

Milken Institute School  
of Public Health

THE GEORGE WASHINGTON UNIVERSITY

# SUMNER M. REDSTONE

Global Center for  
Prevention and Wellness

2020 ANNUAL REPORT

# IN MEMORIAM



## Sumner M. Redstone 1923 – 2020

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The George Washington University community is deeply saddened by the passing of visionary entrepreneur and philanthropist Sumner M. Redstone. Among his many contributions, Mr. Redstone leaves an indelible and far-reaching legacy that will continue to drive generations of public health progress, at our university and around the globe.

Mr. Redstone received an honorary Doctor of Arts degree from GW in 2006. In 2014, Mr. Redstone, through his Sumner M. Redstone Charitable Foundation, contributed to the largest philanthropic gift in GW's history, establishing the Sumner M. Redstone Global Center for Prevention and Wellness. The gift was part of a unique collaboration between friends and collaborators Mr. Redstone and Mike Milken, chairman of the Milken Institute.

This generosity has enabled the center bearing Mr. Redstone's name, and our Milken Institute School of Public Health, to become preeminent hubs for public health teaching and research that improve the health and wellness of all people and prepare the next generation of public health leaders. Perhaps now more than ever, this work is critical to the future of our world.

We will remain forever grateful to Mr. Redstone for his support of our university and his commitment to improving the lives of others.

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## MESSAGE FROM THE CHAIR

As I review the past year, I am inspired by the ability of the Redstone team to respond to rapidly changing circumstances and stressors, while continuing our focus on system changes through research, policy, and partnerships. As our country reckons with the new pandemic of COVID-19, obesity, food insecurity, and their interactions with structural racism and inequality, our work on obesity, food systems, resilience, and sustainability are more important than ever.

This year also marks the passing of our benefactor, the entrepreneur and philanthropist Sumner M. Redstone. Because of his generosity, the Redstone Global Center has built expertise over the last six years that enables our focus on the drivers of health and the systems that perpetuate inequity and disparities. Mr. Redstone's support is responsible for the collaborations we have built within the Milken Institute School of Public Health (SPH), with other professional sectors, and critically, with communities to remove barriers to well-being across generations and geographies. The support for the center has allowed us to focus on issues critical to the health of the District of Columbia, communities, states, countries, and the planet. Our successes would not have been possible without that support. It is an honor to be entrusted with the responsibility bestowed by Mr. Redstone's gift and we are proud to have the opportunity to build on his legacy.

A more detailed overview of our work last year is provided in the following pages, and a brief summary of some of our most notable accomplishments is below.

A year ago, we released the Lancet Commission on Obesity's report on The Global Syndemic of Obesity, Undernutrition and Climate Change. Since the report's release, I have continued to work with Commission members to advance the policy recommendations and triple-duty actions that are essential to mitigate the effects of the global syndemic, with a focus on systems change in the United States. COVID-19 adds an additional pandemic to the global syndemic, and disproportionately affects people of color and people with obesity. The effect of COVID-19 on these populations provides a new opportunity to highlight and address the structural racism that accounts for the increased morbidity and mortality associated with COVID-19, and to identify innovative solutions that can simultaneously address obesity, food insecurity, and COVID-19.

As Center chair, I serve as the director of the Strategies to Overcome and Prevent (STOP) Obesity Alliance. In the past year, we expanded the Obesity Care Competencies website with a curated collection of promising curricular materials and tools to bolster provider training and education. Guidance for primary care providers for how to address obesity, and adoption of a comprehensive obesity benefit by health plans are two new projects in progress.

The past year also brought changes and new opportunities for the growing Center for Community Resilience (CCR), which has been supported by the Redstone Global Center since 2016. Dr. Wendy Ellis, CCR's founding director, was appointed as an assistant professor in the Department of Global Health within SPH. CCR has also received continued grant funding from the Packard Foundation, Kresge Foundation and the Centers for Disease Control and Prevention to implement the community resilience framework that Dr. Ellis developed. Other major advances include the development of a new Policy Lab focused on policies that address adverse childhood experiences and the social determinants of health at local, state, and federal levels.

The year 2020 also revealed how essential equity is to our work across our focus areas, and emphasized that we must do better as an organization to embody and advance an anti-racist agenda. The recent uprisings reflect the same anger, anguish, and frustration that accompanied the spontaneous uprisings in American cities over 50 years ago. Most of the core elements have not changed—denigration of the lives of people of color, with increased rates of unemployment and poverty, substandard housing, poor schools, a biased criminal justice system—all products of the systemic racism and white supremacy that has been part of our history since the arrival of the first white men.

The important word here is white—the conditions and poor health of people of color are not a consequence of their inadequacies, but are a product of exclusion and dehumanization exercised by white supremacy and racism. To ensure liberty and justice for all, we must start with anti-racist actions within ourselves, and with our families, institutions, and communities. To begin these efforts internally, the Redstone Global Center has adopted an anti-racist action agenda and is undertaking an implementation plan that will be reviewed and shared annually.

Sincerely,

William H. Dietz, Chair and Director, Sumner M. Redstone Global Center for Prevention and Wellness



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## STRATEGIC OVERVIEW AND LOOKING AHEAD

The Sumner M. Redstone Global Center for Prevention and Wellness at the George Washington University Milken Institute School of Public Health was established in 2014. The center is led by Chair and Director William Dietz, MD, PhD, who served as director of the Division of Nutrition, Physical Activity and Obesity at the Centers for Disease Control and Prevention for nearly 16 years. The center focuses on research and solutions to make Washington, D.C., the healthiest capital in the world, characterized by optimal well-being for all residents, regardless of race, gender, class, ability, or place of residence. The center's home in the only school of public health in the nation's capital provides a unique opportunity to influence local, national, and global policy, fostering innovation that can be replicated in other places.

The Redstone Global Center recognizes that obesity has a profound impact on the public's health. It affects every system in the body, and those with the disease experience a range of health and social consequences. Pervasive stigma and bias associated with obesity exacts a high psychological toll and also impairs interactions with clinicians that can produce poor health outcomes. In 2008, Medicare and Medicaid costs of obesity approximated \$150 billion annually - roughly 10 percent of the national health care budget. Because the prevalence of obesity has increased substantially since then, the costs are likely considerably higher. Furthermore, these costs do not account for related absenteeism and impaired work performance. The center also is committed to supporting thought leadership and real-world strategies to address childhood adversity, which can have profound impacts on health outcomes, including a greatly increased likelihood of developing obesity or other chronic health conditions.

To fulfill our mission, the Redstone Global Center is committed to becoming an anti-racist organization. In 2020, the center developed an action agenda as a starting point to guide our work toward this goal. Racism and white supremacy and the resulting trauma are public health issues. We cannot ensure the health and wellbeing of all until white supremacy and the supporting racist structures are dismantled, and equity is achieved for all people and across all sectors, including health, criminal justice, economic opportunity, and education.

### Looking Forward

The center remains committed to the prevention and treatment of obesity, improving nutrition and physical activity, and other interventions to address health disparities and inequities. Consistent with our five-year plan, our work will include:

- Increasing the reach and influence of the Lancet Commission *Report on the Global Syndemic*, particularly through engagement with policymakers and fostering collaboration with organizations working to improve the food system.
- Supporting the growth of the Center for Community Resilience to serve more communities and operate independently.
- Continuing to support research and innovation in obesity prevention, the care of people with obesity, ensuring that coverage for evidence-based treatment occurs, and lifting up promising practices that eliminate stigma.
- Continuing engagement with policymakers and stakeholders in Washington, D.C., to improve public health outcomes in our nation's capital.
- Continuing to grow the center's policy capacity to further address health disparities, equity, obesity care and treatment, and public health priorities locally, nationally, and globally.
- Implementing the center's anti-racist action agenda.

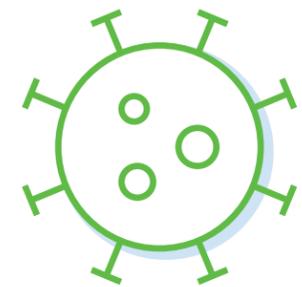
## The Redstone Global Center Team

The activities of the center are driven by a growing team with exceptional expertise in policy, research, and practice. In 2020, staff for the Redstone Global Center includes Jeff Hild, policy director; Sam Hughes, policy research assistant; Milena Berhane, policy research assistant; Nadia Harb, research program manager; Kate Wolff, communications and outreach director; and Elizabeth Rhoads, communications assistant. With the STOP Obesity Alliance are Cristy Gallagher, research project director, and Amelia Corl, research assistant.

The Center for Community Resilience staff includes Dr. Wendy Ellis, center director; Harrison Newton, deputy director; Dr. Daniel Chen, senior research associate; Dasha Dokshina, program manager; Sonali Shukla, research assistant; Ashley Cheng, research assistant; and Ellis Davis, communications assistant.

## REDSTONE GLOBAL CENTER RESPONDS TO THE PANDEMIC

As our work is at the crossroads of chronic disease and systemic drivers of inequity, the spread of the coronavirus pandemic in 2020 added a new and urgent concern to Redstone Global Center initiatives. COVID-19 and its effects on obesity and food insecurity impose an additional pandemic on the Global Syndemic of Obesity, Undernutrition and Climate Change, which we described in the 2019 report from the Lancet Commission on Obesity. The new virus disproportionately affects people of color and people with obesity, many of whom are essential workers along the food supply chain. The multiple inequities in housing, food access, and chronic diseases, which are the products of structural racism, increase the vulnerability of these essential workers to COVID-19. The lockdown decreases physical activity, which will increase obesity, and disruptions in the food supply chain and unemployment increase food insecurity. All of these consequences increase susceptibility to COVID-19. The COVID-19 pandemic provides a critical opportunity to highlight its associated inequities, and to identify innovative solutions that can simultaneously address obesity, food insecurity, and COVID-19.



Since March, Redstone Global Center leadership have authored commentaries, blogs, and new infographics to help highlight the connections between systemic inequities, chronic health disparities and the pandemic.

A commentary by Dr. Dietz and Milken Institute SPH global health professor Dr. Carlos Santos-Burgoa, published in *Obesity* on April 1, 2020, was one of the first major publications drawing attention to the possibility that COVID-19 could have serious adverse effects for patients with obesity.

Since April, Dr. Dietz has continued to speak nationally and internationally on the topic, including at webinars hosted by the World Obesity Federation, the Global Alliance for the Future of Food, and the Society for Behavioral Medicine.

The STOP Obesity Alliance has focused four monthly newsletters on the topic of COVID-19. Letters from the director have highlighted the intersection of COVID-19 with childhood obesity, mental health, and lessons learned from H1N1 influenza. In July, guest author Dr. Fatima Stanford Cody contributed a piece on Obesity, COVID-19, and Racial Disparities.

Dr. Wendy Ellis joined Frank Sesno, director of strategic initiatives at the GW School of Media and Public Affairs and host of the podcast Healthy You: Surviving a Pandemic a co-production of the Milken Institute School of Public Health and the School of Media and Public Affairs. Dr. Ellis was a guest in the midst of the COVID-19 pandemic, as protests against racism and police brutality were sweeping the nation. Dr. Ellis shared how the impact of certain policies in America is resulting in success for the wealthy as people of color and the economically disadvantaged get further and further behind.

**2020 Coronavirus: Lessons learned from H1N1**

Obesity is among the chronic diseases that predispose patients with respiratory viruses to more severe disease progression.

Over half of adults with severe or fatal H1N1 in California were found to have obesity or severe obesity

According to the World Obesity Federation:  
"Coronaviruses can cause more severe symptoms and complications in people with obesity-related conditions."

**Redstone Global Center Pandemic Response Blog Posts:**

- 4/20/20: The Lethal Combination of Obesity and COVID-19 by Bill Dietz
- 4/27/20: COVID-19: What's equity got to do with it? by Wendy Ellis
- 6/11/20: America Must Patch Holes in the Safety Net by Jeff Hild
- 6/15/20: The Cure for What Ails Us: Anti-Racism by Wendy Ellis and Bill Dietz
- 9/01/20: Why Public Health Experts are Talking about Sugary Drinks during the Pandemic by Jeff Hild and Milena Berhane

**ACTIVITIES**

**Washington, D.C. Activities**

**Addressing Chronic Diseases and Health Disparities**

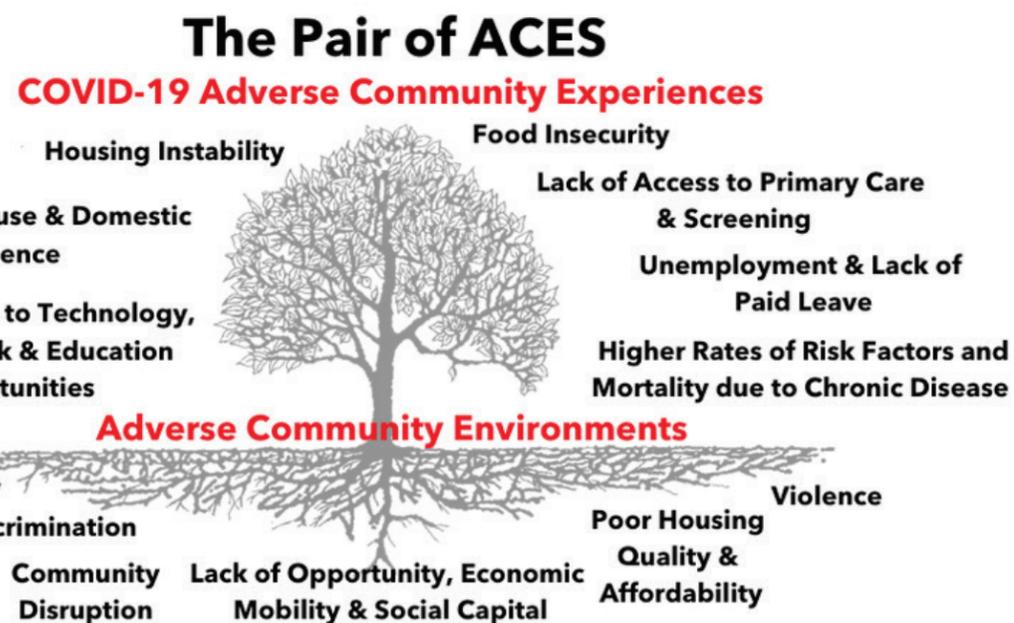
Our efforts to make the District of Columbia the healthiest capital in the world through nutrition, physical activity, and obesity have continued. However, unless we address the existing social and health inequities, our goal of becoming the world's healthiest capital will not be achieved. As the D.C. Department of Health noted in its 2018 Health Equity Report, there are "significant differences across neighborhoods that align with disparities in health outcomes, including life expectancy, with differences of 21 years between the two ends of the spectrum." More than half of all adults living in Washington, D.C., are overweight or have obesity; rates climb to over 72 percent east of the river in Wards 7 and 8. In addition, over half the residents in Wards 7 and 8 may develop diabetes and its potential complications of blindness, kidney failure, and lower-leg amputation.

The Redstone Global Center continues to be a sought-after resource among local advocates and elected officials. Most recently, center staff and Milken Institute SPH faculty appeared before the D.C. City Council in support of the city's fiscal year 2021 budget priorities to improve nutrition, increase physical activity, and further D.C. government efforts to build community resilience by addressing adverse childhood experiences in the context of adverse community environments.

The center is also championing Health Impact Assessment legislation to ensure that health considerations are part of the decision-making process for all major projects in the District as well as the development and implementation of a new health system in Ward 8. Funding for the new community hospital on the St. Elizabeths East campus was approved in 2020, but we recognize that a hospital alone will not address the glaring chronic disease disparities in D.C. We believe that making this new hospital a health hub that will provide the services and programs necessary to reduce these chronic diseases will begin to address these disparities, and have provided supporting testimony to the D.C. government.

**Sugar: Changing Social Norms, Reducing Consumption**

Consumption of sugary drinks - including soda, sports drinks, and juices with added sugars - contributes to the development of obesity, diabetes, and other chronic illnesses. The Redstone Global Center is part of a coalition of organizations in D.C. supporting community-led efforts to reduce sugary drink consumption through education and policy implementation.



Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. Academic Pediatrics. 17 (2017) pp. S86-93. DOI Information: 10.1016/j.acap.2016.12.011



Our efforts to reduce sugary drink consumption have focused on development of the science base, translating the science base into practice through efforts to reduce sugary drink consumption in hospitals, and support for a sugary drink excise tax in the District. On October 8, 2019, members representing a majority of the D.C. City Council introduced the “Healthy Beverages Choices Act of 2019.” Speakers at the press conference included Dr. Yolandra Hancock, adjunct professor in the Milken Institute SPH and an expert on childhood obesity.

## National Activities

### The STOP Obesity Alliance

A cornerstone of the Redstone Global Center’s work is to develop and promote innovative strategies that can prevent excess weight gain, poor nutrition, and chronic disease and to improve care and treatment for those living with obesity. To help carry out this mission, the Strategies to Overcome and Prevent Obesity Alliance (STOP), created at GW in 2007, joined the Redstone Global Center in 2014.

STOP develops new resources on consequential topics in obesity prevention and management, and distills them into data-driven infographics and fact sheets designed for public consumption. These resources include: the *Why Weight Guide*, the *Weigh In Guide*, an analysis of *Obesity Coverage in Medicaid and State Employee Health Plans* and a standard of care for the treatment of adult obesity, published in the July 2019 issue of *Obesity*.



Members of the STOP Obesity Alliance include health professionals, government agencies, researchers, policymakers, employers, health insurers, patient advocates, and quality-of-care organizations. Essential to STOP’s success is its active and diverse coalition, with collaborative member relationships critical to achieving shared goals and capitalizing on partnership opportunities. STOP’s activities drive innovative and practical strategies that combat obesity, ranging from tools for primary care physicians to efforts to reduce stigma and bias in workplaces, provider offices, and the media. STOP’s work is supported by Novo Nordisk, WW (formerly Weight Watchers), founding sponsor Sanofi, and voluntary membership fees.

Most recently, STOP curated the first-ever *Provider Competencies for the Prevention and Management of Obesity* and expanded the Obesity Care Competencies website with a curated collection of promising curricular materials and tools to bolster provider training and education. Next steps for this work include engaging with colleagues from across the university, including the Milken Institute SPH, the GW School of Medicine and Health Sciences, and the GW School of Nursing, to implement obesity competencies in their curricula.



Over the past year, STOP convened a working group of health care organizations to develop the essential steps to quality obesity care in the primary care setting, and produce a guide for adoption by participating organizations. This comprehensive new guide for obesity management in primary care is brief, accessible, and practical. It includes three elements: 1) diagnosis of obesity; 2) permission to discuss obesity, while addressing weight bias and stigma; and 3) shared decision-making in the management of obesity; and will be widely available for dissemination in late 2020.

This year, Jeff Hild, policy director for the Redstone Global Center, became co-chair of the Obesity Care Advocacy Network (OCAN), which works to unite and align obesity stakeholders and the larger obesity community around education, policy, and legislative efforts to elevate obesity on the national agenda. OCAN influences change in the U.S. health care system, recognizing that obesity is a complex chronic disease that deserves serious treatment in the same fashion as other chronic diseases such as diabetes, heart disease, or cancer. In this role, the Redstone Global Center works to craft policy recommendations and coordinate federal advocacy efforts with other obesity-related organizations.

### STOP Obesity Alliance 2019-2020 Highlights:

- 60 member organizations.
- 900+ downloads of the *Why Weight Guide*.
- Developed 13 new and updated fact sheets on a wide range of topics in obesity care and treatment.
- Convened two roundtable meetings on the management of obesity in the primary care setting.
- Three articles from the STOP Obesity Alliance published in the journal *Obesity* were among the top 10 percent of most downloaded papers from the journal in 2019:
  - ▶ *Coverage for Obesity Prevention and Treatment Services: Analysis of Medicaid and State Employee Health Insurance Programs*. This article examines the changes in coverage for adult obesity treatment services in Medicaid and state employee health insurance programs from 2009 to 2017.
  - ▶ *Current Knowledge of Obesity Treatment Guidelines by Health Care Professionals*. This article shares results from a study to assess health care professionals' knowledge of evidence-based guidelines for the nonsurgical treatment of obesity.
  - ▶ *A Proposed Standard of Obesity Care for All Providers and Payers*. This article outlines a practical, tangible, measurable, and simple standard of care for the treatment of adult obesity that provides guidance for both clinical providers and community settings.
- 2,500+ newsletter subscribers.
- 8,840+ Twitter followers with an average of 20,000 monthly impressions.



## Other Activities in the Milken Institute School of Public Health



### Center for Community Resilience

The Redstone Global Center recognizes that the root causes of many chronic diseases such as obesity, heart disease, and diabetes stem from childhood and community adversity. In 2015, the center became the academic home to the Building Community Resilience Network and Collaborative (BCR). In just five years, BCR has grown from a doctoral research project to an internationally recognized public health movement and expanded Center for Community Resilience (CCR) within the Milken Institute SPH.

In 2020, the role of the Redstone Global Center evolved to a new partnership and collaboration in support of CCR's vision to provide a solutions-based, innovative approach to address Adverse Childhood Experiences in the context of Adverse Community Environments (the Pair of ACEs). The center's team of leading experts in the field, spearheaded by Dr. Wendy Ellis, engages policymakers, community groups and institutional organizations to build collective will and make measurable progress toward common goals that improve outcomes across multiple generations, building a more resilient nation.

Redstone Global Center Communications Director Kate Wolff provides ongoing assistance to CCR to help advance its external facing products and activities. This work included the launch of a new, stand-alone website, <https://ccr.publichealth.gwu.edu> in February 2020, on-going support of growing social media channels, and production assistance for new materials, such as the new guide *Fostering Equity: Creating Shared Understanding for Building Community Resilience*.

Jeff Hild, policy director for the Redstone Global Center, has also been a critical partner for CCR for the launch of the new Policy Lab, providing a national platform to deepen support of the CCR network's policy and advocacy efforts and develop innovative policy solutions to address the Pair of ACEs and advance equity. The Policy Lab will continue to sustain and support increased efforts to address the root causes of childhood trauma, foster equity, and build community resilience through policy, advocacy, and thought leadership.

### CCR 2019-2020 Highlights:

- 45+ cross-sector organizations in nine states and Washington, D.C., actively connected via the BCR network across the country, serving more than six million children and families.
- 41,000+ downloads of BCR's tools and resources, including the "Pair of ACEs" tree, the *Coalition Building and Communications Guide*, and the *Policy and Advocacy Guide*.
- 22 states and 95 counties are using the Pair of ACEs infographics customized to their region.
- Virtual Hill Day where BCR teams met with 12 congressional offices to discuss COVID-19 policy opportunities and community resilience.
- Multi-year funding from the National Association of County and City Health Officials and American Public Health Association to implement the Community Resilience Framework as a Public Health 3.0 strategy.

### Global Activities

Obesity is the disease of the decade, and climate change is the threat of the century. The Lancet Commission on Obesity's report published in *The Lancet* in 2019, the *Global Syndemic of Obesity, Undernutrition and Climate Change*, addresses the three most important pandemics that threaten the health of people and the planet. The report, ranked as one of the top 100 academic papers for 2019, is the first to definitively place and critically examine obesity in a wider context of the global interactions of the pandemics of obesity, undernutrition, and climate change. Efforts to reduce beef consumption, increase plant-based foods, and increase physical activity through use of public transportation, walking, and biking offer common solutions to both obesity and climate change. The resultant decrease in greenhouse gases improves crop yields and their micronutrient content, which reduce food insecurity and undernutrition.

The Redstone Global Center is developing plans to leverage communications and policy strategies that bridge current silos and address common drivers of the syndemic in the U.S. through double- and triple-duty actions. Mitigating the U.S. contributions to climate change through this unique, multi-sector lens will have a major impact domestically and globally while also reducing obesity and undernutrition. Strategies in the U.S. include initial efforts to develop sustainable dietary guidelines, augment city efforts to address climate change through their procurement policies and efforts to reduce food waste, and the development of a communication strategy to mobilize policy makers and public opinion.

New activities related to the syndemic include membership in advisory groups for the Global Alliance for the Future of Food and the Planetary Health Alliance, introducing this work at the Milken Institute Future of Health Summit, and presenting it at a Salzburg Global Seminar on obesity, sponsored by the Robert Wood Johnson Foundation. In 2020, Dr. Dietz became the faculty advisor for the Green Students Coalition (GSC), which comprises representatives from student organizations across the George Washington University campus to address climate change and sustainability. The GSC provides a platform and opportunity to influence individual behaviors like food choices, food waste, and physical transport that can begin to build the political will for institutional and municipal policy change.

## Activities in Milken Institute School of Public Health

To support the development of future leaders, the Center funds pilot studies for faculty and predoctoral candidates working in nutrition, physical activity, obesity, and chronic disease disparities within the D.C. metropolitan area.

### 2019-2020 Pilot Grants Awarded

- **Urioán Colón-Ramos**, Associate Professor, Global Health & Exercise and Nutrition Science, "*Working with Latino-serving Independent Restaurants to Replace Sugar-Sweetened Beverage Consumption with Water in the Greater D.C. Metro Area: A pilot test.*"
- **Karina R. Lora**, Teaching/Research Assistant Professor, Exercise and Nutrition Science, "*Creating a Culturally Appropriate Nutrition and Physical Activity Weight-Loss Behavioral Intervention for Central-American Men Living in D.C.*"
- **Sameera A. Talegawkar**, Associate Professor, Exercise and Nutrition Science, "*Cumulative Biological Stress Among South Asian Immigrants Living in the United States.*"

### 2020-2023 Doctoral Candidate Grant Awarded

- Sydney Pryor, Health Policy Doctoral candidate.

## FACULTY RESEARCH SUPPORT

The Redstone Global Center has used several approaches to nurture young investigators in the School. These include mentorship and support research through pilot study grants. Several of our most successful efforts are described below.

**Wendy Ellis**, Assistant Professor, Global Health. Dr. Dietz has worked with Dr. Ellis since she joined the Milken Institute School of Public Health as a Milken Scholar in 2015. Serving as her dissertation advisor, Dr. Dietz served as a thought partner as Dr. Ellis developed her innovative Building Community Resilience (BCR) process and Pair of ACEs framing. The Redstone Global Center has incubated several related projects, including the BCR network and collaborative that spans nine states and D.C. and the Resilience Catalysts in Public Health. After receiving her DrPH in 2019, Dr. Ellis became an Assistant Professor of Global Health with a dual appointment in the Department of Prevention and Community Health at GWSPH.

### Highlights:

- Since 2016, Dr. Ellis's community resilience projects have received more than \$4 million in grant funding from the Kresge Foundation, the David and Lucille Packard Foundation, the National Association of City and County Health Officials, Washington State, and the Doris Duke Charitable Foundation.
- Ellis, WR, Dietz, WH. A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience Model. *Academic Pediatrics*. September 2017; 17(7S):S86-S93.



**Amira Roess**, Assistant Professor, Global Health. Dr. Roess received Redstone Global Center Pilot Grants in 2016 and 2018 for research into breastfeeding outcomes for WIC populations and the effect of breastfeeding on the microbiome of minority infants. In 2019, Dr. Roess' research funded by the center received multi-year grant funding from the Bill and Melinda Gates Foundation to study infant feeding behaviors and associations with infant health outcomes. In 2016, Dr. Roess worked closely with Dr. Dietz to analyze and publish data from the Feeding Infants and Toddlers Study 2016, which examined changes in food intake among infants and toddlers. This study was the largest of its kind, and built on two earlier studies of food intake in infants and toddlers, which enabled comparison of changes in their patterns of food intake over time. Dr. Roess is now professor of Global Health and Epidemiology at George Mason University's College of Health and Human Services, Department of Global and Community Health.



### Highlights:

- Roess AA, Jacquier EF, Catellier DJ, Carvalho R, Lutes AC, Anater AS, Dietz WH. Food Consumption Patterns of Infants and Toddlers: Findings from the Feeding Infants and Toddlers Study (FITS) 2016. *Journal of Nutrition*. 2017; 148: 1525S-1535S.
- Schindler-Ruwisch, JM, Roess A, Robert RC, Napolitano MA, & Chiang S. Social Support for Breastfeeding in the Era of mHealth: a content analysis. *Journal of Human Lactation*. 2018; 34(3): 543-555.
- Schindler-Ruwisch, J, Roess AA, Robert RC, Napolitano M, Woody E, Thompson P, & Ilakkuvan V. Determinants of Breastfeeding Initiation and Duration Among African American DC WIC Recipients: Perspectives of Recent Mothers. *Women's Health Issues*. 2019. DOI: 10.1016/j.whi.2019.07.003

**Allison Sylvetsky**, Assistant Professor, Exercise and Nutrition Science. Shortly after his arrival at GWSPH, Dr. Dietz began to collaborate with Dr. Sylvetsky on research on sugary drinks and non-nutritive sweeteners. In 2018, Dr. Sylvetsky was awarded a Redstone Center Pilot Grant for research on associations between low-calorie sweeteners (LCSB), diet quality, and metabolic risk in adolescents with diabetes. Exploring this association is critically important because consumption of LCSB has increased markedly among children in recent years and is most prevalent in those with obesity and diabetes. This trend is likely to continue in light of public health recommendations to lower added sugar intake. Dr. Sylvetsky has a current R21 grant funded by the National Institutes of Health and an additional proposal under consideration.

#### Highlights:

- Sylvetsky AC, Dietz WH. Nutrient-content Claims – Guidance or Cause for Confusion. *New England Journal of Medicine*. 2014; 371:195-198.
- Sylvetsky AC, Hiedacavage A, Shah N, Pokorney P, Baldauf S, Merrigan K, Smith V, Black M, Long M, Robien K, Avena N, Gaine PC, Greenberg D, Wootan M, Talegawkar S, Colon-Ramos U, Leahy M, Ohmes A, Mennella J, Satchek J & Dietz WH. From Biology to Behavior: A Cross-Disciplinary Seminar Series Surrounding Added Sugar and Low-calorie Sweetener Consumption. *Obesity Science and Practice*. April 2019; 5(3):203-219.
- Sylvetsky AC, Figueroa J, Zimmerman T, Swithers SE, & Welsh JA. Consumption of Low-calorie Sweetened Beverages is Associated with Higher Total Energy and Sugar Intake among Children, NHANES 2011-2016. *Pediatric Obesity*. 2019 May 2:e12535. PMID: 31044560.
- Sylvetsky AC, Chandran AC, Talegawkar SA, Welsh JA, Drews K & El ghormli L. Consumption of Beverages Containing Low-calorie Sweeteners, Diet, and Cardiometabolic Health in Youth with Type 2 Diabetes. *Journal of the Academy of Nutrition and Dietetics*. August 2020; 120(8): 1348-1358.
- Sylvetsky AC, Visek AJ, Halberg S, Rhee D, Ongaro Z, Dietz WH, & Satchek J. Beyond Taste and Easy Access: Physical, Cognitive, Interpersonal, and Emotional Reasons for Caffeinated Sugary Drink Consumption among Children and Adolescents. *Appetite*. August 2020; 12:104826.

## APPENDIX I: MEDIA HIGHLIGHTS

From March 10, 2014 to August 27, 2020, the Redstone Center in Milken Institute SPH received over 600 media hits in at least 360 top-tier local, national, and international media outlets. The Redstone Center was featured in articles, press releases, television segments, radio interviews, editorials, and podcasts. Dr. Dietz is a renowned expert in obesity, nutrition, and physical activity and is often interviewed by journalists about related breaking news. Notable highlights of the past year include:

- In January 2019, Dietz was quoted in a press release by *The Lancet* for the new Lancet Commission on Obesity, which he co-chaired. This resulted in significant media attention for Dietz, whose quotes appeared in a total of 49 articles, including articles by Associated Press, Reuters, NPR, the *Los Angeles Times*, *The Sydney Morning Herald*, and Smithsonian Online that were republished by numerous additional outlets.
- In February 2020, Dietz was quoted in an Associated Press article on obesity rates among American adults. The article was republished at least 40 times, including by The Seattle Times, the Miami Herald, the *Los Angeles Times*, PBS, and the *New York Post*.
- In April and May 2020, Dietz was quoted in two articles by McClatchy Newspapers and the *Los Angeles Times* on obesity and the COVID-19 pandemic. The two articles were published at least 30 times across affiliated newspapers.
- In August 2020, Dr. Wendy Ellis was interviewed as part of a special report for Kentucky Educational Television on Healing Childhood Trauma. The interview, with host Renee Shaw, aired live and is available online.

## APPENDIX II: 2019-2020 ACADEMIC PUBLICATIONS

- Sylvetsky, A, et al. Beyond Taste and Easy Access: Physical, Cognitive, Interpersonal, and Emotional Reasons for Sugary Drink Consumption among Children and Adolescents. *Appetite*. 2020; vol. 155. DOI: 10.1016/j.appet.2020.104826.
- Ellis, W. Healing Communities to Heal Schools. *Educational Leadership*. October 2020; 78(2): 52-57.
- Dietz WH, Santos-Burgoa C. Obesity and its implications for COVID-19 mortality. *Obesity*. 2020; 28 (6): 1005.
- Leach RJ, Powis J, Baur L, Caterson ID, Dietz W, Logue J, Lobstein T. Clinical Care for Obesity: A Preliminary Survey of 68 Countries. *Clinical Obesity*. March 2020. DOI: 10.1111/cob.12357.
- Dietz WH. Climate Change and Malnutrition: We Need to Act Now. *Journal of Clinical Investigation*. January 2020. DOI: 10.1172/JCI135004.
- Dietz WH. The Obesity (Under) Treatment Conundrum. *Obesity*. December 2019; 27: (12)1928-9. DOI: 10.1002/oby.22641.
- King, S, Chen, K, Chokshi, B. Becoming Trauma Informed: Validating a Tool to Assess Health Professional's Knowledge, Attitude, and Practice. *Pediatric Quality and Safety Journal*. September 2019; 4(5), e215. DOI: 10.1097/pq9.0000000000000215.

## APPENDIX III: 2019-2020 TESTIMONY AND PUBLIC COMMENTS

- 12/16/2019: Dr. Bill Dietz Testimony to the Committee on Transportation and the Environment of the District of Columbia supporting passage of the Zero Waste Omnibus Amendment Act.
- 3/4/2020: Redstone Global Center Endorsement of Joint International Consensus Statement for Ending Stigma of Obesity.
- 3/11/2020: Redstone Global Center Comments to the National Committee for Quality Assurance (NCQA) on the proposed measures for retirement, new measures, changes to existing measures, and an exclusion that applies across various measures for Health Care Effectiveness Data and Information Set (HEDIS).
- 3/24/2020: Redstone Global Center Comments to the U.S. Department of Agriculture Food and Nutrition Service in response to the proposal: "Simplifying Meal Service and Monitoring Requirements in the National Lunch and School Breakfast Program."
- 6/17/2020: Dr. Bill Dietz Testimony to Committee of the Whole Council of the District of Columbia on the FY 2021 Budget Oversight Hearing.
- 6/30/2020: Dr. Bill Dietz Testimony to the Committees on Business and Economic Development and Health on B23-777, the "New Hospital at St. Elizabeths Act of 2020" and B23-778, the "New Howard University Hospital and Redevelopment Tax Abatement Act of 2020."

## APPENDIX IV: PRESENTATION HIGHLIGHTS

### Dr. Bill Dietz, Chair

- 9/2019: American Society for Metabolic & Bariatric Surgery 6th Annual National Obesity Summit for Provision and Coordination of Care. Presentation, "A Comprehensive Benefit for Obesity Care and Treatment."
- 10/2019: Boston, MA. Obesity Medicine Association. Presentation, "Childhood obesity and its effects across the lifespan."
- 10/2019: Washington, D.C. Milken Institute Future of Health Summit. Panelist, "The Global Syndemic of Obesity, Undernutrition, and Climate Change."
- 11/2019: Las Vegas, NV. Obesity Week Conference. Speaker, "Food Insecurity and Obesity: Strange bedfellows."
- 11/2019: Washington, D.C. National Association of Health Care Purchasers Conference. Panel discussion, "Leveraging Evidence-based Practices for Obesity, Health & Wellbeing."
- 12/2019: Salzburg, Austria. Salzburg Global Seminar. Participant, "Halting the Childhood Obesity Epidemic: Identifying Decisive Interventions in Complex Systems."
- 1/2020: Washington, D.C. American Institute for Cancer Research Lifestyle & Cancer Symposium. Speaker, "Clinical and Population-based Strategies for Obesity Prevention and Control."
- 1/2020: Washington, D.C. Business Group on Health Webinar on Comprehensive Benefit for Obesity Care and Treatment. "Barriers to effective obesity care and the road forward."
- 2/2020: Washington, D.C. Sustainability Teach In at the George Washington University. Speaker, "The Global Syndemic of Obesity, Undernutrition, and Climate Change."
- 3/2020: Denver, CO. Healthy Eating Research 2020 Annual Grantee Meeting. Speaker, "Are We Making Progress?" and Panelist, "Creating the Future - Policy Frontiers; Climate change and the link with dietary choices."

- 4/2020: Washington, D.C. Climate 2030 Community Panel. Panelist, "Food Resilience in D.C."
- 4/2020: Washington, D.C. National Academy of Sciences Roundtable on Obesity Solutions Early Care and Education Innovation Collaborative. Panelist, "Adverse Childhood Experiences and Early Care and Education: A Webinar."
- 7/2020: Washington, D.C. World Obesity Federation and Global Alliance for the Future of Food Webinar. Panelist, "Obesity, COVID-19 and food systems: collective action for a healthy recovery."
- 7/2020: Washington, DC. National Cancer Institute and Society for Behavioral Medicine Webinar. Panelist, "Fundamentals of Climate Change and Health Behavior Change."
- 9/2020: Washington, DC. Global Obesity Forum 2020. Panelist, "The Economics of Obesity."
- 9/2020: Washington, DC. European and International Congress on Obesity. Panelist, "The Global Syndemic - Social Lobbying and Policy Influence from Industry."

### Jeff Hild, Policy Director

- 12/2019: Washington D.C. U.S. Department of Health and Human Services, Assistant Secretary for Planning and Evaluation. "Advancing Change to Support Trauma-Informed Initiatives and Build Evidence of Impact."
- 1/2020: Washington D.C. Families USA Health Action Conference "Increasing Family Resilience for Better Health: Mitigating the Impact of ACEs and Racism."
- 2/2020: St. Louis, MO and Kansas City, MO. Alive and Well Communities Policy and Legislative Advocacy Workshops.
- 3/2020: Denver, CO. Healthy Eating Research 2020 Annual Grantee Meeting. Panelist, "Creating the Future—Policy Frontiers: Immigration and cross-border issues."
- 4/2020: Washington, D.C. InckMarks Webinar. Panelist, "Young Child Health Care Transformation: What Practice Tells Us."
- 4/2020: Washington, D.C. Panelist, "Policy Approaches to Creating Trauma Informed Change Webinar."
- 4/2020: Washington, D.C. National Academy of Sciences Roundtable on Obesity Solutions Early Care and Education Innovation Collaborative. Moderator, "Adverse Childhood Experiences and Early Care and Education: A Webinar."
- 5/2020: Washington, D.C. US Department of Health and Human Services Assistant Secretary for Planning and Evaluation Webinar. Panelist, "Trauma Informed Approaches: Connecting Research Practice and Policy."

### Center for Community Resilience

#### Dr. Wendy Ellis, Director

- 10/2019: Washington, D.C. Forward Promise's "Heal! Grow! Thrive!" 2019 National Event. Speaker, "Drivers of Inequity."
- 10/2019: Ann Arbor, MI. St. Joseph Mercy Hospital VandenBelt Lecture. Keynote remarks, "Building Community Resilience: What's Equity Got to Do with It?"
- 10/2019: Philadelphia, PA. American Public Health Association Annual Meeting. Presenter, "Building Community Resilience: At the Intersection of Trauma and Equity."
- 11/2019: Victoria, BC. Canadian Institutes of Health and Ministry of Health Best Brains Exchange. Speaker, "A Collaborative Approach to Addressing Trauma, Fostering Equity and Building Resilience: Lessons Learned from the Building Community Resilience Networks."

- 11/2019: Seattle, WA. University of Washington Roundtable, School of Social Work. Lecture, "Policy, Race, Equity and Resilience."
- 1/2020: Seattle, WA. University of Washington School of Public Health Department of Health Services Annual Celebration. Keynote remarks, "Building Community Resilience: A Public Health Call to Action."
- 1/2020: Miami, FL. Florida Foster Care Review's Community Coalition Convening. Keynote remarks.
- 2/2020: San Diego, CA. Agents of Change Summit. Keynote remarks, "Public Health 3.0: Reshaping Social Determinants of Health."
- 4/2020: Washington, D.C. Valencia College/Peace and Justice Institute Creating a Resilient Community Seminar. Speaker.
- 5/2020: Washington, D.C. Trust for America's Health Webinar. Panelist, "Mental Health and COVID-19: How the Pandemic Complicates Current Gaps in Care and What Can Be Done."
- 5/2020: Washington, D.C. Collective Impact Forum Annual Meeting. Session Presentation, "Building Community Resilience: Healing Trauma, Fostering Equity through Cross-Sector Collaboration."
- 5/2020: Washington, D.C. Georgetown University School of Medicine. Lecture, "The Pair of ACEs."
- 5/2020: Washington, D.C. Child Maltreatment National Peer Learning Network Webinar. "Building Community Resilience: Addressing the 'Pair of ACEs' and Preventing Child Maltreatment through a Cross-Sector Approach."
- 6/2020: Washington, D.C. National Academy of Medicine Webinar: Advancing Health Equity Science, Practice & Outcomes. Discussant.
- 6/2020: Washington, D.C. InckMarks Webinar: Equity, Health Transformation and Early Childhood Systems Building. Panelist.
- 6/2020: Washington, D.C. U.S. Senate Briefing Series Webinar. Panelist, "Deaths of Despair."
- 7/2020: Washington, D.C. National Association of City and County Health Officials Annual Meeting. Session Presentation, "Building Community Capacity for Conversations on Equity: A Public Health 3.0 Strategy."
- 7/2020: Washington, DC. Mathematica Learning Session Webinar. "Providing Evidence of the Effect of White Supremacy on Community Health: A Practical Application of Systems Dynamic Modeling."
- 8/2020: Washington, D.C. Centers for Disease Control and Prevention - Injury Prevention Center Virtual Brown Bag. Speaker, "Racial Equity, Public Health 3.0 & Resilience Catalysts."
- 8/2020: Washington, D.C. 9th International Conference on Patient- and Family-Centered Care: Partnerships for Quality, Safety, and Equity. Plenary Speaker, "Addressing Trauma, Fostering Equity, Building Community Resilience."
- 8/2020: Washington, D.C. Congressional Black Caucus Foundation 2020 Annual Legislative Conference. Speaker, "Pair of ACEs: Adverse Childhood Experiences and Adverse Community Environments."
- 9/2020: Washington, D.C. Panelist, Prevent Child Abuse American and Doris Duke Charitable Foundation Facebook Live Town Hall.

#### **STOP Obesity Alliance**

- 10/2019: Washington, D.C. Milken Institute Future of Health Summit. Panel discussion, "Obesity in the Workplace: What Employers Can Do Differently."
- 11/2019: Washington, D.C. National Association of Health Care Purchasers Conference. Panel discussion, "Leveraging Evidence-based Practices for Obesity, Health & Wellbeing."

## APPENDIX V: COMMITTEE AND BOARD MEMBERSHIP

#### **Dr. Bill Dietz, Chair**

- Advisory Board, Planetary Health Alliance
- Advisory Board, Global Alliance for the Future of Food
- Board of Directors, Partnership for a Healthier America
- Advisory Board, American Academy of Pediatrics Institute for Healthy Childhood Weight
- Co-Chair, Diabetes Committee, Department of Health, Washington, D.C.
- Chair, Healthy Schools Act Subcommittee on Physical Activity in Youth. Office of the State Superintendent of Schools, Washington, D.C.
- Commissioner, Healthy Schools Act Commission, Washington, D.C.
- Member and Consultant, National Academy of Medicine and NAM Roundtable on Obesity Solutions
- Partner, Childhood Obesity Intervention Cost-Effectiveness Study (CHOICES), Harvard T.H. Chan School of Public Health, Boston, MA
- Co-Chair, Michigan Organizations to Impact Obesity and Nutrition (MOTION) Coalition, Detroit, MI

#### **Jeff Hild, Policy Director**

- Policy Committee, Campaign for Trauma-Informed Policy and Practice
- Member, National Academy of Medicine Roundtable on Obesity Solutions - Early Care and Education Innovation Collaborative
- Planning Committee, National Academy of Medicine, Workshop on Understanding and Overcoming the Challenge of Obesity and Overweight in the Armed Forces
- Planning Committee, Food Research and Action Center, Healthy Infants and Toddlers
- Member, National Trauma Campaign

#### **Center for Community Resilience**

##### **Dr. Wendy Ellis**

- Ascend Fellow, Aspen Institute
- Board Member and Policy Committee Co-Chair, Campaign for Trauma-Informed Policy and Practice
- National Advisory Board on Social Determinants, American Academy of Pediatrics
- Advisory Board, Women of the World United Nations Convention on the Status of Women

##### **Harrison Newton, Deputy Director**

- Member, D.C. Access to Justice Commission

#### **STOP Obesity Alliance**

- Member, Obesity Care Action Network
- Founder, National Obesity Care Week

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