med* 2012;42:56-60.
39. **Gardner CD**, Wylie-Rosett J, Gidding SS, Steffen L, Johnson R, Reading D, Lichtenstein A. Non-nutritive sweeteners: current use and health perspectives. A scientific statement from the American Heart Association. *Circulation* 2012;126:509-19.
40. **Gardner CD**, Wylie-Rosett J, Gidding SS, Steffen L, Johnson R, Reading D, Lichtenstein A. non-nutritive sweeteners: current use and health perspectives. A scientific statement from the American Heart Association. *Diabetes Care* 2012;35:1798-808.
41. **Gardner CD**. Tailoring dietary approaches for weight loss. *Intl J Obesity*. 2012;2:S11-S15.
42. Katz DL, Daniels S, **Gardner CD**, Goodman E, Hassink S, Sothorn M. What we don't know: unanswered questions about childhood obesity. *Child Obes* 2012 Feb;8(1):7-12.
43. McClain AD, Otten JJ, Hekler EB, **Gardner CD**. Adherence to a low-fat vs. low-carbohydrate diet differs by insulin resistance status. *Diabetes Obes Metab* 2013;15(1):87-90.
44. Oelrich B, Dewell A, **Gardner CD**. Effect of fish oil supplementation on serum triglycerides, LDL cholesterol and LDL subfractions in hypertriglyceridemic adults. *Nutr Metab Cardiovasc Dis* 2013; 23(4):350-7.
45. McClain AD, Hekler EB, **Gardner CD**. Incorporating prototyping and iteration into intervention development: A case study of a dining hall-based intervention. *J Amer College Health* 2013;61(2):122-31.
46. **Gardner CD**, Whitsel LP, Thorndike AN, Marrow MW, Otten JJ, Foster GD, Carson JA, Johnson RK. Food and beverage environment and procurement policies for healthier work environments. *Nutr Rev*. 2014;72:390-410.
47. Mummah S, Oelrich B, Hope J, Vu Q, **Gardner CD**. Effect of raw milk on lactose intolerance: a randomized controlled pilot study. *Ann Fam Med*. 2014;12:134-41.
48. Basu S, Seligman HK, **Gardner CD**, Bhattacharya. Ending SNAP subsidies for sugar-sweetened beverages could reduce obesity and type 2 diabetes. *J. Health Affairs*. 2014;33:1032-1039.
49. Sirich TL, Plummer NS, **Gardner CD**, Hostetter TH, Meyer TW. Effect of increasing dietary fiber on plasma levels of colon-derived solutes in hemodialysis patients. *Clin J Am Soc Nephrol*. 2014 Sep 5;9(9):1603-10. PubMed PMID: 25147155

50. Ma J, Strub P, Xiao L, Lavori PW, Camargo CA, Wilson SR, **Gardner CD**, Buist AS, Haskell WL, Lv N. Behavioral weight loss and physical activity intervention in obese adults with asthma. A randomized trial. *Ann Am Thorac Soc*. 2015 Jan;12(1):1-11. PubMed PMID: 25496399
51. **Gardner CD**, Offringa LC, Hartle JC, Kapphahn K, Cherin R. Weight loss on low-fat vs. low-carbohydrate diets by insulin resistance status among overweight adults and adults with obesity: A randomized pilot trial. *Obesity (Silver Spring)*. 2016;24(1):79-86.
52. Mummah SA, Mathur M, King AC, **Gardner CD**, Sutton S. Mobile technology for vegetable consumption: a randomized controlled pilot study in overweight adults. *JMIR Mhealth Uhealth*. 2016 4(2): e51. PMID: 27193036.
53. Mummah SA, King AC, **Gardner CD**, Sutton S. Iterative development of Vegethon: theory-based mobile app intervention to increase vegetable consumption. *Intl J Behav Nutr Phys Act*. 2016 13: 90. PMCID: PMC4977881
54. Mummah SA, Robinson TN, King AC, **Gardner CD**, Sutton S. IDEAS (Integrate, Design, Assess, and Share): A framework and toolkit of strategies for the development of more effective digital interventions to change health behavior. *J Med Internet Res*. 2016 Dec 16;18(12):e317.
55. Stanton MV, Robinson JL, Kirkpatrick SM, Farzinkhou S, Avery EC, Rigdon J, Offringa LC, Trepanowski JF, Hauser ME, Hartle JC, Cherin RJ, King AC, Ioannidis JP, Desai M, **Gardner CD**. DIETFITS study (Diet Intervention Examining The Factors Interacting with Treatment Success) - Study design and methods. *Contemp Clin Trials*. 2017;53:151-161.
56. Harnack LJ, Cogswell ME, Shikany JM, **Gardner CD**, Gillespie C, Loria CM, Zhou X, Yuan K, Steffen LM. Sources of sodium in US adults from three geographic regions. *Circulation*. 2017; 135(19):1775-1783.
57. Bälter K, Sjörs C, Sjölander A, **Gardner CD**, Hedenus F, Tillander A. Is a diet low in greenhouse gas emissions a nutritious diet? - Analyses of self-selected diets in the LifeGene study. *Arch Public Health*. 2017;10:75:17.
58. Aronica L, Levine AJ, Brennan K, Mi J, **Gardner CD**, Haile RW, Hitchens MP. A systematic review of studies of DNA methylation in the context of a weight loss intervention. *Epigenomics*. 2017;9(5):769-787.
59. **Gardner CD**, Hauser ME. Food revolution. *Am J Lifestyle Med*. 2017;11(5)387-96.
60. Mummah SA, Robinson TN, Mathur MS, Farzinkhou S, Sutton S, **Gardner CD**. Effect of a mobile app intervention on vegetable consumption in overweight adults: a randomized controlled trial. *Intl J Behav Nutr Phys Act*. 2017;14(1) 125.
61. Hartle JC, Cole S, Chrisinger B, **Gardner CD**. Interdisciplinary food-related academic programs: A 2015 snapshot of the United States landscape. *J Agric Food Systems Commun Devel* 2017; 7 (4):35-49.
62. Dewell A, Tsao P, Rigdon J, **Gardner CD**. Antioxidants from diet or supplements do not alter inflammatory markers in adults with cardiovascular disease risk. A pilot randomized controlled trial. *Nutr Res*. 2018;50:63-72.
63. **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: A randomized clinical trial [the Diet Intervention Examining The Factors Interacting with Treatment Success (DIETFITS)] study. *JAMA* 2018;319(7)667-79.

Other Peer-Review Articles (3)

1. **Gardner CD**, Block E, Lawson LD. Garlic in the treatment of hypercholesterolemia: Is it effective? *Clin Nutr Insight*. 2007;33:1-4. [Invited, peer-reviewed]
2. **Gardner CD**. Low-carbohydrate ketogenic diet and the combination of orlistat with a low-fat diet lead to comparable improvements in weight and blood lipids, but LCKD more beneficial for blood pressure. *Evid Based Med*. 2010;15(3):91-2.
3. **Gardner CD**. Non-nutritive sweeteners. *Clin Nutr Insight*. 2012; 38(11):1-5. [Invited, peer-reviewed]

B. Non-peer-reviewed journal articles, reviews, editorials, etc. (5)

1. **Gardner,CD**. The role of plant-based diets in the treatment and prevention of coronary artery disease. *Coronary Artery Disease* 2001;12:553-9.
2. Messina M, **Gardner CD**, Barnes S. Gaining insight into the health effects of soy but a long way still to go: Commentary on the Fourth International Symposium on the Role of Soy in Preventing and Treating Chronic Disease. *Jf Nutr* 2002;132:547-551.
3. Kris-Etherton P, Etherton T, Carlson J, **Gardner CD**. Recent discoveries in inclusive food-based approaches and dietary patterns for reduction in risk for cardiovascular disease. *Curr Opin Lipidol* 2002;13:397-407.
4. **Gardner CD**, Messina M, Lawson LD, Farquhar JW. Soy, garlic, and ginkgo biloba: their potential role in cardiovascular disease prevention and treatment. *Curr Atheroscler Rep*. 2003, Nov;5(6):468-475.
5. **Gardner CD**, Stanton M. Digesting dietary data. *The Scientist*. 2014;28:30-31.

C. Book Chapters (5)

1. **Gardner CD**, Spiller G, Bruce B. Coffee, caffeine and serum cholesterol, In: Spiller G, editor. Caffeine. New York: CRC Press, 1998. p. 301-324.
2. **Gardner CD**, Chatterjee LC, Carlson JJ. Effect of garlic on serum cholesterol levels. In: Bidlack WR, Omaye ST, Mesking MS, Topham DKW, editors. Phytochemicals as bioactive agents. Lancaster, PA: Technomic Publishing Co. Inc., 2000. p. 199-212.
3. **Gardner CD**. Nutrition, In: Berra K, Friedland G, Koch F, editors. Cardiac rehabilitation, New Haven CT: Yale University Press, 2002. p. 123-152.
4. **Gardner CD**. The emergence of a growing role for nutrition and plant-based diets in the treatment and prevention of cardiovascular disease. In: Williams MA, editor-in-chief. Guidelines for the American Association of Cardiovascular and Pulmonary Rehabilitation, 4th Edition. Champaign, IL: Human Kinetics, 2004. p. 21-30.
5. **Gardner CD**. Nutrition Guidelines. In: Williams MA, editor-in-chief. Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs, 5th edition. American Association of Cardiovascular and Pulmonary Rehabilitation. Champaign, IL: Human Kinetics, 2013, p 31-39.

D. Special materials (editorials, letters, epitomes) (4)

1. **Gardner CD**, Stafford RS, King AC. Comparison of weight-loss diets – Reply. (*JAMA*. 2007;298:175).
2. **Gardner CD**, Lawson LD, Block E. Effects of garlic on cholesterol: Not down but not out either—Reply, *Arch Int Med*. 2008;168:112-113.

3. Dopler Nelson M, Otten J, Oelrich B, **Gardner CD**. Weight-loss diet studies: Is the most rigorous trial to date generalizable to public health? *Curr Cardio Risk Report*. 2010;4:86-88.
4. **Gardner CD**. Review of Yancy et al. *Arch Int Med* 2010;170:136-45. *Evidence Based Medicine*. 2010 Jun;15(3):91-2.

E. Abstracts not published in other forms

1. **Gardner CD**, Dixon LB, Winkleby MA. *Homocysteine Levels, Vitamin Intake and Dietary Supplement Use Among Black, Mexican-American and White U.S. Adults: the Third National Health and Nutrition Examination Surgery, (NHANES III, Phase 2, 1991-1994)* Presented at the American Heart Association Council on Epidemiology and Prevention, San Diego, California, March, 2000.
2. **Gardner CD**, Hagerty L. *Effect of Dietary Folate from Three Different Sources on Homocysteine Concentrations*. Presented at the American College of Nutrition, Las Vegas, 12-15 March, 2000. *J Am Coll Nutr*. 2000;19:685 (Abstract).
3. Kiazand A, **Gardner CD**, Fair JM, Mahbouba MH. *Dietary antioxidants did not influence flow-mediated vasodilatation in adults at risk of atherosclerosis*. March 2006, American Heart Association, the Council on Epidemiology and Prevention, and the Council on Nutrition, Physical Activity and Metabolism, Phoenix, AZ *Circulation* 2006;113:371 (abstract).
4. Kiazand A, **Gardner CD**, Fair JM, Mahbouba MH, *Dietary antioxidants did not influence flow-mediated vasodilation in adults at risk of atherosclerosis*. March 2006, American Heart Association, the Council on Epidemiology and Prevention, and the Council on Nutrition, Physical Activity and Metabolism, Phoenix, AZ *Circulation* 2006;113:371 (abstract).
5. Otten J, Buman M, Kiernan M, **Gardner C**, King A. (2010) Comparison of a Very Low-Carbohydrate Diet and a Low-Fat Diet on Eating-Related Disinhibition, Restraint, and Hunger. *Obesity*, 18, S91. (abstract)

VI. Editorial Service

A. Editorial board memberships

2008– Clinical Nutrition Insights

2010 Curr Cardiovasc Risk Reports – Guest Editor for Special Emphasis Issue on Obesity

2012 International Journal of Obesity – Guest Editor for: Heterogeneity of Obesity and Implications for Prevention, Diagnosis and Treatment

B. Other peer review activities – manuscript review

1. Annals of Internal Medicine
2. JAMA
3. Circulation
4. Archives of Internal Medicine
5. American Journal of Clinical Nutrition
6. European Journal of Clinical Nutrition
7. British Journal of Nutrition
8. Nutrition
9. Nutrition Reviews
10. Journal of the American College of Nutrition
11. Office of Dietary Supplements Annual Review (2003, 2005, 2006)
12. Obesity
13. Atherosclerosis
14. Journal of the American Dietetics Association
15. Journal of Women's Health
16. Clinica Chimica Acta
17. Endocrine Reviews
18. Medicine and Science in Sports and Exercise
19. American Journal of Medicine
21. Treatments in Endocrinology
22. Journal of Cardiopulmonary Rehabilitation

VII. Grants

A. Current funding

R01 DK091831 (Christopher D. Gardner) 30%

09/01/12–08/31/18

NIH-NIDDK

Role: Principal Investigator

Do Genotype Patterns Predict Weight Loss Success for Low Carb vs. Low Fat Diets?

Genomics research is rapidly advancing and links between genes and obesity continue to be discovered and better defined. The current study proposes to address whether knowledge of genotype patterns can be used to help dieters predict whether they will have greater weight loss success with a low carbohydrate or low fat diet.

5T32HL007034 (Christopher D. Gardner) 2%

NIH-NHLBI

08/01/16-07/31/20

Role: Principal Investigator

Cardiovascular Epidemiology and Prevention Postdoctoral Fellowship Program

The latest renewal for this training program was for years 41-45 of the program, making it one of the longest running T32 programs in the country. The objective is to train promising young

PhD, MD, and MD/PhD investigators to go on to productive research careers. Every year 8 fellows are funded by the program, and each is mentored by at least one, and usually two of the faculty at the Stanford Prevention Research Center.

5R01HL132814 (Prochaska, PI) 1%

NIH

04/15/2014-03/31/2019

Role: Co-investigator

Technology Innovations for Supporting Health Among Alaska Native People

This study aims to identify effective and cost-effective interventions for tobacco use and other risk behaviors for cardiovascular disease among Alaska Native people in rural villages. In a randomized controlled trial, the study will compare interventions using telemedicine to promote the American Heart Association's identified ideal health behaviors (nonsmoking and physical activity) relative to ideal health factors (managing cholesterol and blood pressure).

1R01 HL132814 (Basu, PI) 10%

NIH

07/01/2016 - 06/30/2021

Role: Co-investigator

Designing Food Voucher Programs to Reduce Disparities in Healthy Diets

This study aims to contrast the impact of multiple strategies for augmenting SNAP with \$20 worth of vouchers for foods and beverages among a population of food insecure adults in the San Francisco area using a randomly assigned trial.

B. Prior funding (last 5 years)

- 2009–2012 **Principal Investigator:** *Effects of GSH +/- Arginine on Inflammatory Markers Among Adults with CVD Risk.* National Heart Lung and Blood Institute. NIH R21 AT004475
- 2010–2012 **Co-Investigator:** *Dietary Maneuvers to Limit Production of Colon-Derived Uremic Solutes* National Heart Lung and Blood Institute. NIH R21 AT005123
- 2010–2012 **Co-Investigator:** *Assessing the Impacts of Two California County Ordinances Banning Toys or Other Incentives with Unhealthy Menu Items for Kids.* The Robert Wood Johnson Foundation
- 2012-2014 **Principal Investigator (of Stanford Site, multi-site trial):** *Sodium Sources Study.* CDC, Lyn Steffen, PI
- 2012-2016 **Co-Investigator:** *Defining Adaptive Immune Mechanisms of Insulin Resistance,* NIH 1R01 DK091831
- 2013-2016 **Principal Investigator:** *Diet X Genotype plus Nui* Nutrition Science Initiative
- 2016-2017 **Co-Principal Investigator:** *Stanford Chemistry, Engineering & Medicine for Human Health (ChEM-H)*

C. Service as grant reviewer

- 2004–2008 Special emphasis panel for NCCAM/NIH
- 2004 NHLBI/NIH Program Project
- 2007 South African Medical Research Council
- 2009 NIH ARRA applications
- 2010-2015 NIH T32 Review Panel (Ad Hoc)
- 2013 NIH R15 Review Panel

VIII. University Administrative Services

A. Committee services

2009-2011 SPRC Finance committee
2011-2013 SPRC Strategic planning committee
2012- SPRC Senior executive committee

B. Leadership roles

1994–2006 Nutrition Journal Club Coordinator, Stanford
1994–1996 Research Roundtable Coordinator, Stanford
1999–2000 Volunteer Clinical Faculty Coordinator, UC Davis
2002–2003 Human Subjects Review Panel, Stanford
2008– Program of Medicine, Stanford Medical School, Nutrition Education
 Coordinator
2010– Director of T32 NIH/NHLBI Postdoctoral Fellowship Program
2009, 2011 Leadership role in submission of NIDDK P30 Nutrition and Obesity Research
 Center application
2010–2014 Convener of Stanford Food Summit I, II, III, IV and V

IX. Service to Professional Organizations

A. Membership

1994– American Heart Association Epidemiology Council
1998–2002 Lipid Nurse Task Force
2000–2002 American Public Health Association
2000– American Heart Association Council on Lifestyle and Cardiometabolic Health
2000- American Society for Nutrition
2006– The Obesity Society

B. Committee service

2009–2011 American Heart Association – Education Committee
2009–2012 The Obesity Society – Education Committee
2009–2013 American Heart Association – Nutrition Committee
2012– Scientific Advisory Committee, Culinary Institute of America, Menus of
 Change

X. Presentations

A. National and regional meetings (selected invited talks from >100 over past 10 years)

Cleveland Clinic: Obesity Summit. The Cleveland Clinic, Cleveland, Ohio. September 27-29, 2007. *Dietary Interventions for Obesity Management.*

Mayo Clinic: Annual Nutrition Conference. San Francisco, California, November 8-9, 2007. *Health Benefits of a Plant-Based Diet*, and *Update on Dietary Supplements for Cardiovascular Disease.*

5th Annual Nutrition and Health Conference: Tempe, Arizona. April 14-16, 2008. *A Whole Food Approach to Optimal Nutrition.*

American Association of Cardiovascular and Pulmonary Rehabilitation: Pittsburgh, PA. October 2, 2009. *Solutions to the Omnivore's Dilemma*, and, *Is There an Anti-Inflammatory Diet?*

Pri-Med Access, with American College of Physicians (2-day CME seminar for general practitioners): Seattle (5/5/09), San Diego (9/24/09), Cincinnati (11/19/09), Houston (11/20/09), Dallas (12/15/09). *Battle of the Weight Loss Diets: Is Anyone Winning (at Losing)?*

Intensive Course in Clinical Research: Study Design and Performance: Stanford, California, March 22-26, 2010. *Meeting the Challenges of Recruitment and Retention*

Rocky Mountain Metabolic Syndrome Symposium: Denver, Colorado, May 6, 2011. *How Low in Carbs?*

American Society of Bariatric Physicians: Annual Meeting. Denver, Colorado, April 21, 2012. *Is a calorie always a calorie?*

73rd Scientific Sessions, American Diabetes Association – June 2013. *Nonnutritive Sweeteners – Current Use and Health Perspectives*

McDougal 3-Day Intensive Program – Santa Rosa, CA – September 2014. *Stealth Nutrition and a Food Systems Approach to Making Meaningful Dietary Changes*

American Heart Association: Epi/Prevention/Lifestyle: Baltimore, MD – March 2015. *Which Diet is Best for Weight Loss?*

Sports, Cardiovascular and Wellness Nutrition, Academy of Nutrition and Dietetics: Portland, OR – April 2016. *Ethics of Food, Sustainability, and the Environment*

IDEA World Fitness Convention: Los Angeles, CA – July 2016. *Protein Overload: Are You Eating More Than You Need?*

Healthy Kitchens Healthy Lives. Culinary Institute of America. St Helena, California, February, 2017. *Solutions to the Omnivore's Dilemma: Through the lens of health and sustainability*

Blackburn/Kaplan Obesity Course: Boston, MA – June 2017. *Dietary Therapy for Obesity: Common Themes and Variability*

B. International meetings

Korean Food and Technology Institute: International Soy Conference. Seoul, Korea. November, 2002. *Pathways to reduce cholesterol by soy/soy peptide.*

XI. Teaching

Courses

- | | |
|--------------|--|
| 2001-present | Human Nutrition (Human Biology 130). Instructor. Spring quarter undergraduate class, lecture-based, 4 units, typically 50-80 students |
| 2008-present | Practice of Medicine (INDE 201/202/203). Co-Instructor with a group of many other faculty and instructors. Taught across years 1 and 2 of medical school. Required of all Stanford medical students. |
| 2009-present | Food and Society (Human Biology 166). Co-Instructor. Winter quarter undergraduate class, discussion-based, 4 units, maximum 24 students |

2014-present Healthy and Sustainable Food Systems (Human Biology 113S). Instructor.
Spring quarter undergraduate class, discussion-based, 4 units, maximum 20
students

XII. Advising and Mentoring

a. Postdoctoral research fellows mentored (~15 to date)

2001-2004 Joseph Carlson, PhD
2002-2004 Alison Rigby, PhD
2004-2006 Alexandre Kiazand, MD
2007-2009 Jodi Stookey, PhD
2007-2009 Mindy Dopler Nelson, PhD
2009-2010 Farshad Marvasti, MD
2009-2012 Jennifer Otten, PhD
2010-2012 Arianna McClain, PhD
2013-2016 Jennifer Hartle, PhD
2013-2016 Lisa Offringa, PhD
2013-2016 Michael Stanton, PhD
2014-present Michelle Hauser, MD
2015-present Benjamin Chrisinger, PhD
2016-2017 Liana Del Gobbo, PhD
2017-present Lucia Aronica, PhD

b. Doctoral Dissertation Reader

2017 Priya Fielding-Singh
2017 Anna Lee

c. Masters students

2015-2017 Katie Bick
2015-2017 Katie Toothman
2015-2017 Cindy Shih
2016-2017 Emily Amundson
2017-2018 Annie Woods
2017-2018 Linn Aasly

d. Undergraduate Advisees (~73, to date)

2004-2006 Brandon Burke-Quintero

2005-2007 Huong Thai
2005-2007 Leah Sawyer
2005-2007 Pablo Pozo

2006-2008 Misha Amoils
2006-2008 Rebecca Barros
2006-2008 Ryanne Brown
2006-2008 Nicole Ourada
2006-2008 Debbie Chen

2007-2009 Christina Hartje-Dunn
2007-2009 Audrey Lambert
2007-2009 Lucia Ayala
2007-2009 Lindsey Merrihew
2007-2009 Allison Payne
2007-2009 Camila Pineda Youniss
2007-2009 Katherine Sebastian

2008-2010	Caitlin Rugg
2008-2010	Michael Robinson
2008-2010	Sun Yang
2008-2010	Lauren Stewart
2008-2010	Marissa Abegg
2008-2010	Laura Borel
2009-2010	Kira Maker
2009-2011	Bryant Cabrera
2009-2011	Olivia Cardenas-Trowers
2009-2011	Erikka Moreno
2009-2011	Lauren Shapiro
2009-2011	Elena Rivera
2010-2012	Lucyann Murray
2010-2012	Margaret Nkansah
2010-2012	Katie Wu
2010-2012	Fannie Watkinson
2011-2013	Tim Dang
2011-2013	Lauren Gokey
2011-2013	Alissa Greenberg
2011-2013	Sejal Parekh
2011-2013	Stephanie Nicholson
2011-2013	Caitlin Morgan
2012-2014	Dania Marinshaw
2012-2014	Natalie Norton
2012-2014	Brittany Rymer
2012-2014	Nicole Gaetjens
2013-2015	Madeleine Oren
2013-2015	Ashley Geo
2013-2015	Chrystal Lau
2013-2015	Peter Li
2013-2015	Allison Ngyuen
2013-2015	Brittany Rymer
2013-2015	Haley Schmoyer
2013-2015	Marika Sitz
2013-2015	Garseng Wong
2014-2016	Arlene Amieva
2014-2016	Griffin Bolan
2014-2016	Chelsea Camara
2014-2016	Miranda Jennings
2014-2016	Kevin Madrigal
2014-2016	Megan McGehee
2014-2016	Keanu Sao
2014-2016	Nadia Stoufflet
2015-2017	Lauren Brown
2015-2017	Michaela Derby
2015-2017	Marisa Kwiatkowski
2015-2017	Ester Melton
2015-2017	John Rafael

2015-2017	Grace Stayner
2016-2018	Paula Small
2016-2018	Sandro Luna
2016-2018	Ei Thazin
2017-2019	Jackie McNulty
2017-2019	Tia Schwab
2017-2019	Mariko Kelly
2017-2019	Astrid Casmire
2017-2019	Adrienne Yang

e. Stanford Med Scholar Advisor:

2014-2016	Timothy Dang
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Last updated 6March2018 ArK