

**Standing Committee on Evidence Synthesis and  
Communications in Diet and Chronic Disease Relationships**

**WORKSHOP ON BEST PRACTICES FOR EFFECTIVE NUTRITION  
COMMUNICATIONS**

September 21, 2022

**PANELIST BIOS**

**Joseph S. Alpert, MD** is Professor of Medicine in the Department of Medicine at the University of Arizona (UA) College of Medicine, Tucson, United States. Dr. Alpert earned his undergraduate degree from Yale University, New Haven, Connecticut (magna cum laude), and his medical degree from Harvard Medical School, Boston, Massachusetts (cum laude). He completed his residency in internal medicine and a fellowship in cardiovascular disease at the Peter Bent Brigham Hospital (now Brigham and Women's Hospital) in Boston. After his fellowship, Dr. Alpert served as staff cardiologist and director of the coronary care unit at the Naval Regional Medical Center in San Diego, California, where he was also an assistant professor of medicine at the University of California, San Diego. Following his military service, Dr. Alpert returned to the Harvard Medical School and the Peter Bent Brigham Hospital where he was director of the Samuel A. Levine Cardiac Unit. In 1978, he joined the faculty of the University of Massachusetts Medical School as Professor of Medicine and Director of the Division of Cardiovascular Medicine before moving to the University of Arizona in 1992. From 1992 – 2006, he served as Chairman of the Department of Medicine at the University of Arizona College of Medicine in Tucson.

Dr. Alpert has received numerous awards for excellence in teaching from, among others, the Peter Bent Brigham Hospital, the United States Navy, the University of Massachusetts, and the University of Arizona. In 2004, he received the Gifted Teacher Award from the American College of Cardiology (ACC). Dr. Alpert is a past chairman of the Council on Clinical Cardiology of the American Heart Association from which he received the Distinguished Achievement Award in 2001. He is a master of the American College of Physicians and a fellow of the Council on Clinical Cardiology of the American Heart Association, the American College of Cardiology, the American College of Chest Physicians, and the European Society of Cardiology. Dr. Alpert and his wife, Qin Chen, PhD, were co-chairs for the Southern Arizona American Heart Association Heart Ball, the largest social event in southern Arizona. He has served on many national and international committees of professional organizations and is a former member of the Board of Trustees of the American College of Cardiology and the Board of Directors of the American Board of Internal Medicine. Dr. Alpert has been the editor-in-chief of *The American Journal of Medicine*, since 2004 ("the Green Journal"). He has authored or edited 50 books and monographs, and more than 800 publications.

**Jeanette Betancourt**, Ed.D. is the Senior Vice President for U.S. Social Impact at Sesame Workshop, the global nonprofit educational organization whose mission is to help all children become smarter, stronger, and kinder. She directs the department and the creation along with the implementation of Sesame Street social impact initiatives meeting the needs of children and families, especially those most marginalized. These research-based initiatives impact children's social and emotional well-being, early learning, and address the long-term effects of trauma, systemic racism, and inequities. Each initiative offers strategies and bilingual (English/Spanish) resources to foster nurturing connections with the key adults in children's lives while developing circles of care for their equitable and long-term well-being. The initiatives include strategic implementation and professional development with national and local organizations. Prior to joining Sesame Workshop, Dr. Betancourt created bilingual programs in adult learning and early childhood education at Teachers College, Columbia University. She is a licensed bilingual speech and language pathologist and educational therapist. She holds several positions at national and local boards addressing education, trauma, and health equity issues for children and adults. She also facilitated establishing a charter school network inclusive of three K-8 schools and is the Board chairperson. Dr. Betancourt has a BA and MA in Speech and Language Pathology; an MS in Bilingual Reading/Special Education, and an Ed.D. in Special Education.

**Dr. Cinnamon Bloss** is a tenured Professor of Public Health, Psychiatry, and Medicine at the University of California San Diego. She is the Founding Director of the Center for Empathy and Technology, situated within the UCSD Institute for Empathy and Compassion, where she also serves as Associate Director. Dr. Bloss conducts interdisciplinary research focused on social and behavioral phenomena related to emerging information and biotechnologies. Her research has been funded by the National Institutes of Health, the Defense Advanced Research Projects Agency, and philanthropic donations. In 2021, Dr. Bloss was appointed by the NIH Director to serve as Chair of the Novel and Exceptional Technology and Research Advisory Committee, a federal advisory committee that provides recommendations to the NIH Director and a public forum for the discussion of scientific, safety, and ethical issues associated with emerging biotechnologies. Prior to assuming the chairpersonship of the committee, she served as Co-chair of the Gene Drives in Biomedical Research Working Group. Dr. Bloss was recognized by the Western Societies of Medicine with the Carmel Prize for Research Excellence and has published over 100 papers. She was honored by the American Society of Human Genetics as the recipient of the 2022 Mentorship Award and has mentored over 50 trainees. She has received multiple teaching awards at UCSD, where she also founded a new concentration in Technology and Precision Health for the Master in Public Health degree. Dr. Bloss currently serves as Interim Assistant Dean of Academic Affairs in the Herbert Wertheim School of Public Health. She is a California-licensed clinical psychologist.

**Dr. Marie Bragg** earned her PhD in clinical psychology at Yale University and is currently an Assistant Professor in the Department of Population Health at the NYU School of Medicine. She received the NIH Early Independence Award and an RO1 from the National Cancer Institute to study how exposure to unhealthy food and beverage advertisements affects food choices among Black and Latinx youth. She has mentored more than 100 students in her research lab during the past seven years, and recently received the Mentor of the Year Award from her department,

the Outstanding Postdoctoral Mentor of the Year Award from the NYU School of Medicine, and the Best in Medical Education Collaboration Award from the NYU School of Medicine.

**Timothy Caulfield** is a Canada Research Chair in Health Law and Policy, a Professor in the Faculty of Law and the School of Public Health, and Research Director of the Health Law Institute at the University of Alberta. His interdisciplinary research on topics like stem cells, genetics, research ethics, the public representations of science, and public health policy has allowed him to publish over 350 academic articles. He has won numerous academic, science communication, and writing awards, and is a Fellow of the Royal Society of Canada and the Canadian Academy of Health Sciences. He contributes frequently to the popular press and is the author of two national bestsellers: *The Cure for Everything: Untangling the Twisted Messages about Health, Fitness and Happiness* (Penguin 2012) and *Is Gwyneth Paltrow Wrong About Everything?: When Celebrity Culture and Science Clash* (Penguin 2015). His most recent book is *Relax, Dammit!: A User's Guide to the Age of Anxiety* (Penguin Random House, 2020) (US Title: *Your Day, Your Way*). Caulfield is also the co-founder of the science engagement initiative #ScienceUpFirst and the host and co-producer of the award-winning documentary TV show, *A User's Guide to Cheating Death*, which has been shown in over 60 countries, including streaming on Netflix in North America.

**Christopher Duggan**, M.D., M.P.H. is a pediatric gastroenterologist and nutrition physician at Boston Children's Hospital where he directs the Center for Nutrition (<http://www.childrenshospital.org/nutrition>). He is Medical Director of the Center for Advanced Intestinal Rehabilitation, one of the largest centers in the US for the care of children with intestinal failure/chronic diarrhea syndromes (<http://www.childrenshospital.org/cair>). In 2019, he was named Editor-in-Chief of the *American Journal of Clinical Nutrition*, one of the top-rated peer-reviewed journals in the field of nutrition. He is Samuel Meltzer Professor of Pediatrics and Director of the Division of Nutrition at Harvard Medical School, and a Professor in the Departments of Nutrition and Global Health and Population at the Harvard TH Chan School of Public Health. He has twice received the Physician Nutrition Specialist Award from the American Society of Nutrition, was the 2015 recipient of the Fomon Nutrition Award from the American Academy of Pediatrics, and has been visiting professor in China, India, Tanzania, and many other countries.

A social entrepreneur with a relentless passion, **Deb Eschmeyer** has dedicated her career to building a better social contract with a focus on policy and communications. Deb is Founder and Partner of Original Strategies, a public affairs firm serving change agents. Deb is the former Executive Director of First Lady Michelle Obama's "Let's Move!" campaign and senior White House Policy Advisor to the President for Nutrition working to help America raise a healthier generation of kids. To ensure that all kids have the opportunity for the long, healthy lives they deserve, she championed healthier school meals and snacks for 50 million kids, a modernized Nutrition Facts label on 800,000 products depicting a refreshed design and relevant nutrition information, and leveraged the power of marketing to encourage all Americans to eat more fruits and vegetables and drink more water. Prior to serving in the Obama Administration, she co-founded FoodCorps, a national nonprofit that places AmeriCorps leaders into schools to connect kids to healthy food. While growing FoodCorps into over

500 schools in 18 states, she started an organic fruit and vegetable farm in her hometown in rural Ohio. Deb is a recipient of the James Beard Foundation Leadership Award and the Xavier University Magis Award. Deb is a tireless advocate for healthy kids and families.

**Maria Godoy** is a senior science and health editor and correspondent with NPR News. Her reporting can be heard on “Morning Edition,” “All Things Considered” and other NPR news shows and podcasts. She is also one of the hosts of NPR’s *Life Kit*. Previously, Godoy hosted NPR’s food vertical, *The Salt*, where she covered the food beat with a wide lens — investigating everything from the health effects of caffeine to the environmental and cultural impact of what we eat. Under her leadership, *The Salt* won multiple awards and was recognized as Publication of the Year in 2018 by the James Beard Foundation.

**James Hamblin**, MD, MPH is a journalist and preventive medicine physician. He is a lecturer at Yale School of Public Health and the author of *Clean: The New Science of Skin*. He has written for the New York Times, Washington Post, and Politico. For nine years he was a senior editor and staff writer at The Atlantic magazine.

**Tamar Haspel** writes the James Beard Award-winning *Washington Post* column *Unearthed*, which looks at how our diet affects us and our planet. She’s also written for *Discover*, *Vox*, *Slate*, *Fortune*, *Eater*, and *Edible Cape Cod*.

She co-hosts, with journalist Mike Grunwald, the *Climavores* podcast, which takes a good, hard, entertaining look at food’s impact on climate and environment.

Her book, *TO BOLDLY GROW*, is about the good things that happen when you roll up your sleeves, go outside, and get dirty in service of dinner. Getting food first-hand — gardening, fishing, foraging, hunting — can make your dinner better, but its real power is that it can make *you* better. It’s the secret to successful self-improvement, in a book reviewers are calling “hilarious” and “delightful.”

**Jared Hopkins** is a New York-based reporter for The Wall Street Journal, where he covers the pharmaceutical industry for the Health and Science team. His stories often explore what drugmakers are doing, writing frequently on drug development and pricing, industry trends, regulatory and legal issues, and the Covid-19 pandemic. Jared previously was a reporter at Bloomberg News, The Chicago Tribune and The Times-News in Twin Falls, Idaho. His recognition includes being named a finalist for the Livingston Award For Young Journalists, and a finalist for the Pulitzer Prize. He is a graduate of the University of Maryland-College Park.

**Sam Jones** is a biomedical scientist turned science journalist and producer based in Washington, DC. Today she’s the executive producer and co-host of the American Chemical Society’s science podcast *Tiny Matters*, and before that was the writer and host of the PBS chemistry video series *Reactions*. Her writing has appeared in outlets like The New York Times, Scientific American, Popular Science and New Scientist. You can find her on Twitter at @samjscience.

**Dhruv Khullar**, M.D., M.P.P. is a physician and assistant professor of health policy and economics at Weill Cornell Medical College. He is also a writer at The New Yorker, where he writes about medicine, health care, and politics. He currently serves as Director of Policy Dissemination at the Physicians Foundation Center for Physician Practice and Leadership, and was recently a Senior Research Fellow at NYC Health + Hospitals. His research focuses on value-based care, health disparities, and medical innovation, and has been published in JAMA and The New England Journal of Medicine.

**Gina Kolata**, is a reporter at The New York Times, focusing on science and medicine. Her training is in science: She studied molecular biology on the graduate level at M.I.T. for a year and a half and has a master's degree in applied mathematics from the University of Maryland.

**Renny Lewis** works as a Producer for NBC News' Health and Medical Unit, an editorial center that deals with all of the platforms of NBC News, including TODAY, Nightly News, and new streaming platforms. Her areas of interest include Covid-19, infectious diseases, cancer, consumer health, food safety, and nutrition. She was a pre-medical student at Yale University and attended Columbia's Vagelos College of Physicians and Surgeons before pursuing a career in medical journalism.

**Alfredo Morabia** serves as the Editor in Chief of the American Journal of Public Health (since 2015). He is currently Professor of Epidemiology at the Barry Commoner Center for Health and the Environment at Queens College, City University of New York and Professor of Clinical Epidemiology, Department of Epidemiology, Mailman School of Public Health, Columbia University. He is the Principal Investigator of the on-going World Trade Center-Heart cohort study.

**Anne Mullen** is Chief Editor of Nature Food, a Nature Research Portfolio journal that publishes commentary and primary research on food and nutrition security, and sustainable food systems. As Director of Nutrition at The Dairy Council for Great Britain, she commissioned research and communicated evidence on dairy, human nutrition and health to professional and lay audiences. She was a lecturer in Nutritional Sciences at King's College London and led research on nutrient-modifiable inflammation in metabolic syndrome, with a special interest in the management of HIV. She collaborated on an intervention with ready-to-use therapeutic food in malnourished HIV-positive Ugandan adults, and as a research fellow at the London School of Hygiene and Tropical Medicine investigated the effects of a micronutrient-fortified porridge on inflammation and nutrition in HIV-exposed Zambian infants. Anne trained as a dietitian and obtained her PhD in molecular nutrition from Trinity College Dublin.

**Latif Nasser** is co-host of the New York Public Radio show *Radiolab*, where he has done stories on everything from professional badminton to the nuclear button to a polar bear who liked to have sex with grizzly bears. Latif also hosted the miniseries "The Other Latif," about a Guantanamo detainee who shares his name. In addition to his work in audio, Latif is the host



and executive producer for the Netflix science documentary series, *Connected*. He has given two TED talks, and written for the Boston Globe Ideas section. He got his PhD from Harvard's History of Science department in 2014.

**Susanna Pollack** is a cross-sector leader focused on advancing ambitious social impact goals through traditional and interactive media. As President of Games for Change, Susanna leads a global nonprofit and community driving real-world impact through games. For nearly 20 years, Games For Change has supported the world's largest community of creators and innovators who are using games and immersive media to help people learn, improve their communities, and make the world a better place.

**Tara Parker-Pope** is the editor of Well+Being, the new personal health section of The Washington Post. She is an Emmy-award winning editor and columnist who has devoted most of her career to consumer health service journalism. Before joining The Post, she was the founding editor of "Well," the New York Times's health site and was part of the team awarded the Pulitzer Prize for public service for coverage of the pandemic. Previously she worked as the Health Journal columnist for the Wall Street Journal. The daughter of an Air Force pilot, Tara grew up in Arizona, Japan, Taiwan, Texas and Ohio. She is co-founder of East Coast Power Volleyball Club, one of the largest youth volleyball programs in the United States.

**John Pham** is the Editor-in-Chief of Cell. He received his PhD from Northwestern University, where he studied the mechanisms of RNA splicing and RNA interference with Dr. Erik Sontheimer. He conducted postdoctoral work at Harvard Medical School and Brigham and Women's Hospital. At Cell Press, John is an advisor on a number of issues, including publishing ethics and research integrity, and he has worked on initiatives aimed at improving data archiving practices and policy.

**Erica Rosenthal** is the Director of Research at the Norman Lear Center at the University of Southern California. She oversees a portfolio of research focused on the content, audiences, and impact of media narratives on a wide range of health and social issues, including health equity, climate change, immigration, vaping, and gun safety. Her research focuses on understanding how and why narratives, particularly in entertainment, are so effective at challenging preconceptions, moving people to action, and generating lasting culture change.

**Eric Topol** is the Founder and Director of the Scripps Research Translational Institute, Professor, Molecular Medicine, and Executive Vice-President of Scripps Research. He has published over 1,200 peer-reviewed articles, with more than 300,000 citations, elected to the National Academy of Medicine, and is one of the top 10 most cited researchers in medicine. His principal scientific focus has been on individualized medicine using genomic, digital and A.I. tools.

He authored three bestseller books on the future of medicine: *The Creative Destruction of Medicine*, *The Patient Will See You Now*, and *Deep Medicine: How Artificial Intelligence Can Make Healthcare Human Again*. Topol is the principal investigator to two large NIH grants, the

All of Us Research Program that supports precision medicine and a Clinical and Translational Science (CTSA) Award that promotes innovation in medicine. He was the founder of a new medical school at Cleveland Clinic (Lerner College of Medicine), was commissioned by the UK to lead a review of their National Health Service, and is active clinically as a cardiologist.

As a first-generation college student from a frontier rural community, **Dr. Echo Warner** is passionate about public health research that can directly contribute to improving wellbeing among the underserved. Her research program in cancer health outcomes focuses on leveraging information technology and data analytics to improve psychosocial outcomes for cancer patients and caregivers, with an emphasis on adolescents and young adults. Dr. Warner completed her Master's in Public Health with a Global Health Graduate Certificate at the University of Utah in 2011. In 2014, she began her doctoral studies at the University of Utah College of Nursing where she studied young adult cancer caregiver's use of social media for social support. As a graduate student, Dr. Warner was supported by two prestigious national fellowships, the National Cancer Institute's Ruth L. Kirchstein National Research Service Award (F31) and the Jonas Philanthropies Jonas Scholar Fellowship. Dr. Warner was a postdoctoral research associate at the University of Arizona Cancer Center's T32 Cancer Prevention and Control Health Disparities Training Program before returning to the University of Utah College of Nursing as an assistant professor and associate member of the Huntsman Cancer Institute Cancer Control and Population Sciences Program. Dr. Warner enjoys living in Utah and exploring the great outdoors with her husband Zach and their two children Cyrus and Ophelia.

From 1985-2020, **Jay A. Winsten** served as founding Director of the Center for Health Communication (CHC) at the Harvard School of Public Health. Under his leadership, CHC created the first mid-career fellowship program for journalists who cover public health; developed graduate coursework on health communication; tested strategies to harness the power of mass communication to advance the public's health; convened researchers and practitioners to examine how strategic communication can influence public policy, social norms, and individual behavior; and published recommendations for the conduct of local and national health campaigns. CHC is best known for spearheading the U.S. Designated Driver Campaign in collaboration with all the major Hollywood studios. Launched in 1988, the initiative demonstrated how the "designated driver" concept could be imported from Scandinavia and rapidly diffused through American society via mass communication, catalyzing a fundamental shift in social norms related to driving-after-drinking. Winsten currently serves on the Faculty of Harvard Medical School where he teaches in a just-launched Master's Program on Media, Medicine and Health.