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Physician Program Director for Epidemiology, Public Health and Preparedness &
Senior Physician Consultant, Population Health Research
Department of Quality and Patient Safety
The Southeast Permanente Medical Group, Kaiser Permanente Georgia
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Physician-scientist and population health researcher focused on cardiovascular disease prevention, implementation science, lifestyle medicine and health system transformation. Research integrates epidemiology, pragmatic trials, and health system data to improve cardiometabolic outcomes at population scale. Author of more than 150 peer-reviewed publications and contributor to national scientific statements advancing cardiovascular prevention and population health.

Methodological expertise: Implementation science | Pragmatic trials | Epidemiologic cohort studies
Health services research | Real-world data analytics

MD (Doctor of Medicine).

- School of Medicine, Graduate School

- EIS Fellowship (Epidemic Intelligence Service Post-doctoral training).
- National Center for Chronic Disease Prevention and Health Promotion

Division of Nutrition, Physical Activity and Obesity
Physical Activity and Health Branch.
CDC/WHO Collaborating Center for Physical Activity and Health

October 2002 – September 2003 Universidad del Rosario Bogota, Colombia
Mandatory Social Service Year (Colombian MD License # 79945328 – General Practitioner).
▪ School of Medicine, Department of Epidemiology and Preventive Medicine

February 2001 – May 2001 Miami University, School of Medicine Miami, FL - USA
William J. Harrington Medical Training Fellowship
▪ Jackson Memorial Hospital (Cardiology, Nephrology, Sports Medicine)

PROFESSIONAL APPOINTMENTS

Current Appointments

June 2018 onwards The Southeast Permanent Medical Group Atlanta, GA - USA
**Physician Program Director for Epidemiology, Public Health and Preparedness
& Senior Physician Consultant, Population Health Research
Department of Quality and Patient Safety
The Southeast Permanente Medical Group - Kaiser Permanente Georgia**

Provide strategic leadership in medical epidemiology, population health analytics, and research within an integrated healthcare delivery system serving approximately 400,000 members. Lead initiatives that translate real-world health system data into actionable strategies to improve quality of care, preventive services delivery, and population health outcomes. Selected Contributions:

- Lead epidemiologic strategy and population health analytics supporting quality performance, preventive care delivery, and value-based care across a large integrated healthcare system.
- Use integrated health system data to generate real-world evidence informing peer-reviewed research on cardiovascular prevention, lifestyle medicine, and population health interventions.
- Oversee design, analysis, and interpretation of population health data used to guide clinical performance metrics including HEDIS measures, Medicare quality ratings, and other system-level quality indicators.
- Translate predictive analytics, risk stratification, and real-world health system data into operational strategies to improve preventive care, chronic disease management, and population health outcomes.
- Developed and implemented predictive “hot-spotting” models for COVID-19 and respiratory disease outbreaks, forecasting hospitalization surges several weeks in advance to guide system capacity planning and public health response.
- Lead health system surveillance programs and disease modeling initiatives using internal and external data sources to monitor infectious disease trends and inform preparedness strategies.
- Direct program evaluation and continuous improvement initiatives using epidemiologic methods, health services research, and cost-effectiveness analyses to evaluate the impact and return on investment of quality improvement and population health programs.
- Guide development and implementation of system-wide preventive health initiatives including food-as-medicine programs, remote monitoring for hypertension, maternal and child health initiatives, and chronic disease prevention strategies.

- Conduct and oversee pragmatic clinical trials, epidemiologic studies, and health system research aligned with organizational priorities and national population health goals.
- Serve as institutional subject matter expert in medical epidemiology, population health research, and public health preparedness during infectious disease outbreaks and other public health emergencies.
- Collaborate with national Kaiser Permanente research, analytics, and quality teams to align regional population health initiatives with national health system strategy.
- Mentor physicians and clinicians in epidemiology, population health research, and implementation science, strengthening research capacity within the medical group

September 2014 onwards Emory University

Atlanta, GA - USA

Tenured Associate Professor and Chair of MPH Admissions Committee
Hubert Department of Global Health, Rollins School of Public Health;
Adjunct Professor Nutrition and Health Sciences Doctoral Program.
Emory University, Atlanta GA;

Lead externally funded research focused on implementation science, and population health interventions designed to improve cardiometabolic outcomes. Selected Contributions:

- Develop and implement evidence-based care management and prevention programs to improve patient outcomes and perform impact (effectiveness, cost utility) evaluations in key research focus areas
- Conduct innovative research on chronic disease prevention, health disparities, and population health strategies.
- Oversee MPH program admissions, ensuring academic excellence and diversity
- Teach and mentor MPH, MD, and PhD students, post-doctoral fellows and junior faculty in health services research, implementation science and clinical-community linkages for population health improvements
- Service to Emory and larger academic, public health and medical community

Previous Appointments

March 2013 – August 2014 Centers for Disease Control and Prevention

Atlanta, GA – USA

Lead Medical Epidemiologist, Division Diabetes Translation,
Epidemiology and Surveillance Branch; National Center for Chronic Disease Prevention
and Health Promotion - CDC

Scientific advisor in Diabetes primary prevention providing guidance on:

- Evidence related to community translation studies of diabetes prevention, and delivery modes
- Primary resource/contact, for correspondence, briefs, large HMO and media inquiries related to the National Diabetes Prevention Program (NDPP), its science base and rationale, implementation, dissemination and scaling-up
- Advise and contribute to decisions related to policies and procedures of the National DPP
- Develop an applied research and translation agenda (both domestic and global) for the National DPP and contribute to its evaluation.
- Assessment of primary prevention approaches that are complementary to the National DPP
- Identify new datasets and components to enhance national, state, and local surveillance of primary prevention as well as community and policy-level interventions for diabetes prevention.

- Contribute to the development of a long-range plan for sustainable surveillance for risk factors, pre-diabetes and diabetes in youth.

August 2011 - February 2013 Centers for Disease Control and Prevention Atlanta, GA – USA
Lead Medical Epidemiologist, Global Health Promotion Office
National Center for Chronic Disease Prevention and Health Promotion
Office of the Director - CDC

Coordinate CDC's global capacity building efforts through the Field Epidemiology Training Program (FETP) in target countries (Colombia, Brazil, China, Thailand, Jordan, Tanzania) and serve as technical advisor to advance CDC's global NCD agenda, including guidance on:

- Serve as the lead technical advisor for the development and implementation of Field Epidemiology Training Program (FETP) tracks focused on Non-Communicable Diseases (NCDs) to develop cadres of field epidemiologists who can practice evidence-based public health and strengthen NCD surveillance in priority countries.
- Participate in the development and adaptation of NCD curricula for FETP, including module development, piloting, and revision/clearance of materials
- Manage the mentorship framework among CDC/NCCDPHP subject matter experts, CDC EIS officers and NCD FETP fellows in pilot countries.
- Review NCD projects developed by FETP trainees for scientific quality and appropriateness, and assist NCD-track FETP trainees in preparing written and oral scientific presentations and publications.
- Assist FETP faculty and trainees in the design and implementation of applied NCD epidemiology projects aimed at developing more effective public health interventions.
- Serve as instructor in NCD courses and provide technical assistance and one-on-one mentoring to NCD FETP fellows/ trainees.
- Represent the Global Health Promotion Office and the Center on matters related to global NCDs (PAHO, WHO, NIH, HHS, Ministries of Health, National and International Scientific Organizations and NGOs)
- Coordinate the development, piloting and implementation of a tool for the assessment of NCD capacity at ministries of health requesting CDC technical assistance
- CDC's Project officer for the GOL (Guide for Obesity in Latinos), GUIA (Guide for Useful Interventions for Physical Activity in Brazil and Latin America) and Exercise is Medicine (domestic and global implementation and evaluation)
- Provide technical assistance to MOHs on the development and implementation of evidence-based NCD prevention and control programs including hypertension control, smoking cessation, obesity/diabetes prevention, community-based physical activity interventions and clinical-community linkages.

July 2010 - July 2011 Centers for Disease Control and Prevention Atlanta, GA – USA
Lead Health Scientist, Research and Development Team, Physical Activity and Health Branch Division of Nutrition, Physical Activity and Obesity
National Center for Chronic Disease Prevention and Health Promotion - CDC

Conduct and evaluate translational research and comparative effectiveness models of physical activity interventions for the prevention and management of NCDs, in the environmental and primary care settings, including providing guidance on:

- CDC Guidance on Development of Health Risk Assessment to provide HRSA/Medicare-Medicaid with guidance for the development of a Health Risk Assessment tool for use in the 65 and older US population.
- Economic evaluation of physical activity interventions. Purpose: to perform an economic analysis including cost-effectiveness of physical activity interventions based on a systematic review of the literature.
- Healthy Hospital environment working group to assess the physical, policy and social environments around nutrition and physical activity in US hospitals. Data analyses, interpretation and manuscript drafting.
- Priorization model for public health investments to develop a system of prioritization of public health resources based on utilization of real-time surveillance data to be used by US state health departments and international ministries of health.
- International physical activity and public health capacity building focused on chronic disease prevention and health promotion through physical activity practice and research around the world. Development of online, distance-based and Smartphone applications for training.

July 2008 - June 2010 Centers for Disease Control and Prevention Atlanta, GA – USA
Epidemic Intelligence Service Officer (EISO) Post-Doctoral Fellowship
Physical Activity and Health Branch, CDC/WHO Collaborating Center for Physical Activity and Health, Division of Nutrition, Physical Activity and Obesity
National Center for Chronic Disease Prevention and Health Promotion – CDC

Engage in field investigations and projects related to the prevention of NCDs, investigation of outbreaks and other pressing public health concerns as they relate to the EIS program, including:

- H1N1 2009 pandemic Influenza investigation Argentina to provide technical assistance to the Argentina Ministry of Health in order to establish sentinel surveillance cities for H1N1 pandemic in Argentina and to help strengthen response and preparedness activities. Role: technical consultation for study design, funding consecution, budgeting, development of standard operating procedures (SOPs) and training study staff for data collection, quality control, analyses and interpretation of data, recommendations for public health actions and national guidelines . Partners: World Health Organization, Panamerican Health Organization regional office, National and local (Santafe, Mendoza) ministries of health, national and local infectious disease laboratories, Hospitals and research institutions
- H1N1 pandemic Influenza Vulnerable population task-force to perform epidemiologic data collection, analyses and interpretation to establish the burden in the Hispanic/Latino community and to suggest appropriate intervention strategies
- CDC Spokesperson for the Hispanic/Latino community to provide accurate and culturally appropriate information in both Spanish and English for the prevention and management of influenza to this community to outreach activities including US and international local and regional media, non-profit and scientific organizations. Partners: Media, Academy for Educational Development, White House Media office, Department of Health and Humans Services, National Council La Raza.

June 2004 - June 2008 University of South Carolina Columbia, SC – USA
Graduate Research Assistant, Children's Physical Activity Research Group
Exercise Science Department, Arnold School of Public Health,
University of South Carolina

Collaborate on research projects focused on measuring and intervening on youth's physical activity levels and its health implications. Collaborate on grant writing and on manuscript development on projects including:

September 2002 - May 2004 Universidad del Rosario Bogota, Colombia
Lecturer - Departments of Epidemiology and Internal Medicine, Medical School,
Universidad del Rosario

Co-teach a course on the Epidemiology of NCDs and one on research methods for NCD prevention and control, for 3rd year medical students and Epidemiology master students. Initiate and collaborate on research projects in this area

EDITORIAL & SCIENTIFIC LEADERSHIP

- Contributor and co-author on multiple American Heart Association scientific statements informing clinical, policy and public health guidance published in *Circulation* and *Hypertension*
- Ad hoc peer reviewer for leading journals in cardiovascular prevention, epidemiology, and health services research, including: *Circulation*, *Hypertension*, *Journal of the American College of Cardiology*, *BMJ*, *American Journal of Preventive Medicine*, *Preventing Chronic Disease*, and *Mayo Clinic Proceedings*.
- Reviewer for grant proposals submitted to the National Institutes of Health and other research funding agencies.
- Member, Lancet Physical Activity Series Working Group cited >5,000 times globally
- Advisor to national and international public health organizations on chronic disease prevention and implementation strategies.

RESEARCH DOMAINS

- Health Services and Outcomes Research
- Lifestyle medicine and cardiometabolic health
- Population health and epidemiology
- mHealth and Patient-generated data
- Real World Evidence Generation and health systems analytics
- Clinical Trials (Pragmatic, clustered, RCTs) Lifestyle/Pharmaceutical/Devices
- Quality and Patient Safety Improvement and Monitoring Systems
- Social Health Interventions via Clinical-community Linkages
- Implementation Science & Effectiveness of Preventive Interventions & Services
- Non-communicable Chronic Disease Prevention & Control and Global Capacity Building
- Translational and Implementation Research in Non-communicable Chronic Diseases
- Infectious Disease Surveillance, Epidemiology and Modelling

SCOLARSHIP

Google Scholar Citation [Metrics](#): H-Index: 57; I-10 Index: 118; Total Citations: 28,543

Scopus Citation [Metrics](#): H-Index: 44; Total Citations: 25,574

Publons/Web of Science [Metrics](#): H-Index: 40; Total Citations: 13,083

NIH [Relative Citation Ratio](#): 6.5;

Complete List of Published Work in NCBI [MyBibliography](#) (154 Publications)

Complete List of Published Work in [ORCID](#); Author ID: 5591170220

Peer-Reviewed Articles Published or In Press (*Student/Mentees Co-authors)

1. Eyring H, **Lobelo F**. Target Ratcheting and Learning: A Field Experiment at Kaiser Permanente. *Journal of Accounting Research in Press*
2. Fairley, JK; Binion, B; Lane, MA; Mbanya, A; Carter JR; Espinoza D; Collins, MH; Ojo-Akosile, T; Breiman, RF; Anderson, EJ; **Lobelo, F**. The Roles of Children, Isolation Measures, and Socioeconomic Status in SARS-CoV-2 Household Transmission: A Retrospective Cohort Study in a Southern U.S. City". *BMJ Public Health*. 2026 Jan 27;4(1):e002390. doi: 10.1136/bmjph-2024-002390. PMID: 41626602; PMCID: PMC12853439.
3. Mufarreah A, Vashist K, Germany J, Hoque A, Bailey BA, **Lobelo F**, Kalra A. Association of Objective Physical Activity and Mortality in American Heart Association's Life's Essential 8. *JACC Adv*. 2026 Jan 27;5(2):102580. doi: 10.1016/j.jacadv.2025.102580. Epub ahead of print. PMID: 41605049.
4. Larsen MN, Mohr M, **Lobelo F**, Frediani JK. Editorial: Recreational team sports: prevention, treatment, and rehabilitation of non-communicable diseases. *Front Public Health*. 2025 Jan 16;13:1549065. doi: 10.3389/fpubh.2025.1549065. PMCID: PMC11780590.
5. Thirunavukkarasu S, Ziegler TR, Weber MB, Staimez L, **Lobelo F**, Millard-Stafford ML, Schmidt MD, Venkatachalam A, Bajpai R, El Fil F, Prokou M, Kumar S, Tapp RJ, Shaw JE, Pasquel FJ, Nocera JR. High-Intensity Interval Training for Individuals With Isolated Impaired Fasting Glucose: Protocol for a Proof-of-Concept Randomized Controlled Trial. *JMIR Res Protoc*. 2025 Feb 20;14:e59842. doi: 10.2196/59842. PMID: 39977858; PMCID: PMC11888011.
6. Oliva-Lozano, J; Chiampas G; Cost R; Sullivan, J; **Lobelo, F**. Elevating Recreational Soccer To Improve Population Health In The United States: The Time Is Now; *Front Public Health*. 2024 Oct 18;12:1406878. PMID: 39494074; PMCID: PMC11527682.
7. Nowak KD, Lane MA, Mbanya A, Carter JR, Binion BA, Espinoza DO, Collins MH, Heaney CD, Pisanic N, Kruczynski K, Spicer K, Rivera MG, Glover F, Ojo-Akosile T, Breiman RF, Anderson EJ, **Lobelo F**, Fairley JK. High SARS-CoV-2 secondary infection rates in households

with children in Georgia, United States, Fall 2020-Winter 2021. *Front Public Health*. 2024 Oct 25;12:1378701. doi: 10.3389/fpubh.2024.1378701. PMID: 39525464; PMCID: PMC11544598 *

8. Forna, F; Gibson E, Miles A, Seda P, **Lobelo F**, Mbanya A, Pimentel B, Sobers G, Leung S, Koplan K. Improving Obstetric and Perinatal Outcomes with A Remote Patient Monitoring Program for Hypertension in A Large Integrated Care System. *Pregnancy Hypertens*. 2024 June; 35:37-42. Epub 2023 Dec 30. PMID: 38159437*
9. Paluch AE, Boyer WR, Franklin BA, Laddu D, **Lobelo F**, Lee DC, McDermott MM, Swift DL, Webel AR, Lane A; on behalf the American Heart Association Council on Lifestyle and Cardiometabolic Health; Council on Arteriosclerosis, Thrombosis and Vascular Biology; Council on Clinical Cardiology; Council on Cardiovascular and Stroke Nursing; Council on Epidemiology and Prevention; and Council on Peripheral Vascular Disease. Resistance Exercise Training in Individuals With and Without Cardiovascular Disease: 2023 Update: A Scientific Statement From the American Heart Association. *Circulation*. 2024 Jan 16;149(3):e217-e231. Epub 2023 Dec 7. PMID: 38059362.
10. Garber MD, Flanders WD, Watkins KE, **Lobelo F**, Kramer MR, McCullough LE. Have Paved Trails and Protected Bike Lanes Led to More Bicycling in Atlanta?: A Generalized Synthetic-Control Analysis. *Epidemiology*. 2022 Jul 1;33(4):493-504. PMCID: PMC9211442*
11. Frediani JK, Li J, Bienvenida A, Higgins MK, **Lobelo F**. Metabolic Changes After a 24-Week Soccer-Based Adaptation of the Diabetes Prevention Program in Hispanic Males: A One-Arm Pilot Clinical Trial. *Front Sports Act Living* 2021. Nov 12; 3(329). Epub ahead of print. PMID: 757815*
12. Gallegos-Carrillo K, Garcia-Peña C, Salgado-de-Snyder N, Salmerón J, **Lobelo F**. Levels of Adherence of an Exercise Referral Scheme in Primary Health Care: Effects on Clinical and Anthropometric Variables and Depressive Symptoms of Hypertensive Patients. *Front Physiol*. 2021 Dec 21;12:712135. PMID: 34992544; PMCID: PMC8724582. *
13. Anand S, Ziolkowski SL, Bootwala A, Li J, Pham N, Cobb J, **Lobelo F**. Group-Based Exercise in CKD Stage 3b to 4: A Randomized Clinical Trial. *Kidney Med*. 2021 Jul 8;3(6):951-961.e1. doi: 10.1016/j.xkme.2021.04.022. PMID: 34939004; PMCID: PMC8664706. *
14. **Lobelo F**, Bienvenida A, Leung S, Mbanya A, Leslie E, Koplan K, Shin S. Clinical, behavioural and social factors associated with racial disparities in COVID-19 patients from an integrated healthcare system in Georgia: a retrospective cohort study. *BMJ Open* 2021;0:e044052. doi:10.1136/bmjopen-2020-044052 *
15. Hernandez-Romieu AC, Leung S, Mbanya A, Jackson BR, Cope JR, Bushman D, Dixon M, Brown J, McLeod T, Saydah S, Datta D, Koplan K, **Lobelo F**. Health Care Utilization and Clinical Characteristics of Nonhospitalized Adults in an Integrated Health Care System 28-180 Days After COVID-19 Diagnosis - Georgia, May 2020-March 2021. *MMWR Morb Mortal Wkly Rep*. 2021 Apr 30;70(17):644-650. doi: 10.15585/mmwr.mm7017e3. PMID: 33914727; PMCID: PMC8084119 *

16. Kris-Etherton PM, Petersen KS, Després JP, Braun L, de Ferranti SD, Furie KL, Lear SA, **Lobelo F**, Morris PB, Sacks FM; American Heart Association Council on Lifestyle and Cardiometabolic Health; Council on Cardiovascular and Stroke Nursing; Stroke Council; Council on Clinical Cardiology; Council on Arteriosclerosis, Thrombosis and Vascular Biology; and Council on Hypertension. Special Considerations for Healthy Lifestyle Promotion Across the Life Span in Clinical Settings: A Science Advisory From the American Heart Association. *Circulation*. 2021 Dec 14;144(24):e515-e532. Epub ahead of print. PMID: 34689570.
17. Weber MB, Ziolkowski S, Bootwala A, Bienvenida A, Anand S, **Lobelo F**. Perceptions of physical activity and technology enabled exercise interventions among people with advanced chronic kidney disease: a qualitative study. *BMC Nephrol*. 2021 Nov 10;22(1):373. PMCID: PMC8579645. *
18. Kris-Etherton PM, Petersen KS, Després JP, Anderson CAM, Deedwania P, Furie KL, Lear S, Lichtenstein AH, **Lobelo F**, Morris PB, Sacks FM, Ma J; American Heart Association Council on Lifestyle and Cardiometabolic Health; Council on Cardiovascular and Stroke Nursing; Stroke Council; Council on Clinical Cardiology; Council on Arteriosclerosis, Thrombosis and Vascular Biology; and Council on Hypertension. Strategies for Promotion of a Healthy Lifestyle in Clinical Settings: Pillars of Ideal Cardiovascular Health: A Science Advisory From the American Heart Association. *Circulation*. 2021 Dec 14;144(24):e495-e514. Epub ahead of print. PMID: 34689589.
19. González-Ruiz K, Correa-Bautista JE, Izquierdo M, García-Hermoso A, Martínez-Vizcaíno V, **Lobelo F**, González-Jiménez E, Schmidt-RioValle J, Correa-Rodríguez M, Fernández-Irigoyen J, Palomino-Echeverría S, Santamaría E, Ramírez-Vélez R. Exercise dose on hepatic fat and cardiovascular health in adolescents with excess of adiposity. *Pediatr Obes*. 2021 Nov 4:e12869. PMID: 34734674
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21. Moscoso DM, Sanchez S, Aya RNA, Gomez C, Rodriguez Y, Garzon J, **Lobelo F**. Socio-Demographic and Clinical Characteristics of Adults with Sars-Cov-2 Infection in Two Hospitals in Bogota, Colombia. *J Clin Trials*. 2021; S9:003.
22. Ezzatvar Y, Ramírez-Vélez R, Sáez de Asteasu ML, Martínez-Velilla N, Zambom-Ferraresi F, **Lobelo F**, Izquierdo M, García-Hermoso A. Cardiorespiratory fitness and all-cause mortality in adults diagnosed with cancer systematic review and meta-analysis. *Scand J Med Sci Sports*. 2021 Apr 28. doi: 10.1111/sms.13980. PMID: 33909308.
23. Ramírez-Vélez R, García-Hermoso A, Correa-Rodríguez A, **Lobelo F**, González-Ruiz K, Izquierdo M. Abdominal aortic calcification is associated with decline in handgrip strength in

- the U.S. adult population >40 years of age. *Nutr Metab Cardiovasc Dis* 2021 Apr 9;31(4):1035-1043. doi: 10.1016/j.numecd.2020.11.003. Epub 2020 Nov 11. PMID: 33573921.
24. Micklesfield LK, Hanson SK, **Lobelo F**, Cunningham SA, Hartman TJ, Norris SA, Stein AD. Adolescent physical activity, sedentary behavior and sleep in relation to body composition at age 18 years in urban South Africa, Birth-to-Twenty+ Cohort. *BMC Pediatr*. 2021 Jan 11;21(1):30. doi: 10.1186/s12887-020-02451-9. PMID: 33430834; PMCID: PMC7798220. *
 25. **Lobelo F**, Supapannachart KJ, Zhuo T, Frediani JK; A Serial Cross-sectional Study on Exercise and Dietary Counseling Trends among Adults with Cardiovascular Risk Factors: Medical Expenditure Panel Survey 2002-2015. *Am J Prev Med* 2020 Dec 17;. doi: 10.1016/j.amepre.2020.07.008. PubMed PMID: 33342670. *
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 27. Frediani JK, Krstrup P, **Lobelo F**. Cardiometabolic adaptations and benefits of recreational group sports. *Prog Cardiovasc Dis*. 2020 Nov - Dec;63(6):707-708. doi: 10.1016/j.pcad.2020.11.006. PubMed PMID: 33328097.
 28. Frediani JK, Bienvenida AF, Li J, Higgins MK, **Lobelo F**. Physical Fitness and activity changes after a 24-week soccer-based adaptation of the U.S diabetes prevention program intervention in Hispanic men. *Prog Cardiovasc Dis* 2020 Nov - Dec;63(6):775-785. doi: 10.1016/j.pcad.2020.06.012. Epub 2020 Jun 27. PubMed PMID: 32603753. *
 29. Open Letter by Epidemic Intelligence Service Officers Past and Present - in Support of CDC. *Epimonitor*. 2020 Oct;41(10):12-18. Epub 2020 Oct 14. PubMed PMID: 33345259; PubMed Central PMCID: PMC7748252.
 30. Omura JD, Carlson SA, Brown DR, Hopkins DP, Kraus WE, Staffileno BA, Thomas RJ, **Lobelo F**, Fulton JE. Built Environment Approaches to Increase Physical Activity: A Science Advisory From the American Heart Association. *Circulation*. 2020 Sep 15;142(11):e160-e166. doi: 10.1161/CIR.0000000000000884. Epub 2020 Aug 13. PubMed PMID: 32787451.
 31. Shuval K, Sahar L, Gabriel KP, Knell G, Weinstein G, Gafni Gal T, **Lobelo F**, DiPietro. Sedentary Behavior, Physical Inactivity, and Metabolic Syndrome: Pilot Findings From the Rapid Assessment Disuse Index Study. *J Phys Act Health*. 2020 Sep 9;1-5. doi: 10.1123/jpah.2019-0645. PubMed PMID: 32908021.
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 33. Franklin BA, Thompson PD, Al-Zaiti SS, Albert CM, Hivert MF, Levine BD, **Lobelo F**, Madan K, Sharrief AZ, Eijsvogels TMH. Exercise-Related Acute Cardiovascular Events and

Potential Deleterious Adaptations Following Long-Term Exercise Training: Placing the Risks Into Perspective-An Update: A Scientific Statement From the American Heart Association. *Circulation*. 2020;141(13):e705-e736.

34. Duperly J, Serrato M, Forero NI, Jimenez-Mora MA, Mendivil CO, **Lobelo F**. Validation of Maximal, Submaximal, and Nonexercise Indirect VO₂max Estimations at 2600 m Altitude [published online ahead of print, 2020 Feb 18]. *High Alt Med Biol*. 2020; doi:10.1089/ham.2019.0097 *
35. Alahmed Z, **Lobelo F**. Correlates of physical activity counseling provided by physicians: A cross-sectional study in Eastern Province, Saudi Arabia. *PLoS One*. 2019;14(7):e0220396. PMID: PMC6657910. *
36. Hanson SK, Munthali RJ, Micklesfield LK, **Lobelo F**, Cunningham SA, Hartman TJ, Norris SA, Stein AD. Longitudinal patterns of physical activity, sedentary behavior and sleep in urban South African adolescents, Birth-To-Twenty Plus cohort. *BMC Pediatr*. 2019 Jul 18;19(1):241. PMID: PMC6639930. *
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40. Ramírez-Vélez R, Saavedra JM, **Lobelo F**, Celis-Morales CA, Pozo-Cruz BD, García-Hermoso A. Ideal Cardiovascular Health and Incident Cardiovascular Disease Among Adults: A Systematic Review and Meta-analysis. *Mayo Clin Proc*. 2018 Nov;93(11):1589-1599. PMID: 30274906.
41. Bellissimo M, Arrendondo KG, Paskert M, **Lobelo F**. A systematic review and meta-analysis of the reduction in cardiovascular disease through group sport interventions in adults. *Mayo Clin Proc*, 2018 Oct;93(10):1375-1396.*
42. Safeek RH, Hall KS, **Lobelo F**, Del Rio C, Khoury AL, Wong T, Morey MC, McKellar MS. Low Physical Activity among Persons Living with HIV/AIDS is Associated with Poor Physical Function. *AIDS Res Hum Retroviruses*. Nov;34(11):929-935*

43. Bergquist S, **Lobelo F**. The Limits and Potential Future Applications of Personalized Medicine for the Prevention of Complex Chronic Disease. *Pub Health Reports* 2018 Sep/Oct;133(5):519-522. *
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Books

Duperly J, **Lobelo F**. [Exercise Prescription: A guide for recommending physical activity to every patient] (In Spanish). Bogota, Colombia: Ediciones de la U; 2015. 245 p

Book Chapters

1. Mohr M, Hanen P, **Lobelo F**, Nybo L, Milanovic Z, Krstrup P. Football as medicine against cardiovascular disease. In: "Football as Medicine: Prescribing football for global health promotion" A Routledge Book published within the book series: Critical Research in Football; Edited by Peter Krstrup and Daniel Parnell; 2019
2. Pate RR, Joy EA, **Lobelo F**. Physical Activity Promotion in the Adolescent Patient. In: *Adolescent Medicine State-of-the-Art Reviews (AMSTARs): Diabetes and Obesity*. American Academy of Pediatrics, Section on Obesity. Editor-In-Chief Christopher Bolling. 2017
3. Oberg E, **Lobelo F**, Sallis R, Frank E. Healthy Docs = Healthy Patients: arguably the most important reason to care about physician health. In: First Do No Self-Harm: Understanding and Promoting Physician Stress Resilience Oxford University Press, New York, NY; 2012; Chapter 11; pp 193-202
4. Duperly J, **Lobelo F**. Physical Activity Prescription. In: *Internal Medicine in the Clinician's Office. Colombian Association of Internal Medicine*. Celsus Med Press, Bogotá, Colombia; 2009; ISBN 958-327-38-8. Chapter 4; pp 25-34.
5. Pfeiffer K, **Lobelo F**, Ward D, Pate RR. Aerobic trainability in youth. In: The Young Athlete. Vol XIII of the Encyclopaedia of Sports Medicine. An IOC Medical Commission Publication in Collaboration with the International Federation of Sports Medicine. 2008; Blackwell Publishing, Malden, MS; 2008. Chapter 7; pp 84-95

White Papers

1. Recreational football for Hispanic men with diabetes. Football is Medicine – Treatment as Fun. *Cities Changing Diabetes*, Nov-Nordisk Foundation. 2022
<https://scholarblogs.emory.edu/hearthealthunited/resources/>
2. Making predictions during a pandemic. *Permanente Medicine*, May 2021.
<https://permanente.org/making-predictions-during-a-pandemic/>
3. Mobilizing Healthcare to Help More Americans Achieve Physical-Activity Guidelines to Improve Health Outcomes and reduce Health Disparities. *Prescription for Activity Taskforce*. November 6, 2017. www.prescriptionforactivity.org
4. Participation Powers Healthy Changes: Proven Group-Based Intervention. **Felipe Lobelo**, Phil Trotter, Ashley John Heather and Peter Bretcher. *Health IT Outcomes*, January 2018
<https://www.healthitoutcomes.com/doc/participation-powers-healthy-changes-proven-group-based-intervention-0001>
5. Intervention Care for the ‘Rising-Risk’, Before It’s Too Late. **Felipe Lobelo**, Phil Trotter, Adrian Hutber and Ashley John Heather. *Health IT Outcomes*, December 2016
<https://www.healthitoutcomes.com/doc/intervention-care-for-the-rising-risk-before-it-s-too-late-0001>
6. A Health Behavior Change Framework For Population Health Management. Phil Trotter, **Felipe Lobelo** and Ashley John Heather. *Health IT Outcomes*, September 2016.
<http://www.healthitoutcomes.com/doc/a-health-behavior-change-framework-for-population-health-management-0001>
7. Chronic Disease Is Health Care's "Rising-Risk" By Phil Trotter, **Felipe Lobelo** and Ashley John Heather. *Health IT Outcomes*, June 2016.
<https://www.healthitoutcomes.com/doc/chronic-disease-is-healthcare-s-rising-risk-0001>
8. Implementation of the EIM Solution – Adrian Hutber, Phil Trotter and **Felipe Lobelo**. *Sports Medicine Bulletin*, April 2016.
<https://www.multibriefs.com/briefs/acsm/active050316.htm>

GRANTS AND RESEARCH SUPPORT

Active and Pending Research Support

R01DK143456

(Shao/Alì)

04/2025-03/2030

From Evidence to Policy: Tailoring GLP-1RA Coverage for Optimal Impact and Equity

Source: NIH/NIDDK

Goals: The objective of this project is to generate comprehensive and in-depth information to guide precision health policy for GLP-1RA coverage

Role: Co-I

Total Grant Funds: \$3'891,472

CIDMATH (Lopman) 09/1/23 – 08/31/2028
Emory Center for Infectious Disease Modelling and Analytics and Training

Source: Centers for Disease Control and Prevention (CDC)

Goals: Working alongside the CDC's Center for Forecasting and Outbreak Analytics, establish an outbreak response network using data to support decision makers during public health emergencies.

Role: KPGA Site PI

Total Grant Funds: \$2'495,409

AHA Second Century Implementation Science Award (Lobelo) 07/1/23 – 06/30/2026
Recreational Soccer for Cardiovascular Health – The Heart Health United Study

Source: American Heart Association

Goals: The overarching objective of this implementation research study is to deliver and evaluate the effectiveness of the Soccer for CVH program, a lifestyle change intervention combining AHA education (30 mins/week) plus recreational soccer programming (90 mins/week) among adults 40-64 years with low CVH scores.

Role: Principal Investigator

Total Grant Funds: \$399,967

1F31HL170697-01 (Suvada) 09/1/23 – 08/31/2026
Investigation of Sex Differences in Physical Activity and its Relationships with Stress After Myocardial Infarction

Source: NIH

Goals: The major goal of this research project is to understand sex differences in physical activity and its relationship with stress in a post-MI population.

Role: Senior Faculty Advisor

Total Grant Funds: \$310,730

1R01HL155711-01A1 (Shah) 07/01/21-06/30/26
Association of Posttraumatic Stress Disorder with Cardiac Electrical Instability:

A Twin Study

SOURCE: NIH/NHLBI

Major Goal: Evaluate the cross-sectional relationship of a PTSD diagnosis with established markers of sudden cardiac death, including low heart rate variability, and high T-wave alternants and morphologic variability in beat space (MVB) while accounting for the roles of sedentary time, light, moderate and vigorous physical activity and sleep.

Role: Co-Investigator

Total Grant Funds: \$3,869,949

Kaiser Permanente Georgia Contract (Lobelo) 07/01/18 –
Population health Consultancy

Source: The Southeast Permanente Medical Group

Goals: Senior Consultant for population health research; Department of Quality and Patient Safety

Role: Principal Investigator

PCORI (PI: Mozaffarian/Lobelo) 07/1/26 –
06/30/2031

Title: Pragmatic Comparators for Improving Nutrition and Well-Being in Type 2 Diabetes

Goals: The proposed comparative effectiveness study will evaluate nutrition program models such as medically tailored meals, medically tailored groceries, and produce prescriptions to best support glycemic control, food security, and overall well-being, among 2400 adults at risk for health disparities from the KPSC and KPGA health systems.

Role: Co-PI

Total Grant Funds: \$12'000,000 (plus 1 million committed by the National KP program office to cover intervention food costs)

PCORI

(PI: Mozaffarian/Go)

07/1/26 –

06/30/2031

Title: GLP-1 Agonists and Food is Medicine Treatment Options for Obesity

Goals: This project is designed to critically assess the comparative clinical effectiveness of GLP-1 therapy vs. GLP-1 therapy plus medically tailored meals among 2000 adults living with Obesity and under GLP-1 therapy by their provider at the KPSC and KPGA health systems

Role: Co-I; KPGA Site PI

Total Grant Funds: \$12'000,000 (plus 1 million committed by the National KP program office to cover intervention food costs)

Completed Research support

KP Office of Community Health Planning Grant (Lobelo)

01/01/23 – 12/30/23

Food is Medicine Interventions for Maternal and Child Health

Source: Kaiser Permanente Program Office

Goals: to develop and test the implementation feasibility of a BB adaptation of the NDPP, in a population of KPGA overweight, pre-diabetic adults

Role: Principal Investigator

Total Grant Funds: \$62,200

COVID-19/PASC Synergy I3

(Manoj/Lobelo)

12/15/21 – 12/14/22

A Mind-Body Approach at Reducing Impact of Long-COVID-19 and understanding molecular mechanism using single cell profiling

Source: Emory School of Medicine and KPGA

Goals: The primary aim of this project is to examine the effects of an 8-week, remotely delivered, mind-body intervention (the SMART-3RP program) on fatigue, anxiety, and depression in individuals with post-acute symptoms of COVID19 (PASC), compared to an attention control intervention. The secondary aim is to examine the impact of the intervention on other PASC symptoms, including sleep disturbance, depression and anxiety. The tertiary aim is to examine the effects of the intervention compared to control on cellular composition and expression of genes associated with inflammatory pathways using RNA sequencing (scRNA-seq).

Role: Principal Investigator

Total Grant Funds: \$75,000

Team Up Against Diabetes Grant Program; Lobelo (PI)

12/1/20 – 11/30/22

Leveraging Soccer to Prevent Diabetes Among Minority Men

Source: Sun Life Foundation

Goals: to test the effectiveness of a 1-year soccer-based lifestyle intervention to prevent type 2 diabetes among men from racial minority backgrounds.

Role: Principal Investigator

Total Grant Funds: \$100,000

COVID-19 Synergy I3 Program. (Fairley/Lobelo) 12/15/20 – 12/14/21

COVID-19 Household Transmission Study

Source: Emory School of Medicine and KPGA

Goals: Determine the SARS-CoV-2 infection status in recovered, symptomatic, asymptomatic and pauci-symptomatic children and other close household contacts of individuals who have tested positive for COVID-19 in the Atlanta metropolitan area and Characterize transmission dynamics in the household to compare pediatric and adult index cases and their secondary attack rates as well as other demographic factors like race, ethnicity and sociodemographic status.

Role: Principal Investigator

Total Grant Funds: \$75,000

KPR-SM-2020-01/1. EIM at KP (Lobelo) 12/01/19 – 11/30/22

Leveraging recreational basketball to increase participation in the National Diabetes Prevention Program (NDPP) among adults aged 18-44 years

Source: Kaiser Permanente Research Program Office and The National Basketball Association:

Goals: to develop and test the implementation feasibility of a BB adaptation of the NDPP, in a population of KPGA overweight, pre-diabetic adults

Role: Principal Investigator

Total Grant Funds: \$649,438

Dunwoody Cancer Pilot Program. (Lobelo) 5/13/19 – 4/30/22

A Soccer-Based Lifestyle Intervention vs mHealth-Based Physical Activity Intervention to Improve Bone and Metabolic Health in Prostate Cancer Survivors

Source: Emory Winship Cancer Institute

Goals: to test the feasibility and effectiveness of a soccer-based lifestyle intervention vs routine care to improve bone/metabolic health in prostate Ca survivors receiving androgen deprivation therapy

Role: Principal Investigator

Total Grant Funds: \$50,000

1P30DK111024-01 (Narayan) 07/01/16 -6/30/21

Georgia Diabetes Translation Research Center

Source: National Institutes of Health/NIDDK

Goals: The goal of this center is to serve as a platform to increase investigator capacity, share expertise, and generate and disseminate knowledge to influence practice and policy to improve diabetes outcomes.

Role: Co-Investigator

Total Grant Funds: \$1,853,405

Research Agreement (Lobelo) 9/01/18 – 3/30/20

Emory Exercise is Medicine Implementation

Source: Anytime Fitness Inc.

Goals: To test the effectiveness of a multi-level intervention to integrate clinical (PA vital sign, prescription and referral decision-support system in Emory's Electronic Medical Records, training of providers) and community protocols (network of Anytime fitness certified PA professionals and programs), technology-aided behavior change and patient engagement strategies using the EIMGRCC App/software solution and PA wearable monitors on physical activity and clinical outcomes among 200 patients over 12 months,

Role: Principal Investigator
Total Grant Funds: \$100,000

170807-1556 (Anand/Lobelo) 09/01/17 - 10/31/19

Exercise is Medicine in CKD Patients

Source: Satellite Healthcare

Goals: A study for a multi-level model of physical activity promotion, delivered via clinical-community linkages and health information technology resources to evaluate feasibility and short-term efficacy in a randomized pragmatic trial, implemented in nephrology services, affiliated dialysis units serving largely underserved, and minority populations in two academic health systems

Role: Co-Principal Investigator

Total Grant Funds: \$200,000

P30 Pilot Grant 2017 Round 2 (Frediani) 10/01/17 – 9/30/18

Georgia Center for Diabetes Translation Research

Goals: A study to test feasibility of a soccer-based translation of the diabetes prevention program among Hispanic males in Atlanta.

Role: Senior Faculty Advisor

Total Grant Funds: \$30,000

Colombian National Institute for Science 57900 (Ramirez-Velez) 10/01/17 – 9/30/19

Exercise for Fatty liver disease in Children

Source: Colombia Ministry of Health

Goals: A randomized clinical trial to examine whether a 6-months exercise program has benefits on hepatic fat content as well as cardiovascular health outcomes among adolescent overweight/obese from Bogotá, Colombia. ClinicalTrials.gov NCT02753231

Role: Co-Investigator

Total Grant Funds: \$350,000

00021490 Paul W. Seavey Research Fund Lobelo (PI) 1/01/17 - 01/01/18

Implementation of Exercise Vital Sign and Exercise is Medicine at Emory Healthcare

Source: Paul W. Seavey Clinic Emory Healthcare

Goals: A quality improvement and pragmatic trial designed to test the Physical Activity Vital Sign in Emory's electronic medical record and the Exercise is Medicine protocol in the Emory Health Care internal medicine outpatient clinic workflow to support physical activity promotion via clinical-community linkages and integration of mHealth tools among patients with at least one CVD risk factor.

Role: Co-Principal Investigator

Total Grant Funds: \$50,000

2017-01 Synergy (Lobelo/O'Reilly) 10/01/17 - 9/30/18

Objective assessments of surgical risk

Source: Emory Woodruff Health Sciences Center

Goals: A study to test feasibility of integrating objective assessments of surgical risk in the preoperative clinical workflow, including morphometric markers from images and functional variables (objectively measured physical activity, aerobic fitness and strength) among a cohort of

adult patients undergoing non-ambulatory surgical procedures and to explore the predictive validity of these novel preoperative markers in relation to surgical outcomes.

Role: Co-Principal Investigator

Total Grant Funds: \$100,000

F36012-01

Lobelo (PI)

05/01/15 - 4/30/18

Exercise is Medicine Global Research and Collaboration Center

Source: American College of Sports Medicine

Goals: A memorandum of understanding to establish the Exercise is Medicine Global Research and Collaboration Center, responsible for the ongoing collection and evaluation of EIM data from U.S. and worldwide healthcare systems and for identifying opportunities to enhance the effectiveness of physical activity counseling in clinical settings and of physical activity referral schemes.

Role: Principal Investigator

Total Grant Funds: \$150,000

NSP59483

Lobelo (PI)

06/01/2016 - 12/30/16

Exercise is Medicine Health Technology Summit

Source: Emory Conference Center Subvention Fund

Goals: Support a Think Thank Meeting and Conference on mHealth Integration for Exercise is Medicine: The Wild Wild West of Quantified Healthcare; Emory Conference Center and Rollins School of Public Health, December 5 – 6; 2016.

Role: Principal Investigator

Total Grant Funds: \$25,000

Colombian Institute for the Development of Science (Correa) 02/01/2012 - 01/31/16

FULPRECOL Study

Source: Colombia Ministry of Health

Goals: To evaluate the association between hand strength measures and early CVD risk factors in a group of 4000 Colombian Children and Adolescents - FUPRECOL Study

Role: Consultant; Total Grant Funds: \$150,000

AHA Pre-doctoral fellowship

(Lobelo)

7/01/06 - 6/30/08

Cardiovascular risk factor clustering in relation to physical activity and fitness among US children and adolescents

Source: American Heart Association

Goals: To investigate to what extent physical activity (PA) and physical fitness (PF) explain the presence of cardiovascular disease (CVD) risk factor clustering after considering the role of central adiposity among US children and adolescents with and without diabetes mellitus.

Role: Principal Investigator

Total Grant Funds: \$50,000

Fund for Epidemiologic Research on Physical Activity Research Fund (Lobelo). 7/01/06-6/30/07

Physical activity and fitness among youth with and without diabetes mellitus

Source: American College of Sports Medicine

Goals: To characterize physical activity levels of youth with and without diabetes mellitus using objective and subjective assessment tools and to explore the correlation between accelerometry-based physical activity levels and objectively measured fitness levels among adolescents.

Role: Principal Investigator
Total Grant Funds: \$10,000

Colombian Institute for the Development of Science. Duperly (PI) 06/2004 -06/08
Healthy Doctor-Healthy Patient project (Colombia phase)

Source: Colombia Ministry of Health

Goals: To study the association between lifestyle habits and related preventive medicine practices among 1st and 4th year medical students from several medical schools in Colombia. This project is an extension from the project led by Dr Erika Frank from the Department of Preventive Medicine at Emory University.

Role: Co-Investigator

Total Grant Funds: \$150,000

TEACHING & MENTORSHIP

Undergraduate (U), Graduate (G) and Professional (P) Level Lectures and Course Development

Course Development and Instruction:

Spring 2026 - Current	Instructor, Nutritional Assessment. (GH 545), Hubert Department of Global Health and Nutrition and Health Sciences Doctoral Program, Emory University (G), class size = 20
Spring 2025 - Current	Developer and Instructor, Capstone Seminar: Evidence-Based Decision-making for Non-communicable Diseases (GH 584), Hubert Department of Global Health, Emory University (G), class size = 20
Spring 2023 - Current	Instructor, Critical Issues in Global Health (GH 500), Hubert Department of Global Health, Emory University (G), class size = 75
Spring 2021- Current	Developer and Instructor, Basketball for Health course for fitness professionals; Funded by the Kaiser Permanente Foundation and the National Basketball Association – NBA (U, G and P); Course will deploy as part of the DPP Hoops: Basketball for Diabetes Prevention program at KP Georgia. Mean class size = 10
Spring 2018 - Current	Instructor, Football is Medicine course for fitness professionals; The course as developed by Peter Krstrup from the University of Southern Denmark. (U, G and P); Course has been deployed 50+ times in the US and 10 countries; mean class size = 30
Spring 2018 - 2023	Developer and Instructor (with Ghada Farhat), Chronic Disease Prevention and Control (GH 579), Hubert Department of Global Health, Emory University (G), Class size = 15-20
Spring 2017 - 2023	Developer and Instructor (with Robert Bednarzyck), Evidence-based decision making (GH 584), Hubert Department of Global Health, Emory University (G), class size = 20

Spring 2016 - 2018	Instructor (with R. Bednarzyck), Evidence Based Strategic Planning (GH 542), Hubert Department of Global Health, Emory University (G), class size = 100
Spring 2014 - 2022	Developer and Instructor (with Adrian Hutber), Exercise is Medicine Credential for Fitness Professionals; American College of Sports Medicine (G and P); Course has been deployed 30+ times in the US and 5 countries; mean class size = 50
Spring 2011 - 2020	Developer and Instructor (with John Duperly), Physical Activity Prescription for Medical Professionals; American College of Sports Medicine (G and P); Course has been deployed 100+ times in the US and over 20 countries; mean class size = 30;
Spring 2008 - 2014	Instructor (with Michael Pratt), International Physical Activity and Public Health Course; Centers for Disease Control and Prevention (G and P); Course was deployed 100+ times in over 30 countries; mean class size = 50;
Spring 2003 - 2004	Instructor, Research methods for NCD prevention and control and Physical Activity assessment and prescription for disease prevention Departments of Epidemiology and Internal Medicine, Universidad del Rosario, Medical School Bogota Colombia (G); class size = 30

Invited Course Lectures:

Summer 2023 to Current	Human Health (226) “The Science and Art of Lifestyle Medicine Interventions” Center for the Study of Human Health (U)
Spring 2018 to Current	CVD Epidemiology (EPI 543), “Physical Activity, fitness and sedentary behavior and CVD risk reduction” Epidemiology Department, Emory University (G)
Spring 2015 to 2023	Nutritional Assessment (GH 545), “Physical Activity and Fitness Measurement” Hubert Department of Global Health, Emory University (G)
Spring 2018 to 2020	Human Health (415) “Lifestyle Interventions: Implementation Science Approaches”. Center for the Study of Human Health (U)
Fall 2017, 2018	Diet and Chronic Disease (GH 551), “Physical activity for prevention of NCDs” Hubert Department of Global Health, Emory University (G)
Spring 2014 to 2017	Diabetes: Epidemiology and Prevention (GH 534), “Primary Prevention of Type 2 Diabetes,” Hubert Department of Global Health, Emory University (G)
Summer 2015 to 2017	Public Health LEADERS Course, “Physical Activity Interventions” Hubert Department of Global Health, Emory University (P)
Spring 2015 to 2017	Special Topics in Human Health: Science of Moving Often and Eating Well (HLTH 385), “Exercise is Medicine,” Emory College,

	Emory University (U)
Spring 2016, 2017	Critical Issues in Global (GH 500), “Physical Inactivity and Obesity” Hubert Department of Global Health, Emory University (G)
Fall 2016	Human Nutrition I (G548), “Exercise and Health” Hubert Department of Global Health, Emory University (G)

Thesis and Dissertation Committees

Doctoral Students Committees Member

1. Kara Suvada. “Association of Sex and Race with Self-reported Leisure Physical Activity Among Younger Persons After a Myocardial Infarction” Department of Epidemiology, Rollins School of Public Health, Emory University; Expected 2026
2. Michael Garber “The effect of bicycle infrastructure on population-level cycling and cycling-related collisions in Atlanta using smartphone-generated data” Department of Epidemiology, Rollins School of Public Health, Emory University; 2020
3. Brian Lanza “The Relationship Between Outdoor Physical Activity and Heat in Atlanta, Detroit, and Phoenix”. Department of Urban Planning, Georgia Tech University; 2018
4. Sara Hanson “Effects of nutrition and physical activity on children growth trajectories in Urban South Africa” Nutrition and Health Sciences Program, Emory University; 2018
5. Carlos Mario Arango “Social network analyses of physical activity and sedentary behavior among adolescents in Monteria, Colombia” Department of Exercise Science, West Florida University; 2016
6. Katia Gallegos “Effectiveness of prescription and referral to community physical activity program among patients with Hypertension: A Randomized Community trial” Health Services Research Programm Mexico’s National Public Health Institute (INSP). 2015

Master’s Students, Primary Mentor (Selected last 10 years)

7. Rita Nahta “Determinants of daughters’ participation in mother-daughter physical activity interventions: a systematic review” Department of Epidemiology, Rollins School of Public Health; Emory University; 2023
8. Haydn McLaughlin “Examining the Relationship Between Exposure to Community Violence and ER Asthma Visit Rate in Metro Atlanta from 2015-2021” Department of Epidemiology; Rollins School of Public Health; Emory University 2023
9. Leanna Ehrlich “Systematic review of walkability indices used in studies assessing adults’ walking for transportation” Hubert Department of Global Health, Master of Public Health; Rollins School of Public Health; Emory University; 2021
10. Armand Mbanya “Anthropometric and Functional Correlates of Surgical Outcomes at Emory Healthcare” Hubert Department of Global Health, Master of Public Health; Rollins School of Public Health; Emory University; 2020

11. Ahmad Albediny “Systematic Review and Meta-Analysis of Very Low carb Diet vs. Other Recommended Diets for Type-2 Diabetes Management” Hubert Department of Global Health, Master of Public Health; Rollins School of Public Health; Emory University; 2019
12. Clarissa Myers “Physical Activity Related content in Doctor of Physical Therapy Education: A Curricular Needs Assessment” Hubert Department of Global Health, Master of Public Health, Physical Therapy (Dual Degree Program), Emory University; Rollins School of Public Health; Emory University; 2018
13. Zahra Alahmed “Assessing knowledge, attitudes and practices of primary healthcare physicians towards physical activity (physician knowledge, attitude and practice toward physical activity counseling, Saudi Arabia, Eastern Province)” Hubert Department of Global Health, Master of Public Health; Rollins School of Public Health; Emory University; 2017
14. Ansa Riaz “Ki67-Adjusted Mitotic Score (KAMS): a novel prognostic metric in well-differentiated pancreatic neuroendocrine tumors” Hubert Department of Global Health, Master of Public Health; Rollins School of Public Health; Emory University; 2017
15. Meredith Moore “The Limited Space Model Resource Guide: Teen Edition An adaption of the National Fitness Competition program for the Boys & Girls Clubs of America” Hubert Department of Global Health, Master of Public Health; Rollins School of Public Health; Emory University; 2016
16. Jennifer Gao “Joint Associations of Oxidative Stress, Adiposity, and Cardiovascular Fitness with Diabetes and Pre-Diabetes: NHANES 1999-2004” Epidemiology Department, Master of Public Health; Rollins School of Public Health; Emory University; 2016
17. Megan Louis Light “The Effects of Goal Setting on Health Outcomes: An Evaluation of 2015 Camp Strong4Life” Hubert Department of Global Health, Master of Public Health; Rollins School of Public Health; Emory University; 2016
18. Shawnee Bernstein “Establishing a Certificate Program in Noncommunicable Diseases at the Rollins School of Public Health: Planning Phase Results” Hubert Department of Global Health, Master of Public Health; Rollins School of Public Health; Emory University; 2020
19. Rachel Safeek “HIV and Aging: Low Physical Activity in the Home Correlates with Diminished Physical Function” Hubert Department of Global Health, Master of Public Health; Rollins School of Public Health; Emory University; 2017
20. Michael Gerber “Assessment of fitness vs fatness in a representative sample of 8th graders in the Chile National Fitness and Education Survey (SIMCE-2011)” Epidemiology Department, Master of Public Health; Rollins School of Public Health; Emory University; 2014

Mentoring Junior faculty, Post-docs, Master’s and Other Students (Selected)

21. Mentored Junior faculty (career and research development) Liliana Aguayo-Markes, 2024
22. Mentor for COALESCE Fellowship Chandra Sekaran; 2021
23. Mentor for GH MPH Graduates: Brianna Binion and Sandra Amouzou, 2021 (Employed as research assistants at KPGA)

21. Mentor Practicum/elective for SOM M2 students Krittin Supapannachart; 2020
22. Mentor for Humphrey Fellow Pahawin Anusakathien; 2020
23. KPGA Intern Mentor for Alan Bienvenida, Armand Mbanya, Jacqueline Hensley; 2019-2020
24. REAL mentor for Armand Mbanya, Alan Bienvenida, Clarisa Hernandez; 2018-2019
25. Practicum mentor for BHSE student Brianna Boland; 2019
26. Practicum mentor for BHSE student Nicolette Wise; 2019
27. Mentor Practicum/elective for SOM M2 students Alex Milani and Abhishek Goswami; 2019
28. Practicum mentor for BHSE student Jacqueline Hensley; 2018
29. Practicum mentor for HPM student Tianyi Zhuo; 2018
30. Practicum mentor for BHSE student Jessica Washington; 2018
31. Primary research rotation mentor Nutrition PhD student Moriah Bellisimo; 2017
32. Primary research rotation mentor Preventive Medicine/MPH student Javier Valle; 2017
33. Practicum mentor for GH MPH student Zahra Alahmed; 2017
34. Practicum mentor for Epi student Jianheg Li; 2017
35. Mentored Post-Doctoral fellows Karla Galaviz, Christopher Ford and Ram Jagannathan on career and research development
36. Primary research rotation mentor for senior MD student Sharon Lindquist; 2016
37. Practicum mentor for BSHE student Danielle Scheinman 2016
38. Practicum mentor for Executive MPH student Elizabeth Sprouse; 2016
39. Mentored Post-Doctoral fellows Jennifer Fredianni on career and research development 2015-16
40. Primary mentor for Jonetta Johnson, PhD – EIS officer; GHPO/NCCDPHP; 2014
41. Primary mentor for Isabel Garcia de Quevedo; ORISE Fellow, GHPO/NCCDPHP; 2013
42. Primary mentor for visiting FETP scholars (Brazil, Colombia, China) GHPO/NCCDPHP; 2012-14
43. Field advisor for MPH (Epidemiology) student (Michael Garber) at Emory RSHP – Project:

Assessment of fitness vs fatness in a representative sample of 8th graders in the Chile National Fitness and Education Survey (SIMCE-2011); 2013

44. Primary mentor for Robinson Ramirez, PhD – Winner of the 2012 ACSM International RAFA-PANA visiting scholar. Project: Effectiveness of a physical activity intervention among pregnant women at high-risk of gestational diabetes in Colombia; 2012
45. Secondary mentor for CDC Experience Fellow (Jeffrey Norris, MD); 2011
46. Primary mentor for CDC/WHO Collaborating Center for PA and Health visiting scholars (Carolina Donado MD, Vanessa Collazos MD; Carla Moreira, PhD); 201

SERVICE & AFFILIATIONS

A. Service activities for the RSPH

1. Department of Global Health Chair of MPH Admissions (2024-)
2. Member GH Curriculum committee (2016-2019)
3. Co-lead GH Seminar series (2018-)
4. Member Shepard award review committee (2015-18)
5. Selection committee for the PH-LEADER program (2016-18)
6. Member GH Faculty search committee (2016-)
7. Humphrey Fellowship Mentor (2016, 2020)
8. Director of Graduate Studies HDGH Department

B. Service activities for Emory University

1. Nutrition Health Sciences Doctoral Program: Executive committee (2022-)
2. Nutrition Health Sciences Doctoral Program: Faculty and recruitment committee (2016-2021)
3. Direct Emory Physical Activity Research Group (2016-) (meetings and seminars)
4. Advisor Emory Lifestyle Institute (2019-)
5. Advisor Healthy Emory and Move more Wellness Initiatives (2016-19)
6. Advisor Emory Healthcare Analytics infrastructure workgroup (2017-)
7. Advisor and Faculty: Teaching Kitchen, Emory Health Care and School of Medicine (2018-)

C. Service activities Professional Field

1. Kaiser Permanente Georgia Medical Epidemiologist and KP National sub-groups on:
 - a. Outbreak forecasting, vaccination, active surveillance and suppression activities
 - b. Climate and Health
 - c. Social Health Practice
2. National Academies of Sciences, Engineering, and Medicine: Physical Activity and Health Innovation Collaborative (PAIC); Roundtable on Obesity Solutions; Health and Medicine Division (2018-):
 - a. Workgroup on: “Physical activity in health risk assessments”
 - b. Consensus study “Strategies for Implementing Physical Activity Surveillance”
 - c. Workgroup on: “Physical Activity Surveillance in the health care sector”
3. American Heart Association
 - a. Physical Activity Committee (Member 2014-15; Vice-Chair 16-17; Chair; 18-19; past Chair 19-)
 - b. Leadership Council Lifestyle and Cardiometabolic Health (2016-)
 - c. Council Operations Committee, Diversity Subcommittee Member (2021-)
 - d. Risk communication for the American Heart Association on Heart disease and Stroke prevention in English and Spanish
4. American College of Sports Medicine
 - a. Exercise is Medicine Advisory Board (2014-)
 - b. Director Global Research and Collaboration Center (2015-)
 - c. Chair Pediatrics Committee (2015-19)
5. National Physical Activity Plan: Health Care Sector Committee (2016-2024)
6. American Council on Exercise: Prescription for Activity Leadership Council (2016-)
7. Planning Committee National Nutrition and Health Survey (ENSIN) Colombia (2016-)
8. Active Exercise is Medicine projects or Consultation with Medical/Scientific Societies
American Academy of Family Physicians
American Heart Association (Vice-chair PA Committee)
American Academy of Pediatrics
Medscape/WebMD
National Physical Activity Plan health Care Sector

Validic Inc (Wearable Integration for health systems)
 Lifestyle Medicine Collaborative
 Cooper Institute,
 UC Irvine School of Medicine – Pediatric Exercise Research Center
 Kaiser Permanente, Mount Sinai, Atris, Sanford, Memorial Hermann, Washington U,
 Grenville and other health care systems
 Four health care systems (public and private) and Mexico city, Merida, Monterrey and
 Guadalajara (Mexico pilot implementation projects)
 Mexico's general medicine, Internal medicine and Endocrinology societies
 Beat the Streets / New York City Mayor's Office
 WHO Europe Regional office; CDC

9. Editorial boards or editorships

International Journal of Lifestyle Medicine Editorial Board (2016-)
 Special Issue Editor: Progress in Cardiovascular Diseases (2020)

10. Public Health Practice activities

- a. **Invited speaker - Selected organizations: (2008-ongoing):** ACSM, AHA, World Bank, The White House, National Council for Hispanic State Legislators, AACVPR, PAHO, ILSI, Panamerican Conference on Obesity Prevention, China CDC, Panamerican Congress of Sports Medicine, CARMEN, Ministries of Health of Brazil, Argentina, Colombia, Thailand, TEPHINET.
- b. **Ad-hoc manuscript Reviewer (2006- ongoing) for:** The Journal of Pediatrics, Medicine and Science in Sports and Exercise, Journal of the American College of Cardiology, Journal of Physical Activity and Health, Panamerican Journal of Public Health, The International Journal of Obesity, Journal of Epidemiology and Community Health, Acta Paediatrica, Int. J. Environ. Res. Public Health, Am J Human Biology, Preventing Chronic Diseases, Preventive Medicine, International Journal of Medical Education, BMC Public Health, Journal Graduate Medical education, Am J Prev Med, PloS Medicine.
- c. **Professional member of:** American Heart Association, Council on Lifestyle and Cardiometabolic Health; National Physical Activity Plan – Health Care Sector

Working Group; American College of Sports Medicine (Exercise is Medicine Science Advisory Board), National Hispanic Medical Association, Physical Activity Network of the Americas, Colombian Cardiology Society, Colombian College of Internal Medicine

Media citations and appearances (Selected)

Risk communication on COVID-19, Monkeypox, Influenza, physical activity, obesity, diabetes and chronic disease prevention. Presence in print (50+), radio, webinars, podcasts and TV programs (100+) in Spanish and English for US and International outlets in Colombia, Spain, England, France, Chile, Argentina, Mexico, Brazil and China. A summary of selected interviews is below.

[Georgia's childhood vaccination rates have dropped. Doctors are worried.](#)

AJC, September 2025

[Respiratory virus season vaccination recommendations](#)

Fox 5 Health Break, October 2024

[Can I lower my cholesterol without taking a Statin?](#)

The New York Times, September 2024

[When will Georgia's summer COVID-19 wave break?](#)

The Atlanta Journal-Constitution, August 2024

[Infant mortality rate up in Georgia as health officials try new approaches](#)

The Atlanta Journal-Constitution, July 2024

[Soccer as medicine? Emory study digs into the sport's health benefits.](#)

The Atlanta Journal-Constitution, May 2024

[COVID-19 hospitalizations are steadily rising again, as CDC scientists track a new version of the coronavirus.](#)

Fox 5 Atlanta, August 2023

[New COVID cases in Georgia likely driven by summer travel, back to school](#)

Georgia Public Broadcasting, August 2023

[What Happens If We Sit for More Than 8 Hours Per Day?](#)

Medscape, March 2023

[Our pandemic: 3 years later, it's not just the virus that's changing.](#)

Atlanta Journal Constitution, February 2023

[US declares monkeypox a health emergency, Georgia doctor breaks down the basics](#)

FOX 5 Atlanta, August 2022

[AHA News: Is 10,000 Steps Really a Magic Number for Health?](#)

[Latinos with chest pain wait in ER about half hour longer than others, study shows](#)

NBC News, May 2022

[COVID death rate in rural Georgia now double that in urban areas](#)

AJC, October 2021

[As delta variant cases surge, metro researchers are keeping an eye on a new variant](#)

FOX5, September 2021

[Scientists push back on call to endorse booster shots for all](#)

AJC, August 2021

[CDC surveys find most younger Americans are unvaccinated](#)

FOX5, June 2021

[Doctors seeing 'long-lasting decline' in COVID-19 cases in Georgia](#)

WSB-TV, May 2021

[A more contagious coronavirus variant takes hold in Georgia](#)

AJC April, 2021

[Exercise Before Dialysis Onset: A Healthy Start?](#)

NephTalk - Satellite Healthcare Podcast, 2021

[With initial Johnson & Johnson COVID vaccine shipment expected to arrive soon in Georgia, health experts say book first vaccine offered](#)

11Alive-Atlanta, March 2021

[U.S. now ramping up to track mutant viruses, but effort may be too little, too late](#)

AJC February, 2021

[Answering questions about the COVID19 vaccines \(In Spanish\)](#)

CNN Español, January, 2021

[American Heart Association News: Is It OK to Exercise When You're Sick?](#)

HealthDay, December 2021

[COVID-19 deaths, hospitalizations soar in Georgia](#)

WSB-TV, November, 2020

[President's COVID-19 status](#)

Telemundo, October, 2020

[Pfizer's COVID19 vaccine efficacy data](#)

France 24, September, 2020

[Why some sectors doubt the COVID19 death toll? \(In Spanish\)](#)

BBC world, August, 2020

[Can You Really Return to a Gym During Covid-19?](#)

Wall Street Journal; July, 2020

[How To Assess Your Coronavirus Risk Before Doing An Activity?](#)

Huff Post; June 2020

[The Merits, Risks And Politics of Sweden's Herd Immunity Strategy](#)

On Second Thought, GBP/NPR May 2020

[Trump boosters: Don't believe the coronavirus death toll](#)

Politico, May, 2020

[Pandemic brings another threat to forefront for African Americans and Latinos](#)

Medical Xpress; April 2020

[To reach population immunity 70-80% of the population \(In Spanish\)](#)

Revista Semana, March, 2020

[Coronavirus in Colombia \(Spanish\)](#)

Revista Semana, March 2020

[There's More Evidence That Too Much Sitting Can Be Very Unhealthy](#)

NPR, July, 2019

[Sitting Kills, in a Dose-Response Fashion, but Regular Physical ...](#)

TCTMD, April, 2019

[5 dangerous health problems your fitness tracker might pick up](#)

Considerable, May 6, 2019

[How teamwork through soccer is helping men lower diabetes risk](#)

FOX 5 Atlanta, September, 2018

["Exercise as Medicine" with Felipe Lobelo, MD](#)

The Whole Health Cure, August 2018

[Running \(or Walking Briskly\) Away From Addiction](#)

U.S. News & World Report, June, 2018

[AHA Strengthens Stand on Exercise for Disease Prevention](#)

Medscape, July, 2018

[Combination of strength, aerobic training found best for obese elderly](#)

Reuters Health News, May, 2017

[Study shows a high-fat diet may be good for us](#)

Fox 10 Phoenix, September 2017

[A Dose for Doing: Healthcare Providers and Exercise Specialists Struggle With Prescribing Physical Activity](#)

TCTMD, October 2016

[Four in 10 American women now classified as obese](#)

The Guardian, June, 2016

[Physically Fit Docs More Likely to Prescribe Exercise, Study Finds](#)

HealthDay, March 2013

[Five Things You Can Do to Fight Childhood Obesity](#)

PR Newswire, October 2010

[Minority Swine Flu Deaths Three Times Higher Than Whites](#)

NBC Chicago, December 2009

[H1N1 Can't be contained \(Spanish\)](#)

EL Pais Spain, May 2009

[First-ever Spanish language town hall - Hispanic community's concerns on H1N1](#)

The White House President Barack Obama, May 2009

HONORS, AWARDS & LEADERSHIP POSITIONS

Honors

2006 –	Paffenbarger-Blair Award for Research on Physical Activity Epidemiology, American College of Sports Medicine
2008 –	Doctoral Achievement Award, Arnold School of Public Health, University of South Carolina
2008 –	Dean's Award for Excellence in Graduate Study, The Graduate School, University of South Carolina
2008 –	Delta Omega Honorary Society in Public Health, Mu chapter
2008 –	Outstanding Doctoral Student Award, Department of Exercise Science, University of South Carolina
2012 –	Fellow, American Heart Association, Council on Lifestyle and Cardio-metabolic Health
2018 -	Emory Millipub Club

Elected/Appointed Positions

2009 – 2014	CDC Official Spokesperson
2015 – 2019	Chair, Exercise is Medicine Pediatrics Committee, ACSM
2015 – 2024	Advisory Board, Exercise is Medicine Initiative, ACSM

2015 –	Editorial Board, International Journal of Lifestyle Medicine
2015 –	Director, Global Research and Collaboration Center, Exercise is Medicine
2016 – 2021	Board of Directors, Action for Healthy Kids
2017 – 2019	Chair, Physical Activity Committee, American Heart Association
2018 –	National Academies of Sciences, Engineering, and Medicine: Physical Activity and Health Innovation Collaborative (PAIC); Roundtable on Obesity Solutions;
2019 – 2022	Board of Directors Parkinson's Wellness Recovery Foundation
2020 – 2022	President's Council of Fitness, Sports and Nutrition Science Board
2025 –	Sports Medicine, Research & Education Advisory Panel U.S. Soccer Federation

Community & Extracurricular Activities

2020 –	Georgia Soccer: Adult Amateur Soccer Coach of the Year
2012 –	Ongoing: Member, United States Medical Soccer Team
2009 –	Ongoing: Founder and manager, Virginia Highland Football Club
2004 – 2008	Member, University of South Carolina Club Soccer Team
2002 – 2004	National Health Brigades: Organized by the Colombian Army
2004 – 2008	South Carolina Hispanic Association: Lecturer on Health Issues
1997 – 2002	Captain, Universidad del Rosario Basketball Team
1996 – 2001	Member, Universidad del Rosario Soccer Team

Additional Skills

Language Proficiency

- Spanish: Native speaker
- English: Bilingual Proficiency,
- Portuguese: Professional Working Proficiency
- Italian: Limited Working Proficiency

IT Skills Professional Proficiency

- Data science and analytics applications (SAS, SUDAAN, SPSS)
- Data Visualization (Tableau)
- Microsoft Office Suite Applications
- Google Applications
- AI Applications