

*The National Academies of*  
**SCIENCES • ENGINEERING • MEDICINE**  
*The Health and Medical Dimensions of Social Isolation and Loneliness in Older Adults*  
A Workshop

February 27, 2019

**Invited Speaker Biosketches**

**Martha Bruce, Ph.D., M.P.H.**  
**The Dartmouth Institute**

Martha Bruce is a professor of psychiatry and of community and family medicine at The Geisel School of Medicine at Dartmouth and The Dartmouth Institute for Health Policy and Clinical Practice. As an implementation scientist, she integrates clinical, sociological, and public health perspectives in the development of clinically relevant interventions designed to reach as many individuals in need as possible. In developing interventions targeting depression in frail older adults, she has worked in partnership with community providers (e.g., primary care, home healthcare, aging services) to enhance sustainability and scalability. The overarching goal of this research is reducing their risk of depression, suicidality, and disability, increasing ability to live independently, and improving access to quality mental health care. Bruce's career has also focused on mentoring graduate students, postdoctoral fellows, and early career investigators. She has been principal investigator of two NIH-funded R25 grants that support national mentoring networks for early and mid-career researchers, co-director of three NIH postdoctoral training programs, and member of the national advisory committee for the Robert Wood Johnson Foundation's Health and Society Scholars Program. In addition to her role as director of faculty mentoring at The Dartmouth Institute, Bruce co-leads Dartmouth SYNERGY's Program for Education, Training, and Career Development. Prior to joining the faculty at Dartmouth, Bruce was a professor of sociology in psychiatry at a Weill Cornell Medical College. There, she served as psychiatry's associate vice chair for research, and as co-director of Cornell's NIH-funded Advanced Research Center for Geriatric Mood Disorders. Bruce received her PhD in sociology, MPH in health services, and completed postdoctoral training in psychiatric epidemiology at Yale University.

**James Coan, Ph.D.**  
**University of Virginia**

James Coan is Professor of Psychology at the University of Virginia. Utilizing a variety of measures, including functional magnetic resonance imaging (fMRI), Coan studies the social regulation of perception, emotion, and effort, emphasizing the neural systems supporting social relationships. Their work suggests that self-regulation is an effortful, costly, largely prefrontally-mediated process, while social forms of regulation are often the more "bottom-up" consequences of shifts in the perception of prevailing demands. Social regulation strategies are on average less personally costly, so people tend to "outsource" cognitive and emotional work—including vigilance, attention, memory, and emotion-regulation—to their social networks, as a means of conserving both metabolic and computational resources within the central nervous system, not least those of the prefrontal cortex. In this way, social relationships economize cognitive and emotional labor, with downstream consequences for health and well being. The role of social networks in the regulation of cognitive and emotional effort grows as individuals age and personal capabilities decline. Moreover, aging individuals who are active participants in the networks of others (friends, children, grandchildren), experience that participation as a potent source of well-being itself. The Coan Lab has been drawing on these observations and others to develop "social baseline theory," an integrative account of how humans regulate each other with social proximity and interaction.

**Steve Ewell, M.B.A.****Consumer Technology Association Foundation**

Steve Ewell is the executive director of the Consumer Technology Association (CTA) Foundation, a charitable foundation with the mission of linking seniors and people with disabilities with technology that can enhance their lives. He joined the CTA Foundation in January 2012 and is the first person to hold this position. Prior to joining the CTA Foundation he served in other nonprofit leadership roles. He was managing director of the InfraGard National Members Alliance (INMA), a public private partnership with the FBI focused on promoting and developing critical infrastructure protection, with 86 chapters and more than 40,000 members. While at Business Executives for National Security (BENS), Steve served as the director of the Metro Washington, DC region where he built the membership in DC, Maryland and Virginia into one of the largest and most active regions in the organization through a wide variety of policy engagements and programs. Steve graduated cum laude from Drew University with a Bachelors of Arts and earned his MBA and Masters in information and telecommunications systems from Johns Hopkins University's Carey Business School. He serves on the Board of Directors of Grantmakers in Aging and the Washington Cyber Roundtable.

**Linda Fried, M.D., M.P.H.****Columbia University**

Dr. Linda P. Fried, Dean of Columbia's Mailman School of Public Health (since 2008) is a leader in the fields of epidemiology and geriatric medicine. Trained in cardiovascular and chronic disease epidemiology, she has dedicated her career to the science of healthy aging and prevention of frailty, disability and cardiovascular disease, and defining how to transition to a world where greater longevity benefits people of all ages. She is the co-designer and co-founder of Experience Corps, a community-based senior volunteer program that places older volunteers in public elementary schools to support the academic success of the children; it has at its center an evidence-based public health program that embeds prevention of cognitive and physical decline in older age into the program design. Since 2006, Dr. Fried has served as a member of the international MacArthur Foundation think tank "Aging Society Network", to create a roadmap to a successful society of longer lives. Dr. Fried has been the Principal Investigator of major longitudinal cohort studies, including the Cardiovascular Health Study (1989-2008; NHLBI), the Women's Health and Aging Studies I (1990-2008; NIA) and II (1993-2008; NIA), recipient of NIH MERIT Award to determine the pathophysiology of frailty (1998-2008; NIA), and Director of the Johns Hopkins Functional Status Laboratory (1987-1995). She has also served as Principal Investigator of NIH-funded randomized controlled trials, including the GEM trial of Ginkgo Biloba (NHLBI) and the Experience Corps trial (NIA Program Project). Programmatically, at the Johns Hopkins Medical Institutions until 2008 (where she served as the Director of the pan-medical center Center on Aging and Health, of the Division of Geriatric Medicine, and of the Training Program in the Epidemiology and Biostatistics of Aging), she was the founding Principal Investigator of the Johns Hopkins older Americans Independence Center (Pepper Center; NIA) and co-Principal Investigator of the NIA-funded Demography of Aging Center, Status of Women in Academic Medicine, Deputy Department Chair for Clinical Research, and the Mason F. Lord Professor of Geriatric Medicine. Dr. Fried was the founding Chair of the Johns Hopkins Department of Medicine Task Force in the Academic Careers of Women in Medicine (1989-1995) and of the Johns Hopkins University President's Task Force on the Status of Women in Academic Careers, 1998-2003. Dr. Fried is an elected member of the US National Academy of Medicine (since 2000), and currently serves as an elected member of its executive Council. Elected to the Association of American Physicians in 2000, she served as its President from 2016-17. She was a member of the Council of the National Institute on Aging, served from 2006-2016 as a member of the World Economic Forum's Global Agenda Council on Aging, and is an elected member of the Council on Foreign Relations. She is the recipient of numerous honors and award, most recently the 2016 French INSERM International Prize in Medical Research and the 2018 Crain's Notable Women in Health Care.

**Jeanne-Marie Guise, M.D., M.P.H.**  
**Oregon Health & Science University**

Dr. Guise is Professor with tenure in the Departments of Obstetrics & Gynecology, Emergency Medicine, Medical Informatics & Clinical Epidemiology and the OHSU-PSU School of Public Health. She is Director of the Scientific Resource Center for the Agency for Healthcare Research and Quality (AHRQ) Evidence-based Practice Center program and Associate Director of US Cochrane West. She has conducted evidence reviews for over 20 years that inform health policy for the United States (US) Preventive Services Task Force, the US Department of Health and Human Services' Office on Women's Health, the Canadian Task Force on Preventive Health Care, the National Institutes of Health (NIH) Consensus Conferences, professional organizations, and the Cochrane Collaboration. She has participated in methods development for rapid reviews, complex interventions, and engaging stakeholders in evidence reviews and research and she has a particular focus on developing solutions to get evidence implemented into practice. Dedicated to training and mentoring, she leads research training programs including the NIH-funded Building Interdisciplinary Research Careers in Women's Health (BIRCWH) program, a new AHRQ-funded program in partnership with Dr. Lucy Savitz in patient-centered learning health system science, and she is Director of the Physician Scientist Program for the OHSU School of Medicine. Improving healthcare quality and patient safety is a critical focus of her research, clinical care, and leadership. She has over 20 years of continuous federally funded research in patient safety, informatics, and women and children's health ranging from community-based research and epidemiological studies to evidence reviews and information technology. Dr. Guise received her medical degree from the University of Washington and completed residency training in Obstetrics and Gynecology from the University of North Carolina at Chapel Hill. She attended the Robert Wood Johnson Core Curriculum and received a Master's degree in Public Health in Epidemiology from the University of North Carolina as a National Research Service Award Primary Care Research fellow and she is a graduate of the Executive Leadership in Academic Medicine (ELAM) program.

**Jessica Retrum, Ph.D., LCSW**  
**Metropolitan State University of Denver**

Dr. Jess Retrum is Chair and Associate Professor of Metropolitan State University (MSU) of Denver's Department of Social Work. After eight years of clinical practice in aging and end-of-life care, followed by five years of research and doctoral training focused on older adults and caregivers, she has focused her nine-year teaching career on training social workers and other public health professionals. She was hired by AARP Foundation to conduct two projects (2013 & 2017) studying the literature and unpublished works related to social isolation in older adults. For the past six years, she has served as lead faculty for gerontology and health-related courses. She is a co-investigator on a randomized controlled trial (RCT) pilot study to refine and test the ALIGN intervention focused on integrating palliative care social workers into sub-acute settings. She is also the evaluator for two Health Resources and Services Administration Behavioral Health Workforce Education and Training grants. Prior to her research training, she spent eight years working with older adults in medical settings: hospice, home care and inpatient hospice care, including sub-acute care settings. Her research training has concentrated on health and the biopsychosocial needs of adults with serious illness and their families. She has designed and implemented quantitative and qualitative research studies both independently and as part of a team, including research with the University of Denver (DU) Institute of Gerontology from 2005-2009. From 2008-2010, she was a co-PI on a research team examining the needs of chronic heart failure patients and their caregivers for palliative care funded by the UCD Hartford/Jahnigen Division of Geriatrics Center of Excellence in Geriatric Medicine; UCD Mordecai Palliative Care Pilot Grants Fund. As Postdoctoral Fellow in Public Health Systems and Service Research funded by Robert Wood Johnson Foundation from 2010-2013 she worked for University of Colorado at Denver's (UCD) Center for Network Science.

**Lucy Savitz, Ph.D., M.B.A.**  
**Kaiser Permanente Center for Health Research**

Lucy Savitz is a health services researcher with extensive experience translating scientific findings into clinical practice. As director of the Center for Health Research, she oversees the work of about 35 investigators and 255 staff members at CHR's offices in Portland, Oregon, and Honolulu, Hawaii. Prior to joining Kaiser Permanente in 2017, Dr. Savitz served as assistant vice president for delivery system science in the Intermountain Healthcare Institute for Healthcare Delivery Research, where she was responsible for facilitating mission-critical health services research and enhancing the scientific stature of clinical investigators. She was also a research professor in epidemiology at the University of Utah School of Medicine as well as adjunct associate professor of nursing, pediatrics, and family & preventive medicine there. While at Intermountain, Dr. Savitz was an elected member of the Board of Directors for the High Value Health Care Collaborative and oversaw the Discovery and Dissemination Board Subcommittee—a group of 14 leading delivery systems across the U.S. committed to driving transformational change in quality and payment reform. She has worked as an economist for the Colorado State Legislature, a financial planner at UNC Health Care, a researcher in the Rural Health Program at the Cecil G. Sheps Center for Health Services Research, a faculty member at the University of North Carolina School of Public Health in Chapel Hill, a senior health services researcher at RTI in the Health Care Quality and Outcomes Program, and a senior associate at Abt Associates, Inc. Nationally, Dr. Savitz serves on the Methods Council, Delivery System Science Fellowship Program Committee, and chairs the Committee for Advocacy in Public Policy at Academy Health. In 2018, she was elected to a two-year term (2019–21) as Chair of the Board of Directors for the Health Care Systems Research Network. She is an editor for eGEMS (Generating Evidence & Methods to improve patient outcomes) and Pediatric Quality & Safety. She is an invited member of the Center for Medicare and Medicare Services Executive Leadership Council, the National Advisory Council for the Agency for Healthcare Research and Quality, and the National Policy Council of AARP. She continues to serve as faculty for the Institute for Healthcare Improvement. Dr. Savitz has been acknowledged as an examiner for the 2001 and 2002 Malcolm Baldrige National Quality Program, administered by the National Institute for Standards and Technology in the U.S. Department of Commerce and the American Society for Quality. Dr. Savitz earned her PhD in health policy and administration with a minor in medical geography from the University of North Carolina at Chapel Hill, and her MBA and bachelor of science degree in business administration from the University of Denver.

**Bert Uchino, Ph.D.**  
**University of Utah**

Dr. Uchino's research is focused on the physiological pathways linking psychosocial processes to physical health outcomes. More specifically, he has attempted to model the biological pathways by which relationships, stress, and coping processes may ultimately influence health outcomes such as cardiovascular disease. This research has led to the development of novel conceptualizations of links between relationships and health (Uchino, 2009; Uchino et al., 2014), as well as integrated perspectives on the cardiovascular, neuroendocrine, and immune systems as mechanisms linking social ties to significant physical health outcomes (Uchino, 2004; Uchino, Cacioppo, & Kiecolt-Glaser, 1996; Uchino & Way, 2017). A cross-cutting interest of Dr. Uchino is also the biological mechanisms linking age to stress and social support processes from a lifespan perspective. His work on social support has led to the development of a broader model of relationships and health. Dr. Uchino's research on this broad model suggests that such ambivalent ties are uniquely related to detrimental influences on health and thus can be used to guide work on more downstream or micro-level relationship processes and their links to health. An additional area in which Dr. Uchino has made contributions is understanding age-related differences in biological function during stress. Most of this work in lifespan development focused on how older adults are better at coping with stress due to experience and socio-emotional goals. Dr. Uchino's research

has suggested that older adults show greater cardiovascular reactivity to stress in both the laboratory and daily life.

**Colin Walsh, M.D.**  
**Vanderbilt University Medical Center**

Dr. Colin G. Walsh is a practicing internist and clinical informatician who joined Vanderbilt University as Assistant Professor of Biomedical Informatics, Medicine, and Psychiatry in early 2015. His research is focused in predictive analytics applied to vulnerable populations, clinical workflow, and decision support at the point-of-care. His foci of research and operational work are: 1) machine learning/data science applied to use-cases in mental health; 2) utilization optimization and quality improvement; 3) an analytics approach to value-based healthcare. As Founder and Principal Investigator of the Health Analytics for Risk, Behavioral, and Operations Research (HARBOR) Lab, he is mentoring multiple trainees ranging from undergraduates to informatics PhD candidates to practicing clinical sub-specialists. After undergraduate training in mechanical engineering at Princeton University, Dr. Walsh attended medical school at the University of Chicago. He completed residency and chief residency in internal medicine at Columbia University Medical Center. He studied machine learning and data science in the domain of hospital readmission risk prediction at Columbia University under research mentor, Dr. George Hripcsak, in fellowship in Biomedical Informatics funded by the National Library of Medicine. At Vanderbilt, he continues to develop clinically-grounded predictive models using data science approaches on structured and unstructured clinical data. Examples of active projects range from: Machine learning and natural language processing approaches to predict and phenotype risks of suicidality; analytics approaches to support value-based healthcare; visual analytics and machine learning approaches to predict healthcare utilization to support interventions in quality and clinical improvement; and algorithms that identify and predict unnecessary healthcare service utilization in Choosing Wisely.