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Professor of Medicine (Stanford Prevention Research Center)
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A. Identifying Data:

Citizenship: U.S. Citizen

B. Academic History:

- 1969 - 1970 Rotary International **Exchange Student to West Germany**
- 1970 - 1974 **B.A. Biology** (*cum laude*), University of Pennsylvania, Philadelphia, PA
- 1976 - 1982 **PhD. Physiology**, Stanford University, Stanford, CA
- 1983 - 1986 **Fellowship in Cardiovascular Disease Prevention**, (PHS-NRSA, T32),
Stanford Center for Research in Disease Prevention,
Department of Medicine, Stanford University, Stanford, CA

C. Employment History:

- 1970 - 1974 **Work Study Program, University of Pennsylvania**, German translator: School of Education; Annenberg School of Communications, School of Veterinary Medicine
- 1974 - 1975 **Research Assistant**, Oregon Regional Primate Research Center, Beaverton, Oregon (John A. Resko Laboratory)
- 1975 - 1976 **Research Assistant**, Dept. of Physiology, Stanford University, (Julian M. Davidson Laboratory)
- 1984 - 2003 **Research Director, SCRDP Biochemistry Laboratory** (CDC-NHLBI-standardized lipoprotein laboratory)
- 1986 -1987 **Research Associate**, Dept of Medicine, Stanford Center for Research in Disease Prevention (SCRDP). Stanford University School of Medicine (SUSM)
- 1988 - 1997 **Senior Research Scientist** Dept of Medicine, SCRDP, SUSM
- 1997 - 2003 **Associate Professor of Medicine** (Research), SCRDP, SUMS
Associate Professor of Gynecology & Obstetrics, *by courtesy*, SUMS
- 2003 - present **Professor of Medicine** (Research), Stanford Prevention Research Center,
Professor of Obstetrics & Gynecology (Research), Stanford University
- 2012 - 2014 **Co-Director & Co-Founder, Stanford Center for Health Research on Women and Sex Differences** *in Medicine (Women and Sex Differences in Medicine, WSMD)*, Stanford School of Medicine
- 2014 - present **Founding Director, Stanford Women's Health and Sex Differences in Medicine (WHSDM) Center**, Stanford University School of Medicine
- 2017 –present **Professor of Health Research & Policy** (Epidemiology), *by courtesy*, Stanford University School of Medicine

D. Research Projects and Funding:**Current**

- 2001-2020 **Principal Investigator** Stanford (5 U01 AG042143) Osteoporotic Fractures in Men (MrOS) Study. *NIH/National Institute of Aging (NIA) 2014-2018; National Institute of Arthritis and Musculoskeletal Disease (NIAMS); 5 U01 AR45583; 2001-2014*
- 2010-2020 **Principal Investigator** (HHSN268201100003C) Women's Health Initiative Extension 2010-2020 Western Regional Center, *NIH/National Heart, Lung, Blood Institute (NHLBI)*
- 2015-2020 **Principal Investigator, CCC** (U01 HL122280) Physical Activity to Improve CV Health in Women: a Pragmatic Trial (*WHI Strong & Healthy, WHISH, Trial*), *NIH/NHLBI*
- 2016-2021 **Program Leader** (5P30CA124435-08) *Population Sciences*, Stanford Cancer Institute, *NIH/National Cancer Institute (NCI)* [PI: Beverly Mitchell, M.D.]
- 2016-2020 **Principal Investigator, Stanford WHI Site** (SPO#124472) Randomized trial of cocoa flavanols and multivitamins in the reduction of cardiovascular disease and cancer COSMOS (*Mars Inc/Brigham and Women's Hospital*) [PI: JoAnn Manson]
- 2016-2021 **Principal Investigator, Stanford WHI Site** (1R01HL130591-01) *WHISH 2 Prevent Heart Failure* (*NIH/NHLBI/Brown University*) [PI: Charles Eaton]
- 2017-2022 **Co-Investigator** (1R01HL136390-01) The WHI Strong and Healthy SilentT Atrial fibrillation Recording study (*WHISH STAR*) (*NIH/NHLBI*) [PI: Marco Perez]
- 2018-2022 **Co-Investigator** (R01HL139844) Preeclampsia to cardiovascular disease: Life-Course Analysis of Biomarkers and Risk (*NIH/NHLBI*) (PI: Mark Hlatky)

Past

- 1988-1992 **Associate Investigator , Project Director**, Stanford Weight Control Project-II *NIH/NHLBI* [PI: Peter D. Wood, D. Sc.]
- 1987-1994 **Co-Principal Investigator, Project Director** (*Stanford*) Postmenopausal Estrogen-Progestin Interventions (PEPI) Trial, *NIH/NHLBI* [PI: Peter D. Wood, D. Sc.]
- 1992-1996 **Co-Principal Investigator, Project Director**. Hygienic Treatment of Low HDL in Older Women and Men (Diet and Exercise for Elevated Risk, DEER, Trial) *NIH/NHLBI* [PI: Peter D. Wood, D. Sc.]
- 1993-1998 **Co-Principal Investigator** (*Stanford*), Heart and Estrogen Replacement Study (HERS) *Wyeth-Ayerst* [PI: William L. Haskell, Ph.D.]
- 1994-1998 **Principal Investigator** (*Stanford*) Postmenopausal Estrogen-Progestin Interventions (PEPI) Trial ; Continuation and Safety Follow-Up Study; *NIH/NHLBI*
- 1994-2010 **Principal Investigator** (N01 WH42109). Stanford Clinical Center for the Clinical Trial and Observational Study of Women's Health Initiative (WHI), 1994-2005; *NIH; continued as the Stanford Field Center for the WHI Extension Study, 2005-2010.*
- 1998-2010 *Supplemental NHLBI funding as* **Chair of WHI Steering & Executive Committees** (1998-2005); *Chair of WHI Extension Study Executive Committee (2005-2010)*
- 1996-2008 **Principal Investigator, Stanford WHIMS Site**. Women's Health Initiative Memory Study (WHIMS). *NIH/NIA/Wake Forest Univ.* [PI: Sally Shumaker, PhD]
- 1997- 2008 **Principal Investigator, Stanford (NCCC) WHEL Site**. Women's Healthy Eating and Living (WHEL) Study, *NIH/NCI/UCSD* [PI: John Pierce, PhD]
- 1999 -2007 **Principal Investigator, Stanford WHISCA Site**, Women's Health Initiative Study of Cognitive Aging (WHISCA), *NIH/NIA/Wake Forest Univ.* [PI: Sally Shumaker, PhD]

- 2002-2008 **Program Director**, Building Interdisciplinary Research Careers in Women's Health (BIRCWH), *NIH Office of Research on Women's Health (ORWH)*
[PI: Linda Guidice, PhD, M.D.; 2002-05; Jonathan Berek, M.D., 2006-08]
- 2002-2006 **Co-Investigator**, Benefits & Risks of Popular Weight Loss Diets, *NIH/NHLBI*
[PI: Christopher Gardner, PhD]
- 2003-2008 **Co-Investigator**, Combining Exercise and Diet in Older Women, *NIH/NIA*
[PI: Abby C. King, PD.]
- 2003-2009 **Principal Investigator, Stanford (Palo Alto) MrOS Sleep Study Site** (5 R01 HL070841) Outcomes of Sleep Disorders in Older Men (MrOS Sleep Study), *NIH/NHLBI* [PI: Katie Stone, PhD]
- 2004-2006 **Principal Investigator, Stanford WHIMS-Brain MRI Site** WHIMS- Magnetic Resonance Imaging (MRI) Study, *NIH/NHLBI/Wake Forest Univ.* [PI: Sally Shumaker, PhD]
- 2005-2010 **Principal Investigator, Stanford (Palo Alto) MrOS Site**, Epidemiology and Genetics of Hip Osteoarthritis in Elderly Men *NIH/NIAMS/UC Davis* [PI: Nancy Lane, MD]
- 2006-2014 **Principal Investigator, Stanford WHI Site**, WHI Cancer Survivor Cohort *NIH/NCI/Ohio State University* [PI: Electra Paskett, PhD]
- 2006-2016 **Program Leader** (5P30CA124435-02) *Cancer Prevention and Control Program 2006-2015; Population Sciences (2015-present)* Stanford Cancer Institute, *NIH/ NCI* [PI: Beverly Mitchell, MD]
- 2008-2010 **Principal Investigator, Stanford WHIMS-Brain MRI Site** (Stanford) WHI Memory Study (WHIMS) Magnetic Resonance Imaging-2 (MRI-2) *NIH/NHLBI/Wake Forest Univ.* [PI: Sally Shumaker, PhD]
- 2008-2010 **Principal Investigator, Stanford WHIMS-ECHO Site** WHIMS-Epidemiology of Cognitive Outcomes (WHIMS-ECHO) *NIH/NIAWake Forest Univ.* [PI: Sally Shumaker, PhD]
- 2008-2010 **Principal Investigator, Stanford WHIMS-Y Site** WHIMS-Younger Women (WHIMS-Y) *NIH/NIAWake Forest Univ.* [PI: Sally Shumaker, PhD]
- 2009-2015 **Principal Investigator, Stanford (Palo Alto) MrOS Sleep Study Site** Outcomes of Sleep Disorders in Older Men (MrOS Sleep Study), *NIH/NHLBI/California Pacific Medical Center* [PI: Katie Stone, PhD]
- 2011-2015 **Principal Investigator, (Stanford)** Objective Physical Activity and Cardiovascular Health Calibration Study, *NIH/NHLBI/Fred Hutchinson Cancer Research Center* [PI: Andrea LaCroix]
- 2013-2017 **Principal Investigator, Stanford (Palo Alto) MrOS Site** (R01AR065268-2) Determination of Skeletal Muscle Mass by Creatine Dilution. *NIH/NIAMS* [PI: Cawthon]

E. Public and Professional Activities

Stanford University

- 1991-1995 Member, Stanford University School of Medicine Panel for Use of Human Subjects in Research (IRB)
- 1999 – 2007 Member, Stanford University School of Medicine Committee on Admissions
- 2005 - 2012 Co-Director, Women's Cardiovascular Disease Strategic Planning Group, and Member, Steering Committee, Stanford Cardiovascular Institute

- 2005 - present Program Leader, Cancer Prevention and Control/ Population Sciences, Stanford Cancer Institute
- 2006-2007 Senator, XXXIX Academic Council Faculty Senate, Stanford University
- 2006 - present Department of Medicine (DOM), Appointments and Promotions Committee (A&P)
2016 - present: Chair of DOM A&P Committee, Stanford School of Medicine
- 2007 - 2012 Associate Director, Women's Health @ Stanford Program in the Department of Obstetrics & Gynecology
- 2007 - 2013 Stanford University Committee on Research
- 2008 - present Member, Stanford Cardiovascular Institute Education Committee (three NHLBI T32s),
also Faculty on: Vascular Medicine - 2T32HL098049-06
- 2012 - 2016 Stanford School of Medicine Faculty Senate, Steering Committee member
- 2012 - 2014 Co-Director (and Co-founder), Stanford Center for Health Research on Women and Sex Differences in Medicine (Stanford WSDM Center)
- 2014 - present Founding Director, Stanford Women's Health and Sex Differences in Medicine (WHSDM. "wisdom") Center
- 2013 - present Member, Board of Governors Stanford Medicine Alumni Association: Awards (RISE, Sterling, Kornberg/Berg) Committee [Co-chair (2013-2016); Member (2016-present)]; Women in Medicine & Science (WIMS) Conference Committee [Member (2013-2016); Co-chair (2016-2018); Member (2018-present)]
- 2013 - 2015 Senator, XLVI Academic Council Faculty Senate, Stanford University
- 2014 - 2015 Steering Committee Member, XLVI Academic Council Faculty Senate, Stanford University
- 2014 - 2015 Provost's Sexual Assault Task Force, Stanford University
- 2015 - present Stanford School of Medicine Diversity Cabinet, member; Co-Chair, LGBTQ Subcommittee of Stanford School of Medicine Diversity Cabinet
- 2017 - 2018 Senator, 50th Academic Council Faculty Senate, Stanford University
- 2017 - present Stanford School of Medicine Faculty Senate, Department of Medicine Representative
- 2018 – present Vice-Chair, 50th Academic Council Faculty Senate, Stanford University

Faculty Search Committees

Past **Department Chair Searches:** Psychiatry & Behavioral Sciences; Emergency Medicine

Institutes of Medicine: Stanford Cancer Institute, Associate Director of Population Sciences.

Department Faculty: Medicine – Divisions: SPRC, including Division Chief (Director, SPRC), CV Med, Endocrinology, Nephrology, Biomedical Informatics, Rheumatology. **Obstetrics & Gynecology. Psychiatry & Behavioral Sciences**
MCL search (chaired)

Current **Faculty Search Committees:** Stanford Cancer Institute: Associate Director, Population Sciences

National, International

- 1993 -1996 Member, American Heart Association Student Research Committee

- 1995 -1999 Member, Data and Safety Monitoring Board, NIH/NIA R01-Ag13069 "Femoral Osteoporosis in Elderly Women" (PI= Susan L. Greenspan, M.D.)
- 1996 –1998 National Chair, Women’s Health Initiative Principal Investigator group
Member, WHI Steering Committee and Scientific Council
- 1998 – 2011 Chair of Steering and Executive Committees, Women’s Health Initiative
-- served as *WHI Liaison to NHLBI Director (C. Lenfant)*, 1998-2003
- 2001 – 2005 Chair/Co-Chair, AHA Western States Affiliate Review Consortium –Peer Review Committee 2A (Behavioral Science, Epidemiology & Prevention, Cardiovascular Regulation, Radiology & Imaging)
- 2003 - 2007 Chair, Data & Safety Monitoring Board, NHLBI R18-HL73326 "Treatment of Obesity in Underserved Rural Settings-TOURS" (PI= Michael G. Perri, Ph.D., Univ, of Florida)
- 2004 - 2009 Member, Data and Safety Monitoring Board, NHLBI U01 - "Preventing Overweight Using Novel Dietary Strategies (POUNDS LOST)" (PI= Frank Sacks, MD, Harvard; Co-PI=George Bray MD, Pennington Biomedical Research Center)
- 2006 Chair, Prevention and Lifestyle Subcommittee of CAD Working Group for NHLBI: Strategic Plan Level 1
- 2006 - 2007 Member, NIH Special Emphasis Panel to review Cardiovascular Sciences
Member, NIH Special Emphasis Panel (SEP) for Scientific Review of Specialized Centers of Interdisciplinary Research (SCOR) On Sex and Gender Factors Affecting Women's Health
- 2006 - 2009 Member, AHA ATVB Leadership Committee
- 2007 - 2010 Chair, External Advisory Committee, Oregon Clinical and Translational Research Institute (OCTRI), NIH CTSA (PI, Eric Orwoll, Oregon Health Sciences University)
- 2008 - 2013 Chair, Data and Safety Monitoring Board, NHLBI R18-HL087800 "Rural Lifestyle Intervention Treatment Effectiveness Trial (Rural LITE) (PI= Michael G. Perri, Ph.D., University of Florida)
- 2009 - 2014 Chair, External Advisory Board The Ohio State University Center for Clinical and Translational Science (CCTS) NIH CTSA (PI, Rebecca Jackson, M.D.)
- 2013 - 2018 Councilor, Organization of the Study of Sex Differences (O.S.S.D.)
- 2018 - present Member, Advisory Committee NIH Office of Research on Women’s Health (ACRWH)

F. Honors, Fellowships, Memberships in Scientific Organizations

- Fellow of American Heart Association (AHA)
- Fellow of AHA Council of Arteriosclerosis, Thrombosis and Vascular Biology (ATVB)
- American College of Sports Medicine (ASCM)
- Sigma Xi (Scientific Research Society)
- Phi Delta Kappa (International German Honor Society)
- Iris F. Litt Faculty Fellowship, Clayman Institute of Gender Research, 2009-10

G. Referee/Reviewer, Scientific Journals:

- American Journal of Epidemiology
- Annals of Medicine
- Archives of Internal Medicine
- Arteriosclerosis, Thrombosis, and Vascular Biology
- Circulation
- International Journal of Obesity
- Journal of American Medical Association

Journal Clinical Endocrinology and Metabolism
 Journal of Clinical Nutrition
 Journal Clinical Oncology
 Journal of the College of Cardiology
 Medicine and Science in Sports and Exercise
 Metabolism
 New England Journal of Medicine
 Physiology & Behavior

II. Bibliographic Information

Doctoral Thesis (Physiology): June 1982, Stanford University

Title: Spontaneous Seminal Emission in the Rat and its Relationship to Penile Reflexes and Copulatory Behavior (*PhD Advisor: Julian M. Davidson, PhD*)

Peer-reviewed Publications (Journal Articles):

1. Davidson JM, **Stefanick ML**, Sachs BD, Smith ER. Role of androgen in sexual reflexes of the male rat. *Physiol Behav* 1978;21(2):141-6. PMID: 693640
2. Clark JT, Smith ER, **Stefanick ML**, Americ SP, Long JP, Davidson JM. Effects of a novel dopamine-receptor agonist RDS-127 (2-N,N-di-n-propylamino-4,7-dimethoxyindane), on hormone levels and sexual behavior in the male rat. *Physiol Behav* 1982;29(1):1-6. PMID: 7122715
3. **Stefanick ML**, Smith ER, Clark JT, Davidson JM. Effects of a potent dopamine receptor agonist, RDS-127, on penile reflexes and seminal emission in intact and spinally transected rats. *Physiol Behav* 1982;29(6):973-8. PMID: 7163401
4. **Stefanick ML**. The circadian patterns of spontaneous seminal emission, sexual activity and penile reflexes in the rat. *Physiol Behav* 1983;31(6):737-43. PMID: 6665062
5. Phelps G, Brown M, Chen J, Dunn M, Lloyd E, **Stefanick ML**, Davidson JM, Perkasch I. Sexual experience and plasma testosterone levels in male veterans after spinal cord injury. *Arch Phys Med Rehabil* 1983 Feb;64(2):47-52. PMID: 6681699
6. **Stefanick ML**, Smith ER, Davidson JM. Penile reflexes in intact rats following anesthetization of the penis and ejaculation. *Physiol Behav* 1983;31(1):63-5. PMID: 6634978
7. Clark JT, **Stefanick ML**, Smith ER, Davidson JM. Further studies on alterations in male rat copulatory behavior induced by the dopamine-receptor agonist RDS-127. *Pharmacol Biochem Behav* 1983;19(5):781-6. PMID: 6647512
8. **Stefanick ML**, Smith ER, Szumowski DA, Davidson JM. Reproductive physiology and behavior in the male rat following acute and chronic peripheral adrenergic depletion by guanethidine. *Pharmacol Biochem Behav* 1985;23(1):55-63. PMID: 4034620
9. **Stefanick ML**, Davidson JM. Genital responses in noncopulators and rats with lesions in the medial preoptic area or midthoracic spinal cord. *Physiol Behav* 1987; 41(5):439-44. PMID: 3432397
10. **Stefanick ML**, Williams PT, Krauss RM, Terry RB, Vranizan KM, Wood PD. Relationships of plasma estradiol, testosterone, and sex hormone-binding globulin with lipoproteins, apolipoproteins, and high density lipoprotein subfractions in men. *J Clin Endocrinol Metab* 1987;64(4):723-9. PMID: 3818901

11. **Stefanick ML**, Frey Hewitt B, Hoover C, Terry R, Wood P. The effect of active weight loss achieved by dieting versus exercise on postheparin hepatic and lipoprotein lipase activity. *Ann NY Acad Sci* 1987;499:338-9. DOI: 10.1111/j.1749-6632.1987.tb36230. Scopus
12. Wood P, **Stefanick ML**, Dreon D, Frey-Hewitt B, Garay S, Williams P, Superko H, Fortmann S, Albers J, Vranizan K, Ellsworth NM, Terry RB, Haskell, WL. Changes in plasma lipids and lipoproteins in overweight men during weight loss through dieting as compared with exercise. *N Engl J Med* 1988;319 (18):1173-9. PMID: 3173455
13. Terry RB, Wood PD, Haskell WL, **Stefanick ML**, Krauss RM. Regional adiposity patterns in relation to lipids, lipoprotein cholesterol, and lipoprotein subfraction mass in men. *J Clin Endocrinol Metab* 1989;68(1):191-9. PMID: 2909551
14. Laws A, **Stefanick ML**, Reaven GM. Insulin resistance and hypertriglyceridemia in nondiabetic relatives of patients with noninsulin dependent diabetes mellitus. *J Clin Endocrinol Metab* 1989;69(2):343-7. PMID: 2666429
15. Wood PD, **Stefanick ML**, Williams PT, Haskell WL. The effects on plasma lipoproteins of a prudent weight-reducing diet, with or without exercise, in overweight men and women. *N Engl J Med* 1991 August 15, 1991;325(7):461-6. PubMedID: 1852189
16. Terry RB, **Stefanick ML**, Haskell WL, Wood PD. Contributions of regional adipose tissue depots to plasma lipoprotein concentrations in overweight men and women: possible protective effects of thigh fat. *Metabolism* 1991;40(7):733-40. PubMedID: 1870428
17. Smith ER, **Stefanick ML**, Clark JT, Davidson JM. Hormones and sexual behavior in relationship to aging in male rats. *Horm Behav* 1992;26(1):110-35. PubMedID: 1563724
18. Williams PT, Krauss RM, Vranizan KM, **Stefanick ML**, Wood PD, Lindgren FT. Associations of lipoproteins and apolipoproteins with gradient gel electrophoresis estimates of high density lipoprotein subfractions in men and women. *Arterioscler Thromb*. 1992;12(3):332-40. PMID: 1547192
19. Schrott HG, Legault C, **Stefanick ML**, Miller VT, Larosa J, Wood PD, Lippel K. Lipids in postmenopausal women: baseline findings of the Postmenopausal Estrogen/Progestin Interventions trial. *Journal of Women's Health*.1994;3(3):155-64. Scopus
20. Williams PT, Krauss RM, **Stefanick ML**, Vranizan KM, Wood PD. Effects of low-fat diet, calorie restriction, and running on lipoprotein subfraction concentrations in moderately overweight men. *Metabolism* 1994; 43(5):655-63. PMID: 8177056
21. Williams PT, **Stefanick ML**, Vranizan KM, Wood PD. The effects of weight loss by exercise or by dieting on plasma high-density lipoprotein (HDL) levels in men with low, intermediate, and normal-to-high HDL at baseline. *Metabolism* 1994; 43(7):917-24. PMID: 8028519
22. Espeland MA, Bush TL, Mebane-Sims I, **Stefanick ML**, Johnson S, Sherwin R, Waclawiw M. Rationale, design, and conduct of the PEPI trial. Postmenopausal Estrogen/Progestin Interventions. *Control Clin Trials* 1995;16 (4 Suppl):3S-19S. PMID: 7587218
23. Wood PD, Kessler G, Lippel K, **Stefanick ML**, Wasilauskas CH, Wells HB. Physical and laboratory measurements in the PEPI trial. Postmenopausal Estrogen/Progestin Interventions. *Control Clin Trials* 1995;16 (4 Suppl):36S-53S. PMID: 7587219
24. King AC, Haskell WL, Young DR, Oka RK, **Stefanick ML**. Long-term effects of varying intensities and formats of physical activity on participation rates, fitness, and lipoproteins in men and women aged 50 to 65 years. *Circulation* 1995;91(10):2596-604. PMID: 7743622
25. The Writing Group for the PEPI Trial [Barrett-Connor E, Bush T, Espeland M, Greendale G, Hogan P, Judd HL, Langer R, LaRosa J, Miller VT, Pierce J, Schrott HG, **Stefanick ML**,

- Trabal J, Wells B, Wood PD.] Effects of estrogen or estrogen/ progestin regimens on heart disease risk factors in postmenopausal women: the Postmenopausal Estrogen/Progestin Interventions (PEPI) trial. *JAMA* 1995;273(3):199-208. PMID: 7807658
26. **Stefanick ML**, Legault C, Tracy RP, Howard G, Kessler CM, Lucas DL, Bush TL. Distribution and correlates of plasma fibrinogen in middle-aged women: Initial findings of the Postmenopausal Estrogen/Progestin Interventions (PEPI) study. *Arterioscler Thromb Vasc Biol* 1995;15(12):2085-93. PMID: 7489228
 27. Espeland MA, **Stefanick ML**, Kritz-Silverstein D, Fineberg SE, Waclawiw MA, James MK, Greendale GA. Effect of postmenopausal hormone therapy on body weight and waist and hip girths. Postmenopausal Estrogen-Progestin Interventions Study Investigators. *J Clin Endocrinol Metab* 1997;82(5):1549-56. PMID: 9141548
 28. **Stefanick ML**, Mackey S, Sheehan M, Ellsworth N, Haskell WL, Wood PD. Effects of diet and exercise in men and postmenopausal women with low levels of HDL cholesterol and high levels of LDL cholesterol. *N Engl J Med* 1998;339(1):12-20. PMID: 9647874
 29. Kiernan M, King A, Kraemer H, **Stefanick ML**, Killen J. Characteristics of successful and unsuccessful dieters: an application of signal detection methodology. *Ann Behav Med* 1998;20(1):1-6. PMID: 9755345
 30. Wilcox S, **Stefanick ML**. Knowledge and perceived risk of major diseases in middle-aged and older women. *Health Psychol* 1999;18(4):346-53. PMID: 10431935
 31. Rock CL, Flatt SW, Newman V, Caan BJ, Haan MN, **Stefanick ML**, Faerber S, Pierce JP. Factors associated with weight gain in women after diagnosis of breast cancer. *J Am Diet Assoc* 1999;99(10):1212-21. PMID: 19524383
 32. Cushman M, Legault C, Barrett-Connor E, **Stefanick ML**, Kessler C, Judd HL, Sakkinen PA, Tracy RP. Effect of postmenopausal hormones on inflammation-sensitive proteins : the Postmenopausal Estrogen/Progestin Interventions (PEPI) Study. *Circulation*. 1999 August 17, 1999;100(7):717-22. PMID: 10449693
 33. Legault C, **Stefanick ML**, Miller VT, Marcovina SM, Schrott HG. Effect of hormone replacement therapy on the validity of the Friedewald equation in postmenopausal women: the Postmenopausal Estrogen/Progestins Interventions (PEPI) trial. *J Clin Epidemiol* 1999;52(12):1187-95. PMID: 10580781
 34. Bittner V, Simon JA, Fong J, Blumenthal RS, Newby K, **Stefanick ML**. Correlates of high HDL cholesterol among women with coronary heart disease. *Am Heart J*. 2000; 139 (2 Pt 1): 288-96. PMID: 10650302
 35. Rock CL, Thomson C, Caan BJ, Flatt SW, Newman V, Ritenbaugh C, Marshall JR, Hollenbach KA, **Stefanick ML**, Pierce JP. Reduction in fat intake is not associated with weight loss in most women after breast cancer diagnosis: evidence from a randomized controlled trial. *Cancer* 2001;91(1):25-34. PMID: 11148556
 36. Kiernan M, King AC, **Stefanick ML**, Killen JD. Men gain additional psychological benefits by adding exercise to a weight-loss program. *Obes Res* 2001;9(12):770-7. PMID: 11743061
 37. Manson J, Lewis C, Kotchen J, Allen C, Johnson K, **Stefanick ML**, Foreyt J, Klesges B, Tinker L, Noonan E, Perri M, Hall D. Ethnic, socioeconomic, and lifestyle correlates of obesity in U.S. women: the Women's Health Initiative. *Clin J Women's Health*. 2001;1:225-34. Scopus
 38. Manson JE, Greenland P, LaCroix AZ, **Stefanick ML**, Mouton CP, Oberman A, Perri MG, Sheps DS, Pettinger MB, Siscovick DS. Walking compared with vigorous exercise for the

- prevention of cardiovascular events in women. *N Engl J Med* 2002;347(10):716-25. PMID: 12213942
39. Rossouw JE, Anderson GL, Prentice RL, LaCroix AZ, Kooperberg C, **Stefanick ML**, Jackson RD, Beresford SA, Howard BV, Johnson KC, Kotchen JM, Ockene J. Risks and benefits of estrogen plus progestin in healthy postmenopausal women: principal results From the Women's Health Initiative randomized controlled trial. *JAMA*. 2002;288(3):321-33. PMID: 12117397
 40. Morimoto LM, White E, Chen Z, Chlebowski RT, Hays J, Kuller L, Lopez AM, Manson J, Margolis KL, Muti PC, **Stefanick ML**, McTiernan A. Obesity, body size, and risk of postmenopausal breast cancer: the Women's Health Initiative (United States). *Cancer Causes Control*. 2002;13(8):741-51. PMID: 12420953
 41. Barnabei VM, Grady D, Stovall DW, Cauley JA, Lin F, Stuenkel CA, **Stefanick ML**, Pickar JH. Menopausal symptoms in older women and the effects of treatment with hormone therapy. *Obstet Gynecol*. 2002;100(6):1209-18. PMID: 12468165
 42. Kemnitz JW, Sapolsky RM, Altmann J, Muruthi P, Mott GE, **Stefanick ML**. Effects of food availability on serum insulin and lipid concentrations in free-ranging baboons. *Am J Primatol* 2002;57(1):13-9. PMID: 11977122
 43. Hsia J, Rodabough R, Rosal MC, Cochrane B, Howard BV, Snetselaar L, Frishman WH, **Stefanick ML**. Compliance with National Cholesterol Education Program dietary and lifestyle guidelines among older women with self-reported hypercholesterolemia: The Women's Health Initiative. *Am J Med*. 2002;113(5):384-92. PMID: 12401533
 44. Pierce JP, Faerber S, Wright FA, Rock CL, Newman V, Flatt SW, Kealey S, Jones VE, Caan BJ, Gold EB, Haan M, Hollenbach KA, Jones L, Marshall JR, Ritenbaugh C, **Stefanick ML**, Thomson C, Wasserman L, Natarajan L, Thomas RG, Gilpin EA. A randomized trial of the effect of a plant-based dietary pattern on additional breast cancer events and survival:: the Women's Healthy Eating and Living (WHEL) Study. *Control Clin Trials* 2002;23(6):728-56. PMID: 12505249
 45. Young Jr DR, King AC, Sheehan M, **Stefanick ML**. Stage of motivational readiness: predictive ability for exercise behavior. *Am J Health Behav* 2002 Sep-Oct;26(5):331-41. PMID: 12206443
 46. **Stefanick ML**, Cochrane BB, Hsia J, Barad DH, Liu JH, Johnson SR. The Women's Health Initiative postmenopausal hormone trials: overview and baseline characteristics of participants. *Ann Epidemiol* 2003;13(9 Suppl):S78-S86. PubMedID: 14575940
 47. Chlebowski RT, Hendrix SL, Langer RD, **Stefanick ML**, Gass M, Lane D, Rodabough RJ, Gilligan MA, Cyr MG, Thomson CA, Khandekar J, Petrovitch H, McTiernan A. Influence of estrogen plus progestin on breast cancer and mammography in healthy postmenopausal women: the Women's Health Initiative randomized trial. *JAMA* 2003; 289(24):3243-53. PMID: 12824205
 48. Cauley JA, Robbins J, Chen Z, Cummings SR, Jackson RD, LaCroix AZ, LeBoff M, Lewis CE, McGowan J, Neuner J, Pettinger M, **Stefanick ML**, Wactawski-Wende J, Watts NB. Effects of estrogen plus progestin on risk of fracture and bone mineral density: the Women's Health Initiative randomized trial. *JAMA* 2003;290(13):1729-38. PMID: 14519707
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345. Qi, Q, Stefanick ML. Association between regional body fat and cardiovascular disease risk among postmenopausal women with normal body mass index. *European Heart Journal* [accepted May 17, 2019]

Book Chapters, Review Articles (including "peer-reviewed"), Position Statements: 29 total**

1. **Stefanick M**, Terry R, Haskell W, Wood P. Relationships of changes in postheparin hepatic and lipoprotein lipase activity to HDL-cholesterol changes following weight loss achieved by dieting versus exercise. In: Cardiovascular Disease: Molecular and Cellular Mechanisms, Prevention and Treatment. Ed. Gallo L, Plenum Press, New York, 61-68, 1987.

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3. Wood P and **Stefanick M**. Exercise, fitness and atherosclerosis. In: Exercise, Fitness and Health. A Consensus of Current Knowledge. Eds. Bouchard C, Shephard R, Stephens T, Sutton J, McPherson B. , Human Kinetics Books, Champaign, IL, 409-423, 1989.
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6. **Stefanick ML**, Wood PD. Physical activity, lipid metabolism and lipid transport. In: Physical Activity, Fitness, and Health. The International Proceedings and Consensus Statement. Ed. Bouchard C, Shephard R, Stephens T, Human Kinetics Publishers, Windsor, Ontario, Canada, 417-431, 1994.
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8. **Stefanick ML**. Physical activity and lipid metabolism. In: Cardiovascular Health and Physical Activity. Ed. Leon A, Human Kinetics Publishers, Champaign, IL. 98-104, 1997.
9. **Stefanick ML** Estrogens, Progestogens and Cardiovascular Risk. *J Reprod Med* 44: 221-226, 1999.** PMID 11392036
10. Johnson SR, Anderson GL, Barad DH, **Stefanick ML**. The Women's Health Initiative: Rationale, design and progress report. *J Brit Menopause Soc* ; 5:155-159, 1999. **
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Editorials, Special Contributions, Letters to the Editor of Peer-Reviewed Journals: 11

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Published Abstracts from Presentations at major Scientific Meetings (35 Selected; not updated)

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Overweight Men. *FASEB Journal*. 3 (4), Abstr.# 5909. Seventy-third Annual Meeting of FASEB, New Orleans, LA., March 1989.

7. Laws A, **Stefanick ML**, Reaven GM. Insulin Resistance In Non-Diabetic Relatives Of Patients With Non-Insulin-Dependent Diabetes-Mellitus. *Clinical Research*. 1989;37(1):A132-A132.
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Fibrillation in Postmenopausal Women: The Women's Health Initiative Observational Study. *Circulation* 2009; 120:S520.

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34. Sims ST, Hale L, Pettinger M, Phillips L, Isasi C, Thomson C, **Stefanick ML**. Physical Activity, Sleep Duration, And Body Weight In Postmenopausal Women: The Women's Health Initiative Study.
35. Young DR, Camhi SM, Wu T, Hagberg J, **Stefanick M**. Associations Of Diet And Cardiorespiratory Fitness With C-Reactive Protein Change *Med Sci Sports & Exercise* 2011; 43 (5): 578 doi: 10.1249/01.MSS.0000401595.49153.da

Invited Speaker & Major Symposia-selected from >200 Invitations to Scientific/Professional Meetings

January 1992 **NHLBI Conference on Cardiovascular Health and Disease in Women**, Bethesda, MD. *Obesity, Fat Distribution, and Exercise in Women*

May 1992 **International Consensus Symposium on Physical Activity, Fitness and Health**, Toronto, Canada. *Exercise and Lipid Transport and Metabolism*

July 1992 **American Heart Association Conference on Cardiovascular Response to Exercise**, Chicago, Illinois. *Modification of Cardiovascular Risk by Exercise: Exercise, Lipoproteins and Cardiovascular Disease*

December 1995 **NIH Consensus Conference on Physical Activity and Cardiovascular Health** Bethesda, MD. *Physical Activity and Lipid Metabolism*

February 1998 **Cardiovascular Health: Coming Together for the 21st Century**, San Francisco, CA. (NHLBI, CORE, CDPC, UCSF):

- *Relationship of Physical Activity to Other Cardiovascular Risk Factors*
- *Counseling Women at the Menopause*

May 1998 **American Heart Association Conference on Obesity: Impact on Cardiovascular Disease**, Amelia Island Plantation, Florida. *Physical Activity in the Management of Obesity*

February 1999 **American College of Sports Medicine Consensus Conference on Physical Activity in the Prevention and Treatment of Obesity and its Co-morbidities**; Toronto, Canada *Physical Activity in the Prevention and Treatment of Lipoprotein Disorders Associated with Obesity*

September 1999 **Scientific Council of National Heart, Lung, and Blood Institute**, Bethesda, MD; *The Women's Health Initiative: Overview and Scientific Objectives*

October 1999 **National Academy of Sciences, Institute of Medicine**, Washington, D.C.

- *Workshop on Weight Management in the Military (Committee on Military Nutrition*
- *Planning Group on Hormone Replacement Therapy Issues*

May 2000 **First International Conference on Women, Heart Disease, and Stroke**, Victoria, British Columbia, Canada. - *The Women's Health Initiative*

October 2002 **DHHS-NIH Scientific Workshop: Menopausal Hormone Therapy**, Bethesda, MD *The Women's Health Initiative: Background, Rationale and Balance of Risks and Benefits*

May 2003 **International Consensus Conference on Menopause: State-of-the-Art toward Consensus**, Athens, Greece.

- *Estrogen plus Progestin does not prevent cardiovascular disease: the WHI*
- *Lifestyle interventions for reducing heart disease, breast and colon cancer*

April 2004 **International Consensus Conference on Menopause**, Florence, Italy. *The WHI Conjugated Equine Estrogen Only Trial: Primary Results*

- March 2005 **NIH State-of-the-Science Conference on Menopause**, Bethesda, MD. *Estrogens and Progestins: Background/History, Trends in Use, and FDA Guidelines and Approved Regimens (Routes of Administration, Formulations, Doses)*.
- September 2005 **International Endocrinology Society Meeting**, Gothenberg, Sweden. *The Women's Health Initiative Hormone Trials: Primary Results*
- February-March, 2006 **WHI Conference: The Legacy to Future Generations**, NIH, Bethesda, MD - Conference Organizer and Master of Ceremonies; *Hormone Trials Overview*
- April 2008 **V FORUM on Women, Health and Gender**, Spain Ministry of Health, Madrid, Spain *Menopausal Hormone Therapy and the Women's Health Initiative Hormone Trials*
- April 2009 **European Congress of Endocrinology Annual Meeting**, Istanbul, Turkey: *Meet-the-Experts: Menopausal Hormone Therapy in 2009, after the Women's Health Initiative Hormone Trials*
- September 2009 **NIH Office of Research on Women's Health: Moving into the Future-New Dimensions and Strategies for Women's Health Research** Providence, Rhode Island. Chair, *Workshop on Middle Years/Menopausal Transition*,
- May 2011 **8th Annual Nutrition & Health Conference** (Nutrition and Health: State of the Science and Clinical Applications; U of Arizona), San Francisco. *The Role of Nutrition and Physical Activity in Aging Muscle and Physical Function (Preventing Sarcopenia: Loss of Muscle Mass)*
- March 2012 **Women's Health 2012: the 20th Annual Congress**, Washington, D.C. The Vivian Pinn Women's Health Research Keynote: *The Women's Health Initiative (WHI); What have we learned?*
- June 2017 **National Institutes of Health: Inclusion Across the Lifespan Workshop**, Bethesda, MD; Invited Discussant on Topic #1: *Inclusion/Exclusion criteria and their impact on inclusion of participants in clinical trials*
- March 2018-February 2019 **Office of Research on Women's Health (ORWH) 2019-2023 Trans-NIH Strategic Plan for Research on Women's Health: Advancing Science for the Health of Women** (released February 2019) Member of the Strategic Plan Working Group
- June 2018 **American College of Sports Medicine Annual Meeting**, Minneapolis, Minnesota **Symposium: Beyond MVPA*: Reducing Sedentary Time & Promoting Light Intensity PA in Older Women** *Increasing Physical Activity & Reducing Sedentary Behavior in Older Women: WHISHful thinking? (*Moderate & Vigorous Physical Activity)*
- September 2018, **International Symposium on Women's Health and Gendered Innovations (GISTer)** Seoul, Korea; Keynote Lecture: *Why Sex and Gender Matter in "Precision" Health of Women* - and - GISTer Research Workshop: *Special Lecture 1. The Challenge of developing a Neuroscience (Brain) Case for the (Stanford) Gendered Innovations Project*
- September 2018 **Magee-Womens Research Institute (MWRI) Summit**, Pittsburgh, Pennsylvania *Why Sex and Gender Matter in "Precision" Health of Women*
- June 2019 **American College of Sports Medicine Annual Meeting**, Orlando, Florida **Symposium: Exercise and the Aging Heart: Prevention and Management of Heart Failure (HF) and Atrial Fibrillation (AF): Implementing a Community-based Trial on Exercise for HF and AF Prevention**

Teaching - Stanford University

- Faculty Mentor**, SPRC's NIH (NHLBI)-funded T32 Training Grant: **Cardiovascular Disease Prevention** (5T32HL007034-40; Director: Christopher Gardner, Ph.D) 1986-present*
- Faculty on 4 NIH T32 Grants**: CVD Prevention 5T32HL007034-40; Endocrinology - 5T32DK007217-40; Nephrology - 2T32DK007357-31; Vascular Medicine - 2T32HL098049-06
- Co-Director, Women's Health & Sex Differences (WHSD) Application in Medical School Scholarly Concentration Program**, Stanford University School of Medicine. (Co-Director: Paula Hillard, M.D.)
- Core Faculty, Community Health & Prevention Research (CHPR) Masters Program** (Department of Medicine, Stanford Prevention Research Center) **2015-present**

Course Director:

CHPR 201 (Fall): **The Science of Healthy Living:** Introduction to Disease Prevention/Health Promotion

CHPR 250 (Winter): **Prevention Across Medical Disciplines** – *lecture series showcasing faculty of every Clinical Division of the Department of Medicine*

CHPR 270 (Spring): **Prevention Across Surgical and Medical Disciplines** – *lecture series showcasing faculty of every Clinical Department in the Stanford School of Medicine*

Course Co-Director:

CHPR 200 (Fall, Winter, Spring): **Disease Prevention/Health Promotion Seminars** (Co-Director: Judith Prochaska, PhD.)

CHPR 240 (Fall): **Prevention Research – the Science of Healthy Living** – *lecture series showcasing every faculty of the Stanford Prevention Research Center* (Co-Director: Wes Alles, PhD) (formerly, SoMGen 240: Preventive Medicine and Public Health)

Course Director (*Co-Director) – Current:

Human Biology 28; FemGen237 (originally, SoMGen237) Health Impact of Sexual Assault and Relationship Abuse Over the Life Course: 2014-present (*was Fall, will be Winter Qtr in 2020*).

Human Biology 29G: Gender and Intersectionality in Global Health Course: 2019-present, (Spring Quarter). *Co-Director with Clea Sarnquist, PhD

Human Biology 125; Ob/Gyn 256: Current Topics and Controversies in Women's Health, Course Director, 2008-present* (Spring Qtr.) *2008-2013, Co-director with Mary Jacobson, M.D.

Human Biology 126 (orig.HumBio 148) Promoting Health Over the Life Course: Multi-disciplinary Perspectives, 2004-present (Fall Quarter) *Co-Director with Wes Alles, Ph.D.

Human Biology 140; Medicine 240: Sex and Gender in Human Physiology and Disease, Course Director, 2008-present, Winter Quarter

INDE215: Queer Health and Medicine (LGBTQ+-MEDS) *was Spring Qtr, will be Winter 2020

SomGen 130 (School of Medicine, General); FemGen 230: Sexual Function & Diversity in Medicine; 2014-present; *as of 2018, includes INDE 215; was Spring Qtr, will be Winter 2020*

*2014, SomGen230 with co-director: Inge Hansen, PsyD

SoMGen 150Q: Challenging Sex & Gender Dichotomies in Medicine (INTRO SEM); 2017-present (*was Winter Qtr, will be Fall 2019*). [*Was formerly, SoMGen 257; 2014-2016, Spring Quarter*]

Guest Lecturer – Medical School: Current (within past 5 years)

Family Medicine 245, Women & Health (McGann Lecture Series), 2004-present (Course Director, Eva Weinlander, MD; *2004-2011: Marita Grudsen) – *Sex Differences in Human Physiology and Disease; Women's Cardiovascular Health: Breast Cancer; Osteoporosis; Menopause*

Health Research & Policy 236, Epidemiology Research. 2006-present (Course Director, Victor Henderson) *Clinical Trials versus Observational Studies: The Women's Health Initiative*

Health Research & Policy 251, Clinical Trials,
2000-05 - *Design and Conduct, Recruitment and Retention* (Course Director: Mark Hlatky)
2006-2017; *Special Issues of Large Multi-center Clinical Trials* ;
2018-present Non-pharmacological (Behavioral) Intervention RCTS: *WHI Strong & Healthy (WHISH) Trial* (Course Directors: Victor Henderson and Rita Potat)

Health Research & Policy 130: Cancer Epidemiology. 2006-2012 (Course Director: Dee West) *Clinical Trials vs Observational Studies: Diet & Breast Cancer; Hormones & Heart Disease*
2016 (Course Director: Alice Whittemore) WHI Clinical Trials; *WHISH Physical Activity Trial*

Human Health and Disease 222 (Core Medical School Curriculum): Women's Health - Sexual Function: Women and Men. 2014-present (Course Director: Paula Hillard, M.D.)

Ob/Gyn 216, Current Issues in Reproductive Health 2013-present (Course Director, Maury Druzin; Medical Students) – *Menopause and the Women's Health Initiative Hormone Trials*.

Stanford Center for Clinical Research (SCCR) Science Series: June 2019 – Challenging Sex & Gender Dichotomies in Medicine (Course Director: Susan Saba)

Guest Lecturer – Stanford Undergraduate Campus

History44/144, The History of Women and Gender in Science, Medicine, and Engineering.

2013 – present Gendered Innovations (<http://genderedinnovations.stanford.edu/>); selected Medicine & Science (Cardiovascular, Osteoporosis) cases (Course Director: Londa Schiebinger, Ph.D.)

Feminist, Gender, and Sexuality Studies(FemGen)103/203/Philosophy153/253: Feminist Theories and Methods Across the Disciplines; 2016-present (Course Director: Helen Longino, Ph.D.)

Guest Lecturer – Past (more than 5 years ago)

Medical School

Health Research & Policy 266, Cardiovascular Disease Prevention (Director: Abby King)

1984-2001 Plasma Cholesterol and Lipoproteins; 1988-1997 Obesity; 1991-1997 Clinical Trials in CHD Prevention; 1991-2001 Women and Heart Disease

Medicine 221, Personal Health, Co-Director (John Farquhar) Diet, Weight Management, Lipoproteins

ObGyn 230: Women's Health medical forum, 2006-11 [1-2 lectures/year] (Director: Lynn Westphal).

Physiology 200, Cardiovascular Physiology (School of Medicine: Physiology Department) *Exercise and Cardiovascular Physiology*

Undergraduate

Athletics 74, Introduction to Nutrition and Exercise, 2003-06 - Diet and Exercise for Obesity and Disease Prevention; Issues Specific to Women (Course Director: Clyde Wilson)

Human Biology 120, Human Nutrition (Course Director: Gail Butterfield)
Lipoproteins, Cholesterol and Disease

Human Biology 129: Global Public Health, Guest Lecturer, 2009, 2011 - International Health: Chronic Disease across the Lifespan. (Course Director, Anne Firth Murray)

Human Biology 159 and 97Q, Sports Medicine - Special Issues for Women and Exercise. (Course Directors: Gordon Matheson; Dan Garza)

Health Education, School of Education Designing Exercise Programs (Course Director: Carl Thoreson)

Biosciences 212, General Physiology (Course Director: Robert Sapolsky)

Cardiovascular Physiology: L1-Heart; L2-Arterial System; L3-Venous a& Pulmonary Systems

Human Biology 111/Biosciences 112, Human Physiology (Course Director: H. Craig Heller)

L1: Cardiovascular Physiology; L2: Control of Movement, Skeletal Muscle Physiology;

L3: Exercise Physiology