



## Leveraging Action to Support Dissemination of Pregnancy Weight Gain Guidelines

---

### Speaker Biographical Sketches

#### Keynote Speakers

**Michael Lu, MD, MS, MPH** is Associate Administrator of Maternal and Child Health in the Health Resources and Services Administration of the U.S. Department of Health and Human Services. Dr. Lu's experience includes maternal and child health research, practice, and policy. Prior to his appointment, Dr. Lu chaired the Secretary's Advisory Committee on Infant Mortality. He has served on two Institute of Medicine committees as well as the Centers for Disease Control and Prevention Select Panel on Preconception Care. In his previous position at the University of California (UC) Los Angeles, Dr. Lu was lead investigator for the National Children's Study and led a project to monitor and improve the quality and safety of maternity care in California. He is best known for his research on racial-ethnic disparities in birth outcomes. Dr. Lu has received numerous awards for his teaching, including Excellence in Teaching Awards from the Association of Professors of Gynecology and Obstetrics. Dr. Lu received his master's degree in health and medical sciences and public health from UC Berkeley, medical degree from UC San Francisco. He completed his residency training in obstetrics and gynecology from UC Irvine.

**Jeanne A. Conry, MD, PhD** is President-elect for the American Congress of Obstetricians and Gynecologists, and Assistant Physician in Chief at the Permanente Medical Group in Sacramento-Roseville, CA. She is Associate Clinical Professor of Ob-Gyn at the University of California, Davis. She has been practicing ob-gyn with the Permanente Medical Group for more than 20 years. Dr. Conry's clinical interests include well woman health care and preconception care. She served as chair of the California Preconception Care Council from 2006 to 2010 and currently serves on the Centers for Disease Control and Prevention Select Panel on Preconception, a coalition of government and health care providers that seeks to improve pregnancy outcomes by emphasizing the need for healthy choices across the reproductive life span of women. As assistant physician in chief at the Permanente Medical Group, Dr. Conry oversaw the group's chronic conditions management program, making sure the particular needs of women and preconception care were included. She currently oversees health and wellness activities, focusing on the health and well-being of Kaiser Permanente members, employees, and the Sacramento community overall through focused wellness programs. Dr. Conry received her medical degree from and completed her residency training at the University of California, Davis. Prior to medical school, Dr. Conry earned a doctor of philosophy in biology at the University of Colorado-Boulder.

## **Session I: Communicating the Pregnancy Weight Gain Guidelines**

**Kathleen Rasmussen, ScD, RD** is Professor of Nutrition, Division of Nutritional Sciences, at Cornell University. Dr. Rasmussen is internationally known for her research on maternal and child nutrition, particularly in the areas of pregnancy and lactation. She has served as program director for Cornell's National Institutes of Health (NIH) sponsored training grant in maternal and child nutrition since 1986 and has also directed a training grant in international maternal and child nutrition. Dr. Rasmussen has taught a nationally recognized course in maternal and child nutrition for graduate students since 1980 and has co-taught a unique course on public health nutrition for undergraduate students since 1998. Continuing her interest in mentoring the future leaders in nutrition, Dr. Rasmussen serves as the principal faculty member at the Dannon Nutrition Leadership Institute, which she helped to develop in 1998. In 2006, she received the first Excellence in Nutrition Education Award to be given by the American Society for Nutrition. Dr. Rasmussen has served as secretary and then president of the American Society of Nutritional Sciences and also as president of the International Society for Research on Human Milk and Lactation. She has previously been associate dean and secretary of the University Faculty and served a 4-year term on Cornell's Board of Trustees as one of its faculty-elected members. Dr. Rasmussen was a member of the recent DBASSE-IOM (Division of Behavioral and Social Sciences and Education-Institute of Medicine) Committee on the Impact of Pregnancy Weight on Maternal and Child Health and served on the IOM Committee on Nutritional Status During Pregnancy and Lactation and its Subcommittee on Nutrition During Lactation, as well as the Committee on Scientific Evaluation of the WIC (Women, Infants, and Children) Nutrition Risk Criteria. She received her A.B. degree from Brown University in molecular biology and both her Sc.M. and Sc.D. degrees from Harvard University in nutrition.

**Anna Maria Siega-Riz, PhD, RD** is associate professor in the Department of Epidemiology with a joint appointment in the Department of Nutrition in the School of Public Health at the University of North Carolina (UNC), Chapel Hill. Dr. Siega-Riz is a fellow at the Carolina Population Center and serves as the associate chair of epidemiology and director of the Nutrition Epidemiology Core for the Clinical Nutrition Research Center in the Department of Nutrition at UNC. She is also the program leader for the Reproductive, Perinatal and Pediatric Program in the Department of Epidemiology. She has expertise in gestational weight gain, maternal nutritional status and its effects on birth outcomes, obesity development, and trends and intakes among children and Hispanic populations. Dr. Siega-Riz uses a multidisciplinary team perspective as a way to address complex problems such as prematurity, fetal programming, and racial disparities and outcomes. She received the March of Dimes Agnes Higgins Award for Maternal and Fetal Nutrition in 2007, which recognizes professional contributions and outstanding service in the area of maternal and fetal nutrition. Dr. Siega-Riz earned a B.S.P.H. in nutrition from the School of Public Health at UNC, Chapel Hill; an M.S. in food, nutrition, and food service management from UNC, Greensboro; and a Ph.D. in nutrition and epidemiology from the School of Public Health at UNC, Chapel Hill.

## Session II: Supporting Behavior Change

**Josephine Cialone, MS, RD** is Head of the Nutrition Services Branch–North Carolina Division of Public Health. She has worked in public health nutrition in North Carolina for over 30 years, beginning her career in a local health department. During her career Ms. Cialone has worked within Title V Programs and the WIC Program in North Carolina to support implementation of nutrition care to women, infants and children within the Women’s and Children’s Health Section. Ms. Cialone is a Registered Dietitian and has a Master of Science degree in Public Health Nutrition from Case Western Reserve University in Cleveland, Ohio. She is active in the Academy of Nutrition and Dietetics.

**M. Christina Johnson, CNM, MS** is Director of Professional Practice and Health Policy at the American College of Nurse-Midwives. Ms. Johnson provides leadership related to shaping national policy, legislation and reform affecting the profession of midwifery. She participates in the development of national and international practice, regulatory and educational standards, represents certified nurse-midwives and certified midwives to the public and in the health policy arena, and provides individualized professional practice guidance. Ms. Johnson was previously the founding director of midwifery services at Maryland General Hospital in Baltimore, where she continues to provide a full range of primary, gynecologic, antenatal, intra-partum, and postpartum women’s health services. Ms. Johnson has trained resident physicians, midwives, and undergraduate and graduate level nurses and other students domestically and abroad. She has attended over 1000 births in hospital, home, and birth center settings. Ms. Johnson earned a bachelor’s degree in psychology from Virginia Tech, a nursing diploma from Bronson Methodist Hospital School of Nursing, and a master’s degree in nurse-midwifery from Stony Brook University.

**Dotun Ogunyemi, MD** is an Obstetrician Gynecologist and a Maternal Fetal Medicine Specialist. He is a Clinical Services Professor at the David Geffen School of Medicine at the University of California, Los Angeles (UCLA) and the faculty advisor in the dean’s office. Throughout his career Dr. Ogunyemi has received numerous awards for medical education and clinical research, including the Association of Professors of Obstetrics and Gynecology Award for Educator of the Year 2001, 2007; Council on Residency Education in Gynecologists & Obstetrician CREOG National Faculty Award 2009; Blue Ribbon Award for birth weight for gestational age patterns at the American College of Obstetricians and Gynecologists' 52nd Annual Clinical Meeting, 2005; award for best presentation for noninvasive cutaneous cardiovascular dynamics patterns as predictors of preterm delivery in 2002 at the Annual Congress of the Japan Society of Obstetrics & Gynecology. Dr. Ogunyemi has written numerous articles for peer-reviewed journals. He is the past chair and on the executive committee of the National Medicine Association, OBGYN section, on the board of trustees of the Educational Commission for Foreign Medical Graduates ECFMG and subcommittees of education and global health for the Society of Maternal-Fetal Medicine. Dr. Ogunyemi received his medical degree from the University of Ibadan, Nigeria. He completed an obstetrics and gynecology residency at LA County King Drew medical Center and completed his maternal fetal medicine fellowship at David Geffen school of Medicine at UCLA.

### Session III: Implementing the Guidelines

#### Introductory Remarks:

**Debra R. Whitford** is Director of the Supplemental Food Programs Division (SFPD) at the U.S. Department of Agriculture. As Director, she is responsible for the management and oversight of the WIC program, the WIC Farmers' Market Nutrition Program and the Senior Farmers' Market Nutrition Program. Prior to her appointment, she served for 10 years as Chief of Policy and Program Development, at SFPD. In this capacity, Ms. Whitford was responsible for developing legislative and regulatory proposals, and policy guidance for a wide range of WIC Program areas including vendor management, food package, certification, and nutritional risk. In addition, her branch managed all aspects of the WIC and Senior Farmers' Market Nutrition Programs. Before moving to the policy side of the division, she served for four years as the Head of the WIC Funding Section. Ms. Whitford has been with the WIC Program for over 33 years. She has a bachelor's degree in Early Childhood Education.

#### Speakers:

**Michele Lawler, MS RD** is Deputy Director in the Division of State and Community Health (DSCH) in the Health Resources and Service Administration's Maternal and Child Health Bureau. DSCH provides national leadership, direction, and administrative oversight for the Title V Maternal and Child Health Services Block Grant to States Program, the State Systems Developments Initiative and Cooperative Agreements with the Association of Maternal and Child Health Programs and CityMatCH. In addition to her administrative and supervisory responsibilities, Ms. Lawler serves as the Project Officer for the Region V State Maternal and Child Health Block Grants. She also serves as the Project Officer for two HRSA-funded Task Orders which support: (1) the continued development, maintenance and enhancement of the web-based Title V Information System; and (2) the Implementation of the 2009 Institute of Medicine's Weight Gain Guidelines During Pregnancy. Ms. Lawler served as the HRSA Project Officer for a previous Task Order with the IOM, which supported the re-examination of the 1990 pregnancy weight gain guidelines. Prior to coming to the Maternal and Child Health Bureau in 1998, Ms. Lawler held a nutritionist position in the Food and Nutrition Services of the United States Department of Agriculture. Her prior professional experience included positions as a local agency WIC Nutritionist and MCH Nutritionist, Visiting Assistant Professor in a Coordinated Undergraduate Program in Dietetics, adjunct instructor for several college nutrition courses and consultant nutritionist.

**Suzanne Phelan, PhD** is Associate Professor of Kinesiology at California Polytechnic State University and also holds the position of Adjunct Associate Professor of Psychiatry and Human Behavior at Brown Medical School. Her principal research interest is in applying behavioral methods to prevent and treat obesity. She is co-investigator of the National Weight Control Registry, which is an ongoing longitudinal study evaluating over 10,000 successful weight losers. Phelan is also conducting research on lifestyle interventions to prevent pregnancy-associated weight retention and obesity. She has several publications and numerous professional presentations in the area of obesity. Dr. Phelan earned her master's degree and PhD in Clinical Psychology from MCP Hahnemann University. She completed her internship in behavioral medicine at Brown University.

**Richard Sass** is Chairman of Contact Wellness Foundation in Portland Oregon. Over the past 47 years he has successfully founded, directed, and exited companies within the medical technology arena and continues to consult with companies on design and manufacture of medical products with disruptive technologies. Mr. Sass founded Contact Wellness as part of his personal contribution to healthcare reform, representing his desire to move beyond the delivery of innovative medical products to the creation of motivational tools leading to positive changes for those living with chronic disease. He currently serves as Chairman of the Board and is a member of the Executive Committee. Mr. Sass holds a BA in Business Administration from Michigan State University and is a Fellow of the Royal Society of the Arts, London.

## Session IV: Collaborating for Action

**Regina Davis Moss, PhD, MPH, MCHES** is the Associate Executive Director of Public Health Policy and Practice for the American Public Health Association where she oversees a broad portfolio of programs and activities ranging from continuing education to global health. She has nearly 20 years experience managing national health promotion and disease prevention initiatives addressing areas such as reproductive health, healthy aging, obesity prevention, health policy, and sustained capacity in public health. Formerly, Dr. Davis Moss held a senior management position for a healthy eating and active living education effort for the federal government. Prior to that, she worked for the Henry J. Kaiser Family Foundation where she helped launch the *Kaiser Health News* online information service and served as the senior producer. Dr. Davis Moss is a master certified health education specialist and is a member of the Delta Omega Honorary Public Health Society. She earned a doctorate of philosophy in maternal and child health from the University of Maryland, College Park, a master's in public health from The George Washington University, and a BS degree in biology from Howard University.

**Patricia Fontaine, MD, MS** is a family physician whose decades of clinical practice, teaching, and research have focused on perinatal care and women's health. She enjoyed providing maternity care for 25 years. She is currently a Senior Clinical Research Investigator at HealthPartners Research Foundation and holds an appointment as Associate Professor at the University of Minnesota, Department of Family Medicine. She has published articles and book chapters on labor pain management and medical complications of pregnancy, including hypertension, venous thromboembolism and post partum hemorrhage. Dr. Fontaine served as a peer reviewer for the Agency for Health Care Research and Quality's 2008 meta analysis, "Outcomes of Maternal Weight Gain," She has created a HealthPartners database that links electronic health records of mothers and infants, and the resulting research paper, "Evaluating BMI-specific Trimester Weight Gain Recommendations: Differences between Black and White Women" has been accepted for publication in the *Journal of Midwifery & Women's Health*. Dr. Fontaine serves as the liaison from the American Academy of Family Physicians. She is a member of the AAFP Maternity Care and Patient Safety Advisory Board and chairs the AAFP Subcommittee on Clinical Practice Guidelines.

**Douglas A. Greenaway, MDiv** is President and Chief Executive Officer of the National WIC Association of Washington, DC, the nonprofit education arm and advocacy voice of the over 9 million mothers and young children participating in the Special Supplemental Nutrition Program for Women, Infants, and Children, and the nation's over 12,200 WIC service provider agencies and clinics. Fr. Greenaway is responsible for directing the Association as well as representing the WIC community's interests to the White House, Congress, the U.S. Department of Agriculture, and other federal agencies and departments. Ordained to the Holy Order of Priests in the Anglican/Episcopal Diocese of Washington in 2000, Douglas serves as Associate Rector at St. Paul's Rock Creek Parish and as an Assistant at St. Paul's Parish, K Street. He previously served as Assistant Rector at St. Alban's Parish on Mount St. Albans. He holds a Master of Divinity from Wesley Theological Seminary, a Master of Architecture from the Catholic University of America, in Washington, DC, and is a graduate of Carleton University, Ottawa, Canada.

**Anne Santa-Donato, MSN, RNC** is the Director of Childbearing and Newborn Programs at the Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN) and has over 35 years of experience in perinatal nursing practice, education and administration. Her primary areas of expertise are in high-risk perinatal nursing and nursing education. Ms. Santa-Donato has co-authored, edited, and contributed to publications related to antepartum fetal assessment, low- and high- risk perinatal care, breastfeeding, prematurity and late preterm infant care. She also directs and evaluates AWHONN's evidence-based guideline development program, and is the staff co-chair for AWHONN childbearing and newborn-related advisory panels. In her role, she collaborates with professional partners and consumer organizations such as the March of Dimes, ACOG, AAP, the NICHD's National Child and Maternal Health Education Program, and the National Healthy Mothers, Healthy Babies Coalition. Ms. Santa-Donato also leads and provides administrative oversight for AWHONN's Late Preterm Infant Initiative and Research-

Based Practice Project. She is a co-author of the article, *Newborn Clinical Outcomes of the AWHONN Late Preterm Infant Research-Based Practice Project* published in 2012 in the *Journal of Obstetric, Gynecologic and Neonatal Nursing*. This multiyear effort is designed to improve the health of late preterm newborns by providing educational resources for nurses and other clinicians, and promoting evidence-based change in practice to reduce morbidity and mortality in this vulnerable population. Ms. Santa-Donato holds a Master of Science degree in Maternal-Infant Nursing from the Catholic University of America in Washington, DC.