

Exploring the Role of Physical Activity in Obesity Treatment, Body Weight Management, and Related Health Outcomes in Adults: A Workshop

Committee

John Jakicic

Co-Chair

John M. Jakicic, Ph.D., M.S., FACSM, is professor at the University of Kansas Medical Center. Considered a leading authority on the benefits of physical activity for weight management, he has more than 230 peer-reviewed publications and has given more than 200 invited presentations. Dr. Jakicic has been an American College of Sports Medicine (ACSM) member for more than 30 years, serving on the ACSM Board of Trustees, multiple committees, and as associate editor for *Medicine and Science in Sports and Exercise*®. He has also served on the board of directors for the Mid-Atlantic Chapter and New England Chapter of ACSM. Currently, he serves as volunteer member for the ACSM as the elected Vice President and Chair of the Strategic Health Initiative on Obesity. He also chaired the writing committee for the 2024 ACSM consensus paper focused on physical activity and excess body weight and adiposity. Dr. Jakicic is also an Associate Editor for Obesity. In addition, Dr. Jakicic also serves on the Scientific Advisory Board for Wondr Health, Inc. Dr. Jakicic holds an M.S. in exercise science from Slippery Rock University of Pennsylvania and a Ph.D. in exercise physiology from the University of Pittsburgh.

Peter T. Katzmarzyk

Co-Chair

Peter T. Katzmarzyk, Ph.D., M.Sc., FACSM, FTOS, FAHA, is professor and associate executive director for Population and Public Health Sciences at the Pennington Biomedical Research Center (PBRC) where he holds the Marie Edana Corcoran Endowed Chair in Pediatric Obesity and Diabetes. Currently, PBRC has a research contract with WW International, Inc. to conduct a weight loss trial to test a lifestyle intervention coupled with continuous glucose monitoring. Dr. Katzmarzyk is an internationally recognized leader in the field of physical activity and obesity, with a special emphasis on pediatrics and ethnic health disparities. He has over two decades of experience in conducting large clinical and population-based studies in children and adults. He has a special interest in global health and has a record of building research capacity in physical activity and obesity research in developing countries. He has published his research in more than 660 scholarly journals and books and has delivered 239 invited lectures in 15 countries. He is an associate editor-in-chief for *Medicine and Science in Sports and Exercise*, associate editor for *American Journal of Human Biology*, and an editorial board member for *Pediatric Exercise Science*, and *Metabolic Syndrome and Related Disorders*. In addition to his research, Dr. Katzmarzyk plays a leading role in national health advocacy initiatives. He chaired the Research Advisory Committee for the U.S. Report Card on Physical Activity for Children and Youth for the National Physical Activity Plan Alliance from 2013-2022. He also recently served on the 2018 U.S. Physical Activity Guidelines Advisory Committee for the U.S. Department of Health and Human Services and on the World Health Organization Guideline Development Group for the 2020 WHO Guidelines on Physical Activity and Sedentary Behavior in Youth, Adults and Older Adults. Dr. Katzmarzyk holds an M.Sc. in human biology from the University of Guelph, and a Ph.D. in exercise science from Michigan State University.

W. Scott Butsch

Member

W. Scott Butsch, M.D., M.Sc., is the director of obesity medicine in the Bariatric and Metabolic Institute at the Cleveland Clinic since 2018. He was on staff at Massachusetts General Hospital (MGH) and an instructor in medicine at Harvard Medical School (HMS) from 2008-2018. Dr. Butsch is a leader in obesity education and has been instrumental in shaping the current state of education and training in the United States and abroad. With his initial idea to create core obesity competencies in U.S. medical schools, Dr. Butsch has helped formalize and expand obesity education in undergraduate and graduate medical education. He has created/co-created numerous national and international obesity education programs to practitioners interested in treating obesity. He has authored numerous chapters and manuscripts and lectures nationally and internationally on the management of obesity. He has previously served both in the Obesity Medicine Education Collaborative and in the Integrated Clinical and Social Systems for the Prevention and Management of Obesity Innovative Collaborative (a satellite activity of the Roundtable on Obesity Solutions) specifically for development of core competencies in obesity medicine. In 2023, he served on the planning committee at the National Academies of Sciences, Engineering, and Medicine for a two-part workshop series, “BMI and Beyond: Considering Context in Measuring Obesity and its Applications” and “Going Beyond BMI: Communicating About Body Weight.” Dr. Butsch was one of the first two physicians in the United States to complete a subspecialty fellowship in obesity medicine in 2008 at HMS/MGH. He completed a clinical nutrition fellowship at the University of Alabama at Birmingham in 2007 and a fellowship in medical education at Harvard. He is a diplomat of the American Board of Obesity Medicine and a Fellow of The Obesity Society. Dr. Butsch received his M.D. and M.Sc. in natural sciences from the State University of New York at Buffalo.

David Garcia

Member

David O. Garcia, Ph.D., M.S., is an associate professor in the Mel and Enid Zuckerman College of Public Health at the University of Arizona. He has extensive experience in short and long-term intervention trials in the areas of physical activity and weight management. He received his training from leading institutions and mentors in the field. Dr. Garcia has designed and implemented trials as a lead investigator focused on reducing obesity-related health disparities, particularly among Mexican-origin adults. He is also the director and founder of “Nosotros Comprometidos a Su Salud-Committed to Your Health,” a program developed to foster community-engaged research collaborations, service, and education to advance health equity in Southern Arizona. This community-based effort promotes regular access to health communications and information, and opportunities to participate in lifestyle interventions tailored for the Mexican-origin community. As part of this effort, Dr. Garcia addresses ethical considerations to overcome individual and systemic barriers to accessing health care for the prevention and treatment of chronic diseases. To date, over 4,500 participants of Mexican-origin descent have participated in his research studies in the areas of obesity prevention. In 2022, Dr. Garcia received the Early Career Investigator Award from the National Institute on Minority Health, and Health Disparities. He is a Board Director for the American Cancer Society Cancer Action Network. More recently, he was elected to the American College of Sports Medicine (ACSM) Board of Trustees and serves on the ACSM American Fitness Index Advisory Board. Dr. Garcia received his Ph.D. in exercise physiology and an M.S. in health, physical activity, and chronic disease-research focus from the University of Pittsburgh.

Bruce Y. Lee

Member

Bruce Y. Lee, M.D., M.B.A., is a systems modeler, computational, artificial intelligence (AI), and digital health expert, professor, writer, and journalist. Currently, he is a professor of Health Policy and Management at the City University of New York Graduate School of Public Health & Health Policy, where he is executive director of the Center for Advanced Technology and Communication in Health (CATCH), PHICOR and AIMINGS (Artificial Intelligence, Modeling, and Informatics for Nutrition Guidance and Systems) Center. Dr. Lee is also founder and CEO of Symsilico. Dr. Lee has authored over 295 scientific publications (including over 110 first author and over 120 last author) nearly all of which have focused on developing and using new systems, computational, and AI/modeling methods. Dr. Lee and his PHICOR team is a research partner of Project Play, an initiative and consortium convened by the Aspen Institute that believes in and is utilizing the power of sports to build healthy communities. He is also a health and science journalist and humorist who has written extensively for the general media. He is a senior contributor for Forbes, maintains a blog "A Funny Bone to Pick" for Psychology Today, and has written for other outlets such as the New York Times, Time, The Guardian, and MIT Technology Review. His work and expertise have been featured in media such as the New York Times, USA Today, Los Angeles Times, CBS News, USA Today, Bloomberg, and National Public Radio (NPR). Dr. Lee received his B.A. from Harvard University, M.D. from Harvard Medical School, and M.B.A. from the Stanford Graduate School of Business. He completed his internal medicine residency training at the University of California, San Diego.

Nicolaas P. Pronk

Member

Nicolaas P. Pronk, Ph.D., M.A., FACSM, FAWHP, is president of the HealthPartners Institute and chief science officer at HealthPartners, Inc. and holds an academic appointment as affiliate full professor of health policy and management at the University of Minnesota, School of Public Health in Minneapolis, Minnesota. He continues to serve as a co-investigator on research studies in the Department of Social and Behavioral Sciences at the Harvard T.H. Chan School of Public Health in Boston, Massachusetts. Dr. Pronk's work is focused on connecting scientific evidence of effectiveness with practical applications of programs and practices, policies and systems that measurably improve population health and well-being. His work applies to the workplace, the health system setting, and the community and involves development of new models to improve health and well-being at the research, practice, and policy levels. He was confirmed by the White House to serve as co-chair of the U.S. Secretary of Health and Human Services' Advisory Committee on National Health Promotion and Disease Prevention Objectives for the year 2030 (aka "Healthy People 2030"). Dr. Pronk is chair for the Roundtable on Obesity Solutions at the National Academies of Sciences, Engineering, and Medicine. He serves on various health-related committees and boards including the board of directors for the Health Enhancement Research Organization (HERO) and is the founding and past president of the International Association for Worksite Health Promotion. He is widely published in both the scientific and practice literatures and is an international speaker on population health and well-being. Dr. Pronk received his doctorate degree in exercise physiology at Texas A&M University and completed his post-doctoral studies in behavioral medicine at the University of Pittsburgh Medical Center at the Western Psychiatric Institute and Clinic in Pittsburgh, Pennsylvania.

Laurie Whitsel

Member

Laurie P. Whitsel, Ph.D., is a recognized leader in translating science and evidence into impactful public health policy. Currently the national vice president of policy research for the American Heart Association (AHA), she helps to translate science into impactful public policy at a national level in the areas of cardiovascular disease and stroke prevention and health promotion. As the senior advisor to the Physical Activity Alliance, the nation's broadest coalition dedicated to promoting physical activity for health, Dr. Whitsel helps to lead national policy and systems change for physical activity promotion to improve population health. She serves on the Advisory Council for the West Virginia State Physical Activity Plan and the Expert Advisory Group for the Health Enhancement Research Organization (HERO). She has previously served on the boards of several organizations including the American Council on Exercise, HERO, and other non-profit organizations, and on expert advisory groups with RAND; the National Academies of Sciences, Engineering, and Medicine; the Bipartisan Policy Center; the Centers for Disease Control and Prevention; and the Robert Wood Johnson Foundation. Dr. Whitsel is an influential researcher in public health, cardiovascular health, and health promotion and has published more than 100 peer-reviewed articles and book chapters. She presents at national conferences on prevention issues and evidence-based policy making. She serves as an expert peer reviewer for several scientific journals and is a consultant on research grant teams. She is a regular lecturer at Columbia University. In 2023, Dr. Whitsel was recognized as one of "The Most Influential Women Leaders in Health Promotion" and was also honored with the Mark Dundon Research Award by HERO. In 2024, she received the American College of Sports Medicine's Exercise is Medicine Global Leadership Award. Her Ph.D. is from Syracuse University, and she is a Fellow and member of the AHA's National Scientific Council on Lifestyle and Cardiometabolic Health.