



2024 CMO Summit

SPEAKER BIOS

Program Director



Sara Johnson, PhD

HERO, ProChange Behavior Solutions, Inc.

Sara Johnson, PhD, is the Co-President & CEO of ProChange Behavior Solutions. She is also the Senior Research Fellow for the Health Enhancement Research Organization (HERO), immediate past Chair of the Art and Science of Health Promotion Conference, and immediate former Co-Editor of *Knowing Well, Being Well*. She has been the principal investigator on over \$10 million in federally funded research. Sara has been recognized as one of the Top Ten Most Influential Women Scholars in Health Promotion by the *American Journal of Health Promotion*. Previous honors have included receiving HERO's Mark Dundon Research Award and being named one of the 50 on Fire by Rhode Island Inno and Health Care Services Woman to Watch by *Providence Business News*, as well as being selected as a Top 10 Health Promotion Professional by the Wellness Council of America. She has more than 40 publications.

Host



Karen Moseley

HERO

Karen Moseley is President & CEO of the Health Enhancement Research Organization (HERO), a national think tank dedicated to advancing best practices in workplace health and well-being. Having worked in the nonprofit sector for more than 30 years, Karen has led the development and dissemination of groundbreaking research and educational convenings within multiple health-focused organizations. She is the 2021 recipient of the Leader in Workplace Wellness Award presented by the Global Wellness Summit. In 2023, she was recognized as one of The Most Influential Women Leaders in Health Promotion by the *American Journal of Health Promotion*. Karen received her Bachelor of Science in business administration from the University of North Carolina at Chapel Hill.

Ada Peters, JD

Epstein, Becker & Green, P.C.



Ada Peters, JD, is a Health Care Reimbursement Attorney at Epstein, Becker & Green, P.C.(EBG). She advises clients on legal and policy strategies to expand access to preventive care, including food and nutrition supports. Her practice includes advising payers, health systems, practitioners, food and supplement manufacturers, managed care organizations, and biopharmaceutical clients on regulatory and legislative opportunities to optimize reimbursement and to deliver enhanced value to patients.

Prior to joining EBG, Ada was a senior health policy analyst at a consulting firm specializing in Medicare payment policy. She has also held positions at an integrated Medicare Advantage organization, the U.S. House of Representatives, a pediatric academic medical center, Women Infants and Children (WIC), and a community-based organization focused on food insecurity. Ada holds a JD from the Northeastern University School of Law and a BS in dietetics and nutrition food sciences from the University of Vermont.

David Eisenberg, MD

Harvard T.H. Chan School of Public Health



David Eisenberg, MD, is Director of Culinary Nutrition and Adjunct Associate Professor in the Department of Nutrition at the Harvard T.H. Chan School of Public Health. He founded the Teaching Kitchen Collaborative, a network of 65 organizations with teaching kitchens, intended to evaluate best practices relating to nutrition, culinary, and lifestyle education. David was the Teaching Kitchen Collaborative's Executive Director from 2016-2023 and is its Senior Advisor. He has directed the annual education conference, *Healthy Kitchens, Healthy Lives*, since 2006.

David is a graduate of Harvard College and Harvard Medical School. He completed his fellowship training in general internal medicine and is board certified. In 1979, David served as the first U.S. medical exchange student to the People's Republic of China. He has been an advisor to the NIH, the FDA, the Federation of State Medical Boards, the US National Board of Medical Examiners, and the Department of HHS.

Dexter Shurney, MD, MBA, MPH, FACLM

Blue Zones LLC



Dexter Shurney, MD, MBA, MPH, FACLM, is the Chief Health Officer of Blue Zones. He is the President of the Center for Lifestyle Medicine Innovation, a branch of the American College of Lifestyle Medicine. Additionally, Dexter serves as a Senior Advisor to Modify Health, and is the Chair of the Health Enhancement Research Organization's board. He is also a Past-President of the American College of Lifestyle Medicine and serves as an independent director on several other boards.

Dexter received his BS from Loma Linda University and his MD from Howard University College of Medicine. He also has an MBA and MPH from the University of Detroit/Mercy and the Medical College of Wisconsin, respectively. A licensed physician, he is board certified in both preventive medicine and in lifestyle medicine, and is a Fellow in the American College of Lifestyle Medicine. Dexter co-authored the book, *Integrating Wellness into Your Disease Management Programs*.

Jonathan Bonnet, MD, MPH, CAQSM, FAAFP, FACLM, DipABOM, DipACLM

Stanford University School of Medicine, Palo Alto Veterans Affairs



Jonathan Bonnet, MD, MPH, CAQSM, FAAFP, FACLM, DipABOM, DipACLM, is a board-certified family, sports, obesity, and lifestyle medicine. He is an associate professor (affiliate) at Stanford University School of Medicine and the program director of medical weight loss at the clinical resource hub weight management center at the Palo Alto Veteran's Affairs (VA). He has been a top prescriber of glucagon-like peptide-1 receptor agonists (GLP-1RA) in the VA weight management center and has given over a dozen keynotes, grand rounds, podcasts, and presentations on the intersection of weight loss medications and lifestyle medicine.

Jonathan has a background in exercise physiology and is a certified personal trainer. He completed his undergraduate and medical school degrees at Ohio State University before finishing his family medicine residency at Duke University and his sports medicine fellowship at the University of Florida. He also holds a master's degree in public health from Harvard's T.H. Chan School of Public Health.

Kenji Saito, MD, JD

Owens Corning, MedLaw LLC

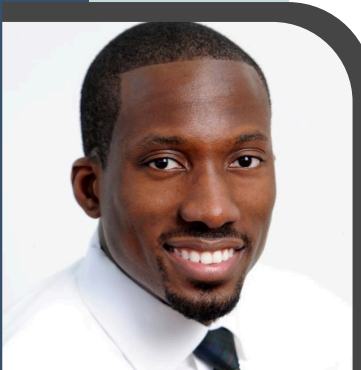


Kenji Saito MD, JD, FACOEM, is the Global Chief Medical Director of Owens Corning. He also trains the next generation of leaders as an assistant clinical professor at Dartmouth College and on faculty at the University of Pennsylvania and Harvard University. Kenji serves as one of the founding board members for Kids' Chance of Maine, on the board for the Maine Medical Association, and in the House of Delegates to the American Medical Association.

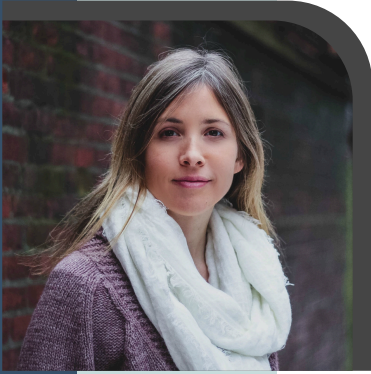
Kenji is Immediate Past President of the American College of Occupational and Environmental Medicine and Past-President of the New England College of Occupational and Environmental Medicine. He is also an advisor for employee health and wellness to several national and global companies. As a physician, he continues to practice clinical occupational health, seeing pilots as a senior medical examiner for the FAA, and as an attorney, he is barred in the Commonwealth of Pennsylvania.

Kofi D. Essel, MD, MPH, FAAP

Elevance Health



Kofi D. Essel, MD, MPH, FAAP, is the inaugural Food as Medicine Program Director at Elevance Health. He is a board-certified community pediatrician at Children's National Hospital and Clinical Associate Professor of Pediatrics at the George Washington University (GWU) School of Medicine & Health Sciences. He sits on the National Academies of Sciences, Engineering, and Medicine's Roundtable on Obesity Solutions' Lived Experience Innovation Collaborative, on the board of directors for the Food Research and Action Center, and serves as physician advisor for the Partnership for a Healthier America's "Veggies Early & Often" campaign. Kofi is a member of the executive committee for the American Academy of Pediatrics Section on Obesity. He also co-authored a national toolkit for pediatric providers to address food insecurity in their clinical settings. Kofi earned a BS from Emory University with a focus on human biology/anthropology, and earned his MD and MPH in epidemiology from GWU.



Micaela Karlsen, PhD, MSPH

American College of Lifestyle Medicine

Micaela Karlsen, PhD, MSPH, serves as Sr. Director of Research at the American College of Lifestyle Medicine. She is also Adjunct Faculty for the University of New England master's programs in applied nutrition and global public health. Micaela is the author of *A Plant-Based Life* and a contributor to the *New York Times* bestseller *Forks Over Knives: The Plant-Based Way to Health*. Her expertise is in lifestyle medicine, dietary patterns, plant-based nutrition and nutritional adequacy, and predictors of successful behavior change. She holds a PhD in nutritional epidemiology from the Tufts Friedman School of Nutrition Science and Policy and a master's degree in human nutrition from the Johns Hopkins School of Public Health.



Terri Stone, MD, FACP, DipABLM

Medstar Institute for Innovation

Terri Stone, MD, FACP, DipABLM, serves as Medical Director of Fresh & Savory Culinary and Lifestyle Medicine Shared Medical Appointment Teaching Kitchen Program at Medstar Institute for Innovation. Terri and her teammates work closely with Georgetown and Howard University colleagues to provide interactive culinary nutrition workshops for integrative and health sciences graduate students, medical students in the physician well-being elective, and graduate medical trainees. In 2023, Terri became the Director of Graduate Medical Education (GME) in culinary medicine and nutrition at MedStar Health. In this role, she and her teammates created a culinary medicine curriculum with the objective of improving trainees' culinary confidence, nutrition knowledge, and nutrition counseling skills.

Terri co-chaired and founded the American College of Lifestyle Medicine's (ACLM) Health Equity Achieved through Lifestyle initiative. She is currently on the ACLM Nominations and Awards Committees, and represents ACLM in advocacy work on Capitol Hill.