

MICHELLE HAUSER, MD, MS, MPA, FACP, FACLM, DipABLM, Chef
Clinical Associate Professor, Medicine (Surgery), General Surgery and, by courtesy,
Primary Care and Population Health, Stanford University School of Medicine
Obesity Medicine & Internal Medicine-Primary Care Physician, VA Palo Alto Health Care System
Internal Medicine-Primary Care Physician, San Mateo County Health System
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SUMMARY OF PROFESSIONAL FOCUS

I am an obesity medicine, internal medicine-primary care, and lifestyle medicine physician, prevention researcher, medical educator, and classically-trained chef who combines these skills via a variety of methodologies to move people away from lifestyles that lead to chronic disease and toward those that promote health and well-being. Additionally, I have developed and run medical weight management programs that combine evidence-based internal medicine, obesity medicine, and lifestyle medicine treatment modalities. I am also author of the first, comprehensive, open-source *Culinary Medicine Curriculum* for health care professional training programs.

EDUCATION

- 2017 **MS, Epidemiology and Clinical Research**, *Stanford University School of Medicine*,
Stanford, CA
- 2011 **MD**, *Harvard Medical School*, Boston, MA
- 2011 **MPA, Public Policy and Administration**, *Harvard Kennedy School of Government*,
Cambridge, MA
- 2006 **BS, Cellular/Molecular Biology, minor in Chemistry**, *Humboldt State University*,
Arcata, CA, Summa cum Laude
- 2001 **Le Cordon Bleu Diplôme, Culinary Arts/Baking/Pastry/Restaurant Management**,
Le Cordon Bleu, Mendota Heights, MN

RESIDENCY AND FELLOWSHIPS

- 2020 **Invited Fellow**, *American College of Physicians*
- 2014-2018 **Postdoctoral Research Fellowship in Cardiovascular Disease Prevention**, *Stanford*
Prevention Research Center, Stanford University School of Medicine, Stanford, CA
- 2017 **Fellow**, *American College of Lifestyle Medicine*
- 2011-2014 **Internship and Residency in Internal Medicine**, *Harvard Medical School-*
Cambridge Health Alliance, Cambridge, MA
- 2009-2010 **Zuckerman Fellowship in Leadership and Public Service**, *Center for Public*
Leadership, Harvard Kennedy School of Government, Cambridge, MA

PROFESSIONAL POSITIONS & ACADEMIC APPOINTMENTS

- 2021 **Clinical Associate Professor, Medicine (Surgery)**, *General Surgery and, by courtesy, Primary*
Care and Population Health, Stanford University School of Medicine, Stanford, CA
- 2019-2020 **Clinical Associate Professor (Affiliated/VAPAHCS)**, *Primary Care and*
Population Health, Stanford University School of Medicine, Stanford, CA

2014-2018 **Postdoctoral Research Fellow in Cardiovascular Disease Prevention, *Stanford Prevention Research Center, Stanford University School of Medicine, Stanford, CA***
 2011-2014 **Clinical Fellow in Medicine, *Harvard Medical School, Boston, MA***
 2006 **Associate Faculty, Division of Hospitality, Restaurant and Culinary Arts, *College of the Redwoods, Eureka, CA***

BOARD CERTIFICATION AND MEDICAL LICENSURE

2020-Present American Board of Lifestyle Medicine
 2014-Present Medical Board of California, License #131070
 2014-Present American Board of Internal Medicine #348480

HONORS AND AWARDS

2021 Invited Fellow, American College of Physicians. “an honor achieved by physicians who are recognized by ACP leaders for their personal integrity, superior competence in internal medicine, professional accomplishment and demonstrated scholarship.”
 2018 Champion for Change—Lifestyle Medicine Education Collaborative, for innovative programs to incorporate lifestyle medicine into medical education
<http://lifestylemedicineeducation.org/champions/>
 2018 Local Hunger Fighter, Second Harvest Food Bank of Santa Clara and San Mateo Counties (CA), for working to reduce hunger in the North Fair Oaks community
<https://www.shfb.org/impact/blog/local-hunger-fighter-dr-michelle-hauser/>
 2017 San Mateo County Health System Above & Beyond Award, for establishing access for low-income patients with diabetes to free, healthy food for them and their families
 2013 Food Hero (honorable mention), City of Cambridge, MA
 2013 Cambridge Integrated Clerkship Teaching Award, Harvard Medical School/Cambridge Health Alliance, Cambridge, MA
 2011 Leonard Tow Humanism in Medicine Award, Arnold P Gold Foundation, Englewood Cliffs, NJ and Harvard Medical School, Boston, MA
 2011 Letter of Achievement in Leadership, Center for Public Leadership, Harvard Kennedy School of Government, Cambridge, MA
 2009 Zuckerman Fellowship and Scholarship, Harvard Kennedy School of Government, Cambridge, MA
 2007 Summer Research Award for Nutrition Research, Division of Nutrition and Osher Integrative Care Center, Harvard Medical School, Boston, MA
 2004-2005 Howard Hughes Medical Institute Undergraduate Research Opportunities Program, Humboldt State University, Arcata, CA
 2004 American Heart Association, Western States Affiliate Undergraduate Summer Research Program, University of California, San Diego, CA

PROFESSIONAL ORGANIZATIONS & ACTIVITIES

Professional Society Leadership

2015-2018 Board of Directors, American College of Lifestyle Medicine

Current Professional Society Fellowships & Memberships

2021-Present Fellow, American College of Physicians
 2014-Present Fellow, American College of Lifestyle Medicine
 2017-Present Member, American Heart Association
 2012-Present Member, American College of Physicians

2013-Present Member, Society of General Internal Medicine
2009-Present Member, Primary Care Progress
2009-Present Member, Doctors for America
2002-Present Member, Mensa International

Committee Membership

2018-Present Member, VA/DoD Working Group, American College of Lifestyle Medicine
2016-Present Member, Education Committee, American College of Lifestyle Medicine
2016-Present Member, Political Action Committee, American College of Physicians
2015-Present Member, California Northern Chapter, American College of Physicians
2016-2018 Member, Council on Early Career Physicians, California Northern Chapter, American College of Physicians
2017-2018 Member, Culinary Medicine (Ad hoc) Committee, American College of Lifestyle Medicine
2015-2016 Member, Conference Sponsorship Committee, American College of Lifestyle Medicine

National Policy Working Groups

2020-Present Member, Centers for Disease Control, Nutrition and Obesity Policy Research and Evaluation Network (CDC NOPREN), Food Security Work Group

Ad Hoc Journal & Abstract Reviews

JAMA Internal Medicine, Cochrane Reviews, BMJ, Contemporary Clinical Trials, PLoS One, Preventive Medicine Reports, Progress in Community Health Partnerships, Nutrition and Metabolic Insights, Journal of Medical Education and Curricular Development Journal of Medical Education and Curricular Development, ACP National Abstract Competition.

CLINICAL EXPERIENCE

2021-Present Bariatric Surgery and Medical Weight Loss Clinic, Stanford University School of Medicine/Stanford Health Care, Stanford, CA
2019-Present Internal Medicine-Primary Care Attending, General Medicine Clinic, Veterans Affairs Palo Alto Health Care System (VAPAHCS), Palo Alto, CA
2018-Present Obesity Medicine Attending Physician, MOVE TIME Clinic, VAPAHCS, Palo Alto, CA
2018-Present Developer and Lead for MOVE TIME Medgroups Program—a comprehensive lifestyle and medical management program for those with obesity, VAPAHCS, Palo Alto, CA
2015-Present Internal Medicine, Primary Care Attending Physician, Fair Oaks Health Center, San Mateo County Health System, Redwood City, CA
2011-2014 Internal Medicine Internship and Residency, Harvard-Cambridge Health Alliance, Cambridge, MA
2012-2014 Developer and Lead, Lifestyle and Culinary Medicine Shared Medical Appointments, Windsor Street Health Center, Harvard-Cambridge Health Alliance, Cambridge, MA
2010-2011 Co-developer and Culinary Nutrition Educator, Lifestyle and Culinary Medicine Shared Medical Appointments, Harvard-Massachusetts General Hospital, Beacon Hill Primary Care, Boston, MA

CLINICAL PRACTICE IMPROVEMENT PROJECTS

2021 Recruited to develop and lead the Medical Weight Loss program in the Stanford Bariatric Surgery and Medical Weight Loss Clinic via both telemedicine and in-person formats, Stanford Health Care, Stanford, CA.

2020	Developer and Lead to modify MOVE TIME Medgroups Program for medical weight loss into both online, on-demand video and live group telehealth formats to ensure continued access to services for Veterans during the COVID-19 pandemic and to expand reach of services outside the immediate area (original program details, below). VAPAHCS, Palo Alto, CA.
2019-Present	Fair Oaks Health Center (FOHC) co-lead collaborator with the County of San Mateo and Second Harvest Food Bank to design and implement an on-site food pharmacy to provide free, healthy food and nutrition programs to FOHC patients and other residents of the North Fair Oaks neighborhood where food insecurity is highly prevalent.
2018-Present	Developer and Lead for MOVE TIME Medgroups Program in order to offer a comprehensive lifestyle and medical management program for those with obesity (as a surgical alternative or adjunct), VAPAHCS, Palo Alto, CA
2017-Present	Fair Oaks Health Center lead collaborator with Second Harvest Food Bank to create the Wellness Pantry at Salvation Army in Redwood City where food insecure FOHC patients with chronic conditions and their families received free, healthy food and education on how to prepare it.
2016-2019	Fair Oaks Health Center lead collaborator with Second Harvest Food Bank to test design, test, and implement food insecurity screening and referral to free, healthy food and nutrition/cooking education resources for low-income patients. This is now tracked in the EMR as a social determinant of health.
2016-2017	Facilitated Samaritan House Food Pharmacy-Second Harvest Food Bank-Fair Oaks Health Center collaboration to give low-income patients with diabetes free, healthy food for their entire family (½ meals/week x 1 year x ~80 families) and evaluate impact on hemoglobin A1c and weight.
2015-2017	Wellness and Prevention Program Redesign, Fair Oaks Health Center, San Mateo County Health System, Redwood City, CA.
2012-2014	Member, Practice Improvement Team (to transition to a patient-center medical home), Windsor Street Health Center, Harvard-Cambridge Health Alliance, Cambridge, MA.
2012-2014	Co-developer, Shared Medical Appointment Curriculum Pilot for Internal Medicine Residents, Harvard-Cambridge Health Alliance, Cambridge, MA

TEACHING EXPERIENCE

Pre-clinical & Clinical Teaching Experience

2019-Present	<i>Teaching Attending</i> , Stanford Internal Medicine Resident Continuity Clinic, General Medicine Clinic, Veterans Affairs Palo Alto Health Care System (VAPAHCS), Palo Alto, CA
2019-Present	<i>Teaching Attending</i> , MOVE TIME Obesity Medicine Clinic, VAPAHCS, Palo Alto, CA
2015-Present	<i>Teaching Attending</i> , Stanford Internal Medicine Resident Continuity Clinic, Adult Primary Care, Fair Oaks Health Center, San Mateo County Health System, Redwood City, CA
2021	<i>Lecturer</i> , Avoiding Biases in the Management of Obesity in Adults. STAND Diversity Lecture Series, Stanford Internal Medicine Residency Program. (scheduled 1/12/21)
2020	<i>Lecturer</i> , Management of Obesity in Adults. Stanford Internal Medicine Residency Outpatient Report. (scheduled 12/10/20)
2019-2020	<i>Lecturer</i> , Culinary Medicine in Education and Practice, ORTHO 220: Introduction to Lifestyle Medicine, Stanford University School of Medicine, Stanford, CA (3 lectures)
2016-2018	<i>Curriculum Developer and Course Co-Director</i> , FAMMED 242: The Doctor is In (the Kitchen): Teaching Kitchen Elective for Medical Students, Stanford University School of Medicine, Stanford, CA (Winter 2016-2017; Fall and Spring 2017-2018 quarters)
2016-2018	<i>Nutrition Co-Lead</i> (with Christopher Gardner, PhD and Tracy Rydel, MD) Practice of Medicine, Years 1 & 2, Stanford University School of Medicine, Stanford, CA
2015-2018	<i>Nutrition Task Force</i> (redesigning nutrition curriculum for medical students), Stanford University School of Medicine, Stanford, CA

- 2016-2017 *Blended Classroom Session Lead & Lecturer*, Vitamins and Minerals, Practice of Medicine, Year 1, Stanford University School of Medicine, Stanford, CA
- 2017 *Lecturer*, What is Lifestyle Medicine? SPRC/GMD Seminar Series, Stanford University School of Medicine. Thursday, January 26, 2017.
- 2016 *Lecturer*, Case Management and Community Health Workers to Improve Diet and Increase Physical Activity in Low-income Latino Adults with Obesity. Epidemiology Seminar, Department of Health Research and Policy, Stanford University School of Medicine, Stanford, CA. December 6, 2016.
- 2016 *Lecturer*, Lifestyle Medicine for Cardiovascular Disease Prevention and Treatment, ORTHO 220: Introduction to Lifestyle Medicine, Stanford University School of Medicine, Stanford, CA
- 2016 *Lecturer*, Lifestyle Medicine for the Medically Underserved. SPRC/GMD Seminar Series, Stanford University School of Medicine, Stanford, CA. June 9, 2016.
- 2016 *Skill Performance Evaluator*, Family Medicine Core Clerkship (Course FAMMED 30A), Stanford University School of Medicine, Stanford, CA
- 2015 *Lecturer*, Lifestyle Management of Type 2 Diabetes, Practice of Medicine, Year 2, Stanford University School of Medicine, Stanford, CA
- 2015 *Lecturer*, Cardiovascular Disease Prevention and Treatment through Diet and Nutrition, Practice of Medicine, Year 1, Stanford University School of Medicine
- 2012-2014 *Teaching Rounds* (Cardiology, Complex Case Presentation, 2 Journal Clubs, 2 Case Conferences), Department of Medicine, Cambridge Health Alliance, Cambridge, MA
- 2014 *Ambulatory Teaching Resident*, Teaching Rotation, Harvard-Cambridge Health Alliance Internal Medicine Residency Program, Cambridge, MA
- 2013 *Ambulatory Teaching Resident*, Teaching Rotation, Harvard-Cambridge Health Alliance Internal Medicine Residency Program, Cambridge, MA
- 2009-2013 *Small-group Leader*, Human Systems: Introduction to Clinical Nutrition (required course IN757.NUT), Harvard Medical School, Boston, MA
- 2009-2011 *Co-course Developer*, Integrative Medicine, Year IV Clinical Elective, Harvard Medical School, Boston, MA
- 2010 *Culinary Medicine Instructor and Event Coordinator*, How to Eat Healthy and Well in Med School, First-year Medical Student Orientation, Harvard Medical School, Boston, MA
- 2009-2010 *Teaching Assistant and Mentor*, Patient-Doctor III (required course IN750M.6c), Cambridge Integrated Clerkship, Harvard Medical School, Cambridge, MA
- 2007-2010 *Continuing Medical Education Curriculum Developer and Conference Planner* (bi-annual conference), Healthy Kitchens, Healthy Lives, Harvard Medical School-Culinary Institute of America, St. Helena, CA
- 2008 *Culinary Medicine Lecturer* (with cooking demonstration), Human Systems: Introduction to Clinical Nutrition (required course IN757.0b), Harvard Medical School
- 2007-2008 *Culinary Medicine Plenary Presenter* (with cooking demonstrations), Healthy Kitchens, Healthy Lives, Harvard Medical School-Culinary Institute of America Continuing Medical Education Conferences, St. Helena, CA
- 2007-2008 *Curriculum Co-developer*, Human Systems: Introduction to Clinical Nutrition (required course IN757.0b), Harvard Medical School, Boston, MA
- 2007-2008 *Module Co-developer*, Culturally-competent Case-based Module on Stroke, Human Systems: Human Nervous System and Behavior (required course IN757.0c), Harvard Medical School, Boston, MA

Continuing Medical Education and Other Teaching Experience

- 2020 *Subject Matter Expert*, Foundations of Lifestyle Medicine Board Review Course, 3rd Edition. Reviewed and revised Section 5: Nutrition Science, Assessment and Prescription of the Board Review Manual. (CME and American Board of Lifestyle Medicine Review Course)
- 2019-Present *CME Lead Developer*, *Culinary Medicine*, American College of Lifestyle Medicine, St. Louis, MO

- 2017 2017 *Lead & CME Content Developer*, Lifestyle, Nutrition & Culinary Medicine Section of the Wellcoaches National Board Certification Health and Wellness Coach Exam Preparation Course
- 2015-2017 *Curriculum Developer*, Food Literacy And Nutrition (FLAN) pilot study: a 12-month food literacy course for low-income Latino middle and older-age adults
- 2015-2016 *Chef Instructor*, Stanford Food Project and Food Helix, Stanford, CA (multiple events)
- 2015 *Food and Health Science Instructor*, The Nuevo School, San Mateo, CA
- 2006 *Faculty Instructor and Curriculum Developer*, Professional Cooking I (semester-long course), College of the Redwoods, Eureka, CA
- 2005-2006 *Instructor and Intern*, Stanford Medical Youth Science Program Minority K-12 Initiative for Teachers and Students, Round Valley High School, Round Valley Reservation, Covelo, CA and Stanford University School of Medicine, Stanford, CA
- 2005 *Biology Instructor*, Expanding Your Horizons in Science and Mathematics, Humboldt State University, Arcata, CA
- 2005 *Biology Instructor and Program Assistant*, Howard Hughes Medical Institute-Summer Science Program, Humboldt State University, Arcata, CA
- 2001-2005 *Cooking School Manager and Instructor*, Pacific Flavors Cooking School, Eureka, CA

Student/Trainee Mentorship

- 2020-Present Alyssa Kramer, MD Candidate (external), research mentor for scholarly project.
- 2020-Present Natasha Feise, PA Candidate, thesis reader and secondary advisor for thesis project.
- 2019-2020 Mita Hoppenfeld, Internal Medicine Resident, mentor and supervisor for resident research project, selected for oral presentation at 2 national conferences and for the Endocrine Society Presidential Poster Competition.
- 2019-2020 Nadeem Abou-Arraj, Internal Medicine Resident, mentor and supervisor for resident research project, selected for oral presentation at 2 national conferences and for the Endocrine Society Presidential Poster Competition.
- 2018-2019 Monica Vergara, MS Candidate (Community Health and Prevention Research), secondary advisor for thesis project, co-author on manuscript under review.
- 2018-2019 Annie Robinson Woods, MS Candidate (Community Health and Prevention Research), thesis reader and secondary advisor for thesis project.
- 2017-2018 Brittany Pike, MS Candidate (Community Health and Prevention Research), thesis reader and secondary advisor for thesis project.
- 2016-2017 Katherine Bick, MS Candidate (Community Health and Prevention Research), secondary advisor for thesis project.

*Additionally, for the past ~15 years I have mentored numerous students from underrepresented minority groups over interested in health careers and assisted them at stages ranging from preparatory for college admissions to medical school admissions.

SELECTED CULINARY EXPERIENCE

- 2019 **Author**, *Culinary Medicine Curriculum*, the first, comprehensive, open-source culinary medicine curriculum for health care professional training programs. Published and distributed by the American College of Lifestyle Medicine, December 2019. Downloaded for use in teaching medical professionals and patients in 93 countries.
- 2016-2018 **Course Director and Curriculum Developer**, FAMMED 242: The Doctor is In (the Kitchen): Teaching Kitchen Elective for Medical Students, Stanford University School of Medicine, Stanford, CA. (Winter 2016-2017; Fall and Spring 2017-2018 quarters)
- 2006 **Associate Faculty**, Division of Hospitality, Restaurant and Culinary Arts, College of the Redwoods, Eureka, CA
- 2001-2005 **Cooking School Manager, Instructor and Consultant**, Pacific Flavors Cooking School, Eureka, CA
- 2001-2002 **Pastry Chef and Consultant**, The Red Radish, Blue Lake, CA

- 2001 **Culinary Intern**, Chez Panisse, Berkeley, CA (Alice Water's flagship restaurant, rated Best Restaurant in the US, 2001)
- 2001 **Baker and Pastry Chef**, The Wedge Coop, Minneapolis, MN
- 2000-2001 **Sous Chef, Inventory and Sales**, Cooks of Crocus Hill Cooking School, St. Paul and Edina, MN locations

PUBLIC SERVICE

- 2017-Present Lead for the Fair Oaks Health Center/Second Harvest Food Bank partnership to improve identification of those with food insecurity in a community clinic setting as well as access to free, healthy food resources in the North Fair Oaks neighborhood (Redwood City, CA). Currently, we are setting up an on-site food pharmacy at the clinic.
- 2016-2017 Facilitated Samaritan House Food Pharmacy-Second Harvest Food Bank-Fair Oaks Health Center collaboration to give low-income patients with diabetes free, diabetic-friendly food for the whole family (½ meals/week x 1 year x >80 families), San Mateo County, CA
- 2015 Attended Santa Clara Public Health Department, 10th Annual Food Assistance Training and distributed food assistance resources to low-income Latino adults in Santa Clara and San Mateo Counties
- 2013 Taught basic nutrition and healthy meal planning to domestic violence survivors, Transition House Shelter, Cambridge, MA
- 2009 Boston by Night, Street Safe Boston, Training on inner-city violence, racial/ethnic conflict, and peaceful solutions, Boston, MA
- 2006-2008 Students for Environmental Awareness in Medicine activities including: volunteering to help inner-city kids learn urban gardening, delivering lead-free soil to homes, removal of invasive plant species, park clean up, Boston,
- 2005-2006 Networked/connected the following programs to provide faculty mentorship, career guidance, financial aid and culturally-appropriate social supports for Native American high school and college students in Northern California: Indian Teacher Education and Personnel Program; Indian Natural Resources, Science & Engineering Program; Educational Opportunities Program and Howard Hughes Medical Institute (all at Humboldt State University, Arcata, CA); United Indian Health Service (Arcata, CA); and the Stanford Medical Youth Science Program (Stanford Prevention Research Center, Stanford University School of Medicine, Stanford, CA)
- 2005 Student Volunteer Coordinator and Biology Instructor, Expanding Your Horizons in Science and Mathematics, Humboldt State University, Arcata, CA
- 2003-2005 Volunteer Tutor, Mathematics, Biology, Genetics, and Chemistry, Humboldt State University, Arcata, CA
- 2003-2005 Chef Instructor, Chefs on the Plaza benefit for the North Coast Growers Association, Arcata Farmer's Market, Arcata, CA

INVITED PRESENTATIONS

- 2021 *Introduction to Culinary Medicine*. Lifestyle Medicine Specialization Program. Universidad Ricardo Palma, Lima, Peru. (Scheduled virtually for Spr 2021); Content to be recorded and used for certification program on an ongoing basis.)
- 2021 *Protein: The Macronutrient at the Intersection of Human and Environmental Health/Plant-Forward Plate Strategies in the Relentless Pursuit of Deliciousness*. Co-presenter: Christopher Gardner, PhD. Healthy Kitchens, Healthy Lives Annual Conference. Napa, CA. (Scheduled virtually February 3-5, 2021 2/2 COVID-19 pandemic.
- 2020 *Diabetes Essentials for Clinicians*. Bernerd College, University of the Pacific, San Francisco, CA. December 17, 2020.
- 2020 *Healthy Eating On a Budget*. ECHO Diabetes Project, Stanford Hub, Palo Alto, CA. Scheduled December 3, 2020, virtually 2/2 COVID-19 pandemic.

- 2020 *Workshop: How to Set Up a Culinary Medicine Program at Your Institution*. American College of Lifestyle Medicine Annual Conference. Carlsbad, CA. (October 26, 2020).
- 2020 *Culinary Medicine—Its Role in the Prevention and Treatment of Obesity, Diabetes, and Metabolic Syndrome*. American Diabetes Association Scientific Sessions. Chicago, IL. June 13, 2020 (Conducted remotely 2/2 COVID-19 pandemic), viewed by nearly 1,200 people during conference.
- 2020 *Shared Medical Appointments—A Tool for Integrating Behavioral Lifestyle Interventions Into Internal Medicine Outpatient Clinic*. Institute of Function Medicine Annual International Conference. Phoenix, AZ. June 14, 2020 (Conducted remotely 2/2 COVID-19 pandemic).
- 2020 *Unapologetic Deliciousness*. Institute of Function Medicine Annual International Conference. Phoenix, AZ. June 14, 2020 (Conducted remotely 2/2 COVID-19 pandemic).
- 2020 *Management of Adult Obesity*. Primary Care Grand Rounds, San Mateo Health Care System, San Mateo, CA. March 4, 2020.
- 2020 *Lifestyle, Medical, and Surgical Management of Obesity*. Medical Education Program, Regional Medical Center of San Jose, San Jose, CA. March 3, 2020.
- 2019 *Inspiring the Stanford Community through Food Education in the RD&E Teaching Kitchen*. Stanford Food Institute Conference, Stanford, CA. November 4, 2019.
- 2019 *Culinary Medicine: Blending the Science of Medicine and the Art of Cooking*. CME Activity, Natividad Medical Center, Salinas, CA. September 23, 2019.
- 2019 *Workshop: Whole Food Plant-based Cooking for Families*. American College of Lifestyle Medicine Annual Conference. Orlando, FL. October 27, 2019.
- 2019 *Workshops: Culinary Medicine: Blending the Science of Medicine and the Art of Cooking*. Healthy Living Retreat, Stanford Sierra Camp, Fallen Leaf Lake, May 16-19, 2019.
- 2018 *Recipes for Adding Culinary Medicine to Primary Care—Shared Medical Appointments, Pop-up Teaching Kitchens, and Food Pharmacies*. American College of Lifestyle Medicine Annual Conference. Indianapolis, IN. October 22, 2018.
- 2018 *Workshop: Culinary Medicine Basics and Applications in Medical Education in the U.S.* 92nd Nestlé Nutrition Institute Workshop. Lausanne, Switzerland. Sept 20, 2018.
- 2018 *Food Insecurity Screening and Referral to Free, Healthy Food Resources in San Mateo County*. Primary Care Grand Rounds, San Mateo County Health System, San Mateo, CA. September 5, 2018.
- 2018 *Cooking Delicious Food for Disease Prevention & Treatment With a Fun Flare!* SOUL Food Salon. Woodside, CA. May 10, 2018.
- 2017 *Workshop: The Doctor is In (the Kitchen): Cooking Delicious Food for Disease Prevention & Treatment*. American College of Lifestyle Medicine Annual Conference. Tucson, AZ. October 21, 2017.
- 2017 *Webinar: Nutrition and Culinary Medicine for Cardiovascular Disease Prevention and Treatment*. Texas A&M Physicians in Training Lifestyle Medicine Interest Group. May 23, 2017.
- 2017 *The Doctor is In (the Kitchen): Teaching Kitchen Pilot Elective for Medical Students*. Stanford Innovations in Medical Education Conference II. Stanford, CA. May 13, 2017.
- 2017 *Culinary Medicine Shared Medical Appointments: Improve your Health While Improving Patient Care and Satisfaction*. Society for General Internal Medicine Annual Conference. Washington, DC. April 20, 2017.
- 2016 *Food Literacy And Nutrition (FLAN) Pilot Project: An Exploration of Food, Community and Environment*. Google Food Lab, Mountain View, CA. November 3, 2016.
- 2016 *Lifestyle Medicine for the Medically Underserved—Engaging the Community to Improve Nutrition and Physical Activity*. American College of Lifestyle Medicine, Lifestyle Medicine 2016: Healthy People, Healthy Planet, Naples, FL. October 25, 2016.
- 2016 *Reimagining Nutrition Education in Medical School...and Beyond*. New England Nutrition Education Summit. Harvard Medical School, Boston, MA. September 19, 2016.

- 2016 *Embrace Your Quirky Side...and Use It To Your Advantage*. Department of Biological Sciences, Biology Seminar Series, Humboldt State University, Arcata, CA. April 8, 2016.
- 2015 *Reimaging Nutrition Education in Medical School*. Food & Health Conference, Stanford University, Palo Alto, CA
- 2011 *The Man Under the Bridge: Sustaining Compassion When It's Easier to Turn Away*. Schwartz Center Rounds, Cambridge Health Alliance, Cambridge, MA.
- 2011 *Using Whole Grains and Healthy Fats for Quick, Versatile Meals*. Harvard Medical School Department of Continuing Medical Education, 25th Annual International Conference on Practical Approaches to the Treatment of Obesity, Cambridge, MA. June 17, 2011.
- 2009 *Storytelling as Best-practice*. California Dept. of Public Health's Network for a Healthy California, 11th Annual Conference, Sacramento, CA.

COMPLETED RESEARCH AND SCHOLARLY PROJECTS (NOT YET PUBLISHED)

A Novel Weight Management Program for Veterans: Lifestyle Medicine-enriched Shared Medical Appointments Plus Telephone Follow-up (2018-2019)

Veterans Affairs Palo Alto Health Care System (VAPAHCS) & Stanford University School of Medicine.

PI: Michelle Hauser, MD, MS, MPA

Practice improvement project to create and implement a successful lifestyle and medical management program for the treatment of obesity among Veterans in the VAPAHCS. Once the program—a combination of shared medical appointments (SMAs) and 1:1 telephone/video follow-ups—was launched, 176 evaluations were collected (>75% response rate). The mean SMA visit rating was 9.2 out of 10 possible points. Overall, the program was well-received and 154/159 (96.9%) said they would recommend the program to other Veterans while <0.1% said they would not. Results presented via poster at the American College of Lifestyle Medicine annual conference, 2019. In 2020, the program was expanded to telehealth to maintain access during the COVID-19 pandemic and increase access for those distant from the clinical site. Future plans include seeking grant funding to evaluate patient health outcomes.

Does Diet Quality or Type of Diet Matter More for Weight Loss and Cardiovascular Disease Risk Factors? (2016-2019)

Stanford University School of Medicine, Stanford Prevention Research Center.

PI: Christopher Gardner, PhD. Project Lead: Michelle Hauser, MD, MS, MPA

Secondary analysis of the Dietary Intervention Examining The Factors Interacting with Treatment Success (DIETFITS) study data to compare diet quality (using HEI-2010 and AHEI-2010) versus adherence to healthy low-carbohydrate and low-fat diets to see which factor or diet is associated with the most improvement in lipids and reduction of weight, fasting glucose, fasting insulin, and blood pressure among those with overweight and obesity. Data analysis is complete. An abstract of the preliminary results was selected as the top abstract for the American Heart Association Epidemiology/Lifestyle Scientific Sessions, published in *Circulation*, and also selected for oral presentation at the National Health Institute/National Heart, Lung and Blood Institute Cardiovascular Epidemiology, Biostatistics and Prevention Trainee Session in 2018. Two papers related to the findings are nearly ready for submission to an academic journal for publication.

Food Insecurity Screening and Referral to Free, Healthy Food Resources (2017-2019)

Stanford University School of Medicine, Stanford Prevention Research Center.

PI's: Michelle Hauser, MD, MS, MPA, Christopher Gardner, PhD.

Community Partners: Rakhi Singh, MD, Medical Director, Fair Oaks Health Center; Anna Dyer, Director of Programs, Second Harvest Food Bank; Salvation Army

Pilot study to determine the best method(s) for routine food insecurity screening and referral to free, healthy food resources and nutrition/cooking education for low-income, food insecure, adult patients at Fair Oaks Health Center (FOHC) via a collaboration with Second Harvest Food Bank and Salvation Army. Quantitative and qualitative data were collected via surveys and interviews from healthcare providers and clinical staff pre- and post-pilot to identify barriers and facilitators to screening for food insecurity and referring to food resources. PDSA cycles were used to test and implement best practices in food insecurity screening and food resource referral. Second Harvest Food Bank simultaneously rolled-out a Wellness Pantry at Salvation Army in Redwood City, California that provided free, healthy food and nutrition/cooking education to FOHC patients. Feedback on the process was collected from patients via telephone in their native languages. Data analysis is now in-process; preliminary results were presented at a regional conference, San Mateo Medical Center (SMMC) Primary Care Grand Rounds, to the SMMC Executive Board, and to the Chief of San Mateo County Health. This work led to County-wide food security status documentation and approval for an on-site, free, healthy food distribution program on-site at FOHC for patients and others in need in the North Fair Oaks community.

Teaching Kitchens to Improve Personal Health and Patient Counseling Around Eating Behaviors (2016-2019)

Stanford University School of Medicine, Stanford Prevention Research Center.

PI: Michelle Hauser, MD, MS, MPA, Chef.

Three cohorts of medical students and waitlisted controls were surveyed before and after taking a quarter-long teaching kitchen elective course taught by dually-trained chef-MDs that exposed them to fundamental cooking skills used to highlight healthy cooking techniques, basic nutrition principles, and world flavors that resulted in simple, delicious, primarily plant-based meals. The course aimed to teach nutrition knowledge, cooking skills, and healthy eating behaviors via hands-on and interactive experiences in order to help students improve their own health and be better prepared as future clinicians to counsel patients effectively on nutrition and diet. Data collection is complete. Preliminary analysis of data collected from the first cohort showed statistically significant differences in attitudes, knowledge, and behaviors covered in the course. These findings were presented at regional, national, and international conferences and used as the basis for the creation of the first, comprehensive, open-source, *Culinary Medicine Curriculum*, a curriculum book published and distributed by the American College of Lifestyle Medicine in Dec 2019. Since that time, it has been downloaded with plans for use by thousands of healthcare providers in >80 countries.

Food Literacy Survey Instrument for Adults—A Validation Study (2017-2018)

Stanford University School of Medicine, Stanford Prevention Research Center.

PIs: Abby King, PhD; Christopher Gardner, PhD; Michelle Hauser, MD, MS, MPA, Chef.

Created and validated a food literacy questionnaire for use in adults in the US who are English-speaking, and who have a variety of reading literacy levels. Analysis has been completed and the questionnaire was shown to be a validated tool to measure change in food literacy over time in this population. A similar version was also created in Spanish. Results are currently awaiting write-up and publication.

Reimaging Nutrition Education (2015-2018)

Stanford University School of Medicine core members: Tracy Rydel, MD; Michelle Hauser, MD, MS, MPA, Chef; Maya Adam, MD; Christopher Gardner, PhD.

Working together as the Nutrition Task Force within Stanford School of Medicine, we developed a novel, food-based approach to nutrition education in order to transform the way nutrition, health, and prevention of chronic disease were taught to medical students at Stanford and beyond. This new approach was piloted at Stanford (2017-2018) and received superior student evaluation scores compared with prior, didactic, biochemical-based approaches to nutrition education. Results were presented at regional and national conferences.

Community-based Intervention to Improve Food Literacy (2015-2017)

Stanford University School of Medicine, Stanford Prevention Research Center.

PI: Abby King, PhD. Study Directors: Michelle Hauser, MD, MS, MPA, Chef, Jylana Sheats, PhD, MPH. Other partner/funder: Michelle Hatzis, PhD, Google Food.

This 12-month, community-based, randomized controlled pilot study tested a novel, interactive, group-based curriculum to improve food literacy in low-income, Latinx, midlife and older adults in San Jose, California. Preliminary results have been analyzed and presented at a national conference and at Google Food Lab; full data analysis is pending.

Community Health Workers to Improve Risk Factors for Chronic Disease (2015-2017)

Stanford University School of Medicine, Department of Health Research and Policy.

PI: Randy Stafford, MD, PhD. Research Mentors: Randy Stafford, MD, PhD; Lisa Goldman Rosas, PhD. Faculty Steering Committee Member: Abby King, PhD.

(Master's thesis) Secondary analysis of the Vivamos Activos Fair Oaks RCT data to determine if a 24-month community health worker and group health education intervention for low-income, Latinx adults with obesity was associated with improved dietary quality or increased physical activity. The related manuscript is currently being resubmitted for publication.

COMPLETED RESEARCH SUPPORT

T32HL007034-41	Gardner (PI)	09/15/2014-09/14/2018
Cardiovascular Disease Prevention Training Program		
Role: Postdoctoral Research Fellow		
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.		
Role: Co-PI		
Agreement # IC2017-0272	Hauser (Co-PI), King (Co-PI), Gardner (Co-PI)	01/01/2017-12/31/2017
Food Literacy Survey Creation and Validation.		
Role: Co-PI		
Agreement # 120165-1	King (Co-PI)	05/19/2015-12/31/2016
Food Literacy and Citizen Science		
Creation of a novel food literacy curriculum and measurement tool with input from study participants via Citizen Science data that they collected with tablets and mobile applications. This curriculum was then used to conduct a randomized interventional study aimed at improving food literacy in middle- and older-age, low-income, Latinx adults.		
Role: Study Co-Director (*at most institutions, I would be Co-I, but Stanford-specific rules do not allow postdocs to be PI/Co-I)		

CLINICAL TRIAL OVERSIGHT

2017-2018	Medical Doctor, Data Safety Monitoring Board. <i>Impact of a probiotic supplement on the microbiome, immune system, and metabolic syndrome.</i> The Sonnenburg Lab, Justin Sonnenburg (co-PI), Department of Microbiology & Immunology; The Nutrition Studies Lab, Christopher Gardner (co-PI), Stanford Prevention Research Center. SPO#131389.
2015-2018	Medical Safety Director, <i>Virtual Advisors for Physical Activity Promotion in Underserved Communities.</i> HARTS Lab, Abby King (PI), Stanford Prevention Research Center, NIH/NHLBI 1R01 HL116448-01A1
2015-2018	Medical Safety Director, <i>Innovative Physical Activity Promotion in Underserved Communities.</i> HARTS Lab, Abby King (PI), Stanford Prevention Research Center, NIH/NIDDK 1R01 DK102016-01A

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LANGUAGES English—Native Spanish—Intermediate