

WAKE FOREST SCHOOL OF MEDICINE

Curriculum Vitae

Current as of 12/28/2017

NAME: Jamy Darone Ard, MD
CURRENT ACADEMIC TITLE: Professor
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EDUCATION:

1989-1993 Morehouse College
Atlanta, GA
BS Biology

1993-1997 Duke University Medical Center,
Durham, NC
MD

POSTDOCTORAL TRAINING: -
1997

Intern/Resident in Internal Medicine
Duke University Medical Center
Durham, NC

1999 *Assistant Chief Resident* in Internal Medicine
Duke University Medical Center
Durham, NC

2000 *Fellow*, Clinical Research in Hypertension
Duke Hypertension Center
Duke University Medical Center,
Durham, NC

2001 *Chief Resident*
Duke Internal Medicine Residency Program

Associate in Medicine
Department of Medicine
Division of General Internal Medicine

Duke University Medical Center
Durham, NC

2002 *Fellow*, Center for Health Services Research in Primary
Care
Durham Veteran Affairs Medical Center
Durham, NC

MEDICAL LICENSURE

6/2001-2003 NC #200100637
NPI # 1184679441

5/2003-12/2012 AL #25286
8/2012 NC #200100637

SPECIALTY CERTIFICATION

2004 Board Certification: Internal Medicine, (Candidate #227657)

EMPLOYMENT:

Academic and Clinical Appointments

2003 *Consulting Associate*, Department of Medicine
Duke University Medical Center, Durham, NC

2003 *Assistant Professor*
Department of Nutrition Sciences
Department of Internal Medicine, Division of General Medicine
University of Alabama at Birmingham, Birmingham, AL
Vice Chair for Clinical Activity, Department of Nutrition Sciences- 2007
Associate Scientist, UAB Center for Health Promotion- 2004
Member, UAB Minority Health and Research Center- 2004
Associate Scientist, UAB Clinical Nutrition Research Center- 2003

2009 *Associate Professor*
Department of Nutrition Sciences
Department of Internal Medicine, Division of General Medicine
University of Alabama at Birmingham, Birmingham, AL

2011 *Associate Dean for Clinical Affairs*
School of Health Professions
University of Alabama at Birmingham, Birmingham, AL

2012 *Associate Professor*
Division of Public Health Sciences, Department of Epidemiology & Prevention
Joint Appointment - Department of Internal Medicine/Section of General Medicine
Wake Forest School of Medicine, Winston Salem, NC

Member, Maya Angelou Center for Health Equity, 2012
Member, J. Paul Sticht Center on Aging, 2013

Co-Director, Weight Management Center
Medical Director, Medical Weight Loss Program
Wake Forest Baptist Health

Medical Director, ActionHealth Employee Wellness Program
Wake Forest Baptist Medical Center

2016 *Professor*
Division of Public Health Sciences, Department of Epidemiology & Prevention
Joint Appointment - Department of Internal Medicine/Section of General Medicine
Wake Forest School of Medicine, Winston Salem, NC

2018 *Director of Participant Clinical Interaction*
Wake Forest Clinical and Translational Science Institute
Wake Forest School of Medicine, Winston Salem, NC

OTHER PROFESSIONAL APPOINTMENTS AND INSTITUTIONAL SERVICE

Institutional Committee Service (in chronologic order):

Wake Forest University Health Sciences
2013- 2016 P60 Institutional Advisory Board for the Maya Angelou Center for Health Equity
2014 Endocrinology section head search committee
2014- 2017 Employer wellness capabilities working group
2015- 2016 Clinical advisory team for Employee Health
5/2015-present Executive Committee Member, Center on Diabetes, Obesity and Metabolism
7/2015-present Intramural Research Support Committee

Departmental Committee Service (in chronologic order):

Duke University Medical Center
1995-2003 Department of Medicine Minority Recruitment and Retention Committee
1995-2003 Committee on Minority Affairs

University of Alabama at Birmingham
2004-2005 Ad Hoc Committee on Faculty affairs- Appointed by Dr. Louis Dale
2007 Search committee, Webb Endowed Chair, Department of Nutrition Sciences
Departmental Mission Coordination Team, Clinical Mission Leader,
Department of Nutrition Sciences
2008 Space allocation committee, Department of Nutrition Sciences
2008 Search committee, Behavioral Scientist, Department of Preventive Medicine

EXTRAMURAL APPOINTMENTS AND SERVICE

Committees/Board

University of Alabama at Birmingham

Local/Community (serving in a role as a representative of UAB)

- 2005-2012 Health Advisory Committee, Jefferson County Committee for Economic Opportunity
2006-2012 Board Member, Jefferson County Committee for Economic Opportunity
2008-2012 Board Member, McWane Science Center

Regional

- 2007-2008 Alabama Legislative Task Force on Morbid Obesity
2004-2005 Alabama Statewide Obesity Task Force

National

Wake Forest University Health Sciences

- 2016-2017 Consensus Committee for Review of the Process to Update the Dietary Guidelines for Americans. National Academies of Sciences, Engineering, and Medicine
2015-present American Heart Association-Lifestyle and Cardiometabolic Health Council's Obesity Committee
2014-2016 Expert panel on Dietary Reference Intake and Chronic Disease, Office of Dietary Supplements at the National Institutes of Health
2014-present American Heart Association- Mid-Atlantic Affiliate Research Committee
2012-present American Psychological Association Guideline Development Panel for Treatment of Overweight and Obesity
2012-2013 Institute of Medicine Committee on Consequences of Sodium Reduction in Populations
2012-2014 Prevention Committee, American Diabetes Association
2008-2013 Obesity Expert Panel 2, National Heart, Lung, Blood Institute, National Institutes of Health
Lifestyle Intervention Work Group for the Cardiovascular Disease Risk Reduction Guidelines Initiative, National Heart, Lung, Blood Institute

University of Alabama at Birmingham

- 2007-2011 Cardiometabolic Risk Initiative Subcommittee, American Diabetes Association
2006 Student National Medical Association/David E. Satcher Research Fellowship Selection Committee
2003-2006 African American Collaborative Obesity Research Network, Affiliate Data, Safety and Monitoring Board for Girls Health Enrichment Multi-site Studies (GEMS) Program, Phase 2; National Institutes of Health, National Heart, Lung and Blood Institute.

Journal Reviewer

- Obesity*
Contemporary Clinical Trials
The American Journal of Clinical Nutrition
Arthritis & Rheumatism
The American Journal of Public Health
The Journal of the National Medical Association
Journal of Rural Health

Funding Agency Reviewer

- 2012-present Standing member- Clinical and Integrative Diabetes and Obesity (CIDO) NIH study section
2008 Minority Health Research Center, Charles Barkley Health Disparities Research Funding Awards
2004 Special Emphasis Panel (ZDK1-GRB8-O1) for Small Clinical Research Grants in Digestive Diseases and Nutrition

Editorial Boards

- 2015-present *International Journal of Obesity*
2011-present *American Journal of Clinical Nutrition*

Advisory Boards

- 2018-present Nestle Health Science
2014-2016 Novo Nordisk
2009-2013 Arena Pharmaceuticals
2012-2013 Vivus, Inc

Clinical Service

Wake Forest University Health Sciences

- 2012-present Co-Director, Weight Management Center, Wake Forest Baptist Medical Center
Established WFBH Essentials program and WFBH OPTIFAST program
2009-present Consulting Medical Director, OPTIFAST, Nestle Healthcare Nutrition

University of Alabama at Birmingham

- 2006-2012 Established *EatRight* OPTIFAST Program
Roles- Medical Director, Attending physician
2006-2012 Appointed Medical Director for *EatRight* Weight Management Services
2005-2012 Established Medical Nutrition Risk Reduction Clinic
Roles- Medical Director, Attending physician
2003-2006 Appointed Associate Medical Director for *EatRight* Weight Management Services

PROFESSIONAL MEMBERSHIPS

The Obesity Society

- 2017 Ethics Committee
2017 Council, Clinical Practice, elected office
2015-2016 Awards Committee
2012-2015 Nominating Committee, elected office
2011-2014 Program Committee
2010-2011 Diversity Section, Chair
2009-2013 Diversity Committee
2008-2009 Public Affairs Committee

American Heart Association

- 2015-present Obesity Committee
2015-present Mid-Atlantic Affiliate Research Committee

Network of Minority Research Investigators, National Institutes of Health, NIDDK

HONORS/AWARDS

2016	Poster of Excellence Award, The Obesity Society- Health Services Research Section
2016	Mid-Career Investigator Award, Wake Forest School of Medicine
2015	Fellow, The Obesity Society
2014	Dannon Nutrition Leadership Institute, Mid-Career
2011	Volker Award for Outstanding UAB School of Health Profession Faculty of the Year
2008	Alpha Omega Alpha Medical Honor Society
2005	Dannon Nutrition Leadership Institute, Early Career
2005	Charles Barkley Health Disparities Research Award, Minority Health Research Center, University of Alabama at Birmingham
2005	Future Leaders Award, International Life Sciences Institute, North America
2004	Robert Wood Johnson Fellow, Harold Amos Medical Faculty Development Program
2003	Finalist for the American Heart Association 2003 Elizabeth Barrett-Connor Research Award in Epidemiology and Prevention for Young Investigators
2002	NIH Loan Repayment Recipient
1993	Dean's Tuition Merit Scholarship, Duke University Medical Center
1993	Summa Cum Laude, Morehouse College

INVITED PRESENTATIONS AND SEMINARS

International

1. "Nature vs. Nurture for Obesity and Metabolic Health" and "Implementing the Diabetes Self-Management Education and Support Algorithm of Care—Models for Delivery"
Best of ADA Middle East, Dubai, United Arab Emirates
November 2016
2. "Evidence for long-term weight management using lifestyle and pharmacotherapy."
Global Scientific Expert Meeting, The Hague, Netherlands
March 2016
3. "Evidence for long-term weight management using lifestyle and pharmacotherapy."
Global Scientific Expert Meeting, Sao Paulo, Brazil
September 2015

National

4. Lifestyle Management of Cardiovascular Disease- "Micronutrients and Blood Pressure." 12th Annual Cardiometabolic Health Congress, Boston, MA.
October 2017
5. "Are Commercial Programs Effective in the Management of Obesity?"
National Medical Association Annual Convention and Scientific Assembly, Philadelphia, PA.

July 2017

6. "Dietary Therapies for the Management of Obesity." Blackburn Course in Obesity, Boston, MA.
June 2017
7. "Weight management in underserved populations." American Association of Clinical Endocrinologists' (AACE) 26th Annual Scientific & Clinical Congress, Austin, TX.
May 2017
8. "In case of emergency: Intergenerational challenges of obesity in minority communities." Sponsored by the University of Alabama at Birmingham Cancer Center Deep South Network, Shreveport, LA
May 2017
9. "Difficult patient cases in obesity management." Obesity Course at the Institute of Human Nutrition, Columbia University. New York, NY
April 2017
10. "A patient with obesity walks into your clinic...Designing effective obesity treatments for key populations." Martin Luther King Jr. Distinguished Speaker for Medicine Grand Rounds, Duke University Medical Center. Durham, NC
January 2017
11. "Cardiovascular Outcomes Data and Obesity Pharmacotherapy: Where Are the Gaps?"
American Heart Association, New Orleans, LA.
November 2016
12. "Obesity interventions in special populations: a biobehavioral perspective."
New York Academy of Sciences, New York, NY
September 2016
13. "Obesity, the new disparity." Deep South Network Cancer Control Institute
2016, Shreveport, LA.
June 2016
14. "Dietary Therapies for the Management of Obesity." Blackburn Course in Obesity, Boston, MA.
June 2016
15. "Finding Blame- Nutritional Culprits In The Obesity Epidemic." American Diabetes Association Clinical Conference. Jacksonville, FL
May 2016
16. "The Future of Obesity Medicine: *Tailoring Obesity Treatment Strategies.*" Loma Linda Department of Internal Medicine Grand Rounds, Loma Linda, CA. November 2015

17. "A Little Never Hurts: Weight loss in older adults, The CROSSROADS Trial."
Hazzard Symposium, Winston Salem, NC.
September 2015
18. "Diet-based Therapies" and "Dietary Therapies for the Management of Obesity."
Blackburn Course in Obesity, Boston, MA.
June 2015
19. "Will We Make It to 2042? Obesity the New Disparity."
Deep South Network Cancer Control Institute 2014, Birmingham, AL.
November 2014
20. "Bariatric Surgery: Who, When and What Now?"
Department of Internal Medicine Grand Rounds, Broward Health Medical Center, Ft. Lauderdale, FL.
December 2014
21. "New Advances in Obesity Management" and "Obesity: Strategies for Patient Communication and Long-term Success."
Practicing Clinicians Exchange 2014 Symposia Series, Las Vegas, NV.
November, 2014
22. "Individualizing Treatment Strategies: Stratifying Cardiometabolic Risk in Obese Patients"
2014 Cardiometabolic Health Congress (CMHC), Boston, MA.
October, 2014
23. "Associations Between Cardiometabolic Disease Risk and Changes in Body Composition in Older Adults with Obesity."
International Academy on Nutrition and Aging 2014, Albuquerque, NM.
June 2014
24. The IOM "Consequences of Reducing Sodium Intake in Populations" Report.
World Heart Federation global conference on nutrition and cardiovascular disease, sponsored by the Canadian Academy of Health Sciences, Hamilton, ON.
May 2014
25. "Different Strokes for Different Folks: Tailoring obesity treatment strategies."
American Diabetes Association 29th Annual Clinical Conference on Diabetes.
May 2014
26. "Disease modifying therapy: The impact of weight reduction on diabetes remission."
American Diabetes Association 29th Annual Clinical Conference on Diabetes.
May 2014
27. "Bariatric Surgery: Who, When and What Now?"
American College of Physicians, Orlando, FL.
April 2014

28. "Protective factors for cardiovascular disease."
Institute of Medicine Food Forum.
October 2013
29. "The Big Guns and Silver Bullets: The future of obesity treatment."
American Diabetes Association 28th Clinical Conference.
May 2013
30. "My doctor made me gain weight: drug induced weight gain."
American Diabetes Association 28th Clinical Conference.
May 2013
31. "The insanity of health disparities-- The interpretive risks inherent in non-cultural and non-context driven research."
Women's Health Initiative National Investigator Meeting, Seattle, WA.
May, 2013
32. "Behavior, personal life style, and the risk for obesity."
FASEB Summer Conference—From Causes to Consequences to Treatment: Obesity in Perspective, Aspen, CO.
August 2012
33. "Divergent responses to an obesogenic environment."
American Psychological Association Annual Conference, Orlando, FL.
August 2012
34. "Weight Loss and Weight Loss Maintenance: Insights from the African American Experience in Premier and Other Multicenter Trials." (Part of the symposium "Looking Within: Factors Related to Obesity and Weight Control in African Americans.")
The Obesity Society Annual Scientific Meeting, Phoenix, AZ.
October 2008.
35. "Obesity in older adults."
Geriatrics Session, National Medical Association Annual Meeting, Atlanta, GA.
August 2008
36. "Divergent Responses to an Obesogenic Environment: understanding the African American obesity disparity."
Duke University Department of Internal Medicine Grand Rounds, Durham, NC.
May 2008
37. "Special Issues in Studying Minority Groups. What issues arise when studying minority groups? How, if at all, should studies of ethnic minorities be differentially designed?"
Design, Analysis, & Interpretation of RCTs in Obesity Conference, Newark, NJ.
December 2006

38. "Culture and weight related behaviors in black and white women."
6th Annual Primary Care and Prevention Conference. Morehouse School of Medicine, Atlanta, GA.
September 2006.
39. "Dietary Energy Density and Long Term Maintenance of Weight Loss– A Heavy Issue?"
Duke University Stedman Center's Metabolism Forum Seminar Series,
Durham, NC.
May 2006.

Local

Wake Forest University Health Sciences

40. "Update on medical weight management pharmacotherapy."
Division of Endocrinology, WFUBMC.
December 2017
41. "My Doctor Made Me Gain Weight: Medication associated weight and what to do about it."
34th Annual Mountain Medical Meeting, Asheville, NC.
October 2014
42. "Rapid Weight Loss for Physical Function Improvement in Severely Obese Older Adults: A balancing act."
WFUBMC Sticht Center Conference on Aging, Winston Salem, NC.
June 2014
43. "Obesity and our food environment: too little or too much?"
Wake Forest Food Law & Policy Symposium sponsored by the WFU School of Law, Winston Salem, NC.
April 2014
44. "Weight loss drugs and safety."
8th Annual Women's Health Symposium, Greensboro, NC.
April 2014
45. "Update on medical weight management 2014."
Department of Orthopedic Surgery Grand Rounds, WFUBMC.
March 2014
46. "Update on obesity treatment and prevention."
General internal medicine division conference.
January 2013
47. "The insanity of health disparities."
Women's Health Initiative Southern Regional Scientific Conference, Winston Salem, NC.
September 2012
48. "Should grandma lose weight?"

SSHP/Epi Seminar Series, Winston Salem, NC.
November 2012

University of Alabama at Birmingham

49. "Obesity Update 2011."
Cardiology Update 2011, Alabama Cardiovascular Group, Birmingham, AL
October 2011
50. "Eating More Often—Better Nutrition and Better Health."
Susan G. Komen Lunch and Learn, Birmingham, AL
October 2010
51. "Weight Loss and Obesity Surgery."
Cardiovascular Associates Medical Education Foundation, Birmingham, AL
September 2010
52. "Obesity Disparities—Is it all about race and culture?"
Department of Epidemiology Seminar Series, UAB, Birmingham, AL
February 2010
53. "Prescribing for Obesity—Do's and Don'ts"
The Medical Association of the State of Alabama seminar series on
Pharmacology and Prescribing of Controlled Drugs (Part of an ongoing
continuing educations series)
April 2009
54. "Current perspectives on obesity treatment."
The University of Alabama Governor's Conference on Obesity, Tuscaloosa,
AL.
June 2008
55. "Maximizing the benefits of obesity surgery."
The University of Alabama Governor's Conference on Obesity, Tuscaloosa,
AL.
May 2007
56. "Diet and weight in black America."
Alabama State Medical Association Annual Conference, Birmingham, AL.
October 2006
57. "What's the Optimal Diet for Weight Loss"
Department of Internal Medicine Grand Rounds, Carraway Medical Center,
Birmingham, AL.
January 2005.
58. "Weight reduction for the overweight hypertensive patient"
Vascular Biology and Hypertension Seminar, University of Alabama at
Birmingham, Birmingham, AL.
December 2005.

PUBLIC OUTREACH

Wake Forest University Health Sciences

1. Creating a Healthful Lifestyle. American Heart Association Heart Walk Executive Kickoff Event. Winston Salem, NC
2. Creating a Healthful Lifestyle. Dagget/Shuler Law Offices (employee presentation). Winston Salem, NC
3. "Obesity Medicine: Today's landscape and how we will change it" Wake Forest Baptist Medical Center Board Dinner, Winston Salem, NC August 2014
3. Building a Life Span Approach to Obesity—The Wake Forest Baptist Way Dean's Forum, Wake Forest Baptist Medical Center, Winston Salem, NC. October 2013
4. "Eating More Often—Better Nutrition and Better Health." Best Health Lecture Series, Winston Salem, NC March 2013

University of Alabama at Birmingham

5. "Eating More Often—Better Nutrition and Better Health." Susan G. Komen Lunch and Learn, Birmingham, AL April 2012

GRANTS

ACTIVE

Nestle Healthcare Nutrition (Ard) Cost-effectiveness Analysis of Optifast	02/01/2015-01/31/2018 \$167,700	2.4 CM
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This research project is a retrospective study of the Wake Forest Baptist Health Weight Management Center OPTIFAST program among patients who are eligible for the WFBH employee benefit for medical weight management. The goal of this project will be to run a cost-effectiveness analysis (CEA) from an employee benefit perspective based on OPTIFAST patients' clinical and economic data collected within WFBH databases.

IRB00027047 Vivus, Inc (Ard) Qsymia as an Adjunct to Surgical Intervention for Obesity	6/16/2014-Current Medication only	0 CM
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This pilot study seeks to demonstrate the effectiveness of using Qsymia in the superobese (BMI \geq 50 kg/m²) as an adjunct to surgical therapy.

IRB00027050 Bariatric Advantage (Fernandez) Multivitamin Adherence following Bariatric Surgery	02/07/2014- Current Medication only	0 CM
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The objective of the present study is to explore compliance with medical recommendations, specifically the impact of weekly reminder emails on multivitamin use, in a group of individuals who have undergone bariatric surgery and to power a larger study appropriately.
Role: Co-Investigator

Investigator Initiated Trial

Nestle Healthcare Nutrition (Ard)	09/01/2015-08/30/2018	2.4 CM
Effectiveness of the OPTIFAST program compared with a reduced-energy food based diet plan on body weight (OPTI-WIN)	\$264,183	

This research project is multi-center prospective randomized clinical trial to test the effectiveness of the OPTIFAST program compared to a gold-standard comprehensive lifestyle intervention for weight reduction.

PAST GRANT HISTORY

R01 CA 160313-01A1 (Baskin)	05/01/12– 03/31/17	0 CM
Promoting Weight Loss in African-American Cancer Survivors in the Deep South		

This study will evaluate multilevel weight loss interventions for African American cancer survivors living in the rural Deep South. Findings from this study may decrease risk for cancer recurrence and cancer-related mortality, improve quality of life, and perhaps ultimately increase survival rates for this vulnerable population.

Role: Co- Investigator/Consultant

PCORI (Mandel)	04/01/2014 – 09/30/2015	0.24 CM
Scalable Collaborative Infrastructure for a Learning Healthcare System	\$76,000	

This project aims to develop a governance framework, informatics infrastructure, and patient engaging organization for a large scale clinical data research network that promotes and facilitates patient centered outcomes research. The Phase 1 network will involve 10 institutions across the nation and cover millions of diverse patient population. Initial patient engagement will focus on obesity, arthritis, and pulmonary arterial hypertension.

Role: Co-Investigator

R01 AG033094 (Locher /Ard)	09/15/2009 – 08/31/2015	
Calorie Restriction & Changes in Body Composition, Disease, Function, & QoL in Older Adults	\$408,262	

This randomized controlled trial will study how weight reduction in adults 65 and older affects key body compartments, and as a result, impacts disease risk, functional status, and quality of life. We will also determine whether alterations in diet composition without weight loss have beneficial effects on disease risk without increased risk that may be associated with weight loss.

Role: Co-Principal Investigator

Pepper Center Pilot Program (Ard)	09/01/2013-08/31/2015	
Wake Forest School of Medicine	\$25,000	

Impact of acute weight loss on physical function in severely obese older adults

This pilot clinical trial is designed to demonstrate the effectiveness of medical weight management in severely obese (\geq stage II BMI) older adults for physical function outcomes (i.e., functional weight loss).

1U54CA153719-01 (Partridge) 09/07/10 – 08/31/15
Deep South Network for Cancer Control: \$2,502,675
Testing the efficacy of evidence-based community strategies in support of weight-loss program among overweight AA women in the Deep South
The full research project of this U54 grant focuses on testing the efficacy of evidence-based community strategies in support of a weight-loss program among overweight AA women in the Deep South.
Role: Co- Investigator/Consultant

R01MD003997-01 (Baskin, M) 01/01/2010 – 12/31/2012
NIH \$366,250
Sociocultural Influences on Dietary Intake Among Black Women in the Deep South
Role: Co-Investigator

(Lewis, CB)
NIH/NHLBI 02/01/1989-06/30/2013
Longitudinal Studies of Coronary Heart Heart Disease Risk Factors \$1,093,856
Role: Co-Investigator

1P60MD002251 (Fouad) 09/30/07 – 04/30/12
NCMHD/NIH \$526,122
Comprehensive Minority and Health Disparities Research Center (MHDRC)
Role- Research Core co-leader; Co-investigator Project 1
Role: Co-Investigator

(Ard, JD) – PI 06/01/2006-12/31/2010
General Mills
Dietary Intakes, Fiber-Rich Foods, and Associations With Risk Factors for Stroke

AMFDP 51894 (Ard, JD) – PI 01/01/2005-12/31/2008
Harold Amos Medical Faculty \$83,766
Development Program
Robert Wood Johnson Foundation
Improving Weight Loss Outcomes in African Americans Using a Diet High in Fruits and Vegetables

1 K23 DK 068223-01 (Ard, JD) - PI 08/01/2004-07/31/2009
NIH/NIDDK \$164,873
Improving Weight Loss Outcomes in African Americans

(Kiefe, C)
U01 HL079171-01
NIH/NHLBI
Deep South Partnership for Prevention of CVD Disparities (project grant)
Subproject
(Ard, JD) 09/01/2004-08/31/2009
\$91,441
Implementation of a culturally appropriate DASH intervention in African-Americans

(Ard, J) - PI 01/02/08 – 12/31/08

- UAB Comprehensive Cancer Center 01/02/08 \$30,000
Can changes in facets of fruit and vegetable cost increase consumption?
- (Ard, JD) – PI 02/01/2006 – 08/31/2008
International Life Sciences Institute, NA \$29,996
Effects of Dairy on Weight and Insulin Sensitivity in African Americans
- (Ard, JD) – PI 10/01/2005 – 06/30/2007
Charles Barkley Health Disparities Fund \$29,983
Enhancing Weight Loss Outcomes in African Americans
Using a Modified *EatRight* Approach
- (Ard, JD) – PI 06/01/2006-05/31/2007
UAB Faculty Development Grant Program \$10,000
Enhancement of the *EatRight* Lifestyle Program
- 1 U01 HL68734 (Svetkey, LP) 02/15/03-12/31/06
NIH/NHLBI \$571,888
Weight Loss Maintenance Trial (WLM)
Role- Co-Investigator, Co-Chair Minority Implementation Committee, Steering committee member (non-voting)
- (Ard, JD) – PI 09/01/2004-08/31/2006
UAB CNRC \$25,000
Long-term Follow Up of *EatRight* Weight Management Program Participants
- (Baskin, M) 07/01/2004-06/30/2005
JP Morgan \$25,000
Impact of fruit and vegetable cost on obesity in children and parents
Role- Co-Investigator
- M01-RR000032 (Ard, JD) – PI 11/05/03-11/04/04
UAB GCRC \$4500
Cognitive and Physiological Correlates of Physical Activity as Assessed with Accelerometry in Adolescents
- 1 U01 HL60570-S1 (Ard, JD/Svetkey, LP) 09/01/99-08/31/02
NIH/NHLBI \$183,103
PREMIER: Lifestyle Intervention for Blood Pressure Control (Research Supplement for Underrepresented Minorities)
- (Ard, JD) – PI 1/1/2001-1/1/2002
Pilot Research Program: Duke Cancer Prevention, \$15,212
Detection and Control Program
The role of acculturation in predicting successful outcomes for African Americans in the PREMIER study.

BIBLIOGRAPHY

Peer-Reviewed Journal Articles

1. Svetkey LP, Simons-Morton D, Vollmer WM, Appel LJ, Conlin PR, Ryan DH, **Ard J**, Kennedy BM. Effects of dietary patterns on blood pressure: subgroup analysis of the Dietary Approaches to Stop Hypertension (DASH) randomized clinical trial. *Archives of Internal Medicine* 159(3):385-93, 1999 Feb 8.
2. Plaisted CS, Lin PH, **Ard J**, McClure M, Svetkey LP. Effect of the DASH diet on quality of life. *J Am Diet Assoc* 1999;99(suppl): S84-S89.
3. **Ard J**, Oddone EZ, Rosati R. A culturally sensitive weight loss program for African-Americans produces significant reduction in weight, blood pressure, and cholesterol in 8 weeks. *J National Med Assoc* 2000; 92: 515-523.
4. **Ard J**, La Chance PA, Bray G, Svetkey LP. Lowering Blood Pressure Using a Dietary Pattern: A Review of the Dietary Approaches to Stop Hypertension (DASH) Trial. *Journal of Clinical Hypertension* 2000; 2: 387-391, 395.
5. Moore TJ, Conlin PR, **Ard J**, Svetkey LP, for the DASH Collaborative Research Group. The DASH Diet Is Effective Treatment for Stage 1 Isolated Systolic Hypertension. *Hypertension* 2001; 38: 155-158.
6. Vollmer WM, Sacks FM, **Ard J**, Appel LJ, Bray G, Simons-Morton D, Conlin PR, Svetkey LP, Erlinger T, Moore TJ, and Karanja N. Effects of Dietary Patterns and Sodium Intake on Blood Pressure: Subgroup Analysis of the DASH-Sodium Trial. *Ann Intern Med.* 2001; 135: 1019-1028.
7. Svetkey LP, Moore TJ, Appel L, Bray GA, **Ard J**, Mortensen R, Mitchell S, Sacks F, Simons-Morton DG, Conlin P, Kesari M. Angiotensinogen Genotype Modulates Blood Pressure Response to Dietary Patterns in the Dietary Approaches to Stop Hypertension (DASH) study. *J Hypertension* 2001, 19: 1-8.
8. **Ard JD**, Carter-Edward L, Svetkey LP. A New Model for Developing and Executing Culturally Appropriate Behavior Modification Clinical Trials for African Americans. *Ethnicity and Disease* 2003, 13: 279-85.
9. **Ard JD**, Grambow SC, Liu D, Slentz CA, Kraus WE, Svetkey LP. The Effect of the PREMIER Interventions on Insulin Sensitivity. *Diabetes Care* 2004, 27: 340-347.
10. McGuire HL, Svetkey LP, Harsha DW, Elmer PJ, Appel LJ, **Ard JD**. "Comprehensive Lifestyle Modification and Blood Pressure Control: A Review of the PREMIER Trial." *The J of Clinical Hypertension* 2004, 6: 383-90.
11. **Ard JD**, Coffman CJ, Lin PH, Svetkey LP. One-Year Follow-Up Study of DASH-Sodium Participants' Blood Pressure and Dietary Pattern. *American Journal of Hypertension* 2004, 17: 1156-1162.
12. Svetkey LP, Erlinger TP, Vollmer WM, Feldstein A, Cooper LS, Appel LJ, **Ard JD**, Elmer PJ, Harsha D, Stevens VJ. Effect of lifestyle modifications on blood pressure by race, sex, hypertension status and age. *J Human Hypertension* 2005;19(1):21-31.
13. **Ard JD**, Durant RW, Edwards LC, Svetkey LP. Perceptions of African-American culture and implications for clinical trial design. *Ethn Dis.* 2005;15(2):292-9.
14. Baskin ML, **Ard JD**, Franklin F, Allison DB. Prevalence of Obesity in the United States. *Obesity Reviews* 2005;6(1):5-7.
15. **Ard JD**, Svetkey LP. Diet and blood pressure: applying the evidence to clinical practice. *Am Heart J.* 2005;149(5):804-12.
16. **Ard JD**, Skinner CS, Chen C, Aickin M, Svetkey LP. Informing Cancer Prevention Strategies for African Americans: The Relationship of African American Acculturation to Fruit, Vegetable, and Fat Intake. *J of Beh Med.* 2005;28(3):239-247.
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96. Yetley EA, MacFarlane AJ, Greene-Finestone LS, Garza C, **Ard JD**, Atkinson SA, Bier DM, Carriquiry AL, Harlan WR, Hattis D, King JC, Krewski D, O'Connor DL, Prentice RL, Rodricks JV, Wells GA. Options for basing Dietary Reference Intakes (DRIs) on chronic disease endpoints: report from a joint US-/Canadian-sponsored working group. *Am J Clin Nutr*. 2017 Jan;105(1):249S-285S. PubMed PMID: 27927637; PubMed Central PMCID: PMC5183726.
97. St-Onge MP, **Ard J**, Baskin ML, Chiuve SE, Johnson HM, Kris-Etherton P, Varady K; American Heart Association Obesity Committee of the Council on Lifestyle and Cardiometabolic Health; Council on Cardiovascular Disease in the Young; Council on Clinical Cardiology; and Stroke Council.. Meal Timing and Frequency: Implications for Cardiovascular Disease Prevention: A Scientific Statement From the American Heart Association. *Circulation*. 2017 Feb 28;135(9):e96-e121. Epub 2017 Jan 30. PubMed PMID: 28137935.
98. **Ard JD**, Emery M, Cook M, Hale E, Frain A, Lewis KH, Song E. Skin in the game: Does paying for obesity treatment out of pocket lead to better outcomes compared to insurance coverage? *Obesity (Silver Spring)*. 2017 Jun;25(6):993-996. PubMed PMID: 28544796.
99. **Ard JD**, Carson TL, Shikany JM, Li Y, Hardy CM, Robinson JC, Williams AG, Baskin ML. Weight loss and improved metabolic outcomes amongst rural African American women in the Deep South: six-month outcomes from a community-based randomized trial. *J Intern Med*. 2017 Jul;282(1):102-113. PubMed PMID: 28514081.
100. Dutton GR, Gowey MA, Tan F, Zhou D, **Ard J**, Perri MG, Lewis CE. Comparison of an alternative schedule of extended care contacts to a self-directed control: a randomized trial of weight loss maintenance. *Int J Behav Nutr Phys Act*. 2017 Aug 15;14(1):107. PubMed PMID: 28806992; PubMed Central PMCID: PMC5557426.

Invited Book Chapters

1. Heimburger, D. C. and **J. D. Ard** (2006). Handbook of clinical nutrition. Philadelphia, Mosby.
2. International Life Sciences Institute-Nutrition Foundation. Present knowledge in nutrition. *Ninth Ed*. Washington, D.C., ILSI Press, International Life Sciences Institute. (2006) Chapter: Hypertension. Heather McGuire and **Jamy D. Ard**.
3. Preventive Nutrition: The Comprehensive Guide for Health Professionals. Fourth Ed. Humana Press. (2009) Chapter: The Role of Preventive Nutrition in Clinical Practice. A. Julian Munoz, **Jamy D. Ard**, Douglas Heimburger.
4. Health Issues in the Black Community, Third Ed. Wiley Press. (2009) Chapter: Nutrition and Obesity Issues for African Americans. Monica L. Baskin, Angela M. Odoms-Young, Shiriki K. Kumanyika, **Jamy D. Ard**.

5. Lifestyle Therapy as Medicine for the Treatment of Obesity (In Press- Lifestyle Therapy, Edited by R. Kushner, J. Mechanick) **Jamy D. Ard**, Gary Miller
6. Lifestyle Therapy in the Management of Cardiometabolic Risk: Diabetes Prevention, Hypertension, and Dyslipidemia (In Press- Lifestyle Therapy, Edited by R. Kushner, J. Mechanick) W. Tim Garvey, Gillian Arathuzik, Gary Miller, **Jamy D. Ard**

Abstracts/Scientific exhibits/Presentations at national meetings

1. **Ard JD**, Oddone EZ, Rosati R. Assessment of a Culturally Sensitive Weight Loss Program in African-Americans. Society of General Internal Medicine, Washington, DC. May, 1997.
2. Svetkey LP, **Ard J**, Vollmer WM, Simons-Morton D, Kennedy BM, Ryan DH, Conlin PR, Appel LJ for the DASH Collaborative Research Group. Dietary approaches to stop hypertension (DASH): BP results in demographic subgroups. American Fed Med Res, Washington, DC, April 1997.
3. **Ard JD**, Edwards LC, Svetkey LP. A New Model for Culturally Appropriate Clinical Trials. First National CDC Prevention Conference on Heart Disease and Stroke, Atlanta, GA. August, 2001.
4. Durant R, **Ard J**, Edwards LC, Svetkey LP. Identification of African-American Cultural Variables to Design Culturally Appropriate Clinical Trials. American College of Physicians-American Society of Internal Medicine. April, 2002.
5. **Ard JD**, Coffman C, Pao-Hwa L, Vollmer WM, Svetkey LP. 1-Year Follow-Up Results for Participants Who Completed the DASH-Sodium Trial. American Society of Hypertension. May, 2003.
6. Svetkey LP, **Ard JD**, Erlinger T, Aickin M, Vollmer WM, Stevens S, Elmer P, Cooper L, Harsha D, Appel LJ. PREMIER Trial: BP Effects of Lifestyle Interventions in Subgroups. American Society of Hypertension. May, 2003.
7. **Ard JD**, Grambow S, Liu D, Slentz C, Kraus W, Svetkey LP. The Effects of the PREMIER Interventions on Insulin Sensitivity. American Heart Association. November 2003.
8. **Ard JD**, Desmond R, Allison DB, Conway J. Effect of dietary restraint and disinhibition on 24-hour recall accuracy. North American Association for the Study of Obesity. November 2004.
9. **Ard JD**, Desmond R, Hunter G, Gower B. Macronutrient Impact on Lean Body Mass in Premenopausal Women. North American Association for the Study of Obesity. November 2004.
10. **Ard JD**, Desmond R, Fitzpatrick S, Faulk L, Franklin F, Allison DB, Baskin M. The Impact of Fruit and Vegetable Cost on Availability in a Multiethnic Sample. American Society for Nutritional Sciences. April 2005.
11. Lori E. Faulk, C. Suzanne Henson, Kathy Hubbert, Douglas C. Heimburger, **Jamy D. Ard**. Weight maintenance and diet composition after participation in a weight loss program promoting low energy-density, high-complex carbohydrate foods. American Society for Nutritional Sciences. April 2005.
12. Thomas E Lyles, Lori Faulk, Renee Desmond, Suzanne Henson, Kathy Hubbert, Douglas Heimburger, **Jamy D. Ard**. Higher fat and protein dietary variety are associated with higher BMI. American Society for Nutritional Sciences. April 2005.
13. Faulk, L., Malpede, C., Jefferson, W., Fitzpatrick, S., **Ard, J**. Body Image Disparity: How Does It Affect Black and White Women's Weight? *Obesity Research*, 13, A128, September 2005
14. Jefferson, W., Fitzpatrick, S., Faulk, L., Malpede, C., **Ard, J**. African Americans Consider Their Diets to be Unhealthy. *Obesity Research*, 13, A70, September 2005.

15. Malpede, C. Z., Faulk, L. E., Jefferson, W. K., Fitzpatrick, S. L., Shewchuk, R. M., **Ard, J. D.** Racial Influences On Weight: Comparing Black Women and White Women. *Obesity Research*, 13, A191, September 2005.
16. **Jamy Ard**, The WLM Research Group. Effect of Group Racial Composition on African American Weight Loss in a Group-Based, Behavioral Weight Loss Program. *Obesity Research*, 13, A71, September 2005.
17. Wendy Jefferson, Jennifer C. Feucht, Tiffany L. Cox, Lori Greene, Kathy Hubbert, Christie Z. Malpede, Monica Baskin, **Jamy D. Ard**. A culturally appropriate pilot intervention for hypertensive African Americans based on the DASH diet. *Obesity*, 14 (9), September 2006.
18. Ledikwe, J., Rolls, B., Smiciklas-Wright, H., Mitchell, D., **Ard, J.**, Champagne, C., Karanja, N., Lin, P., Stevens, V. and Appel, L. Reductions in dietary energy density are associated with weight loss and improved diet quality among participants in the Premier trial. *Obesity*, 14 (9), September 2006.
19. Rory Myer, Lori Greene, Renee Desmond, Tiffany Cox, Douglas Heimbarger, **Jamy Ard**. Higher dietary energy density is associated with higher BMI and metabolic disease risk. *Obesity*, 14 (9), September 2006.
20. **Jamy Ard**, W Jefferson, C Bethea, T Cox, L Greene, V Menendez, B Gower. "Changes in cardiometabolic risk factors in obese African Americans following changes in energy intake alone, diet composition alone, or energy and diet composition." (2008, Oral presentation) *Obesity*, 16 (S1), S89.
21. Christie Zunker, W Jefferson, L Greene, **J Ard**. "Positive and negative influences of race on weight: A qualitative study with black and white women." (2008) *Obesity*, 16 (S1), S289.
22. **Jamy Ard**, C Zunker, T Cox, W Jefferson, L Greene, B Wingo, B Knight, K Saenz. "Cluster analysis of empirically derived weight related cultural factors in black and white women." (2008) *Obesity*, 16 (S1), S289.
23. Cox TL, Bethea C, Jefferson WK, Ard JD. Changes in body composition in obese African Americans following changes in energy intake alone, dietary composition alone, or energy and diet composition. The Obesity Society. Washington D. C. October 2009.
24. Wingo, B.C., Ard, J., Baskin, M.L., Evans, R.R., Grimley, D.M., Roy, J., Snyder, S. (2010). Fear-Avoidance Beliefs and Exercise among Overweight and Obese Adults. *Obesity* 18(S2), S106.
25. Cox, TL, Ard, J., Beasley, M., Fernandez, J., Howard, V., Kolotkin, RL., Crosby, R., Affuso, O. (2010) Body Mass Index and Quality of Life in Women. The Obesity Society (299-P)
26. Jamy D. Ard, Maria Schroeder, Kaisa Kivilaid, Julie Swanson, Ellyce Hayes, Maryam Olesen (2010) Results of the Practical Application of a Medically Monitored, Comprehensive Weight Management Program in Patients With Metabolic Syndrome. The Obesity Society (455-P)
27. Wingo, B.C., Vogtle, L., Heaton, K., Desmond, R., Ard, J. (2011). Development of a graded exposure exercise prescription to increase physical activity among hospital nurses. Poster presentation at the AHRQ National Research Services Award (NRSA) Trainees Research Conference, Seattle, WA.
28. Wingo, B.C., Desmond, R., Brantley, P., Appel, L., Svetkey, L., Stevens, V.J., Ard, J.D. (2011). Self-efficacy as a predictor of weight change and behavior change in the PREMIER trial. Oral presentation at the American Heart Association, Nutrition, Physical Activity and Metabolism Scientific Session, Atlanta, GA.
29. Lynae J. Hanks, Krista Casazza, Ambika P. Ashraf, Sasanka Ramanadham, Jamy Ard, Molly S. Bray, T. M. Beasley, Jose R. Fernandez (2012) Vitamin D- and Ca²⁺-

- Sensing Receptor Single Nucleotide Polymorphisms and Resting Energy Expenditure in Adolescents. Oral presentation at The Obesity Society annual scientific meeting, San Antonio, TX
30. Monica L. Baskin, Sharonda Hardy, Renee Desmond, Sh'Nese R. Townsend, Jamy Ard, Claudia M. Hardy, Karen Meneses (2012) Dietary Intake of African-American Women Living in the Deep South. The Obesity Society (599-P)
 31. Marino A. Bruce, Bettina M. Beech, Melicia C. Whitt-Glover, Derek M. Griffith, Jamy Ard, Sean L. Simpson, Mario Sims (2012) Gender, Obesity, and Chronic Kidney Disease Among African Americans: The Jackson Heart Study. The Obesity Society (677-P)
 32. Wingo, B.C., Ard, J. (2012). The influence of age on exercise fear-avoidance beliefs. Poster presentation at the North American Federation of Adapted Physical Activity annual scientific meeting, Birmingham, AL.
 33. Wingo, B.C., Ard, J., Desmond, R. (2012). BMI and pain predict exercise fear-avoidance better than presence of cardiorespiratory or musculoskeletal disease. The Obesity Society (301-P)
 34. Wingo, B.C., Vogtle, L., Desmond, R., Ard, J (2012). Using shared decision making strategies to reduce barriers to physical activity. Poster presentation at Shared Decision Making Symposium at Washington University, St. Louis, MO.
 35. Goss, A.M., Ard, J.D., Locher, J.L., Wingo, B.C., Keita, A., Gower, B.A. (2014). Differences in Fat Distribution, Inflammation and Insulin Resistance among Lean Mass Phenotypes in Obese, Aging Adults. Oral presentation at The Obesity Society annual scientific meeting, Boston, MA.
 36. Julie A. Sorensen; Sandy Combs, Jr., MS; Erica Hale, MS; Adolfo Fernandez, Jr., MD; Jamy Ard, MD; Gary Miller, PhD. (2014) Associations between BMI, body composition, and gait speed in overweight and obese adults. The Obesity Society (2127-P)
 37. Gary Miller, PhD; Erin Ritz, N/A; S. W. Combs, Jr., MS; Erica Rosenberger Hale, MS; Julie Sorensen, MS; Jamy Ard, MD; Adolfo Fernandez, Jr., MD (2014) Comparison of prediction equations with measured peak oxygen consumption oxygen obtained during a graded exercise test before and after an intensive weight loss program. The Obesity Society (2486-P)
 38. Jamy D. Ard, MD; Sandy Combs, Jr., MS; Gary Miller, PhD; Adolfo Fernandez, Jr., MD (2014) Medical Weight Management and Diabetes Remission. The Obesity Society (2539-P)
 39. Goss, A.M., Wingo, B.C., Ard, J., Locher, J., Gower, B.A. (2015) Leptin is independently associated with depressive symptoms in older adults with obesity. Poster presentation at Endocrine Society annual scientific meeting, San Diego, CA. Endocrine Reviews.
 40. Ard J, Cook M, Rushing J, Frain A, Beavers K, Miller G, Miller ME, Nicklas B. Effect of High Intensity Medical Weight Loss Treatment in Severely Obese Older Adults on Physical Function (TP-3110) The Obesity Society, Boston, MA. 2015
 41. Ard J, Cook M, Rushing J, Frain A, Beavers K, Miller G, Miller ME, Nicklas B. Efficacy and Safety of High Intensity Medical Weight Loss Treatment in Severely Obese Older Adults (TP-3116) The Obesity Society, Boston, MA. 2015
 42. T-P-3110 Ard et al. Effect of High Intensity Medical Weight Loss Treatment in Severely Obese Older Adults on Physical Function
 43. T-P-3116 Ard et al. Efficacy and Safety of High Intensity Medical Weight Loss Treatment in Severely Obese Older Adults
 44. T-P-3622 Hale et al. Comparison of resting metabolism prediction equations with indirect calorimeter in surgical and medical weight loss patients.

45. T-OR-2130-LB (Oral late breaking abstract) Ard et al. Weight loss induced by calorie restriction in older adults with obesity leads to favorable changes compared to exercise only or changes in diet composition: the CROSSROADS randomized controlled study
46. Skin in the Game: does paying for obesity treatment out of pocket lead to better outcomes compared to insurance coverage? Jamy D. Ard, Erica Hale, Matt Emery, Annette Frain, Kristina Lewis, Eunyoung Song (Obesity Week 2016, New Orleans, LA; won best abstract for Health Services Research)
47. Ard J, Fernandez A, Miller G, Krings E, Hale E, McNatt S, Powell M. Phentermine/Topiramate Extended Release as an Adjunct to Sleeve Gastrectomy in BMI \geq 50 kg/m². (T-P-LB-3722) The Obesity Society, Washington, DC. 2017
48. Ard J, Pajewski N, Hale E, Frain A, Miret M. Medical Weight Management Program Is Associated With Reduced Healthcare Insurance Claims Cost. (T-OR-2036) The Obesity Society, Washington, DC. 2017

GRADUATE STUDENTS/RESIDENTS/FELLOWS ADVISED

Graduate Committee Memberships

- | | |
|--------------|--|
| 2015-present | Christopher Jones
DrPH candidate in Health Policy and Management
Thesis Committee Member |
| 2009-2011 | Amy Miskimon
PhD candidate in Nutrition Sciences
Thesis Committee Member |
| 2006-2010 | Brooks Wingo
PhD in Health Behaviors
Thesis Committee Member |
| 2006-2010 | Tiffany Cox
PhD in Epidemiology
Thesis Committee Member |
| 2005-2009 | Christie Zunker
PhD in Health Behaviors
Thesis Committee Member |
| 2004-2008 | Johnita Dobbs
PhD in Health Education and Health Promotion
Thesis Committee Member |
| 2004-2005 | Radhika Phadke
PhD in Nutrition Sciences
Thesis Committee Member |
| 2004-2005 | Sunun Sinsuestakul,
PhD in Nursing
Thesis Committee Member |
| 2002-2004 | Paul Higgins, |

	PhD in Nutrition Sciences Thesis Committee Member
2003-2004	Charlene Bender MS in Health Behaviors Thesis Committee Member
2003	Deborah Jones PhD in Nursing Thesis Committee Member
2003	Lori Faulk MS in Clinical Nutrition Thesis Committee Member