

CURRICULUM VITAE

DAVID L. KATZ, MD, MPH, FACPM, FACP, FACLM

Founder / CEO;

[DietID, Inc.](#)

Senior Science Adviser,

[Blue Zones, LLC](#)

[Blue Zones Health](#)

[IHL Abu Dhabi](#)

Founder; Strategic Director

[The True Health Initiative](#)

Founding Director,

[Prevention Research Center](#)

Yale University / Griffin Hospital

(1998-2019)

Past President,

[American College of Lifestyle Medicine](#)

Inventor (solo or primary):

[Overall Nutritional Quality Index](#) (ONQI™)

[Katz Extractor](#)® (Oto-Nasal Foreign Body Extractor Catheter)

[Diet Quality Photo Navigation](#) (DQPN™); US Patents 11,328,810 B2 ; 12,073,935 B2; 12,380,987 B2

[Evidence Threshold Pathway Mapping](#) (ETPM©)

[Evidence Mapping](#) (see: <https://pubmed.ncbi.nlm.nih.gov/12868249/>)

**[DIEM](#) (dietary impacts on environmental measures) metric; patent pending
(partial list)**

<http://davidkatzmd.com/>

Last updated: 3/7/2026

BIRTH: February 20, 1963, Los Angeles, California

EDUCATION / Credentials:

B.A. in French, 1984. Dartmouth College. Magna Cum Laude. Hanover, New Hampshire
M.D., 1988. Albert Einstein College of Medicine. Bronx, New York
M.P.H., 1993. Yale University School of Medicine. New Haven, CT

Fellow, 2001. American College of Preventive Medicine (*FACPM*)

Fellow, 2003. American College of Physicians (*FACP*)

Fellow, 2015: American College of Lifestyle Medicine (*FACLM*)

Fellow, Morse College, Yale University: <https://morse.yalecollege.yale.edu/david-l-katz>

POST-GRADUATE TRAINING:

1988-1989 Internship in Internal Medicine. Norwalk Hospital. Norwalk, CT
1989-1991 Residency in Internal Medicine. Norwalk Hospital. Norwalk, CT
1991-1993 Residency in Preventive Medicine. Yale University School of Medicine.
New Haven CT
Sept 1995 Cardiovascular Disease Management Risk Factor Counseling workshop.
American Heart Association. Invited Participant. Houston, TX
April 1997 Comprehensive Obesity Management Faculty Development Conference.
Knoll Pharmaceutical (sponsor). Invited Participant. Tucson, AZ

CAREER:

1991 - 1993 Attending Physician in Emergency Medicine
St. Mary's Hospital Emergency Department
Waterbury, CT
1993 - 1996 Attending Physician in Internal Medicine
Yale University Health Services
New Haven, CT
1993 - 1994 **Lecturer**-Yale University School of Medicine
Department of Epidemiology and Public Health
New Haven, CT
1994 - 1996 **Assistant Clinical Professor of Medicine**
Yale University School of Medicine
New Haven, CT
1996 - 2000 **Assistant Clinical Professor of Epidemiology and Public Health & Medicine**
Yale University School of Medicine
New Haven, CT
1996 - 1999 **Associate Director**, Preventive Medicine Residency Program
Griffin Hospital
Derby, CT
1997 -2006 **Director of Medical Studies** (Public Health)
Yale University School of Medicine
1997- **Health Columnist**, *New Haven Register, Valley Edition*
1998- **Founding Director**, Yale-Griffin Prevention Research Center
1999-2000 **Director**, Preventive Medicine Residency Program, Griffin Hospital, Derby, CT
2000-2015 **Founder & Director**, Integrative Medicine Center at Griffin Hospital, Derby, CT
2000-2006 **Associate Clinical Professor**, Epidemiology & Public Health, & Medicine
Yale University School of Medicine, New Haven, CT
2001-2010 **Lecturer**, Yale School of Nursing

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2001- Health Columnist, *New Haven Register*, All Editions
2002-2010 **Nutrition Columnist**, 'O,' The Oprah Magazine
2003-2008 Host, 'Healthy Living' Segment, WTNH New Haven *Your Weekend* Program
2005- 2008 **Health Columnist**, New York Times Syndicate
2005- 2007 Medical Contributor, ABC News
2006-2010 **Associate Professor, adjunct, Public Health Practice**
Yale University School of Medicine
2006- Yale University Representative, Steering Committee, the Consortium of Academic
Health Centers for Integrative Medicine
2006-2007 **Consultant, National Governor's Association**
2006-2008 **Director of Medical Programming**, Stepping Stone Spa &
Wellness Center, Lyndon, VT
2007-2018 President & Founder, **Turn the Tide Foundation, Inc.**
2008-2018 **Chief Science Officer**, NuVal, LLC
2009- Chair, CT Chapter, Partnership to Fight Chronic Disease
2010-2017 **Medical Director**, *Weigh Forward* Weight Management Program, RediClinic, LLC
2010- Member, National Advisory Board, *Food Day*
2009-2011 Editor, *Medpedia*
2010- Judge, Annual Best Diets Ranking, **US News & World Report**
2010-2011 Lead Editor: *Nutrition; Obesity Prevention & Treatment, Medpedia*
2010 - 2017 Health Contributor, The Huffington Post
2010-2017 Member, Medical Review Board, The Huffington Post
2010- Contributor, ShareCare
2011-2015 **Editor-in-Chief**, *Childhood Obesity*
2011- Member, Editorial Board, *ISRN Public Health*
2011-2017 Clinical Instructor in Medicine, Yale School of Medicine
2011-2015 Senior Medical Advisor, Mindstream Academy
2012-2016 Member, Scientific Advisory Board, GenoVive, Inc.
2012-2015 Member, Scientific Advisory Board, KardioFit, Inc.
2012- Member, Medical Advisory Board, EmpowHer.com
2012- 2017 Medical Contributor, *US News & World Report*
2012- LinkedIn Thought Leader (top 150 'INfluencers')
2012- Member, Council of Advisers, Academic Consortium for Complementary and
Alternative Health Care
2013-2018 Senior Medical Advisor, Direct Digital
2018- Senior Medical Advisor, Adaptive Health (Formerly, Direct Digital)
2013-2016 Chair, Steering Committee, Integrative Medicine in Preventive Medicine Education, *American
College of Preventive Medicine*
2014-2018 Chair, Scientific Advisory Board, NBTY/Nature's Bounty
2014- Member, Advisory Board, Shape Magazine
2015- Founding Editor, *Childhood Obesity*
2015-2016 Senior Nutrition Advisor, KIND Healthy Snacks
2015- Founder, **True Health Initiative**: <http://www.truehealthinitiative.org/>
2016-2018 Senior Medical Advisor, Verywell.com
2017- Member, Advisory Board, Amp Your Good
2018 Conference Chair, **Art & Science of Health Promotion**
2019-2020 Senior Wellness Advisor, Indigo Ag
2020 -2022 Senior Wellness Advisor, Anytime Fitness
2022-2023 Science Advisor, Fullscript
2023-2024 Content Architect, Rise Health
2023- Senior Science Advisor, Blue Zones, LLC
2024- Member, Fides, World Health Organization:

2025- Senior Science Advisor, Blue Zones Health, LLC

CERTIFICATES/LICENSURES:

1991 - Licensed Physician and Surgeon, State of Connecticut
1991 - Diplomate: American Board of Internal Medicine
1992 - Certified: Advanced Trauma Life Support, American College of Surgeons
1994 - Certified: Advanced Cardiopulmonary Life Support, American Heart Association
1997 - Diplomate: American Board of Preventive Medicine; General Preventive Medicine and Public Health
2001- Recertification, American Board of Internal Medicine (through 2011)

AWARDS & RECOGNITION:

1981 National Merit Scholar Program, Finalist
1981-84 Daniel Webster Honorary Scholarship for Academic Achievement
Dartmouth College
1984 Magna Cum Laude - Dartmouth College
1984 Highest Departmental Honors, Department of French/Romance Languages
Dartmouth College
1993 Masters Degree awarded with Citation, Department of Epidemiology and Public Health, Yale University School of Medicine
1996 Ambulatory Care Teacher of the Year Award: Yale University School of Medicine
1997 Teaching Attending of the Year: Griffin Hospital, Derby, CT
1998 Physician of the Year, Griffin Hospital
2001 American College of Preventive Medicine, *Rising Star Award*
2001 Who's Who in America
2002 Pfizer, Inc. Health Literacy Research Initiative Award
2002-2003 Listed in Marquis' "Who's Who in Medicine and Healthcare," 4th Edition
2003 Consumers' Research Council of America, "America's Top Physicians, 2003"
2003 Healthy U (Salisbury, MD) Award for Excellence, 2003 for '*The Way to Eat*'
2004-2005 America's Top Physicians, Preventive Medicine: Consumers' Research Council of America
2007 Ricketts Award, Community Hospital of the Monterey Peninsula, Monterey, CA
2007 Dorothy Epstein Nutrition Fellow, Hunter College in *The City University of New York*, New York, NY
2008 Marquis Who's Who in America
2008 Nominee, 2008 McLaughlin-Gallie Visiting Professorship
2008 "2008 Dream Maker Award" for the Greater New Haven Chapter, Juvenile Diabetes Research Foundation International
2008 "Shape Up RI", National Leadership Award, Obesity Prevention and Education 2008, Providence, RI
2009 Distinguished Service Award, Association of Yale Alumni in Public Health
2009 Nominee, US Surgeon General-
American College of Physicians
American College of Preventive Medicine
Center for Science in the Public Interest
Association of Yale Alumni in Public Health
Planetree Alliance for Patient Centered Care
Consortium of Academic Health Centers for Integrative Medicine

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- 2009 America's Top Physicians, Preventive Medicine: Consumers' Research Council of America
- 2009 The 25 Most Influential People in Our Children's Lives, Children's Health Magazine
- 2010 CQIA (Connecticut Quality Improvement Award); Platinum Award for NuVal nutritional scoring system
- 2010 New Haven Health Care Hero; Business New Haven; New Haven, CT
- 2011 Katharine Boucot Sturgis Award & Lectureship, *American College of Preventive Medicine*
- 2011 Lenna Frances Cooper Award & Lectureship, *American Dietetic Association*
- 2011 Leir Lecture, *Leir Charity Foundations*
- 2011 Gerald H. Read Distinguished Lecturer; *Kent State University*
- 2011 J. Warren Perry Award and Lectureship, School of Public Health and Health Professions, *University at Buffalo*
- 2012 FindTheBest (<http://www.findthebest.com/>) top Smart Rated Diet Plans: *The Flavor Point Diet*
- 2012- Inductee, *Marketing Disease Prevention & Awareness (MDPA) Hall of Fame* (Childhood Obesity)
- 2012- Stanley P. Mayers Endowed Lecturer, The Pennsylvania State University
- 2012- 2012 Berreth Lecturer, *The National Public Health Information Coalition*
- 2012- 100 Most Influential People in Health & Fitness (#19); *Greatist.com*
- 2013 - **Honorary Doctorate** of Humane Letters, University of Bridgeport
- 2014- 100 Most Influential People in Health & Fitness, 2013 (#13); *Greatist.com*
- 2014- Top 10 Social Health Maker's in Men's Health (#1); *Sharecare.com*
- 2015- **100 Most Influential People** in Health and Fitness (#21); *Greatist.com*
- 2015- *Healthy Living Award*, The Packer, Texas International Produce Association, Viva Fresh Expo, Austin, Texas, 3/15
- 2015- **Honorary Doctorate**, Humane Letters, Quinnipiac University
- 2016- 100 Most Influential in Health and Fitness, 2015, *Greatist.com*
- 2016- Rodale 100: Recognizing Trailblazers Positively Impacting Lives Around The World
- 2017- **Honorary Doctorate**, Natural Medicine, Bastyr University
- 2017- Albert Nelson Marquis Lifetime Achievement Award; *Marquis Who's Who*
- 2017-18 Best Nutritionists, Diet Spotlight <https://www.dietspotlight.com/n/>
- 2019 Kosuna Distinguished Lecturer in Nutrition, UC Davis
- 2019- Nominee/Finalist, *James Beard Foundation Award*, Journalism, Health & Wellness
- 2019 National Health Information Awards, Silver Award: *Is This the Future of Medicine?* AARP Magazine
- 2019 National Mature Media Awards, Silver Award: *Is This the Future of Medicine?* AARP Magazine
- 2021 Rundle-Lister Lectureship in Transformative Nutritional Medical Education; University of Toronto
- 2021 Finalist, IACP Awards, Health Issues & Matters: *How to Eat* (with Mark Bittman): <https://www.iacp.com/awards/2021-iacp-award-finalists/>
- 2023 Doctors' World Gala, Lifetime Achievement Award
- 2024 Highly Ranked Scholar (inaugural class), Scholar GPS (<https://scholargps.com/scholars/54291083775460/david-l-katz>)
- 2024 President's Award, *American College of Lifestyle Medicine*
- 2024 *Best Papers of the Year*, *American Journal of Health Promotion*
- 2025 Member, *Sigma Xi*
- 2025 Top Scholar, *Scholar GPS*
- 2026 Leadership Award, 2026 – *Integrative Healthcare Symposium*

ORGANIZATIONS/APPOINTMENTS/HONORS:

- 1989 - Member, New York Academy of Sciences
- 1993 - Member, American College of Physicians
- 1994 - Member, Society for Epidemiologic Research
- 1994 - Member, American Public Health Association
- 1995 - Member, American Society for Clinical Nutrition
- 1997 - Member, New Haven County Medical Society
- 1997- Member, Association of Teachers of Preventive Medicine
- 1997- Member, American College of Preventive Medicine
- 1997- Member, the Society of Behavioral Medicine
- 1998- Member, Legislative Task Force on Graduate Medical Education; Connecticut General Assembly
- 1999- Member, American College of Nutrition
- 2000- Member, Advisory Committee, Yale University, Pfeiffer foundation grant to support student clinical research in healthcare problems of underserved communities and populations
- 2000- Vice-chair, planning committee, American College of Preventive Medicine Annual Meeting, 2001
- 2001- Member, North American Association for the Study of Obesity
- 2001-2002 **Chair**, Planning Committee, American College of Preventive Medicine Annual Meeting
- 2001- **Chair**, Education Committee, Association of Teachers of Preventive Medicine
- 2001- **Fellow**, American College of Preventive Medicine (FACPM)
- 2001- **Chair**, Prevention Practice Committee, American College of Preventive Medicine
- 2001- Member; Editorial Advisory Board, Arbor Clinical Nutrition Updates
- 2002- Northeast Regent (Board Member), American College of Preventive Medicine (elected position)
- 2002- Board Member, Association of Teachers of Preventive Medicine (elected position)
- 2002- Member, Behavioral Sciences Committee Writing Group, United States Medical Licensing Examination (Step 1)
- 2002- **Chair**, Adolescent Health Committee, American College of Preventive Medicine
- 2003- **Co-Chair** Planning Committee, 18th National Conference on Chronic Disease Prevention and Control
- 2003- **Fellow**, American College of Physicians (FACP)
- 2004- Member; Editorial Advisory Board, Alternative Medicine Magazine
- 2004- **Fellow**, North American Association for the Study of Obesity
- 2004- Member, Editorial Advisory Board, American Journal of Preventive Medicine
- 2004- Member, Editorial Advisory Board, Health Magazine
- 2004-2010 Member, Editorial Advisory Board, "O" Magazine
- 2004- Member, Editorial Advisory Board, Men's Health Magazine
- 2004- Member, Editorial Advisory Board, Sly Magazine
- 2004- Member, Expert Panel on Overweight/Obesity, Association of American Medical Colleges (AAMC)
- 2006- Member and Yale University Representative, Steering Committee, Consortium of Academic Health Centers in Integrative Medicine
- 2007 Member, Editorial Advisory Board, Prevention Magazine
- 2007- Member, 2007 Strategic Plan Advisory Group, National Heart, Lung, & Blood Institute
- 2007- Member, Medical Advisory Board, National Fibromyalgia Association
- 2007- Consultant, Anian Advisors; Reuters, Inc.

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2009- Member, Advisory Board, Linkwell, Inc.
2010- Member, Advisory Board, National Childhood Obesity Foundation
2011- Member, Editorial Advisory Board, *Eating Well*
2011- **Fellow**, Morse College Yale University
2012- President-Elect, *American College of Lifestyle Medicine*
2014-2016 President, ***American College of Lifestyle Medicine***
2014- Member, Advisory Board, Accreditation Council for Nutrition Professional Education
2015- Advisory Board Member, LessCancer.org
2015- Member, Scientific Council, Public Health Forum (Journal), Polish Society of Public Health
2015- Appointee, CT Task Force to Study Childhood Nutrition
2015- **Fellow**, American College of Lifestyle Medicine (FACLM)
2016- Member, Council of Advisors, ACIH
2017- Member, Advisory Board, Food Tank

2020 Member, Advisory Board, Anytime Fitness
2020 Member, Advisory Board, Emerson Ecologics
2020 Science Advisor, Fruitstreet, Inc.
2021 Member, Science Advisory Board, Chromadex, Inc.
2021 Member, Advisory Board, International Health, Racquet, and Sports Association
2021 Content Architect, Rise Health
2021 Member, American Heart Association

TEACHING HISTORY, YALE UNIVERSITY – COURSES (REPRESENTATIVE LIST):

Director of Medical Studies in Public Health, Yale University School of Medicine: 1998-2005

Course Director: Clinical Concepts in Public Health: Dept. of Epidemiology and Public Health.
Yale University School of Medicine HPA516a Fall, 1992-2007

Course Director; Lecture Series in Human Nutrition
Yale University School of Medicine: 1996-2007

Instructor (seminar): EPH 501: Biostatistics for Medical Students
Yale University School of Medicine. Winter, 1993-2001

Course Director: EPH 501: Biostatistics for Medical Students
Yale University School of Medicine. 1997-2001

Course Director: EPH 500: Medicine, Society and Public Health
Yale University School of Medicine. 1997-2007

Course Director: Preventive Medicine Lecture Series
Yale University School of Medicine. 1997-2007

Course Director: Preventive Medicine Lecture Series
Griffin Hospital, Derby, CT. 1996-2000

Course Director, HPA612: Interface of Health Policy and Clinical Decision Making
Yale University School of Public Health. 1997-2007

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Course Director, Clinical Epidemiology Faculty Development Lecture Series
Griffin Hospital, 1998-2000

Course Director, N507: Human Nutrition, Yale School of Nursing, 2004-2009

OTHER TEACHING (REPRESENTATIVE LIST):

2010-2011:

- Yale Affiliated Hospital Teaching Program
- Guest Lectures, Nutrition, Yale Department of Internal Medicine, Division of Gastroenterology
- Guest Lecture, Obesity, Cardiovascular Epidemiology, Yale School of Public Health
- Preventive Medicine Lecture Series, Griffin Hospital, Internal Medicine/Preventive Medicine Residency Program
- Nutrition Lecture, Yale PA Program
- Integrative Medicine Lecture, Yale PA Program
- Evidence-Based Integrative Medicine, Yale CME Program

Other:

- Numerous invited lectures to medical students; public health students; nursing students; and undergraduates, Yale University
- Clinical preceptor to 3rd and 4th year medical students, Yale School of Medicine
- Thesis advisor to numerous MD, MPH, and PA candidates; Yale University School of Medicine
- Grand rounds and teaching rounds at Yale affiliated hospitals
- Chair, Thesis Evaluation Committee, Yale School of Medicine, Dept. of Epidemiology and Public Health: 1998-2005

Thesis / Dissertation Oversight:

Postdoctoral Fellows Supervised, illustrative:

- *2018: Micaela Karlsen, PhD (Nutrition; Tufts University); Marissa Shams-White, PhD (Nutrition; Tufts University): strength of evidence methodologic systematic review applied to lifestyle medicine; HEALM project (hierarchies of evidence applied to lifestyle medicine)*
- *Kerem Shuval, PhD; behavior modification/lifestyle counseling at the Prevention Research Center; 2008-2009; current position, University of Texas Health Science Center at Houston*

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- *Phil Troped, PhD; physical activity research at the Prevention Research Center; 2006-2008; current position, Department of Health and Kinesiology, Purdue University*
- *Ming-Chin Yeh, PhD; nutrition epidemiology research at the Prevention Research Center; 2003-2008; current position, Nutrition and Food Science Track, Urban Public Health Program, Hunter College, City University of New York*
- *Ather Ali, ND, MPH; integrative medicine research at the Prevention Research Center; NCCAM Post-Doctoral Research Fellowship Award (mentor: Katz DL); 2005-present*
- *Pending - Post-doc in health services research: Mark Faries, M.S., PhD candidate; University of Texas-Austin Dept. of Kinesiology & Health Edu & The Fitness Institute of Texas*

Also:

- *Society for Medical Decision Making (<http://www.smdm.org>) post-doctoral mentor: 2010-2011*

Undergraduate thesis supervisor:

2018: Butler, Brooks: *Eating Your Way to Happiness*

Submitted to the Cognitive Science Department of Yale University in partial fulfillment of a Bachelor of Arts degree. Primary Faculty Reader.

M.D., Ph.D., or M.P.H. thesis supervision, illustrative:

- *2018: Primary MPH Thesis Advisor, Ayumi Saito; Brown University; HEALM project (hierarchies of evidence applied to lifestyle medicine)*
- *Advisor, PhD dissertation project- William Fields, PhD; London School of Economics; 2007-2008; health services research*
- *Advisor, Anna-leila Williams, PA, MPH; PhD in nursing; Yale School of Nursing; 2006-2009*
- *PhD program advisor, Kim Doughty, University of Massachusetts, Department of Nutrition; 2010-2015*
- *MPH Theses:*
 - *Elyor Sebbane, 2010*
 - *Kim Yee, 2007*
 - *Ather Ali, 2006*
 - *Saito Ayumi, 2018*
- *MD Theses:*
 - *Eric Golding, Yale, 2005*
 - *Michael Herce, Yale, 2005 (secondary review)*
 - *Yuri Agrawal, Yale, 2005 (secondary review)*
 - *Meg Pearson, Yale, 2006*

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- Hyman Scott, Yale, 2006
- Rachel SC Friedman, 2008
- John Millett, 2011
- *Nursing:*
 - Cliff Wilson, Yale, 2007
- *PA:*
 - Jason Lightbody, Yale, 2005
 - 2007: Yale PA Thesis Requested Review: Thesis code 07-021: The Atkins Diet: A Healthy Diet For The Bones?
 - Jaime Stewart, Yale, 2008
 - Garry Smith-Carrol, Yale, 2010-2011
- **MD Thesis Statistical Support (Prevention Research Center; primary advising by Dr. Valentine Njike, under my direction), Representative List:**
 - **Phoebe E. Koch**- Educating adolescents about acne vulgaris: a comparison of written handouts with audiovisual computerized presentations; **2006**
 - **Amberg Westin**- Attitudes Towards Influenza and Pneumococcus Immunization in the Emergency Department; **2010**
 - **Laura Tom**- Quality of Life and Traumatic Hand Disfigurement: Bio-Psychosocial Effects; **2010**
 - **Panos Christakis**- AvsB Study: Prospective Randomized Study Comparing the Ahmed Glaucoma Valve with the Barveldt Tube Shunt; **2010**
 - **Brady Heward**- Comparison of the Acceptability of Discipline Practices between Chinese Medical Students and Residents and US Medical Students; **2010**
- **Other / Publications with Yale Students & Residents:**
 - **Conducted Study of lifestyle counseling with first-year medical residents in Yale primary care program, and Yale-affiliated hospitals** (Katz DL, Shuval K, Comerford BP, Faridi Z, Yanchou Njike V. *Impact of an educational intervention on internal medicine residents' physical activity counseling: the Pressure System Model. Journal of Evaluation in Clinical Practice.* 2008 April; 14(2), 294–299)
 - **OWCH: CME program; Yale CME, available for faculty. Developed with involvement of Karl Dauphinais, MD; Yale Primary Care Internal Medicine Resident; presented at Society for General Internal Medicine (poster) 2008**
 - **RSC Friedman, Yale Medical Student: textbook co-author-**

- *Katz DL with Friedman RSC. Katz DL. Nutrition in Clinical Practice 2nd Edition. Lippincott-Williams & Wilkins. Philadelphia, PA. 2008*
- **Sean Lucan, MD, MS, MPH- former Yale medical student: textbook co-author-**
 - *Katz DL et al. **Jekel's Epidemiology, Biostatistics, Preventive Medicine, and Public Health. 4th edition. Saunders: 2013***
- **Publications with Yale and Yale-affiliated students and residents:**
 - Katz DL, **Cushman D**, Reynolds J, Njike V, Treu JA, Walker J, Smith E, Katz C. Putting physical activity where it fits in the school day: preliminary results of the ABC (Activity Bursts in the Classroom) for fitness program. *Prev Chronic Dis.* 2010 Jul;7(4):A82. Epub 2010 Jun 15.
 - Ma Y, Njike VY, **Millet J**, Dutta S, Doughty K, Treu JA, Katz DL. Effects of walnut consumption on endothelial function in type 2 diabetic subjects: a randomized controlled crossover trial. *Diabetes Care.* 2010 Feb;33(2):227-32
 - Nawaz H, Comerford BP, Njike VY, **Dhond AJ, Plavec M**, Katz DL. Repeated serum lipid measurements during the peri-hospitalization period. *Am J Cardiol.* 2006 Nov 15;98(10):1379-82
 - Evans M, Njike VY, Hoxley M, **Pearson M**, Katz DL. Effect of soy isoflavone protein and soy lecithin on endothelial function in healthy postmenopausal women. *Menopause.* 2007 Jan-Feb;14(1):141-9
 - **Lucan SC**, Katz DL. Factors associated with smoking cessation counseling at clinical encounters: the Behavioral Risk Factor Surveillance System (BRFSS) 2000. *Am J Health Promot.* 2006 Sep-Oct;21(1):16-23
 - **Williams AL**, Girard C, **Jui D**, Sabina A, Katz DL. S-adenosylmethionine (SAME) as treatment for depression: a systematic review. *Clin Invest Med.* 2005 Jun;28(3):132-9
 - Sabina AB, Williams AL, Wall HK, **Bansal S**, Chupp G, Katz DL. Yoga intervention for adults with mild-to-moderate asthma: a pilot study. *Ann Allergy Asthma Immunol.* 2005 May;94(5):543-8

2013: Katz DL, Friedman RSC, et al. **Nutrition in Clinical Practice, Third Edition:** Wolters Kluwer/Lippincott Williams & Wilkins. Collaborating authors include the following faculty and students at Yale:

- Ali, Ather
- Chen, Michelle
- Ediriwickrema, Asiri
- Fu, Jonathan
- Kallem, Stacey

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- Khullar, Dhruv
- Meller, Stephanie
- Merrick, David
- Nardell, Maria

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PUBLICATIONS:

- **Google Scholar Bibliography:**

<https://scholar.google.com/citations?hl=en&user=ihQ4ROoAAAAJ>

- **PubMed Bibliography:**

<https://pubmed.ncbi.nlm.nih.gov/?term=katz+dl&sort=date>

- **Books**

Katz DL, Friedman RSC, Essel K, Yeh MC, Joshi S, Levitt J (eds). Nutrition in Clinical Practice, 4th Edition. Wolters Kluwer. Philadelphia, USA. 2022

Bittman M, **Katz DL**. How to Eat: All Your Food and Diet Questions Answered. Houghton Mifflin Harcourt. NY, NY. March, 2020

-multiple translations

Elmore JG, Wild DMG, Nelson HD, **Katz DL**. Jekel's Epidemiology, Biostatistics, Preventive Medicine, and Public Health. 5th Edition. Elsevier. St. Louis, MO. February, 2020

Katz DL. The Truth about Food. Amazon White Glove. October, 2018

Katz DL with Friedman RSC, Lucan S. Nutrition in Clinical Practice, 3rd Edition. Lippincott Williams & Wilkins / Wolters Kluwer. Philadelphia, PA. September, 2014

Iyyam S. (nom de plume) reVision: Lore of the Corners Trilogy, Book 1. iUniverse, LLC. Bloomington, IN. 2013

Katz DL with Colino S. Disease Proof. Hudson Street Press/Penguin. New York, NY. 2013

Katz DL, Wild D, Elmore JG, Lucan SC. Jekel's Epidemiology, Biostatistics, Preventive Medicine, and Public Health, 4th Edition. Saunders: 2013

Katz DL. Nutrition in Clinical Practice 2nd Edition. Lippincott-Williams & Wilkins. Philadelphia, PA. 2008

Jekel JF, **Katz DL**, Elmore JG, Wild DMG. Epidemiology, Biostatistics, and Preventive Medicine. 3rd edition. Saunders, Elsevier Inc. Philadelphia, PA. 2007

- Translated into Italian, French, Spanish, Portuguese, German, Russian

- Translated into Albanian, 2011

- Translated in Macedonian, 2011

Katz DL, Katz CS. Flavor Point Diet. Rodale Publishers. New York, NY. 2005

Gordon DL, **Katz DL**. Stealth Health : How to Sneak Age-Defying, Disease-Fighting Habits into your Life Without Really Trying. Readers Digest. Pleasantville, NY. 2005

Katz DL, Gordon D. Cut Your Cholesterol. Readers Digest. Pleasantville, NY. 2003

Last updated: 3/7/2026

Katz DL, with Gonzalez M. The Way to Eat. Sourcebooks, Inc. (in Cooperation with the American Dietetic Association). Naperville, IL. 2002

Katz DL. Clinical Epidemiology & Evidence-based Medicine. Fundamental Principles of Clinical Reasoning & Research. Sage Publications, Inc. Thousand Oaks, CA. 2001

Jekel JF, **Katz DL**, Elmore JG. Epidemiology, Biostatistics, and Preventive Medicine. 2nd edition. Harcourt Health Sciences. Philadelphia, PA. 2001

Katz DL. Nutrition in Clinical Practice. Lippincott-Williams & Wilkins. Philadelphia, PA. 2000

Jekel JF, in collaboration with Elmore JG and **Katz DL**. Epidemiology, Biostatistics and Preventive Medicine. W.B. Saunders Co., Philadelphia PA. 1996

- Translated into Portuguese: 1999

- Translated into Italian: 1996

Katz DL. Epidemiology, Biostatistics and Preventive Medicine Review. W.B. Saunders Co. Philadelphia PA. 1997.

- Translated into Portuguese: 2001

- **Books in Production / Press**

Katz DL with Katz CS. *More Dancing, Less Cheese*.

- **Articles/Chapters**

- **In production:**

- **Under Review:**

Shepon A; Makov T; **Katz DL**; Eshel G. Environmental Impacts of the New Dietary Guidelines for Americans: Land Use, Water Use, Nitrogen Use, and Greenhouse Gas Emissions. *PNAS*: 3/2026

Katz DL. On Health and Understanding: Signature Threats to Signal in an Age of Noise. *Am J Health Prom*: 3/2026

Kimberly N. Doughty, PhD; Qing Li, MA, MEd, David Leonard, PhD, Carolyn E. Barlow PhD, Clare Meernik, PhD; Tammy Leonard, PhD, Valentine Y.Njike, MD, MPH; **David L. Katz**, MD, MPH; Andjelka Pavlovic, PhD; Laura F. DeFina, MD, and Kerem Shuval, PhD. Adiposity Measures, Metabolic Health, and All-Cause Mortality in Men and Women. *Diabetes Research & Clinical Practice*: 3/2026

- **In Press:**

- **Published:**

Katz DL, Lindszewski M, Rhee LQ, Heller MC, Eshel G, Aronson DL and Barrett E (2025) Dietary assessment at the confluence of public and planetary health: introduction of the DIEM (Dietary Impacts on Environmental Measures) scoring system. *Front. Nutr.* 12:1678148. doi: 10.3389/fnut.2025.1678148

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Katz DL, Gardner CD. Perspective: Nutrition Research & Programming in Multicultural Populations: The Fixed-Quality Variable-Type (FQVT) Dietary Intervention. *Adv Nutr*. 2025 Sep 4:100505. doi: 10.1016/j.advnut.2025.100505. Epub ahead of print.

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Katz DL, Nawaz H, Ahmadi R, DeLuca V, Cashman S, Fulmer H, Jekel JF. An Integrated Residency in Internal and Preventive Medicine. *Academic Medicine.* 2000; 75(1):41-49.

Katz DL, Mazhari R, Kalus R, Nawaz H. Preventable In-Patient Time: Adequacy of the Electronic Patient Information System. *Am J Public Health.* 1999; 89(12):1885-89.

Nawaz H, **Katz DL**. American College of Preventive Medicine Position Statement on Post-Menopausal Hormone Replacement Therapy. *Am J Prev Med.* 1999; 17(3):250-4.

Nawaz H, Adams M, **Katz DL**. Weight Loss Counseling by Health Care Providers. *Am J Public Health.* 1999; 89:764-767.

Carter M, **Katz DL**, Haque S, DeLuca VA. Does acid suppression by antacids and H₂ receptor antagonists increase the incidence of atrophic gastritis in patients with or without H. pylori gastritis? *J Clin Gastroenterol.* 1999; 29(2):183-7.

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Hayslett JP, **Katz DL**, Knudson J. Dilutional hyponatremia in pre-eclampsia. *Am J Obstet Gynecol.* 1998;179:1312-1316.

Katz DL, Brunner RL, St. Jeor ST, Scott B, Jekel JF, Brownell KD. Dietary Fat Consumption in a Cohort of American Adults, 1985-1991: Secular Trends and Covariates. *Am J Health Promot.* 1998;12:382-390.

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Katz DL, Zheng T, Holford T, Flannery J. Time Trends in the Incidence of Renal Carcinoma: Analysis of Connecticut Tumor Registry Data, 1935-1989. *Int J Cancer*. 1994; 58:57-63.

Katz, DL. Hypertensive Crises and the Iatrogenics of Nomenclature. *Iatrogenics*. 1991; 1:176-181.

- **Abstracts/Letters (Representative List):**

Katz DL. When Children Reject a Healthy Lunch. *The New York Times Opinion Pages*. 10/11/12.

Katz DL, Doughty K, Njike VY, Treu JA, Reynolds J, Katz CS, Walker J, Smith E. Food cost and nutritional quality. *Public Health Nutr*. 2012 Nov 20:1. [Epub ahead of print]

Katz DL. When Children Reject a Healthy Lunch. (Letter) *The New York Times*. October 11, 2012

Katz DL. Dogs Traumatized by War. (Letter) *The New York Times*. Saturday, December 3, 2011.

Katz DL, Ayoob KT, Decker EA, Frank GC, Jenkins DA, Reeves RS, Charmel P. The ONQI Is Not a Black Box. *Am J Prev Med*. 2011 Sep; 41(3):e15-6

Katz DL. Fighting the Flu: No Shortage of Views. (Letter) *The New York Times*. Thursday, October 29, 2009.

Katz, DL. Many Ways to Fight Heart Disease (Letter). *The New York Times*. Tuesday, April 10, 2007.

Katz, DL. The Debate Over Diagnoses. (Letter). *The New York Times*. Tuesday, January 7, 2007; F4.

Katz, DL. Fat Factors. (Letter) *The New York Times*. Sunday, August 27, 2006; Section 6, Page 6.

Katz, DL. Thinking About The Way We Eat (Letter). *The New York Times*. Friday, February 10, 2006; A24.

Katz DL. Fast Food and Obesity in America (Letter). *The New York Times*. Thursday, July 7, 2005; A22.

Katz, DL. Atkins advice indigestible! (Letter). *The New York Times*. Saturday, January 24, 2004; A14.

Katz, DL. Letter in response to "Naturopathy: A Critical Appraisal". *Medscape General Medicine*. 2004 Mar 24;6(1):38.

Katz DL. Conventional Medical Care and Unconventional Therapies. *JAMA*. 2000 Jan 5; 283(1):56; author reply 57.

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Katz DL. Glycemic load and the risk of coronary heart disease (Letter). *Am J Clin Nutr*. 2001 Jan; 73(1):131-132.

Last updated: 3/7/2026

Katz DL. Sequential Use of Conventional and Unconventional Therapies (Letter). *JAMA*. 2000; 281(1):56

Nawaz H, Adams M, Katz DL. Weight Loss Counseling by Health Care Providers. Abstract: *JAMA*. 1999; 282(16):1506.

Katz DL. Cholesterol and Coronary Heart Disease Risk in Elderly Patients (Letter). *JAMA*. 1995; 273; 1329-1330.

Katz DL. Long-Term Clinical Outcomes of Lyme Disease (Letter). *Annals Int. Med.* 1995; 122:960-961.

Katz DL. Cost-Effectiveness of Combined Statin-Resin Therapy (Letter). *Annals Int Med.* 1994; 121:548

Katz DL. Obesity Gene 'Flaw' Once Served Us Well (Letter). *The New York Times*. Fri., Dec. 9, 1994. A32

- **Op Ed**

Katz DL, Willett WC. *Mayor Adams' food plans are all reward, no risk*. NY Daily News. March 11, 2022

Katz DL. *Is Our Fight Against Coronavirus Worse Than The Disease?* New York Times. March 20, 2020

Bittman M, **Katz DL**. *We Actually Know What We Should Eat*. Wall Street Journal. March 7, 2020: <https://www.wsj.com/articles/we-actually-know-what-we-should-eat-11583540287>

Katz DL. *The Scarlet Burger*. Wall Street Journal. November 19, 2003.

Katz DL. *The Food Supply, for Dummies*. Hartford Courant. 2003

Katz DL. *Obesity: Another Form of Mass Destruction*. Hartford Courant. 2002

- **Other (Essays, Poems, Newsletters, Columns; Representative List):**

Katz DL. Illiterati (poem). *JAMA*. 1994;271:1890m.

Katz DL. Conflict, Conscience and Extinction: Ethics in the Purview of Natural Selection. *Bitterroot*. Autumn 1991; xxx; 100:93-97.

Katz DL. Illiterati. In: *Threads of Experience (Anthology)*. Papier Mache Press. 1996.

Poems published in: *JAMA*, *Bitterroot*, *American Poetry Anthology*, *Dan River Anthology* (partial list).

Katz DL. Protective Maintenance of Your Heart: How to Take a Beating Without Beating Back. *Care Newsletter*. Yale University Health Services Center for Health Education and Preventive Medicine. 1994; 1(3).

Last updated: 3/7/2026

Katz DL. To Diet or Not to Diet? Weight Loss Worth Waiting For. Care Newsletter. Yale University Health Services Center for Health Education and Preventive Medicine. 1994; 1(4).

Katz DL. Antioxidants: Take ‘em or Eat ‘em? Care Newsletter. Yale University Health Services Center for Health Education and Preventive Medicine. 1994; L (5).

Katz DL. Ode to Osteoblasts. Everything (almost) we need to know about Calcium, Menopause, and Osteoporosis, We Learned in Kindergarten. Care Newsletter. Yale University Health Services Center for Health Education and Preventive Medicine. 1994; L (7).

Katz DL. Why Hearts Need Love. Care Newsletter. Yale University Health Services Center for Health Education and Preventive Medicine. May, 1995.

Newspaper Column: Weekly preventive medicine column in the New Haven Register, beginning November, 1997.

Nutrition Columnist for “O” (the Oprah Magazine; starting 12/02)

Nationally syndicated preventive medicine column (weekly), The New York Times Syndicate; 2005.

Bittman M, Katz DL. The Last Conversation You’ll Ever Need to Have About Eating Right. NY Magazine. March, 2018.

Bittman M, Katz DL. The Last Conversation You’ll Need to Have on Eating Right: The Follow-ups. NY Magazine. May, 2018.

- **Articles/Chapters in Progress**

Katz DL et al. Dietary Impacts on Environmental Measures: The DIEM Scoring System. In progress: 12/23

Katz DL et al. Application of the Healthy Eating Index to a Multicultural Population: Adaptive Component Scoring. In progress: 12/23

PRESENTATIONS/ABSTRACTS (CONFERENCES); REPRESENTATIVE LIST:

Katz DL, Hinson J, Walker J. Implementing Nutrition and Physical Activity Programs in Your Classroom with Minimal Resources. School of the 21st Century conference, New Haven, CT. 7/10.

Katz DL, Njike V. An Evaluation of a School-based Physical Activity Program. APHA 2009, Philadelphia, PA. 11/09.

Katz DL. Obesity be DAMMED! What Will It Take to Turn the Tide?nd. 6th Annual Nutrition & Health Conference, Chicago, IL. 5/09

Last updated: 3/7/2026

Katz DL. Getting the Foods Kids Love to Love them Back – Nutrition Detectives and Beyond. 6th Annual Nutrition & Health Conference, Chicago, IL. 5/09.

Katz DL. The Overall Nutritional Quality Index (ONQI): GPS for the Modern Food Landscape. Healthy People 2009 - Lifestyle Medicine and Obesity/Diabetes Conference, Loma Linda, CA. 3/09.

Katz DL, Njike V. Overall Nutritional Quality Index. APHA 2008, San Diego, CA. 10/08.

Katz DL, Berman M. Pilot of a Vegan Healthy Eating Program for Obesity. 5th International Congress on Vegetarian Nutrition, Loma Linda, CA. 3/08.

Katz DL. Effects of Walnut Consumption on Endothelial Function in Type 2 Diabetes: A Randomized, Controlled, Cross-Over Trial. Scientific Advisory Council - (SAC) meeting for the California Walnut Commission, North Lake Tahoe, NV. 8/08.

Katz DL. Novel Interactive Cell phone technology for Health Enhancement (NICHE). American Public Health Association Annual Meeting, Washington, D.C. 11/07.

Katz DL, Yanchou Njike V, Faridi Z. Effects of Sustained Ingestion of Cocoa on Endothelial Function in Adults with BMI between 25-35 kg/m²: A Randomized, Single Blind, Placebo Controlled Trial. American College of Cardiology 56th Annual Scientific Session, New Orleans, Louisiana. 3/07

Katz DL, Sabina AB, Liberti LS, Williams A-I, Northrup V, Njike V, Ali A, Perlman A. Intravenous Micronutrient Therapy (Myers' Cocktail) for Fibromyalgia: A Randomized Controlled Trial. APHA Scientific Session and Event Listing. American Public Health Association, Boston, MA. 11/06

Katz DL, Sabina AB, Liberti LS, Williams A-I, Northrup V, Njike V, Ali A, Perlman A. Intravenous Micronutrient Therapy for Fibromyalgia Syndrome: A Randomized Controlled Trial (Oral presentation) - American Association of Naturopathic Physicians Annual Conference, Portland, OR. 8/10/2006

Katz DL, Liberti L, Northrup V, Yanchou Njike V, Ali A. Intravenous micronutrient therapy (Myers' cocktail) for fibromyalgia: a randomized controlled trial. Clinical Research Poster Presentation Abstracts. Consortium for Academic Health Centers for Integrative Medicine, Edmonton, AB. 5/06

Katz DL, Yanchou Njike V, Faridi Z. Effects of Acute Ingestion of Dark Chocolate on Endothelial Function in Adults with BMI between 25-35 kg/m²: A Randomized, Single Blind, Placebo Controlled Trial; AMER SOC EXP BIOL, San Francisco, CA. 3/06.

Yeh M-C, Schultz K, **Katz DL**. Cultural and age related determinants of fruit and vegetable intake in a tri-ethnic population. 133rd Annual Meeting - APHA, New Orleans, LA. 11/05

Katz DL, Faridi Z, Schultz K, Comerford B. Using the Pressure System Model to Promote Physical Activity in Primary Care:[br]A Randomized Controlled Trial. NAASO 2005 Annual Scientific Meeting, Vancouver, British Columbia. 10/05

Katz DL, O'Connell M, Yanchou Njike V, Sabina A, Yeh M-C, Nawaz H. Population Based Obesity Prevention and Control: A Review of the Evidence. NAASO 2004 Annual Scientific Meeting, Las Vegas, NV. 11/04

Zaharek M, Hartwig K, LaRovera M, Faridi Z, Dunville RL, **Katz DL**. Building Community Partnerships through Microgrants. Crossroads: Critical Issue In Community Based Research Partnerships, Hartford, CT. 6/04

Last updated: 3/7/2026

Evans M, Hoxley M, **Katz DL**. Egg Consumption & Endothelial Function: A Randomized Controlled Crossover Trial. 44th Annual Conference on Cardiovascular Disease Epidemiology and Prevention featuring the L. J. Filer Symposium on Prevention of Overweight and Its Consequences Beginning in Youth, San Francisco, CA. 3/04

O'Connell M, **Katz DL**. Tailored Interventions for Smoking Cessation: Experience in the worksite. 2003 National Conference on Tobacco or Health, Boston, MA. 12/03

Faridi Z, Evans M, Yanchou Njike V, Hoxley M, **Katz DL**. Endothelial Function in Response to Sustained Consumption of Soy Protein and Lecithin By Healthy Postmenopausal Women. 5th International Symposium on the Role of Soy in Preventing and Treating Chronic Disease, Orlando, FL. 9/03

Katz DL. American Teachers of Preventive Medicine 2003 Annual Meeting, "Impediment Profiling for Smoking Cessation: From Protocol to Practice?", Albuquerque, NM, 3/03

Katz DL, Nawaz H, Evans M, Njike V, Comerford B, Hoxley M. Short-Term Egg Consumption Does Not Adversely Affect Endothelial Function in Healthy Adults. American Dietetic Association Annual Meeting. 10/02

Katz DL, Evans M, Chan W, Nawaz H, Comerford B, Hoxley M, Sarrel P. Oats, Antioxidants and Endothelial Function in Adults with Clinical Features of Insulin Resistance. American Diabetes Association Annual Meeting, San Francisco, CA. 6/02

Sarrel P, Nawaz H, Chan W, Fuchs M, **Katz DL**. Raloxifene Improves Brachial Artery and Microcirculatory Flow-Mediated Dilation in Healthy Postmenopausal Women. American Heart Association Annual Meeting. 11/00

Katz DL. Developing an integrative medicine research agenda, American Public Health Association Conference. Boston MA. 11/00

Katz DL. *In Search Of* the Optimal Diet: Convictions, Consensus, and Controversies at the Century's Cusp. American Dietetic Association. Denver, CO. 10/00

Chan W, MPH, Nawaz H, MD, MPH, Abdulrahman M, MD, **Katz DL**, MD, MPH, Discrepancy in Self-Reported and Measured Weight and Height in Women Participating in a Weight Loss Study. CDC Prevention Research Center Annual Meeting. Atlanta 2/00

Katz DL, Nawaz H, Boukhalil J, Sarrel P, Ahmadi R. Acute Nutrient Effect on Endothelial Function: A Randomized, Single-Blind Crossover Trial in Healthy Adults. CDC Prevention Research Center Annual Meeting. Atlanta. 2/00

Katz DL, Nawaz, H, Boukhalil J, Chan W, Ahmadi R, Giannamore V, Sarrel P, Endothelial Responses to Ingested Fat Following Month-Long Supplementation with Oat and Wheat Cereals: A Randomized, Double-Blind Crossover Trial in Healthy Adults. CDC Prevention Research Center Annual Meeting. Atlanta 2/00

Madi, A, Greci L, Nawaz H, **Katz DL**. The Significance of a Shortened Activated Partial Thromboplastin Time in Patients Admitted for Chest Pain. CDC Prevention Research Center Annual Meeting. Atlanta. 2/00

Last updated: 3/7/2026

Katz DL. Acute Nutrient Effect on Endothelial Function: A Randomized, Single-Blind Crossover Trial in Healthy Adults. American College of Nutrition. Washington, DC 10/99

Boukhalil J, Nawaz H, Eliaszadeh P, **Katz DL**. Case management for congestive heart failure: cost benefit analysis of a community hospital program. Poster: Prevention '99. Washington, D.C., 3/99

Invited lecture: Exercise in the management of congestive heart failure. Connecticut Hospital Association. Wallingford, CT. 3/99

Delegate for the Association of Teachers of Preventive Medicine; Careers in Preventive Medicine. AMSA National Convention. Chicago. 3/99

Presentation: Careers in Preventive Medicine. AMSA National Convention. Chicago. 3/99

American College of Physicians, CT chapter, scientific meeting: posters presented 1997, 1998, 1999

Nawaz H, Mazhari R, **Katz DL**. Abstract: Gaps in the Electronic Medical Record. Presented at Prevention '98. San Francisco; April, 1998

Integrated Training in Preventive Medicine and Internal Medicine. HRSA conference. Washington, DC. January 9-10, 1997

Innovations In Teaching Preventive Medicine. Prevention '97. Atlanta GA. March, 1997

INVITED TALKS (REPRESENTATIVE LIST):

- **Institute of Medicine**

Summit on Integrative Medicine and the Health of the Public, Washington, DC: 2/25/09

Current Approaches to Using Evidence in Obesity Prevention and Related Areas of Health Promotion and Disease, Washington, DC: 1/8/09

- **Medical Grand Rounds**

Dartmouth Hitchcock Medical, "The Basic Care & Feeding of Homo Sapiens: Are We TRULY Clueless?", Lebanon, NH: 11/11/16

Middlesex Hospital, "Feet, Forks, and the Fate of Our Families", Middletown, CT: 10/6/16

Bridgeport Hospital Pediatric Grand Rounds, "Knowing What to Eat and Refusing to Swallow It", Bridgeport, CT: 4/13/16

Yale New Haven Pediatric Dentistry Grand Rounds, New Haven, CT: 1/19/16

Bridgeport Hospital, General Medicine Conference, Bridgeport, CT: 10/26/15

Bridgeport Hospital, Pediatric Grand Rounds, "Feet, Forks, and the Fate of Our Patients", Bridgeport, CT: 8/21/13

St. Raphael's Hospital, New Haven, CT: 6/7/11

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Bridgeport Hospital, Obesity, Bridgeport, CT: 6/2/11

Norwalk Hospital, Norwalk, CT: 5/5/11

Greenwich Hospital, Integrative Medicine, Greenwich, CT: 4/15/11

Greenwich Hospital, Epidemiology – Trial Design/Outcomes, Greenwich, CT: 1/20/11

Greenwich Hospital, Complementary and Alternative Medicine, Greenwich, CT: 8/18/09

Saint Mary's Hospital, Design/Outcomes Research Methods, Waterbury, CT: 4/28/09

Norwalk Hospital, "Evidence-based Integrative Medicine: Oxymoron, Give or Take the Oxy", Norwalk, CT: 3/26/09

Griffin Hospital, "Evidence-based Integrative Medicine: Oxymoron, Give or Take the Oxy", Derby, CT: 2/12/09

St Luke's Hospital, "Nutrition, Weight Control, and Prevention of Chronic Disease" Milwaukee, WI: 5/22/08

St. Francis Hospital, "Evidence Based Medicine, Oxymoron, or a Bridge Over Troubled Water?", Hartford, CT: 3/27/08

Dartmouth Hitchcock Medical Center, Lebanon, NH: 9/22/06

Mass General, Boston, MA: 9/27/05

Monmouth Medical Center, New Jersey: 5/6/04

Lawrence and Memorial Hospital, Clinical Nutrition/Dietary Counseling or Obesity, New London, CT: 12/03

Danbury Hospital, "Obesity & Nutrition", Danbury, CT: 10/8/03

Hurley Medical Center, Flint, MI: 10/03

Dartmouth Medical School, "Obesity: from Obstacles to Opportunities in a 'Toxic' Nutritional Environment", Dartmouth, NH: 7/12/02

Bridgeport Hospital, Obesity, Bridgeport, CT: 8/30/01

INTERNATIONAL CONFERENCES/MEETINGS:

ASLM Conference, **Keynote**, "Lifestyle IS Medicine, Lifestyle AS Medicine", Seoul, South Korea: 4/22/19

Sharjah Government Media Bureau (SGMB) – Panel Discussion, Sharjah, UAE: 3/21/19

Asian Society of Lifestyle Medicine, **Keynote**, "Lifestyle is the Medicine: What's the Spoon?", 3/20/17

International Conference on "Food Values", "Eating Well: The Once and Future Diet?", Rome, Italy: 2/14/17

Last updated: 3/7/2026

FoodFuence 2007 – Vienna, Austria: 1/13-17/17

7th International Forum on Food & Nutrition, “Knowing What to Eat; Refusing to Swallow”, Milan, Italy: 12/1/16

ISSFAL, “Knowing What to Eat; Refusing to Swallow”, Cape Town, South Africa: 9/6/16

2016 Biennial South Africa Nutrition Congress, “Can we say what diet is the best for health?”, , Capetown, South Africa: 9/4/16

2016 Biennial South Africa Nutrition Congress, “Science AND SENSE...”, Capetown, South Africa: 9/3/16

Lithuania University, (ACLM), Vilnius, Lithuania: 3/15-20/16

International Conference on Nutrition in Medicine: Cardiovascular Disease, George Washington School of Medicine, “Dietary fats, Overcooked: Lots of Heat, Little Light”, Washington, DC: 7/31/15

Canadian Laboratory Medicine Congress, Keynote, “If Lifestyle is the Medicine, What’s the Spoon?”, Montreal, Canada: 6/22/15

Eat Stockholm, **Keynote**, "Knowing What to Eat; Refusing to Swallow It", Stockholm, Sweden: 6/2/15

New Zealand Nutrition Foundation, **Keynote**, “The Basic Care and FEEDING of Homo sapiens: Are We Truly Clueless?”, Auckland, New Zealand: 10/30/14

WCMC-Q Department of Global Health, “Feet, Forks, and the Fate of Our Families”, Dohar, Qatar; 3/12/13

International Forum on Health, School in Shape, Via Teleconference, Wroclaw, Poland: 10/26/12

International Forum on Health, Know Health, Wroclaw, Poland: 10/17-20/11

Academia Superior; Surprise Factors Symposium, Vienna, Austria: 4/8-4/11/11

McGill World Forum; Roadmap Development Workshop, Montreal, CANADA: 3/17-18/11

Pulse, Keynote, “Objectively Measuring Nutritional Quality: Taking the Pulse of the Food Supply”, Toronto, CANADA: 2/10/11

Canadian Special Crops Association (CSCA) Conference, **Keynote**, "Levers, Levees, & Lentils: Reaping the Crops, & Health, We Sow", Saskatoon, Saskatchewan, CANADA: 7/13/10

Canadian Agri-Food Policy Institute (CAPI), Montreal, CANADA: 2/27-18/10

McGill World Platform Health and Economic Convergence, Montreal, CANADA: 11/17-19/09

Ministry of Health, Quebec, Canada: Presentation of NuVal; 9/16/09

European Forum Alpbach, Health Symposium Opening **Keynote**, “Promise, Peril, and the Levers of Destiny”- Alpbach, Austria: 9/3/09

European Forum Alpbach, **Keynote**, “Feet, Forks, and the Fate of Children”- Alpbach, Austria: 9/3/09

Last updated: 3/7/2026

World Health Organization (WHO), Clinical Studies on Phytotherapy, Milan, Italy: 3/30 – 4/1/09

Canadian Dietetics Association, **Keynote**, “Breaking New Ground in Cardiovascular Disease Prevention: Using an Integrative Medicine Model to Facilitate Risk Reduction”, Winnipeg, Canada: 6/13/08

World Health Organization (WHO), Abu Dhabi, United Arab Emirates: 12/8-13/07

Canadian Cardiovascular Congress: “The Basic Care and Feeding of Homo Sapiens: Consensus, Controversy or Cluelessness?”: 10/03

Keynote, Mexican Congress of Lifestyle Medicine: 11/21

Keynote, Malaysian Society of Lifestyle Medicine: 11/21

Rundle-Lister Lecture, University of Toronto: 11/21

NATIONAL CONFERENCES:

HLTH. Las Vegas, NV. October, 2023

Lenna Frances Cooper Memorial Lecture, American Dietetic Association, FNCE 2011, San Diego, California; 9/25/11

Food Marketing Institute 2011 Health & Wellness Conference, **Opening Keynote**: Food as Medicine (that will actually go down), Orlando, FL: 4/4/11

Art & Science of Health Promotion, **Closing Keynote**, “What Did We Learn? How Can We Embrace the Wisdom of Practice and the Rigor of Research?”, Colorado Springs, CO: 3/25/11

American Association for Health Educators, NuVal Presentation, San Diego, CA: 3/31/11

American College of Lifestyle Medicine, Tucson, AZ: 10/21-24/17

American College of Lifestyle Medicine, Naples, FL: 10/23-26/16

American College of Lifestyle Medicine, Atlanta, GA: 2/13-25/15

American College of Lifestyle Medicine, San Diego, CA: 10/19-2/14

American College of Preventive Medicine, **Opening Plenary/Dr. Katharine Boucot Sturgis Lectureship**; Preventive Medicine, 2011; San Antonio, TX

American College of Preventive Medicine, Round Table, Washington, DC: 9/10/09

American College of Preventive Medicine, **Keynote**, Senescence, Supplements, & Sense: If You Are What You Eat, Then How Old Are You?, Los Angeles, CA: 2/14/09

American College of Preventive Medicine – Austin, TX: 2/20-23/08

American College of Preventive Medicine – Miami, FL: 2/22-24/07

American College of Preventive Medicine – Congressional Briefing, Washington, DC: 10/6/06

American College of Cardiology, “Dietary Approach to the Obesity Epidemic: Behavioral Skills for Teens and Adults”, Atlanta, GA: 3/12/06

American College of Preventive Medicine – Washington, DC: 2/16-20/05

Last updated: 3/7/2026

American Diabetes Association National Staff/Volunteer Leadership Conference, Workshops, Chicago, IL: 11/12/05

American Medical Association – National Obesity Conference, Chicago, IL: 10/19/04

American Public Health Association – Annual Conference, Philadelphia, PA: 12/10-14/05

Association of Teachers of Preventive Medicine – Board Meeting, Washington, DC: 6/7/05

Association of Teachers of Preventive Medicine – Leadership Development Conference, St. Petersburg, FL: 1/23-25/04

Centers for Disease Control – Annual Conference, Atlanta, GA: 9/12-14/06

Centers for Disease Control – Annual Directors Meeting, Atlanta, GA: 11/2-4/05

Consortium of Academic Health Centers for Integrative Medicine - Spring Meeting, Portland, OR: 4/27-5/1/07

Consortium of Academic Health Centers for Integrative Medicine - Annual Meeting, Duke University, Durham, NC: 11/12-13/06

HealthCorps, Dr. Mehmet Oz's Health Education Program,”, New York, NY: 7/15/09

Institute of Medicine, NuVal Nutrition Scoring Program, Washington, DC: 5/14/09

Institute of Medicine, Panel Discussion, Washington, DC: 1/25/09

Institute of Medicine, Workshop, Washington, DC: 1/8/09

Lifestyle Medicine Conference, “Knowing What to Eat, Refusing to Swallow It”, Warrensville Heights, OH: 3/11/17

Lifestyle Medicine Conference, “Lifestyle Medicine, From Cause to Consensus”, Nashville, TN: 11/2/15

Mayo Clinic, **Keynote**, "Obesity, be DAMMED! What does it take to turn the tide?", Rochester, MN: 3/8/07

Partnership to Fight Chronic Disease, The Road to Health Reform, “Lessons from State and Community Health Reform Efforts”, Washington, DC: 6/18/09

OTHER CONFERENCE PRESENTATIONS (REPRESENTATIVE LIST):

MIT Colloquium on Pandemic Response Policy. Cambridge, MA: 5/16/22

Yale School of Management (Merrill Lynch), 6/5/19

Virgin Pulse, **Keynote**, New Orleans, LA: 5/22,19

Indigo Agriculture, Charleston, MA: 5/20/19

inVIVO PlanetaryHealth Conference, **Keynote**, “Food for our future: Taking responsibility at the cross-roads of personal and planetary Health”, Detroit, MI: 5/16/19

Last updated: 3/7/2026

Lee Health, Fort Myers, FL: 5/7/19

Pri-Med Annual Conference, **Keynote**, “Lifestyle is the Medicine; What’s the Spoon?”, Houston, TX: 5/2/19

2019 Kosuna Distinguished Lecture, “The Truth About Food: Overall Pattern of Chronic Diseases in Modern Societies”, UC Davis, CA: 4/15/19

Art & Science of Health Promotion, MC for event, Hilton Head, SC: 4/1-6/19

SUNY Downstate, **Keynote**, “The Truth About Food”, Brooklyn, NY: 3/29/19

Scripps, **Keynote**, “The Truth About Food”, San Diego, CA: 1/11/19

Pri-Med Educational Programmes Ltd., **Keynote**, “Lifestyle is the Medicine; What’s the Spoon?”, Boston, MA, : 12/08/18

Big Connect, Cultivating Partnerships, Wallingford, CT: 11/15/18

AHA, Moderator, Chicago, IL: 11/10/18

Jackson Laboratory, Consumer Choice and Healthcare Outcomes Farmington, CT: 10/24/18

Nutraceuticals and Medicine Conference (Juice Plus), **Keynote**, “Integrative Medicine: A Bridge Over Healthcare’s Troubled Waters, Tampa, FL: 10/18/18

Pri-Med Educational Programmes Ltd., **Keynote**, “Lifestyle is the Medicine; What’s the Spoon?”, Rosemont, IL: 10/11/18

Henry Ford Health System, “Lifestyle is the Medicine – What’s the Spoon?”, Detroit, MI: 10/2/18

URI Well-Being Conference, **Keynote**, “Disease-Proof: The Remarkable Truth About What Makes Us Well, South Kingston, RI: 9/14/18

Mediterranean Diet Roundtable, “Science and Sense of the Mediterranean Diet: Of Health, Heritage, and the Love of Good Food”, New Haven, CT: 6/25/18

ASN/HNI, “The Role of Balanced Nutrition in Prevention”, Boston, MA: 6/7/18

Pri-Med Educational Programmes Ltd., **Keynote**, “Lifestyle is the Medicine; What’s the Spoon?”, Anaheim, CA: 5/31/18

UPMC Health Plan Conclave, “Food for Life”, Farmington, PA: 4/26/18

DTC National, Boston, MA: 4/19/18

MDR (Mediterranean Diet Roundtable), Ambassador’s Breakfast, Washington, DC: 3/13/18

Loma Linda, **Keynote**, “Reversing Chronic Diseases Through Plant Based Diets – the Past, Present and Future”, Loma Linda, CA: 2/26/18

Guest Lecture: Edible Education 101, UC Berkeley, The Truth about Food, Berkeley, CA.: 2/21/18

Last updated: 3/7/2026

Pri-Med Educational Programmes Ltd., **Keynote**, “Lifestyle is the Medicine; What’s the Spoon?”, Ft. Lauderdale, FL: 2/9/18

Hunter College, **Keynote**, Food As Medicine, New York, NY: 11/30/17

University of Jacksonville Distinguished Lecture, “Knowing what to Eat; Refusing to Swallow it!”, Jacksonville, FL: 10/25/17

2017 CDOE Annual Symposium, “Knowing what to Eat; Refusing to Swallow it!”, Warwick, RI: 9/29/17

Bastyr University, **Keynote**, “Health, Truth, and the Bell Curve”, Seattle, WA: 6/19/17

Bastyr University, **Keynote**, “Health, Truth, and the Bell Curve”, San Diego, CA: 6/17/17

Healthstat, Inc., Charleston, “Getting to Wellness: Of Science, Sense, & Elephense”, SC: 6/8/17

Wellbeing Lecture Series (University of Minnesota) – “The Basic Care and Feeding of Homo Sapiens: Are We TRULY Clueless?”, Minneapolis, MN: 6/5/17

36th Annual Scientific Meeting (American Pain Society), **Keynote**, “Lifestyle Medicine, Past the Holes in Holism”, Pittsburgh, PA: 5/18/17

2017 Viva Fresh Produce Expo, San Antonio, TX: 4/20/17

iV: The Ivy League Vegan Conference (Harvard University), “Nutrition and Nutrient Confusion: On The History and Science Behind What To Eat To Solve Our Obesity and Health Epidemics”, Boston, MA: 3/25/17

Metabolic Medical Institute (MM1), Las Vegas, NV: 3/2/17

Integrative Healthcare Symposium, “Lifestyle is the Medicine: What's the Spoon?”, New York, NY: 2/24/17

MD Forum, “Lifestyle is the Medicine: What's the Spoon?”, Las Vegas, NV: 11/3/16

Florida Hospital Association, “The Rational Un-fattening of America’s Families: Can We Get There From Here?”, Orlando, FL: 10/21/16

FNCE 2016, “Finding Common Ground: Communicating the tenants of good nutrition”, Boston, MA: 10/15

UPMC, **Keynote**, “Lifestyle is the Medicine: What's the Spoon?”, Pittsburgh, PA: 9/30/16

Health Dialog, “From Stone Age to Climate Change: The Nature of Our Nurturing, OR The Nurturing of Nature?”, Boston, MA: 9/19/16

American Academy of Anti-Aging, **Keynote**, “The Basic Care and Feeding of Homo sapiens: Are We TRULY Clueless?”, Hollywood, FL: 5/21/16

Harvard CME, “Lifestyle Medicine: An Essential Clinical Competency in 2016”, Boston, MA: 5/20/16

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Today's Dietitian, **Keynote**, "For the Love of Fat: What We Really Know (Or Don't Know)," Orlando, FL: 5/15/16

Healthstat Inc., **Keynote**, "Lifestyle is the Medicine: What's the Spoon?", Asheville, NC: 5/12/16

University of Florida, "Weighting the Diets: Vegetarian, DASH, Mediterranean, Alternative and Fad Diets", Gainesville, FL: 4/15/16

Gershoff Symposium (Tufts), **Keynote**, "Overeating at the Food for Thought Buffet", Boston, MA: 4/8/16

Blue Cross and Blue Shield of Vermont, **Keynote**, "From Knowledge to Power in Public Health Practice: The Case for Sandbagging", Burlington, VT: 3/30/16

UCONN School of Medicine, Farmington, CT: 3/8/16

Yale PA Lecture, New Haven, CT: 3/3/16

2016 Lake Nona Institute Impact Forum, Orlando, FL: 2/24-26/16

Barilla America, Panel Discussion, New York, NY: 2/22/16

HORAN Conference, Cincinnati, OH: 2/8-9-16

YAHP Lecture – Danbury Hospital, Danbury, CT: 2/3/16

Farm Tech Conference, Edmonton, Canada: 1/26-28/16

CES Conference, Las Vegas, NV: 1/7/16

Designs for Health, "Lifestyle is the Medicine, What is the Spoon?", New York, NY: 11/14/15

Northwest VEG, "Would Horton Hear US", New York, NY: 11/13/15

The Helm Society Roundtable, New York, NY: 11/12/15

CPRIT Prevention Leadership Conference, "Modern Epidemiology: Dark Wood, GLiMMER of Hope", Austin, TX: 11/9/15

Connecticut Health Association, **Keynote**, "Healthy by Design", Waterbury, CT: 10/23/15

FNCE/Almond Board, Nashville, TN: 10/5/15

Worksite Wellness Council of Massachusetts, "Lifestyle is the Medicine: What's the Spoon?" Foxboro, MA: 9/22/15

Food as Medicine, Kripalu Center, "Lifestyle is the Medicine: What's the Spoon?", Stockbridge, MA: 9/19/15

RGA, Keynote, "Lifestyle as Medicine: a GLiMMER of Hope?", Bloomington, MN: 9/16/15

Goldman Sachs & Co., "Disease Proof; Understanding Your Health", New York, NY: 9/15/15

SNAP Initiative, Initiative to Maximize Nutrition and Health, Washington, DC: 9/9/15

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Tower One/Tower East, “Feet, Forks, and Fate of Our Families”, New Haven, CT: 5/21/15

New York Dietetic Association, “Lifestyle as Medicine: A GLiMMER of Hope?”, Albany, NY: 5/18/15

Gunn Memorial Library, “The Road To Health”, Washington, CT: 5/7/15

18th Annual ICSI Colloquium on Health Care Transformation, Keynote, “Feet, Forks and Families”, St. Paul, MN: 5/6/15

Integrative Nutrition, “Holism and Health: The Case for Seeing the Forest through the Trees, New York, NY: 4/26/15

Pine Point School, Keynote, “Feet, Forks, and the Fate of Our Families”, Stonington, CT: 4/23/15

Arts and Science of Health Promotion, **Keynote**, “On Being Disease-Proof: Lifestyle is the Medicine, What’s the Spoon, San Diego, CA: 4/1/15

Mayes College, Philadelphia, PA: 3/12/15

The Helm Society Roundtable, “Out of the Woods? a GLiMMER of Hope”, New York, NY: 3/10/15

UCONN, “Knowing What to Eat, Refusing to Swallow It”, Farmington, CT: 3/3/15

Health Action Council (HAC), Keynote, “Holism and Health: The Case for Seeing the Forest through the Trees”, Cleveland, OH: 2/16/15

Calvin College, **Keynote**: Grand Rapids, MI: 1/20/15

American Academy of Anti-Aging, Keynote, “Integrative Medicine: A Bridge over Healthcare’s Troubled Waters”, Las Vegas, NV: 12/11/14

Oklahoma Hospital Association, Keynote, “The Rational Un-fattening of America’s Families: Can We Get There From Here?”, Oklahoma City, OK: 11/20/14

Third Annual Cardiovascular Symposium, **Keynote**, “Feet, Forks, and the Fate of Our Patients”, Stamford, CT: 11/14/14

Oldways/WGC Conference, “What did Paleo man *really* eat?”, Boston, MA: 11/10/14

Metagenics Conference, **Keynote**, “Integrative Medicine: a Bridge over Health Care’s Troubled Waters”, Nashville, TN: 9/28/14

Inter-American Conference on Social Security, “Budgets, Bodies, and the Body Politic”, Baltimore, MD: 9/11/14

Mayo Clinic/TRANSFORMER Conference, Rochester, MN: 9/9/14

Morgan Stanley, Greenwich, CT: 9/3/14

ShapeUp Summit, “Feet, Forks, and the Fate of Our Families”, Newport, RI: 6/3/14

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American Academy of Anti-Aging, Keynote, “Integrative Medicine: A Bridge Over Healthcare’s Troubled Waters”, Orlando, FL: 5/16/14

Connecticut Dental Association Conference (CSDA), “Feet, Forks and the Fate of Our Families”, Uncasville, CT: 5/8/14

Middlesex Hospital, **Keynote**, “Feet, Forks, and the Fate of Our Families”, Middletown, CT: 5/1/14

Sanford Obesity Symposium, “The Rational Un-Fattening of Americans Families: Can We Get There From Here?” Fargo, ND: 4/25/14

2014 Healthy Schools Summit , “Feet, Forks and the Fate of Our Families” and “Can We Say What is Best for Our Health”, Fargo, ND: 4/24/14

Greenwich Hospital, Bob Rosum Memorial Lecture, Greenwich, CT: 4/7/14

NBTY, **Keynote**, “Feet, Forks, and the Fate of Our Families”, Riverhead, New York: 3/20/14

NSA/Juice Plus, Charlotte, NC: 1/17/14

UConn, “Feet, Forks and the Fate of Our Patients”, Farmington, CT: 3/4/14

Texas A&M, **Keynote**, “The Rational Un-Fattening of America’s Families: Can We Get There From Here?”, College Station, TX: 2/25/14

Naval Branch Health Clinic, Groton, CT: 2/12/14

NSA/Juice Plus, Denver, CO: 1/17/14

Missouri Hospital Association, **Keynote**, “The Rational Un-fattening of America’s Families: Can We Get There from Here?”, Osage Beach, MO: 11/7/13

Lifestyle Medicine Conference, “Feet, Forks, and the Fate of Our Patients”, Crystal City, VA: 10/29/13

CAFP, **Keynote**, “Feet, Forks, and the Fate of America’s Families”, Plantsville, CT: 10/23/13

Community Coalition for Children, “Forks and Feet: The Future of Our Children”, New London, CT: 10/22/13

Childhood Obesity Conference, “View From The City”, Boston, MA: 10/11/13

Health Matters (King Soopers), “Feet, Fork and the Fate of Our Families”, Denver, CO: 10/4/13

Multicare, “The Rational Un-fattening of America’s Families: Can we get there from here?”, Tacoma, WA: 9/13/13

Health Teacher, **Keynote**, “Feet, Forks, and the Fate of Our Families”, Little Rock, AR: 8/26/13

CSTE Annual Meeting, Pasadena, CA:/6/11/13

St. Francis Medical Center, “Your Heart, Your Hands”, Hartford, CT: 6/5/13

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Minneapolis Heart Institute Foundation, Keynote, “Creating a Healthier Future: Getting There From Here”, Minneapolis, MN: 4/26/12

Orange Chamber of Commerce, Orange, CT: 4/24/13

St. Luke’s Children’s Hospital, **Keynote**, “Feet, Forks, and the Fate of Our Families”, Boise, ID, 4/13/13

2013 ConnAPA Charter Oak Conference, **Keynote**, “Feet, Forks and Fate”, Mystic, CT: 4/9/13

3rd Medical and Surgical Management Conference, **Keynote**, “Feet, Forks, & the Forest through the Trees”, New Haven, CT: 4/5/13

Carolinas Medical Center’s Obesity Conference, **Keynote**, “Feet, Forks, & Beyond: The Forest through the Trees”, Charlotte, NC: 3/1/13

Mount Sinai Hospital, “Feet, Forks, Families – and the Forest through the Trees”, New York, NY: 1/3/13

UConn, Food as Medicine, Farmington, CT: 12/3/12

League of Woman Voters, Food for the Good of Connecticut, Trumbull, CT: 10/27/12

Abbott Nutrition, **Keynote**, Orlando, FL: 10/22/12

St. Raphael’s Auxiliary, **Keynote**, “Feet, Forks, and the Fate of Our Families,” Orange, CT: 5/23/12

WLSFA 2012 Mother of All Meet & Greets (Weight Loss Surgery Foundation of America), **Keynote**, “Feet, Forks, Fate, Las Vegas, NV: 5/19/12

CIA, **Keynote**, “Into the Mouths of Babes: Who’s the BAWSS”, San Antonio, TX 5/11/12

Port Washington Public Library’s Health Advisory Council, **Keynote**, “Feet, Forks, & Fate”, Port Washington, NY: 4/24/12

Lowes, **Keynote**, “Feet, Forks, and the Fate of our Families”, Charlotte, NC: 4/16/12

Highmark Foundation, **Keynote**, “Feet, Forks, and the Fate of our Families”, Harrisburg, PA: 3/23/12

Highmark Foundation, **Keynote**, “Feet, Forks, and the Fate of our Families”, Pittsburg, PA: 3/22/12

MDPA (marketing Disease Prevention and Awareness) Conference, Defining the Scope of the Problem, Silver Spring, MD: 3/20-21/12

AMSA Convention, “Feet, Forks and the Fate of the Nation: Turning the Tide on Obesity”, Houston, TX: 3/9-10/12

Carolinas Education Institute, Obesity Conference 2012, Keynote, “The Road not Taken...:”, Charlotte, NC: 3/2/12

Innovation Furnace Conference, Philadelphia, PA: 2/23-24/12

UConn Medical Center, “Feet, Forks, and Fate”, Hartford, CT: 2/13/12

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Whitney Center, **Keynote**, “Chewing on the Best Diets”, Hamden, CT: 2/6/12

2012 Annual National Guard Medical Conference, Niantic, CT: 1/29/12

Norwich Children First, **Keynote**, Childhood Obesity and what we as a region can do to turn the curve, Norwich, CT: 1/16/12

Jewish Federation of Metropolitan Detroit (Maimonides Society), Are We Eating Ourselves to Death: Preventative Medicine and Nutrition, Detroit, MI: 12/15/11

MindStream Academy, The Road to Health, Bluffton, SC: 11/12/11

Morristown Memorial Wellness, Raising a Healthy Child: Body and Mind, Morristown, NJ: 11/10/11

23rd J. Warren Perry Lecture, **Keynote**, “The Road to Health is Paved with Good InVentions”, Buffalo, NY: 11/4/11

VNA Annual Meeting, **Keynote**, “Baby Boomers – Eat Well! Live Well!”, New Haven, CT: 11/1/11

Kent State, **Keynote**, “Feet, Forks & the Fate of Our Species”, Kent, OH: 10/28/11

Waterbury Chamber of Commerce, Positive Choices for Good Health, Waterbury, CT: 10/26/11

Experimental Biology Conference, Washington, DC: 4/13/11

Carolinas Healthcare, **Keynote**, The Cost of obesity and Healthcare Reform, Charlotte, NC: 3/3-4/11

Health & Ecosystems: Analysis of Linkages' Design Workshop, Bronx, NY: 12/3/10

Yale IM Group, **Keynote**, Food as Medicine (...that will go down) – The case for a (figurative) spoonful of sugar”, New Haven, CT: 11/19/10

Yale New Haven Hospital Auxiliary, "Feet, Forks & the Fate of Families", New Haven, CT: 11/17/10

Harvard, 2010 Active Doctors, Active Patients Conference, “Nutrition: Why Knowing What Matters Isn’t What’s the Matter”, Boston, MA: 11/13/10

Yale Medical Group, **Keynote**, “Feet, Forks and the Fate”, Hamden, CT: 10/22/10

5th Annual Obesity Congress, **Keynote**, “Feet, Forks and the Fate of our Families”, Washington, DC: 9/30/10

Eastern Highlands Health District, “Feet, Forks, and the Fate of our Children”, Ashford, CT: 9/28/10

Family Day, Keynote, “Forks, Feet and the Fate of Our Families”, Hartford, CT: 9/22/10

21C Conference, **Keynote**, “Feet, Forks and the Fate of our Families”, New Haven, CT: 7/19/10

Statewide PHC and ARRA Meeting, “Feet, Forks, & the Fate of Our Families”, Waterbury, CT: 6/23/10

Association of State & Territorial Public Health Nutrition Directors, Baltimore, MD: 6/13/10

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Lifestyle Medicine: Tools for Promoting Healthy Change, “Feet, Forks, & Fingers: the master Levers or Medical Destiny”, Boston, MA: 6/11/10

Food For Your Whole Life Symposium 2010, “From The Beginning”, New York, NY: 6/7/10

Food For Your Whole Life Symposium 2010, “Food For Your Whole Family”, New York, NY: 6/6/10

The Institute for Integrative Nutrition, “Feet, Forks, and Fate”, New York, NY: 4/25/10

Central Peninsula Hospital, **Keynote**, “Life and Death, Knowledge and Power: Why Knowing What Matters Isn’t What’s the Matter”, Soldotna, AK: 3/29-31/10

Interfaith Council Health and Wellness Program, **Keynote**, “Life and Death, Knowledge and Power: Why Knowing What Matters Isn’t What’s the Matter”, Westport, CT: 3/21/10

20th Annual Art and Science of Health Promotion Conference, “Adopting and Innovative Mind Set to Discover What Does Work Best”, Hilton Head, SC: 3/17-19/10

Douglas County Schools, **Keynote**, “Feet, Forks, and the Fate of Children”, Castle Rock, CO: 3/10/10

Annual Forum for Improving children’s Healthcare and Childhood Obesity Congress (NICHQ), **Keynote**, “Feet, Forks, and the Fate of Children”, Atlanta, GA: 3/9/10

Yale Integrative Medicine, Evidence and Plausibility in the Context of CAM Research and Clinical Practice, New Haven, CT: 3/4/10

Topco Annual Meeting, Naples, FL: 2/24-25/10

Imagine Solutions, Naples, FL: 2/21-23/10

Food As Medicine, **Keynote**, “Feet, Forks, and the Fate of Children”, Miami, FL: 11/21/09

Hy-Vee Whole Health Experience, **Keynote**, “Feet, Forks, and Fate: Leveraging Our Medical Destinies”, Council Bluffs, IA: 11/8/09

2009 Nutrition and Supplements Conference (Morristown Memorial Hospital), **Keynote**, “Feet Forks, and the Fate of Our Patients”, Morristown, NJ: 11/6/09

Brookline Schools, **Keynote**, “Feet, Forks, and the Fate of Our Children”, Brookline, MA: 11/3/09

Blue Cross/Blue Shield of New Hampshire, **Keynote**, “Defending the Human Body with the Body Politic”, Manchester, NH: 10/30/09

NECON Regional Conference, “Social Strategy: What is to be done?”, Marlborough, MA: 10/23/09

Bridgeport Hospital Stroke Center, **Keynote**, “Feet, Folks, Fingers, and Fate: Your Health in Your Hands”, Fairfield, CT: 10/19/09

Planetree Conference, **Keynote**, “Life and Death, Knowledge and Power: Why Knowing What Matters Isn’t What’s the Matter”, Baltimore, MD: 10/7/09

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4th Annual Friedman School Symposium (Tufts), Nutrition Labeling and Scoring 2.0: What have we learned? What do we need to know?, Boston, MA: 9/11/09

Yale Bring Your Child to Work Day, **Keynote**, "You ARE what you eat...but it's not too late to fix it!", New Haven, CT: 6/30/09

Yale Cancer Survivor's Day, **Keynote**, "Feeding Your Recovery: We Are What We Eat, Even After Cancer", New Haven, CT: 6/3/09

6th Annual Nutrition & Health Conference, "Obesity be DAMMED! What Will It Take to Turn the Tide?", Chicago, IL: 5/13/09

6th Annual Nutrition & Health Conference, "Getting the Foods Kids Love to Love them Back – Nutrition Detectives and Beyond", Chicago, IL: 5/12/09

Public Forum – Nutrition for Optimal Health and Well-Being, "Obesity be DAMMED! What It Will Take to Turn the Tide", Chicago, IL: 5/10/09

Rockland County Schools, **Keynote**, "Turning the Tide: Reversing the Obesity Trend", West Nyack, NY: 4/30/09

Blue Cross/Blue Shield of Minnesota, **Keynote**, "Health..be daMMed! Who builds the levee?", St. Paul, MN: 4/29/09

Penn Robert Wood Johnson Scholars, "Evidence for Nutrition's Impact on Health and Disease", Princeton, NJ: 4/22/09

Experimental Biology 2009, NuVal, New Orleans, LA: 4/20/09

The Institute for Integrative Nutrition, "The **Overall Nutritional Quality Index (ONQI) -GPS for the Modern Foodscape-**", New York, NY: 4/29/09

John Stalker Institute, **Keynote**, "Feet, Forks, & the Fate of Children", Marlboro, MA: 4/7/09

Healthy People 2009 - Lifestyle Medicine and Obesity/Diabetes Conference, **Keynote**, "The Overall Nutritional Quality Index (ONQI): GPS for the Modern Food Landscape", Loma Linda, CA: 3/10/09

Medical Foundation, **Keynote**, "Putting Health Back Into the Health Care Reform – the Role of Prevention", Boston, MA: 3/3/09

Massachusetts Medical Society (MMS), **Keynote**, "Obesity..be daMMed! Getting to success, one sandbag at a time...", Waltham, MA: 2/6/09

Stepping Stones Museum, **Keynote**, Helping Your Child Learn Healthy Eating Habits, Norwalk, CT: 2/5/09

Shaping America's Health, **Keynote**, "OBESITY BE DAMMED! WHAT IT WILL TAKE TO TURN THE TIDE", Chicago, IL: 1/22/09

Anthem Blue Cross Blue Shield, Personal Health and Importance of Accountability, Cromwell, CT: 1/16/09

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Anthem Blue Cross Blue Shield, Personal Health and Importance of Accountability, North Haven, CT: 1/15/09

NECON Regional Conference, "Prevention Progress: A Movement Can't Stand Still", Marlborough, MA: 12/16/08

Obesity Roundtable, Childhood Overweight and Obesity Prevention Initiative "*Healthy Youth for a Healthy Future*", Hartford, CT: 12/10/08

Iowa Dietetic Association, Keynote, "The Overall Nutritional Quality Index: Archimedes Lever or the World of Food", Des Moines, IA: 12/3/08

3rd Annual Congress on Obesity, **Keynote**, "Obesity be Dammed! What it Will Take to Turn the Tide", Washington, DC: 11/20/08

AARP Conference, "*Smoke & Mirror: how tobacco control history reflect obesity control opportunity*", Washington, DC: 11/18/08

Calorie Control Council Conference, "Product Labeling and the ONQI", Naples, FL: 11/17/08

Clarian Health, "Overall Nutrition Quality Index", Indianapolis, IN: 11/11/08

Danbury Hospital, "Food and the Fate of Children", Danbury, CT: 11/6/08

Quinnipiac College, Hamden, CT: 11/5/08

National CNO and CFO Summit, "Loving Food...That Loves Us Back", Phoenix, AZ: 10/30/08

Juice Plus Fall Leadership Conference, **Keynote**, Memphis, TN: 10/24/08

Championing Public Health Nutrition, Ottawa, Canada: 10/22/08

Weighing In: Psychiatry, Eating Disorders and the Obesity Crisis, Yale University, New Haven, CT: 10/3/08

Wellness Council of Iowa, **Keynote**, "The Rising Tide of Epidemic Obesity: Different Kind of Flood, Different Kind of Levee", Des Moines, IA: 9/23/08

MD Anderson Cancer Center, **Keynote**, "Loving Food That Loves You Back", Houston, TX: 9/5/08

Scientific Advisory Council - (SAC) meeting for the California Walnut Commission, **Keynote**, Effects of Walnut Consumption on Endothelial Function in Type 2 Diabetes: A Randomized, Controlled, Cross-Over Trial", North Lake Tahoe, NV: 8/6/08

Aspen Ideas Festival, "Food, Fuel and Famine", Aspen, CO: 6/30/08

Healthy Foods International Convention, **Keynote**, "Diet, Health, & Archimedes' Lever: Better Nutrition, One Well Informed Choice at a Time", Dallas, TX: 6/18/08

Stepping Stones Museum, **Keynote**, "Into the Mouths of Babes: Food, & the Fate of Children", Norwalk, CT: 5/14/08

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DC Dietetic Association, The Overall Nutritional Quality Index (ONQI): Enabling the "Average Shopper" to Choose Nutritious Foods With the Ease and Stealth of Nutrition Experts, Washington, DC: 5/3/08

Obesity: Strategies for Physicians & Health Care Providers, "Helping Patients Unfatten: Of Levers & Levees, Skillpower & Sandbags", Warwick, RI: 4/3/08

1st Yale Integrative Medicine Symposium, Evidence-Based Medicine and CAM? How Opposites Attract, New Haven, CT: 4/2/08

Massachusetts Dietetic Association, **Keynote**, "A Food Supply...for Dummies! The Overall Nutritional Quality Index, Sturbridge, MA: 3/28/08

Southern Connecticut - Health Psychology, New Haven, CT: 3/26/08

Pediatric Nursing Symposium, **Keynote**, "Into the Mouth of Babes: Food and the Fate of Children, Danbury, CT: 3/25/08

TOPCO Annual Board Meeting, **Keynote**, "The Health Crisis in America", Dana Point, CA: 2/25-27/08

M.D. Anderson, **Keynote**, "Evidence-Based Holistic Care: Of Tribulations and Trials", Houston, TX: 2/21/08

M.D. Anderson, **Keynote**, "Drowning in Calories: What It Will Take to Turn the Tide", Houston, TX: 2/20/08

Institute for Integrative Medicine, **Keynote**, New York, NY: 2/17/08

Shape Up Rhode Island Health Care & Health Plans Workshop, **Keynote**, Providence, RI: 2/2/08

University of Vermont, Vermont Education Health Initiative, **Keynote**, "Obesity be DAMMED! What it will take to turn the tide" "Quenchee, VT: 1/17/08

University of Vermont, Vermont Education Health Initiative, **Keynote**, "Obesity be DAMMED! What it will take to turn the tide" Burlington, VT: 1/16/08

Connecticut Alliance YMCA, "Our Nation's Epidemic of Obesity", Meriden, CT: 11/1/07

Yale New Haven Children's Hospital 5th Annual Meeting – "What Organic Really Means -& if it matters-", New Haven, CT: 10/19/07

Yale New Haven Hospital Auxiliary, "Food as the Best Medicine: Getting What We Love to Eat to Love Us Back", New Haven, CT: 10/10/07

Council for Responsible Nutrition, **Keynote**, "Nutrient Supplements: epidemiology, evidence, & evolutionary biology", Scottsdale, AZ: 10/6/07

13th Annual Maxwell Bogin, M.D. Lectures in Pediatrics, "Into the Mouths of Babes: Food & the Fate of Children", Shelton, CT: 10/3/07

O You!, "Loving Food That Loves You Back!", Miami, FL: 9/29/07

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FDA Hearing, Washington, DC: 9/11-12/07

IFIC Presentation, Washington, DC: 9/11/07

The Learning Annex, "How to Turn Down Your Hunger and Lose Weight for Good", New York, NY: 9/8/07

Blue Cross/Blue Shield of Rhode Island, **Keynote**, "The Rational Un-fattening of America's Families: Can We Get There From Here?", Providence, RI: 9/5/07

Community Hospital Administration, CME Symposium on Obesity and Cardiovascular Preventative Medicine, Monterey, CA: 5/11/07

Wellmont Health System, "Shaping for the Future"--Healthy Children, Healthy Choices, and Healthy Communities", Kingsport, TN: 5/2/07

National Association of Junior Auxiliaries, **Keynote**, "Teaching Children to Make Healthy Choices, Memphis, TN: 4/28/07

Mississippi State University Conference, "The Rational Un-fattening of America's Families: Can We Get There From Here?", Little Rock, AR: 4/17/07

Loyola University, "Obesity be DAMMED! What it will take to turn the tide", Maywood, IL: 4/09/07

StemCONN Public Forum – JDF, Quinnipiac Law School, Hamden, CT: 3/28/07

Minority Students, Yale University, New Haven, CT: 3/24/07

Men's Club Orange Senior Center, Orange, CT: 3/15/07

92nd Street Y, The New Science for Healthy Living, New York, NY: 2/25/07

Public Hearing on McKinney/Roraback Trans Fat Bill, Hartford, CT: 2/23/07

Claridge, Inc., "Obesity, be DAMMED! What we'll all need to do to turn the tide", Turnberry Isle - Ft. Lauderdale, Florida: 2/12/07

Community Hospital Administration, "The Rational Un-fattening of America's Families: Can We Get There From Here?" Monterey, CA: 2/9/07

Kraft Health & Wellness Roundtable, Chicago, IL: 1/11/07

Oprah and Friends Radio Program (Dr. Oz), New York, New York: 11/30/06

11th Annual Hypertension Symposium, "Nutritional Management of Obesity and Vascular Disease", Nashville, TN: 11/16/06

YAHP Program Greenwich Hospital, Clinically Applicable Biostatistics & Medical Decision Making, Greenwich, CT: 11/9/06

Michigan Steps Up, **Keynote**, Battlecreek, MI: 10/28/06

West Virginia University Extension, "The Rising Tide of Diabesity: Stacking Thin Bags to Stop the Flood", Charleston, WVA: 10/18/06

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Nemours Foundation - Conference on Child Health Promotion, “Obesity be Dammed!”, Wilmington, DE: 10/12/06

“O You!”, “How to Stop a Flood? Build a Dam”, Boston, MA: 10/7/06

Brown University, Whole Physician Program of the PLME, Providence, RI, 9/27/06

Hitchcock Foundation – Helmut Schumann Lecture, “The Rational Unfattening of America: How We Get There From Here, Lebanon, NH: 9/21/06

Nutrition 21, “Insulin: From Physiology to Public Health”, New York, NY: 6/28/06

Harvard Medical School, Practical Approaches to the Treatment of Obesity, Effective Obesity Counseling Strategies, Cambridge, MA: 6/22/06

Mississippi Governor’s Conference, “Obesity Control: of Power, Responsibility and Sandbags”, Jackson, MS: 6/15/06

ACE (All Candy Expo), “The Case for Going Coo-coo for Cacao - data, from the dark side”, Chicago, IL: 6/6-9/06

National Obesity Action Forum, “New England, Flooding, & Sandbags: - whatever the inundation, it takes a village”, Bethesda, MD: 6/5/06

Lane Coalition for Healthy Active Youth (LCHAY), “Into the Mouths of Babes: What Clinicians Can Do to Combat Childhood Obesity”, Springfield, OR: 5/5/06

ACAM, Micronutrient Therapy for Fibromyalgia, Dallas, TX: 5/4/06

New Haven Teachers, “The Basic (Care &) Feeding of Homo Sapiens: Are We Truly Clueless?”, New Haven, CT: 5/2/06

Florida School Health Association (FSHA), Keynote, “The Basic Care & Feeding of Young Minds, Bodies: -of schools, storms, & sandbags”, Orlando, FL: 5/1/06

Florida Department of Education – Healthy Kids, “The Basic Care & Feeding of Young Minds, & Bodies: - of schools, storms, & sandbags”, Tallahassee, FL: 4/24/06

Dutchess County Health Department, “The Rational Unfattening of America? Into the Mouths of Babes”, Hyde Park, NY: 4/5/06

ANA (American Nutraceutical Association), “Nutraceuticals in the Management of Fibromyalgia: From Theory to Therapies”, Phoenix, AZ: 4/1/06

UMASS – Amherst, “The Basic (Care &) Feeding of Homo Sapiens: Are We Truly Clueless?”, Amherst, NH: 3/30/06

American College of Cardiology, “Dietary Approach to the Obesity Epidemic: Behavioral Skills for Teens and Adults”, Atlanta, GA: 3/12/06

Indiana School Association, “The Rational Unfattening of America”, Indianapolis, IN: 2/10-11/06

Last updated: 3/7/2026

92nd Street Y, Man to Man Conference, New York, NY: 3/5/06

National Governors Conference, Health America Forum, Washington, DC: 2/25/06

Pfizer Advisory Board, Obesity Initiatives, New York, NY: 2/17/06

Health & Human Capital Management Congress 2006, Metabolic Syndrome, Washington, DC: 1/23/06

Connecticut Association of School-based Health Centers, Nutrition Detectives, Cromwell, CT: 12/2/05

Westchester Rockland Dietetic Association, “The Basic (Care &) Feeding of Homo Sapiens: Are We Truly Clueless?”, West Nyack, NY: 12/1/05

American Diabetes Association National Staff/Volunteer Leadership Conference, Workshops, Chicago, IL: 11/12/05

NECON, “The Role of the Healthcare Provided in Forging an Ethic of Prevention”, Marlboro, MA: 10/28//05

WAHPERD Conference, Keynote, “The Basic (Care &) Feeding of Homo Sapiens: Are We Truly Clueless?”, “The Rational Unfattening of America’s Families: Can We Get fro Here?”, Seattle, WA: 10/21-22/05

Health Policy Ohio, Obesity Policy Health Forum, Columbus, OH: 10/11/05

Planetree Conference, The Way to Eat, Chantilly, VA: 10/9/05

Million Dollar Round Table, “The Basic (Care &) Feeding of Homo Sapiens: Are We Truly Clueless?”, Maui, Hawaii: 9/29/05

Texas Association of Health Plans, “The Basic (Care &) Feeding of Homo Sapiens: Are We Truly Clueless?”, San Antonio, TX: 9/28/05

RUDD Center Media Symposium, Nutrition and Obesity News 2005: *THE WORLD VIEW*, New York, NY: 9/26/05

21 C Conference, Yale, “The Basic (Care &) Feeding of Homo Sapiens: Are We Truly Clueless?”, New Haven, CT: 7/05

National Governors Association, Expert Panel, Washington, DC: 6/8/05

Texas Medical Association, “The Basic (Care &) Feeding of Homo Sapiens: Are We Truly Clueless?”, Grapevine, TX: 5/14/05

IBSS 2005 Conference (Boston Seafood), “The Basic (Care &) Feeding of Homo Sapiens: Are We Truly Clueless?”, Boston, MA: 4/15/05

Robert Wood Johnson, “The Basic (Care &) Feeding of Homo Sapiens: Are We Truly Clueless?”, Princeton, NJ: 4/4/05

MAHEC, “The Basic (Care &) Feeding of Homo Sapiens: Are We Truly Clueless?”, Asheville, NC: 5/13/05

Northeast Regional Nurse Practitioner Conference, Keynote Speaker, “The Rational Unfattening of America’s Families – For Whom the Bell (Curve) Tolls”, Westford, MA: 5/5/05

Last updated: 3/7/2026

Palm Beach County Health Department, “The Basic (Care &) Feeding of Homo Sapiens: Are We Truly Clueless?”, West Palm Beach, FL: 4/20/05

Eat Smart New York, “Obesity Prevention & Control: - from here to there through a Toxic Nutritional Environment-“, Albany, NY: 3/24/05

MSOP (Medical School Objectives Panel), Expert Panel, Washington, DC: 3/7/05

Dartmouth College (Children’s Hospital), “Carb Nation”: Seeking Truth About Diet Amidst the Spin and Fizzle, Woodstock, VT: 3/4-6/05

Pediatric Obesity Roundtable, Addressing Childhood Obesity: Community and Environment, Bronx, NY: 2/7/05

IOM (Institute of Medicine) Workshop, Food Marketing and Diets of Children, Washington, DC: 1/27/05

Kansas City University, Winter CME Program, “The Basic Care and Feeding of Homo Sapiens, Are We Truly Clueless?”, Kansas City, MO: 12/17/04

Palm Beach County Florida, “Community Unity Meeting – The Way to Eat”, Palm Beach, FL: 11/9/04

New Hampshire Medical Society Annual Meeting, “The Basic Care & Feeding of Homo Sapiens: Are We Truly Clueless?”, Concord, NH: 10/30/04

New Hampshire Public Health Association, “The Rational Unfattening of America’s Families: Can We Get There from Here?”, Plymouth, NH: 10/29/04

West Virginia University Extension Service, “The Basic (Care &) Feeding of Homo Sapiens: Are We Truly Clueless?”, Charleston, WVA: 10/22/04

Connecticut Society for Cardiac Rehabilitation (CSCR), “Weight Management through Diet”, Wallingford, CT: 10/21/04

AMA National Summit, “Community Interventions”, Chicago, IL: 10/19/04

Planetree Conference, Nutrition and Obesity Management, New York, NY: 10/10/04

NECON Conference, Panel Discussion, “Science of Prevention”, Providence, RI: 10/8/04

NPHIC – Annual Conference, “The Obesity Epidemic”, Boston, MA: 10/6/04

New York State Department of Health, Diabetes Prevention and Control Program/Eat Well Play Hard/Healthy Heart/Steps to a Healthier New York: “Be a Power Eater. The Good Foods or Great Kids Program”, Albany, New York: 9/04

Dartmouth College: “The Truth About Dieting: How Clueless Are We?” and “Family Food Relationships: What Are We Learning at the Dinner Table?” Hanover, NH: 4/04

Middle East Conference On Obesity, Lyons, France: 3/04

Last updated: 3/7/2026

ATPM 2004 Teaching Prevention Institute: Approaches to Teaching Obesity and Diabetes Prevention in the Classroom and the Community, New Orleans, LA: 3/04

5th Annual Florida School Health & Higher Education Symposium: “The Basic (Care &) Feeding of Homo Sapiens: Are We Truly Clueless?” Safety Harbor, FL: 2/04

2003-2004. Health Disparities Collaborative: “Self Management: Health Literacy & Nutrition”, Nashville, TN: 2/04

Preventive Medicine, 2004 (ACPM), “Family Matters: Thinking Globally, Acting Locally in Defense of Childhood Obesity”, Orlando, FL: 2/04

NHLBI Healthy Weight Community Outreach Initiative Strategy Development Workshop: “Best Practices – Promising Prevention Interventions”, NIH Campus, Bethesda, MD: 2/04

18th Annual Chronic Disease Conference, Washington, D.C.: 2/04

5th Annual Coordinated School Health Higher Education Symposium, **Keynote**, Safety Harbor, FL: 2/04

Clinical Trials to Community: The Science of Translating Diabetes and Obesity Research conference; NIDDK and OBSSR/OD, NIH; and CD, Bethesda, MD, 1/04

CME Lecture at Nyack Hospital, Nyack, NY: “The Basic (Care &) Feeding of Homo Sapiens: Are We Truly Clueless?”: 12/03

Florida Department of Health - Governors Task Force on the Obesity Epidemic: “Nutrition Research: Why Aren’t We Eating Right?” Orlando, FL: 11/03

Massachusetts Dietetic Association’s Fall Conference: Obesity Panel Discussion. Westborough, MA: 11/03

Morbid Obesity: Option and Outcomes Conference, Dartmouth-Hitchcock Medical Center, Lebanon, NH: 10/03

Obesity Forum: Secretary of Health; Washington, DC: 7/03

Florida Dietetic Association 2003 Annual Symposium, **Keynote**, Naples, FL: 7/03

Spectrum Health Spring Conference on Obesity, **Keynote**, Grand Rapids, MI: 5/03

Secretary's Healthier US Prevention Summit, Obesity Prevention, Baltimore, MD: 4/03

“Sowing Seeds for the Future: Healthy People 2010 Microgrants”: 3/03

"Evening of the Stars", Charter Oak Health Center, Hartford, CT: 11/02

30th Annual Tuuri Day Conference, Mott Children’s Health Center, **Keynote**, "Prevention & Control of Childhood Obesity: Insights from the Bird's Eye View", Flint, MI: 9/02

American Association of Cardiovascular and Pulmonary Rehabilitation annual meeting "ABC's of Cardiovascular Disease Prevention - What Really Works?" Charlotte, NC: 9/02

Last updated: 3/7/2026

Connecticut Multicultural Health Summit, “Nutrition, Health Literacy & Minority Health: Reading the Writing on the Wall”: 8/02

Florida Dietetic Association, "The Way to Eat: from Obstacles to Opportunities in a 'Toxic' Nutritional Environment" Ft. Lauderdale, FL: 7/02

Cardiovascular Health In Appalachia Partnering for Change. "The Way to Eat: from Obstacles to Opportunities in a 'Toxic' Nutritional Environment" Snowshoe, WV: 6/02

OSF Saint Anthony Medical Center, 63rd annual Theodor Lang May Day Clinic, **Keynote**, “In Search of the Optimal Diet: Exploring the Convictions, Controversies and Consensus”, Rockford, IL: 5/02

Quaker Oats Company. Matures In The New Millennium: Boomer Cardiovascular Health (CV) - Nutrition & Lifestyle Challenges (Editor’s conference), New York, NY: 5/02

American Teachers of Preventive Medicine annual meeting, “Obesity Prevention & Control: From Obstacles to Opportunities”, Washington DC: 3/02

American Association of Diabetes Educators, “Diet, Drugs, Diabetes & Cardiac Risk Blending the Best of Science and Nature in Prevention & Control”: 3/02

American College of Nurse Practitioners Annual Meeting presentation “CV Risk Factors in Diabetes: Diet, Exercise and Treatment”, Atlanta, GA: 10/01

The American Dietetic Association presentation "Beyond Cholesterol--What Dietitians Need to Know About Heart Health", St. Louis, MO: 10/01

The American Association of Diabetes Educators session, "Emerging Cardiovascular Risk Factors in Patients with Diabetes: Diet and Treatment Update”, Louisville, KY: 8/01

State University of New York, Stony Brook School of Medicine, 27th Annual Family Medicine Update: 6/01

West Virginia State Health Education Conference: 4/01

Moderator/Speaker: Preventive Medicine in the 21st Century; National Institute for Community Health Education; Quinnipiac University. Hamden, CT. April 3, 2001 (Keynote Speaker: Dr. Dean Ornish): 4/01

Illinois Dietetic Association Assembly: 3/01

American College of Preventive Medicine; Miami, FL: 2/01

American Dietetic Association Food and Nutrition Conference, Chicago, IL: 10/00

Quaker Oats Conference, The Counter-Revolution: Making a Case for Carbohydrates in the American Diet, Chicago, IL: 6/00

Connecticut Infection Control Nurses Association, Griffin Hospital Integrative Medicine Center Model: 3/00

Bridgeport Business Council, Prevention Research Center and Integrative Medicine Center: 2/00

Public Speaking: Recent & Upcoming -

Last updated: 3/7/2026

see <https://davidkatzmd.com/david-l-katz-md-public-speaking/>

Last updated: 3/7/2026

GRANTS AWARDED:

Perez-Escamilla R (PI), Katz DL (co-PI: Center Director): Yale Griffin Prevention Research Center Grant
Funding Source: CDC. Total award: TBD over 5years. Notification date 12/2018

Katz DL (PI): Vascular Reactivity Assessment by a Novel Diagnostic Device, ANGIODEFENDER™, compared to using Brachial Artery Ultrasound Imaging (Protocol A-1302) – Part 2 (Brachial Artery Ultrasound Imaging -- A Repeatability Study (Protocol A-1601); **\$27,004**. 12/31/2016

Vascular Reactivity Assessment by a Novel Diagnostic Device, ANGIODEFENDER™, compared to using Brachial Artery Ultrasound Imaging (Protocol A-1302); **\$139,649**. 11/30/2015

Katz DL (PI): ISOThrive: Effects of ISOThrive Supplement on Body Weight, Body Composition, Hunger/Satiety and Cardiac Risk Measures in Overweight Adults; Total award: **\$249,701** over 2 years. 10/14

Ickovics J (PI), Katz DL (co-PI: Center Director; principal author of grant application). Yale Griffin Prevention Research Center Grant Funding Source: CDC. Total award: approximately **\$3 million** over 5years. Notification date 05/2014

Katz DL (PI): Flow-Mediated Dilation: AngioDefender™ versus Brachial Artery Ultrasound Imaging – a Single Site US Pilot Study (A-1303); **\$67,625** over 1 year. 12/13.

Katz DL (PI): Egg Ingestion in Adults with Type 2 Diabetes: Effects on Glycemic Control, Anthropometry, Diet Quality and Cardiometabolic Status; Egg Nutrition Center; **\$185,000** over 2 years. 10/13

Katz DL (Co-PI): Integrative Medicine in Preventive Medicine Education (IMPriME) - National Coordinating Center; ACPM; **\$81,000** over 2 years. 12/12.

Katz DL (PI): Kind Bar - Snacking, Satiety, & Weight: A Randomized, Controlled Trial; Kind, LLC; **\$89,699** over 2 years. 12/12.

Katz DL (PI): Effects of Cocoa on Ambulatory Blood Pressure and Vascular Function in Patients with Stage I Hypertension; Hershey Company; **\$381,441** over 18 months. 5/12.

Katz DL (PI): Walnut III; California Walnut Commission; **\$616,260** over 3 years. 10/11.

Katz DL (Co-PI): Multisite RCT Investigating the Efficacy of Massage on Osteoarthritis; NCCAM/Duke University; **\$786,971** over 4 years. 9/11.

Katz, DL (PI): Effects of Egg Ingestion on Endothelial Function in Adults with Coronary Artery Disease: A Randomized, Controlled, Crossover Trial; Egg Nutrition Board; **\$202,196** over 2 years. 8/10.

Katz DL (PI): Effects of Walnut Consumption on Endothelial Function in Type 2 Diabetes: A Randomized, Controlled, Cross-Over Trial; California Walnut Commission; **\$300,035** over 15 months. 10/09.

Katz DL (Co-PI) Exploring Massage Benefits for Arthritis of the Knee (EMBARK); NCCAM; \$180,502 over 1 year. 6/09.

Katz DL (PI): Continuation of Effects of Fruit and Nut KIND Bars on Endothelial Function in Overweight (BMI≥25) Adults: A Randomized, Controlled, Trial; PeaceWorks; **\$14,278** over 1 year. 3/09.

Last updated: 3/7/2026

Katz DL (PI): Continuation of Effects of Juice Plus+ Supplementation on Endothelial Function in Insulin Resistant Adults: A Randomized, Controlled, Crossover Trial; National Safety Associates, Inc.; **\$265,901** over 1.5 years. 3/09.

Cleary P (PI), **Katz DL** (co-PI; Center Director; principal author of grant application). Yale-Griffin Prevention Research Center Grant. Funding Source: CDC. Total award: approximately **\$3 million** over 5 years. Notification date: 10/08.

Katz DL (PI): Evaluation of a diet rich in monounsaturated fatty acids (MUFAs) on reduction of visceral fat in the abdomen; a pilot study; Prevention Magazine; \$23,102 over 1 year. 4/08.

Katz DL (PI): Effects of Fruit and Nut KIND Bars on Endothelial Function in Overweight (BMI \geq 25) Adults: A Randomized, Controlled, Trial; PeaceWorks; **\$49,509** over 1 year. 3/08.

Katz DL (PI): Continuation of PREDICT; CFGNH; **\$80,000** over 2 years 10/07.

Katz DL (PI): Chromium Picolinate for Weight Loss; Nutrition 21; **\$186,703** over 1 year. 12/05

Katz DL (PI): Effects of Walnut Consumption on Endothelial Function in Type 2 Diabetes: A Randomized, Controlled, Cross-Over Trial; California Walnut Commission; **\$193,650** over 2 years

Katz DL (PI): Effects of Juice Plus+ Supplementation on Endothelial Function in Insulin Resistant Adults: A Randomized, Controlled, Crossover Trial; National Safety Associates, Inc.; **\$225,826** over 1.5 years

Katz DL (PI): Nutrition Detectives and ABC for Fitness; Health Care Foundation of Greater Kansas City; **\$174,000** over 1 year. 11/06

Katz DL (PI): Systems Change For Diabetes Prevention and Management in Federally Qualified Community Health Centers; Connecticut Health Foundation; **\$1,000,000** over 2 years. 4/06

Katz DL (PI): AUGMENT; SBIR/STTR – NIH; **\$113,000** over 1 year. 5/06

Katz DL (PI): Novel cell phone technology for Health Enhancement (NICHE); SBIR/STTR – NIH; **\$155,000** for 9 months. 3/05

Katz DL (PI): Effects of Acute and Sustained Ingestion of Cocoa on Endothelial Function in Adults with a BMI \geq 30: A Randomized, Double Blind, Placebo Controlled, Trial; Hershey Foods Corporation; **\$350,000** over 1 year. 5/06

Katz DL (PI): Chromium Effects in Impaired Glucose Tolerance; NIH/NCCAM; **\$125,000** over 2 years. 8/03

Katz DL (PI). Effects of Egg Ingestion on Endothelial Function in Hyperlipidemic Adults: A Randomized, Controlled, Crossover Trial; Egg Nutrition Board; **\$133,000** for one year. 9/03

Katz DL (PI): IVMT- Intravenous Micronutrient Therapy for Fibromyalgia Syndrome; NIH/NCCAM; **\$100,000** over 1 year. 8/03

Katz DL (PI): Partners Reducing Effects of Diabetes: Initiatives Through Collaboration and Teamwork (PREDICT); Connecticut Health Foundation; **\$600,000** over 2 years. 1/03

Katz DL (PI): A Health Literacy Program to Improve the Prevention of Diabetic Foot Disease in African-American Communities; Pfizer; **\$100,000** over 2 years. 6/02

Last updated: 3/7/2026

Katz DL (PI): Community Microgrant; DHHS; **\$800,000** over 2 years. 10/01

Katz DL (PI): MIEL: Meditation and Massage in End of Life; NIH/NINR; **\$100,000** / yr (2 years). 9/01

Katz DL (PI): "Fruit and Vegetable Consumption in Multi-Ethnic, Adult Groups." CDC. **\$300,000**/yr (2 years). 8/01

Katz DL (PI): "Physician Counseling and Patient Risk Factors for Chronic Disease." American Heart Association. **\$74,800**. 6/01

Katz DL (PI): Endothelial Function in Response to Acute and Sustained Consumption of Isoflavone concentrate and Lecithin by Healthy Postmenopausal Women. Eridania Béghin-Say America, Inc. **\$126,355**. 6/01

Katz DL (PI): Phytoestrogen & Raloxifene EFfects on Endothelial Reactivity (PREFER). Eli Lilly and Company. **\$97,400**. 3/01

Katz DL (PI): Optimizing the Practice-Based Assessment of CAM. CDC. **\$400,000**/yr (2 years). 10/00

Katz DL (PI): Evidence-Based Guidelines-Obesity Prevention and Control. CDC. **\$150,000**/yr (2 years). 10/00

Katz DL (PI): CDC Supplemental Funding to Enhance the PRC's Core Infrastructure. CDC. **\$17,898**. 10/00

Katz DL (PI). At-home Exercise Regimen for Outcome Benefit in CHF. CDC. **\$100,000** / yr (2 years). 10/00

Katz DL (PI): Randomized, Crossover Study of Endothelial Function Responses to Acute and Sustained Egg Consumption in Healthy Subjects. Egg Nutrition Center. USDA. **\$142,200**. 3/00

Katz DL (PI) et al. Nutrient effects on endothelial function in the insulin resistance syndrome. Quaker Oats Co. **\$480,000** over 2 years. 9/99

Katz DL (Study PI): Statewide Oral Health Surveillance System. CDC. **\$50,000**. 9/99; renewed for **\$100,000**. 10/00

Katz DL (PI), Sarrel P (co-PI). Raloxifene and endothelial function. Eli Lilly Co. **\$50,000**. 3/99

Merson MH (PI), **Katz DL** (co-PI; Center Director; principal author of grant application). Yale-Griffin Prevention Research Center Grant. Funding Source: CDC. Total award: approximately **\$3 million** over 5 years. Notification date: 9/30/98

Katz DL (PI); Diet and Endothelial Function. Total Grant: **\$153,000** Funding Source: Quaker Oats, Co. 7/98

Katz, DL. Lecture Series in Human Nutrition. Yale University School of Medicine. Educational Grant. Merck Pharmaceuticals. **\$6,000**. 1/95; 1/96

PEER REVIEW:

Journals:

2018: Reviewer: *IJERPH*

Last updated: 3/7/2026

2016: Reviewer: *Circulation*

2015: Reviewer: *Metabolism*

2013: Reviewer: *American Journal of Health Promotion*

2012: Reviewer: *AHRQ*

2011: Editor-in-Chief, *Childhood Obesity*

2010 - Member, Editorial Board: *Childhood Obesity*

2010 – Reviewer: *International Journal of Obesity*

2010 - Reviewer: *Journal of Food Science*

2009 – Reviewer: *Annals of Epidemiology*

2009 – Reviewer: *American Journal of Clinical Nutrition*

2009 – Reviewer: *Preventive Medicine*

2009 – Member, Editorial Board: *American Journal of Health Promotion*

2009 – Reviewer: *American Journal of Preventive Medicine*

2009 – Reviewer: *Annals of Internal Medicine*

2009 – Reviewer: *Archives of Internal Medicine*

2009 – Reviewer: *International Journal of Obesity*

2009 – Reviewer: *Obesity*

2009 – Reviewer: *Annual Review of Public Health*

2009 – Reviewer: *Pediatrics*

2008 – Reviewer: *Cell Biochemistry & Function*

2008 – Reviewer: *Patient Education and Counseling*

2008 – Reviewer: *American Journal of Health Promotion*

2008 – Reviewer: *Medscape General Medicine*

2008 - Reviewer: *Family Practice*

2008 - Co-Section Editor: *Current Cardiovascular Risk Reports – Obesity & Diet Section*

2006 - Reviewer: *Archives of Internal Medicine*

Last updated: 3/7/2026

2006 - Reviewer: *Annals of Internal Medicine*

2006 - Reviewer: *International Journal of Cardiology*

2006 - Reviewer: *International Journal of Obesity*

2006 - Reviewer: *Lancet*

2006 - Reviewer: *Medscape General Medicine*

2006 - Reviewer: *American Journal of Health Promotion*

2006 - Reviewer: *Cardiovascular Risk Reports*

2004 - Reviewer: *U.S. Preventive Services Task Force – Pediatric Obesity Review*

2001 - Member, Editorial Board: *Clinical Nutrition Updates*

2001 - Reviewer: *Blood Coagulation & Fibrinolysis*

2001 - Member, Editorial Board: *American Journal of Preventive Medicine*

2001 - Reviewer: *Preventive Medicine in Managed Care*

2000 - Reviewer: *American Journal of Preventive Medicine*

2000 - Reviewer: *Yale Journal of Biology and Medicine*

2000 - Reviewer: *Annals of Epidemiology*

1999 - Reviewer: *American Journal of Public Health*

FEDERAL GRANT REVIEW:

Reviewer: NIH/NIDDK, Scientific Review of Clinical Research Protocol. 01/17

Reviewer: AHRQ; Centers of Excellence in Clinical Preventive Services; 7/11

Reviewer: NIH/NCCAM, Special Emphasis Panelist; CAM therapies in HIV. 6/09

Reviewer: NIH/NCCAM, Clinical Science Member Special Emphasis Panel. 7/08

Reviewer: NIH/NCCAM, Special Emphasis Panelist (Chair); CAM and HIV/AIDS. 4/03

Reviewer: CDC Special Emphasis Panelists; Community Based Participatory Research. 6/02

Reviewer: NIH/NCCAM Special Emphasis Panelist (Chair); CAM therapies in HIV. 6/02

Reviewer: Prevention of Obesity. NIH. Bethesda, MD, 7/99

Last updated: 3/7/2026

OTHER GRANT & PROJECT REVIEW:

2018- Grant Reviewer: Evaluating the impact of a culinary coaching telemedicine program on body weight and metabolic outcomes – A randomized controlled trial

2009 – Grant Reviewer: ZonMW, the Netherlands Organization for Health Research and Development

2008 - Reviewer: US-Israel Binational Science Foundation, 2006

Reviewer: Screening for lipid disorders. Research Triangle Institute, 11/99

Reviewer: Special Award in Nutrition Education. NHLBI; NIH. Member, Peer review panel. Washington, D.C. 6/98

Judge: American college of Physicians, Connecticut Chapter Scientific Meeting. Trumbull, CT. 1997, 1998, 1999, 2000-

Reviewer: Childhood Obesity Prevention, Robert Wood Johnson Foundation. 9/08

Reviewer: MD thesis committee, Yale University School of Medicine. 1996-2005

COMPLETED STUDIES:

Jeanette Ickovics (PI), Katz DL (co-PI; Center Director; principal author of grant application). Yale-Griffin Prevention Research Center Grant. Funding Source: CDC. Goal: the Yale Griffin Prevention Research Center's primary research agenda is to address the CDC "winnable battle" area of nutrition, physical activity, and obesity by using a multisite translational community trial (mTCT) approach, wherein a standard research protocol and intervention are applied in multiple sites, with tailoring using CBPR principles to meet the needs of each community. 9/14-9/19.

Katz DL. Vascular Reactivity Assessment by a Novel Diagnostic Device, ANGIODEFENDER™, compared to using Brachial Artery Ultrasound Imaging (Protocol A-1302) – Part 2 (Brachial Artery Ultrasound Imaging -- A Repeatability Study (Protocol A-1601). 12/31/2016

Katz DL (PI): Flow-Mediated Dilation: AngioDefender™ versus Brachial Artery Ultrasound Imaging – a Single Site US Pilot Study (A-1303). Goal: Detection of endothelial dysfunction by measuring vascular reactivity as assessed by flow-mediated vasodilation (FMD) of the brachial artery (BA). 12/13-12/14.

Katz DL (PI): Effects of ISOThrive supplement on Body Weight, Body Composition, Hunger/Satiety and Cardiac Risk Measures in Overweight Adults. 10/14-03/16

Katz DL (PI): Egg Ingestion in Adults with Type 2 Diabetes: Effects on Glycemic Control, Anthropometry, Diet Quality and Cardiometabolic Status. Goal: To determine the effects of daily egg inclusion (i.e. 2 eggs per day) versus egg exclusion on glycemic control in adults with Type 2 diabetes. Specifically, to show that daily egg inclusion for 3 months as compared to egg exclusion will improve HbA_{1c} in participants with Type 2 diabetes. To assess the effects of daily egg inclusion versus egg exclusion for a 3-month period on insulin sensitivity, anthropometric measures, and overall diet quality in adults with Type 2 diabetes. 10/13 – 9/15

Last updated: 3/7/2026

Cleary P (PI), **Katz DL** (co-PI; Center Director; principal author of grant application). Yale-Griffin Prevention Research Center Grant. Funding Source: CDC. Goal: the Yale Griffin Prevention Research Center's focus is chronic disease prevention, with particular emphasis on diabetes and obesity, and health disparities, with studies in 4 key content areas: lifestyle modification, including behavior change and environmental reform; and health care system modification, including clinical preventive service delivery and chronic disease management. 9/09-9/14.

Katz DL (Co-PI): Integrative Medicine in Preventive Medicine Education (IMPriME) - National Coordinating Center. Goal: serve as key experts who will assist with faculty development through a variety of venues and dissemination channels and for IMP and other COL (see below) members who solicit guidance and specific content-related support for their efforts. 12/12-9/14.

Katz DL (Co-PI): Multisite RCT Investigating the Efficacy of Massage on Osteoarthritis; NCCAM/Duke University. Goal: To assess the duration of therapeutic effect of 8 weeks of Swedish massage. Therapeutic effect will be measured by validated outcome measures (WOMAC, VAS, ROM, 50-ft walk, and Pain Interference) at the conclusion of therapy (8 weeks), as well as at 16, 24, 36, and 52 weeks post-baseline. 9/11- 6/15.

Katz DL (PI): Walnut III - Walnut Ingestion in Adults at Risk for Diabetes: Effects on Body Composition, Diet Quality, and Cardiac Risk Measures. Goal: to examine the effects of walnut consumption on diet quality, body composition, and markers of cardiovascular risk in adults at risk for diabetes. 10/11-9/14.

Katz DL (PI): Kind Bar - Snacking, Satiety, & Weight: A Randomized, Controlled Trial. Goal: to compare the effects of consuming two types of snacks on a daily basis for a 12-week period on health outcomes, diet quality, and self-reported satiety in a group of overweight adults. 12/12-2/14.

Katz DL (PI): Effects of Cocoa on Ambulatory Blood Pressure and Vascular Function in Patients with Stage I Hypertension. 5/12-10/13.

Katz DL (PI): Nutrition Detectives and ABC for Fitness; Health Care Foundation of Greater Kansas City. Independence, MO school district thru a grant from The Healthcare Foundation of Greater Kansas City. 8/09-9/12

Katz, DL (PI): Effects of Egg Ingestion on Endothelial Function in Adults with Coronary Artery Disease: A Randomized, Controlled, Crossover Trial; Egg Nutrition Board. 8/10-7/12.

Katz DL (Co-PI) Exploring Massage Benefits for Arthritis of the Knee (EMBARK); NCCAM. 7/09 – 6/11.

Katz DL (PI): Continuation of Effects of Walnut Consumption on Endothelial Function in Type 2 Diabetes: A Randomized, Controlled, Cross-Over Trial; California Walnut Commission. 10/09 – 12/10.

Katz DL (PI): Effects of Juice Plus+® Supplementation on Endothelial Function in Overweight Men: A Randomized, Controlled Trial; National Safety Associates, Inc. 6/09-8/10.

Katz DL (PI): AUGMENT; SBIR/STTR – NIH. 3/09-2/10.

Katz DL (PI): Systems Change For Diabetes Prevention and Management in Federally Qualified Community Health Centers; Connecticut Health Foundation. 1/09-12/09.

Last updated: 3/7/2026

Katz DL (PI): Continuation of Effects of Fruit and Nut KIND Bars on Endothelial Function in Overweight (BMI \geq 25) Adults: A Randomized, Controlled, Trial; PeaceWorks. 1/09 – 12/09.

Katz DL (PI): Evaluation of a diet rich in monounsaturated fatty acids (MUFAs) on reduction of visceral fat in the abdomen; a pilot study; Prevention Magazine. 4/08-/08.

Katz DL (PI). Effects of Acute and Sustained Ingestion of Cocoa on Endothelial Function in Adults with a BMI \geq 30: A Randomized, Double Blind, Placebo Controlled, Trial; Hershey Foods Corporation. 4/05-4/07.

Katz DL (PI): Novel cell phone technology for Health Enhancement (NICHE); SBIR/STTR – NIH. 3/05-6/07.

Katz DL (PI). Nutrition Navigation on-Line Edge (NnoLEDGE): Phase I Feasibility Study; SBIR/STTR – NIH. 7/05-6/05.

Katz DL (PI). Optimizing the Practice-Based Assessment of CAM; CDC. 9/04.

Katz DL (PI). Evidence-Based Guidelines-Obesity Prevention and Control; CDC. 9/00-8/05.

Katz DL (PI). Chromium Effects on Insulin and Vascular Function in People at Risk for Diabetes; NCCAM. 8/03-5/09.

Katz DL (PI). Effects of Juice Plus+® Supplementation on Endothelial Function in Insulin Resistant Adults: A Randomized, Controlled, Crossover Trial; National Safety Associates. 1/04-7/07.

Katz DL (PI). A Pilot Study of Chromium Picolinate for Weight Loss; Nutrition 21. 1/06-8/08.

Katz DL (PI). Creating Healthy and Nicotine-Free Griffin Employees (CHANGE); Griffin Hospital. 11/01-4/07.

Katz DL (PI). Effects of Egg Ingestion on Endothelial Function in Hyperlipidemic Adults: A Randomized, Controlled, Crossover Trial; Egg Nutrition Board. 8/03-7/04.

Katz DL (PI). Endothelial Function in Response to Acute and Sustained Consumption of Isoflavone concentrate and Lecithin by Healthy Postmenopausal Women; Eli Lilly Co. 7/01-2/03.

Katz DL (PI). “Training Resident Physicians to Promote Physical Activity: A Randomized Trial”; American Heart Association. 7/01-12/02.

Katz DL (PI). Meditation and Massage in End of Life (MIEL); NIH. 10/01-9/03.

Katz DL (PI). Healthy People 2010: Community Implementation Micro-Grant Pilot Program Application; DHHS. 10/01-9/03.

Katz DL (PI). Innovative/Integrated use of Data for Evaluation and Surveillance (IDEAS); CDC. 10/99-9/02.

Katz DL (PI). A Retrospective Comparison of Smoking Cessation Data: Tailored Interventions for Smoking Cessation Follow-Up Study; CDC. 5/02-1/03.

Katz DL (PI). Evaluating a Smoking Cessation Program for High School Students; Griffin Hospital.

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1/01-1/03.

Katz DL (PI). Acute and Sustained Supplementation with Oat and Vitamin E in Insulin Resistant Subjects, *Endothelial Responses to Fatty Challenge*; Quaker Oats. 10/99-7/01.

Katz DL (PI). Randomized, Crossover Study of Endothelial Function Responses to Acute and Sustained Egg Consumption in Healthy Subjects; Egg Nutrition Board. 6/99-1/02.

Katz DL (PI). Phytoestrogen & Raloxifene Effects on Endothelial Reactivity (PREFER); Eli Lilly and Co. 2/01-3/02.

Katz DL(PI). Tailored Interventions for Smoking Cessation (TISC); CDC. 7/00-2/01.

Katz DL (PI). Impact on Length of Hospitalization, Readmissions and Costs of Care of Projecting the Date of Discharge; 1/98-1/99.

Katz DL (PI). Stability of the cholesterol/HDL ratio during acute illness; Library and Education Committee. 2/99-12/02.

Katz DL (PI). Utility of the glycosylated hemoglobin in the diagnosis of diabetes at the time of hospitalization. 9/99-9/00.

Katz DL (PI). Technical Skills for Weight Management; CDC. 9/98-2/04.

Katz DL (PI). Coronary Risk Factor Screening and Behavior Change in Women; CDC. 9/98-10/02.

Katz DL (PI). Multidisciplinary Case Management and Home Based Exercise in Congestive Heart Failure Improving Functional Status and Preventing Rehospitalization; CDC/ATPM. 10/00-9/03.

Katz DL (PI). Fruit And Veg. Develop And Test Survey Tools Assessing Determinants Of, And Barriers To, Fruit/Vegetable Consumption In Multi-Ethnic, Adult Populations; CDC. 10/01-9/03.

Katz DL (PI). A Health Literacy Program to Improve the Prevention of Diabetic Foot Disease in African-American Communities; Pfizer. 7/02-7/04.

Katz DL (PI): Partners Reducing Effects of Diabetes: Initiatives Through Collaboration and Teamwork (PREDICT); Connecticut Health Foundation. 1/03-12/06.

COMMUNITY SERVICE:

Clinical Preceptor, the HOPE Homeless Project. New Haven, CT. 1994-1996

Consultant, Project CoNECT (community health risk appraisal). Lower Naugatuck Valley. 1997-present

Founder, Griffin Health Promotion Exchange. 1997

Numerous Pro Bono Public Presentations to civic groups, schools, church groups, etc.

MEDIA: (REPRESENTATIVE LIST)

Last updated: 3/7/2026

Health Editor, Huffington Post, 2010-2016

Medical Contributor, ABC News: 2003-2006

Nutrition Columnist, O Magazine: 2001-2009

- **NATIONAL TELEVISION PROGRAMS:**

World News, ABC News, multiple appearances

Today Show, NBC, multiple appearances

Good Morning America, ABC News, multiple appearances

Martha Stewart Show: 1/25/10

Dr. Oz Show; multiple appearances

CNN programs: Anderson Cooper 360; Fareed Zakaria; Michael Smerconish

Yahoo Finance; multiple appearances

Numerous appearances on FOX Network, 20/20, CNN, PBS

Food Network, Childhood Obesity: Danger Zone: 3/31/07

Montel Williams Show, 9-11, New York, NY: 8/29/06

Good Morning America, frequent guest and behind-the-scenes consultant, New York, NY: 2004

Citizens Television, “Kids First with Dr. Mayo”, New Haven, CT: February 2004

48 Hours (CBS News), New York, NY: February 2004

20/20 (ABC News): multiple appearances

- **NATIONAL RADIO PROGRAMS:**

NPR; multiple appearances

WGMD 92.7 Radio, Obesity, 1/1/07

Canadian Radio - Adler Online, “Nutrition, 2031: Dark Chocolate and Functional Foods Expert Predicts How Diet and Nutrition Will Change in 25 Years”, CANADA, 11/06/06

NBC Local Affiliate, Miami/Ft. Lauderdale, Florida. The Way to Eat. July 2002

WOR Radio: Shopping Smart with Phil Lempert. Live national broadcast: August 2002

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- **LOCAL TELEVISION PROGRAMS:**

WTNH, news channel 8, regular appearances- "Healthy Living" segment on weekend morning show

- **PRINT MEDIA:**

New York Times, Syndicated Columnist, 2004 -2009

New Haven Register. Weekly Preventive Medicine Column. 1997-

Connecticut Post. "Flu Pill Praised, Panned." January 30, 1997

Nutrition Columnist, O, the Oprah Magazine: 2002-2010

Editorial Advisory Boards:

Prevention Magazine (2007-)

Men's Health Magazine (2007-)

American Journal of Health Promotion (2008-)

Health Magazine (2008-)

Eating Well Magazine (2011-)

Parenting Magazine (2013-)

Family Circle Magazine (2013-)

ON-LINE MEDIA:

Blog, Prevention Magazine: 2008-2011

Blog, Yahoo Shine: 2009-2011

Contributor, Huffington Post: 2010-2017

Blogger, US News & World Report: 2012-2016

Blogger, LinkedIn (INfluencer): 2012-

Blogger, Everyday Health: 2013-2015

OTHER:

Consultant, Aníán Advisors, Reuters, Inc: effective September 2007

Contributing Writer to "Toy Tips Magazine: effective May 2007

Consulting Nutrition Expert/Columnist to "O" Magazine: effective December 2002

"Through the obstacle course," monthly columnist for eDiets.com

Feature in "O" Magazine; "The Smart Way to Eat," August, 2002

Voice of America: Fad Diets. Ft. Lauderdale, Florida. July 2002

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Satellite Media Tour: Oatmeal and cardiac health. Ketchum. September 2000

WebMD Medical News "Oatmeal: It Isn't Just for Breakfast (or Facemasks) Anymore, Study Shows a Bowl of Oatmeal Preserves Blood Flow After High Fat Meal" October 8, 1999

Numerous interviews for magazines (including *Prevention*; *Glamour*; *Woman's World*; *O*; *Remedy*; *Child's Health*; *Modern Maturity*) and newspapers

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INVENTIONS:

Patents:

Katz DL. Oto-Nasal Foreign Body Extraction Catheter (“Kiddy-Cath”) **U.S. Patent No.5,454,817**. Issued Oct. 3, 1995

Katz DL. Anatomically appropriate bicycle seat. **U.S. Patent No. 5,873,626**. Issued Feb. 23, 1999

Katz DL. Speed-control pole for in-line skates and skate boards. **U.S. Patent No. 6,142,526**. Issued Nov. 7, 2000

Katz DL. Membrane-based air pressure regulation system. **U.S. Patent No. 6,241,599**. Issued June 5, 2001

Katz DL. Ergonomic lifting and transport harness. **U.S. Patent No. 6,257,633**. Issued July 10, 2001

Katz DL, et al. Diet Mapping Processes. **U.S. Patent No. 11,328,810 B2**. Issued May 10, 2022

Katz DL, et al. Dietary Fingerprinting. **U.S. Patent No. 12,073,935 B2**. Issued Aug. 27, 2024

Katz DL, et al. Diet Mapping Processes and Systems to Optimize Diet Quality and/or Minimize Environmental Impact. **U.S. Patent 12,380,987 B2**. Issued Aug. 5, 2025

Pending, Provisional & Retired:

Katz DL, et al. **Dietary Impacts on Environmental Measures (DIEM)**. Patent Pending: 9/24

Katz DL, et al. **Adaptive Component Scoring for Diet Quality Assessment**. Patent Pending: 9/24

Retired:

Katz DL. **Overall Nutritional Quality Index for Total Diet Scoring (ONQItds)**. 2010

Katz DL. **Overall Nutritional Quality Index (ONQI)**. 2007

In development:

Katz DL et al. **Diet Quality Photo Navigation + Dietary Hybridization**: 5/25

Katz DL et al. **Diet Quality Photo Navigation + DishID Personalization**: 5/25

LANGUAGES:

Fluency in English, French and Hebrew

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PERSONAL:

Married: Catherine Sananes Katz, PhD; neuroscientist; culinary artist; founder, Cuisinicity.com
(<https://www.linkedin.com/in/cuisinicity/>)

Children: Rebecca (36); Corinda (35); Valerie (30); Natalia (29); Gabriel (26)

Hobbies/Personal Interests: equestrianism (hunter/jumper; polo); carpentry; skiing; hiking; various sports; poetry/creative writing; cooking; invention in the service of need

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www.davidkatzmd.com

<https://dietid.com/>

<http://www.truehealthinitiative.org/>

Social:

<http://www.facebook.com/pages/Dr-David-L-Katz/114690721876253>

<http://twitter.com/DrDavidKatz>

<http://www.linkedin.com/pub/david-l-katz-md-mph/7/866/479/>
