

## **Martin Binks Ph.D., FTOS, FESPM.**

Associate Professor

Behavioral Medicine & Translational Research Lab (BMTR)

Director, Nutrition & Metabolic Health Initiative (NMHI)

Department of Nutritional Sciences

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Date Prepared: June 16, 2003; Updated: January 16, 2019.

### Current Employment:

1. Texas Tech University, Lubbock TX; Faculty
2. Binks Health, Global Consulting

### Professional Qualification: Psychologist

Psychologist Licensure: NC License # 2969; NPI 1427068147

Specialty or Certifications: Clinical Psychology, Behavioral Medicine Specialty, Obesity Specialty.

Citizenship: Canadian: Permanent Resident Alien, United States of America

Current Academic Appointment: Associate Professor, Nutritional Sciences; College of Human Sciences; Texas Tech University.

Last prior academic appointment: Assistant Professor, Duke University Medical Center (Aug 2003-April 2011).

Last prior academic department: Department of Psychiatry and Behavioral Sciences – Division of Medical Psychology

## **EDUCATION**

<u>Dates Attended</u>	<u>Institution</u>	<u>Degree – Year Received</u>
09/1978 - 06/1983	Glengarry District High School	HS Diploma – 1983
09/1983 - 06/1986	Concordia Univ., Montreal, PQ., Canada	BA / Psychology - 1986
09/1994 - 02/2002	Fairleigh Dickinson Univ., Teaneck, NJ. Fairleigh Dickinson Univ., Teaneck, NJ.	MA Clinical Psychology - 1999 Ph.D. Clinical Psychology - 2002

## **PROFESSIONAL TRAINING**

- 08/1999 – 08/2000 **American Psychological Association (APA) Predoctoral Psychology Internship**; Medical University of South Carolina (MUSC); Charleston SC.
- 08/2000 – 02/2003 **Postdoctoral Obesity Fellowship**; Medical University of South Carolina (MUSC); Charleston SC.

## **EMPLOYMENT SUMMARY**

- 02/2003 – 07/2003 **Clinical Assistant Professor**; Medical University of South Carolina (MUSC); Charleston SC. Patient care (clinical psychology and behavioral medicine), research, program development & management, obesity specialization.
- 10/2002 – 07/2003 **Institutional Outcomes Manager**; MUSC Institute of Psychiatry and Behavioral Sciences; Charleston SC., Monitoring and reporting hospital clinical quality indicators and patient clinical outcomes for the Institute of Psychiatry.
- 08/2002 – 06/2003 **Adjunct Professor**; College of Charleston; Charleston SC., Teaching psychology undergraduate courses.
- 08/2003 – 04/2011 **Assistant Professor**; Division of Medical Psychology, Department of Psychiatry and Behavioral Sciences Duke University Medical Center; Durham NC., Clinical and Research Faculty.
  - 08/2003 – 09/2009 **Director of Behavioral Health**; Duke University Health System - Diet and Fitness Center; Durham NC.
  - 01/2004 – 09/2009 **Research Director**; Duke University Health System - Diet and Fitness Center; Durham NC.
  - 07/2007 – 09/2009 **Director of New Business & Strategic Alliances**; Duke University Health System – Duke Health and Wellness; Durham NC.
- 09/2013 – Present **Associate Professor**; Nutritional Sciences; College of Human Sciences. Texas Tech University; Lubbock, TX.
  - 05/2015 – Present **Director, Nutrition and Metabolic Health Initiative**; Nutritional Sciences; College of Human Sciences.

## **BINKS HEALTH – CONSULTING OVERVIEW**

- Strategic partnership development in for-profit and non-profit settings.
- Clinical program development and implementation planning.
- Design and delivery of web-based clinical, educational and patient acquisition programs.
- Strategic planning, business plan development, budget planning and launch strategies for new and existing healthcare programs and businesses.
- Staff development, training and education.
- Clinical and support services for bariatric clinics (surgical and non-surgical).

## ***CURRENT CONSULTING***

- HCA Tricare Centennial Healthcare; TN: Consultant (June 2018 – present)
- The Society for Cardiovascular Angiography and Interventions: Consultant (Feb 2018-present)

- WorldCare Global, Senior Wellness Program Consultant (Jan 2013-present)

## **MILITARY SERVICE**

- Canadian Armed Forces Primary Reserve - 16 February 1982 -  
Honorable Discharge - 13 Jan 1984  
Rank: Corporal - Infantry/Armored Defense

## **PROFESSIONAL ASSOCIATION MEMBERSHIPS**

- **Fellow** the Obesity Society (1999 – present)
- **Fellow** of the European Society of Preventive Medicine (September 2016 – present).
- **Fellow** World Obesity Federation SCOPE International Fellowship (October 2012 - present).
- Obesity Action Coalition (2005 - present).
- American Society for Metabolic and Bariatric Surgery (2012 - present).
- American Society of Nutrition (Mar 2015 – present).
- Obesity Canada - formerly Canadian Obesity Network (2006 - present)
- World Obesity Federation (1999-2017).
- American Diabetes Association (June 2015 - June 2017).
- Society of Behavioral Medicine (1997 - 2002, Jan 2007 – 2012, Apr 2015 - Apr 2017).
- Association for Behavioral & Cognitive Therapies (1995 - 2012).
- American Psychological Association (1994 - 2012).
- New Jersey Psychological Association (1994 -1998).

## **AWARDS AND RECOGNITION**

- 2015 Faculty Research Committee at the Texas Tech University Libraries, Open Access Award.
- 2015 TTU College of Human Sciences President's Mid-Career Award.
- 2014 Atkinson Stern Award for distinguished public service

## **GRANTS – GIFTS – SUPPORT**

### **FUNDED**

19. **Source:** The American Egg Board / Egg Nutrition Center (USDA); **Title:** Does egg consumption have cognitive and neural benefits in food insecure, at-risk adolescents? **Total Budget:** \$20,000 - 85%; **Status:** Active. **Role:** PI

18. **Source:** Novo Nordisk; **Title:** To Predict Weight Loss Response to Liraglutide, from fMRI-based Determination of Food Cue Reactivity; **Total Amount** \$482,000 – 45%; **Status:** Active; **Role** Co-PI

17. **Source:** TTU CALUE Undergrad Research Program; **Title:** Does reducing sedentary behavior via stress management have meaningful impacts on health risks associated with inactivity? **Total Amount:** \$1000 – 100%; **Status:** Active; **Role** PI

16. **Source:** TTU COHS Undergrad Research Grant Program; **Title:** Does reducing sedentary behavior via sedentary behavior CBT have meaningful impacts on health risks associated with inactivity? **Total Amount:** \$750 – 100% **Status:** Active; **Role:** PI

15. **Source:** Nestle Health Science; **Title:** Extended Data Analysis of Neurological Correlates of exposure to a Nutritionally Balanced Total Meal Replacement Diet vs. Isocaloric diet of typical foods in a population with obesity; **Total Amount:** \$10,000 – 90%; **Status:** Active; **Role:** PI

14. **Source:** TTU OVPR Open Access Publication Initiative; Open Access Publication Award; **Title:** Physical Activity and Obesity: What We Know and What We Need to Know; in Obesity Reviews. Chin S, Kahathuduwa CN, Binks M. **Total Amount:** \$2,500 – 100%; **Status:** Complete; **Role:** PI

13. **Source:** The American Egg Board / Egg Nutrition Center **Title:** Determining Dietary Pattern Accompanying Egg Intake; **Total Amount:** \$47,468 – 5%; **Status:** Active; **Role:** Co-I

12. **Source:** The American Egg Board / Egg Nutrition Center; **Title:** Does higher protein quality breakfast reduce energy intake when following a weight loss diet plan? **Total Budget:** \$132,645 – 5%; **Status:** Active. **Role:** Co-I

11. **Source:** RGK Foundation Pilot & Feasibility Grant **Title:** Incentivizing Lifestyle Modification to Reduce Disease Burden. **Total Amount:** \$15,000 - 15%; **Status:** Complete; **Role:** Co-I

10. **Source:** Obesity Research Cluster, TTU and TTUHSC, Pilot and feasibility grant; **Title:** fMRI and the Role of Encoded Memory and Affective Response in Eating Behavior: Comparison of Standardized to Personalized Dietary Images. **Total Amount:** \$10,000 – N/A **Status:** Complete - October 1, 2015 - July 31, 2016 **Role:** Co-I

9. **Source:** Texas Tech University; College of Human Sciences Neuroimaging Seed Grant **Title:** Neurophysiological correlates of L-theanine, caffeine and their combination on improving selective attention in a visual reaction time task: A functional magnetic resonance imaging study; **Total Amount:** \$7500 – 80%; **Status:** Complete; Dates of entire project: 9/1/2015-8/31/2016. **Role:** PI

8. **Source:** TTU OVPR Open Access Publication Initiative; **Title:** Effects of 3-week total meal replacement vs. typical food-based diet on human brain functional magnetic resonance imaging food-cue reactivity and functional connectivity in people with obesity; **Total Amount:** \$2,500 – 100%; **Status:** Complete; **Role:** PI

7. **Source:** Nestle Health Science; **Title:** Neurological Correlates of exposure to a Nutritionally Balanced Total Meal Replacement Diet vs. Isocaloric diet of typical foods in an obese population. **Total Amount:** \$44,588 – 80%; **Status:** Active; **Role:** PI

6. **Source:** Coca Cola Company **Title:** Fund for Excellence: Unrestricted Educational Grant. **Total Amount:** \$5,000 – 100%; **Status:** Complete. **Role:** Recipient

5. Evolution Health Systems Inc.: Internet & Technological delivery of weight loss intervention. \$45,000 – 100% **Role:** PI

4. **Source:** National Institutes of Health; NIDDK Key R01 DK067352 **Title:** Zonisamide for weight reduction in obese adults.” Kishore Gadde, Principal Investigator April 1, 2005 - March 31, 2010. **Role:** Key personnel – Ancillary investigation, quality of life, power of food. **Role:** Co-I

3. **Source:** R.W. Johnson Pharmaceutical Research Institute **Title:** A randomized, double-blind, placebo-controlled, multicenter, parallel group, dose-response study to assess the efficacy and safety of Topiramate in the treatment of subjects with obesity protocol PRI//TOP-INT-38 (Topmat-obes-001); phase 2. **Total amount:** \$174,175 – N/A **Status:** Complete **Role:** Key personnel

2. **Source:** Funded by Hoffmann-La Roche INC. **Title:** A double-blind, placebo-controlled, 52-week study of the efficacy and tolerability of Xenical (Orlistat) in the Weight Management of Obese Pediatric Patients., **Total Amount:** \$313,912 – N/A. **Status:** Complete **Role:** Key personnel

1. **Source:** American Association of Spinal Cord Injury Veterans **Title:** SCI & Spinal Cord Injury, PI Cynthia Radnitz Ph.D. Investigate PTSD in an SCI population. **Role:** Key personnel

#### UNFUNDED ACTIVE RESEARCH

1. **Title:** Chronic pain and acute discomfort during exercise: Comparing overweight/obese vs. normal weight. **Status:** Active; **Role:** PI

#### **COMMERCIALIZATION**

##### Patents

Submitted

1. Methods that reduce food cravings, promote weight loss, and/or treat overweight or obesity.

**International Patent** application has been filed under number PCT/EP17/074671 28 September 2017 claiming priority from the **US provisional application** 62/401,568

#### **PUBLICATIONS**

<sup>1</sup> Senior and corresponding author;

<sup>2</sup> Primary/Co-primary authorship;

**BOLD** denotes student authors under the supervision of Dr. Binks.

##### Refereed journals:

41. **Kaufman K, Chin S, Kahathuduwa CN**, Wood M, Feliu M, Hill L, Barker C, Reif R, Keys A, Edwards CL, <sup>1</sup>Binks M. Body mass index, psychosocial correlates, pain and activities of daily living in adult sickle cell disease patients. PROGREVMED 2018; 3: e0019. (*Invited Manuscript*) (IF 1.0 Estimated – New Journal)
40. <sup>1</sup>Binks M, **Chin S**. A theoretical rationale for psychological mechanisms through which slimming garments may motivate physical activity in people with obesity. PROGREVMED 2018; 3: e-0017. (*Invited Manuscript*) (IF 1.0 Estimated – New Journal)
39. **Kahathuduwa CN**, Davis T, O'Boyle M, <sup>1</sup>Binks M. Do scores on the Food Craving Inventory and Three-Factor Eating Questionnaire correlate with expected brain regions of interest in people with

- obesity? *Physiol Behav.* 2018 Jan 27;188:1-10. doi: 10.1016/j.physbeh.2018.01.018. [Epub ahead of print] (IF 3.033)
38. **Chin S, Kahathuduwa CN, Stearns BM**, Davis T, <sup>1</sup>Binks M. Is hunger important to model in fMRI visual food-cue reactivity paradigms in adults with obesity and how should this be done? *Appetite.* 2018 Jan 1;120:388-397. doi: 10.1016/j.appet.2017.09.012. Epub 2017 Sep 28. (IF 2.691)
  37. **Kahathuduwa CN**, Davis T, O'Boyle M, **Boyd LA, Chin S, Paniukov D**, <sup>1</sup>Binks M. Effects of 3-week total meal replacement vs. typical food-based diet on human brain functional magnetic resonance imaging food-cue reactivity and functional connectivity in people with obesity. *Appetite.* 2018 Jan 1;120:431-441. doi: 10.1016/j.appet.2017.09.025. Epub 2017 Sep 25. (IF 2.691, CI 2)
  36. **Kahathuduwa CN, Dhanasekara CS, Chin SH**, Davis, T, Weerasinghe VS, Dassanayake TL, <sup>1</sup>Binks M. L-Theanine and caffeine improve target-specific attention to visual stimuli by decreasing mind wandering: a human functional magnetic resonance imaging study. *Nutrition Research* 2018 Jan;49: 67-78. doi: 10.1016/j.nutres.2017.11.002. Epub 2017 Nov 16. (IF 2.68)
  35. Dhurandhar NV, <sup>2</sup>Binks M. When to eat! *Am J Clin Nutr.* 2017 Nov;106(5):1171-1172. doi: 10.3945/ajcn.117.167759. Epub 2017 Oct 11. (Invited Editorial) (IF 6.77)
  34. **Kahathuduwa CN**, <sup>2</sup>Binks M, Martin CK, Dawson JA. Extended calorie restriction suppresses overall and specific food cravings: a systematic review and a meta-analysis. *Obes Rev.* 2017 Oct;18(10):1122-1135. doi: 10.1111/obr.12566. Epub 2017 May 30. (IF 7.995, CI 6)
  33. **Chin S-H, Kahathuduwa C**, and <sup>1</sup>Binks M. Is sedentary behaviour unhealthy and if so does reducing it improve this? *Int J Clin Pract.* 2017 Feb;71(2). doi: 10.1111/ijcp.12925. (IF 2.566, CI 3)
  32. <sup>1</sup>Binks M, **Kahathuduwa CN**, Davis T. Challenges in accurately modeling the complexity of human ingestive behavior: the influence of portion size and energy density of food on fMRI food-cue reactivity. *Am J Clin Nutr.* 2017 Feb;105(2):289-290. doi: 10.3945/ajcn.116.150813. Epub 2017 Jan 18 (Invited Editorial). (IF 6.77, CI 2)
  31. <sup>1</sup>Binks M, **Chin S**. What are the challenges in developing effective health policies for obesity? *Int J Obes (Lond).* 2017 Jun;41(6):849-852. doi: 10.1038/ijo.2017.1. Epub 2017 Jan 12. (IF 5.337, CI 3)
  30. **Chin S, Kahathuduwa, CN**, <sup>1</sup>Binks M. Physical Activity and Obesity: What We Know and What We Need to Know. *Obes Rev.* 2016 Dec;17(12):1226-1244. doi:10.1111/obr.12460. Epub 2016 Oct 14. (IF 7.995, CI 31)
  29. **Kahathuduwa CN, Boyd LA**, Davis T, O'Boyle M, <sup>1</sup>Binks M. Brain regions involved in ingestive behavior and related psychological constructs in people undergoing calorie restriction. *Appetite.* 2016 Dec 1;107:348-361. doi: 10.1016/j.appet.2016.08.112. Epub 2016 Aug 24. (IF 2.691, CI 6)
  28. Sagner M, <sup>2</sup>Binks M, Yapijakis C, Lavie CJ, Frank E, Franklin BA, Forman DE, Arena R, La Vecchia C, Puska P. Overcoming Potential Threats to Scientific Advancements: Conflict of Interest, Ulterior Motives, False Innuendos and Harassment. *Prog Cardiovasc Dis.* 2017 Mar - Apr;59(5):522-524. doi: 10.1016/j.pcad.2016.07.003. Epub 2016 Jul 19. (IF 2.418, CI 3)
  27. Dhurandhar NV, Brown AW, Thomas D, Allison DB... Binks M.-Energy Balance Measurement Working Group. We Agree That Self-Reported Energy Intake Should Not Be Used as a Basis for Conclusions about Energy Intake in Scientific Research. *J Nutr.* 2016 May;146(5):1141-2. doi: 10.3945/jn.115.227017. (IF 4.145)
  26. <sup>1</sup>Binks M. The Role of the Food Industry in Obesity Prevention. *Curr Obes Rep.* 2016 Jun;5(2):201-7. doi: 10.1007/s13679-016-0212-0. (IF 1.4, CI 4)
  25. Dhurandhar NV, Schoeller D, Brown AW, Heymsfield SB, Thomas D, Sørensen TIA, Speakman JR, Jeansonne M, Allison DB ... Binks M.-the Energy Balance Measurement Working Group. Energy balance measurement: when something is not better than nothing, *Int J Obes (Lond)* 2015; 39(7):1109-13. doi: 10.1038/ijo.2014.199. Epub 2014 Nov 13. (IF 5.337, CI 264)

24. <sup>1</sup>Binks M. Judge the science, not the funding source, *Int J Obes* advance online publication 18 March 2014; doi: 10.1038/ijo.2014.32. (IF 5.337)
23. Youssef NA, Abdelmalek MF, <sup>2</sup>Binks M, Guy CD, Omenetti A, Smith AD, Diehl AM E, Suzuki A. Associations of depression, anxiety and antidepressants with histological severity of nonalcoholic fatty liver disease. *Liver Int.* 2013; 33: 1062–1070, Article first published online: 7 APR 2013 DOI: 10.1111/liv.12165. (IF 4.5, CI 40)
22. <sup>1</sup>Binks M, van Mierlo T, Edwards CL. Relationships of the Psychological Influence of Food and Barriers to Lifestyle Change to Weight and Utilization of Online Weight Loss Tools *The Open Medical Informatics Journal* 2012; 6: 9-14. (IF 1.0-RGate, CI 3)
21. Suzuki A, <sup>2</sup>Binks M, Sha R, **Wachholtz A**, Eisenson HJ, Diehl AM. Serum Aminotransferase changes with significant weight loss: sex and age effects. *Metabolism Clinical and Experimental* 2010; 59(2), 177-185. (IF 5.777, CI 8)
20. <sup>1</sup>Binks M, van Mierlo T. Utilization Patterns and user characteristics of an ad libitum internet weight loss program *J Med Internet Res* 2010;12(1):e9 URL: <http://www.jmir.org/2010/1/e9/HTML> doi: [10.2196/jmir.1347](https://doi.org/10.2196/jmir.1347) PMID: [20350926](https://pubmed.ncbi.nlm.nih.gov/20350926/). (IF 4.671, CI 44)
19. Østbye T, Kolotkin RL, He H, Overcash F, Brouwer R, Binks M, Syrjala KL, Gadde KM. Sexual functioning in obese adults enrolling in a weight loss study *J Sex Marital Ther.* 2011 May;37(3):224-235. PMID: 21512941. (IF 1.935, CI 21)
18. **Wachholtz, A.B.**, <sup>1</sup>Binks, M., Suzuki, A., Kolotkin, R., & Eisenson, H. Does pain predict interference with activities of daily living in an obese residential treatment seeking population? *International Journal of Behavioral Medicine*, 2010 17 (2), 118-124. <http://www.springerlink.com/content/r7708v6n52322750/> doi: 10.1007/s12529-010-9088-7. (IF 2.126)
17. **Wachholtz A**, <sup>1</sup>Binks M, Suzuki A, Eisenson H. Sleep disturbance and pain in an obese residential treatment seeking population. *Clin J Pain*, 25 (7), 584-589. (IF 2.703, CI 8)
16. Lundgren JD, Malcolm R, Binks M, O'Neil PM. Remission of metabolic syndrome following a 15-week low-calorie lifestyle change program for weight loss. *Int J Obes (Lond)*. 2009 Jan;33(1):144-50. doi: 10.1038/ijo.2008.225. Epub 2008 Nov 18. (IF 5.337, CI 40)
15. Kolotkin RL, <sup>2</sup>Binks M, Crosby RD, Østbye T, Mitchell JE, Hartley G. Improvements in sexual quality of life after moderate weight loss. *Int J Impot Res* 2008; Jul 3. (IF 1.293, CI 44)
14. <sup>1</sup>Binks M, History of sexual abuse among bariatric surgery candidates (Editorial Comment) *Surgery for Obesity and Related Disorders* 2006;2: 375-376. (IF 4.496, CI 42)
13. Kolotkin RL, <sup>2</sup>Binks M, Crosby RD, Østbye T, Gress RE, Adams TD. Obesity and sexual quality of life. *Obesity Research* 2006;14(3): 472-479. (IF 4.72, CI 300)
12. Lundgren JD, O'Neil PM, Martin CK, Binks M. Smoking status and weight loss in three weight loss programs. *Eating Behaviors* 2006;7: 61-68. (IF 2.23, CI 8)
11. <sup>1</sup>Binks M, Adolfsson B. Duke study reports sex, self-esteem diminish for morbidly obese. *CDS review* 2005;98(4):28-9. (IF N/A, CI 3)
10. Kolotkin RL, Westman EC, Østbye T, Crosby RD, Eisenson HJ, <sup>1</sup>Binks M, Does binge eating disorder impact weight-related quality of life? *Obesity research* 2004;12(6): 999-1005. (IF 4.72, CI 89)
9. <sup>2</sup>Binks M, O'Neil PM, Referral sources to a weight management program: Relationship to outcome. *J Gen Intern Med* 2002;17. (IF 3.701, CI 16)
8. Martin CK, O'Neil PM, Binks M. An attempt to identify predictors of treatment outcome in two comprehensive weight loss programs. *Eating Behaviors* 2002;3(3): 239-248. (IF 2.23, CI 27)
7. <sup>1</sup>Binks M, Radnitz CL, Moran A, Vinciguerra V. Relationship between level of spinal cord injury and post-traumatic stress disorder symptoms. *Annals of The New York Academy of Sciences* 1997;821: 430-432. (IF 4.039, CI 13)

6. Radnitz CL, McGrath R, Tirch D, Willard M J, Perez-Strumolo L, Festa J, Binks M, Broderick CP, Schlein I, Walczak S, Lillian LB. Use of the Beck Depression Inventory for individuals with spinal cord injury. *Rehabilitation Psychology* 1997;42(2): 93-101. (IF 1.615, CI 34)
5. Callaghan E, Radnitz CL, Tirch D, Perez-Strumolo L, Schlein IS, Willard J, Lillian LB, Festa J, Walczak S, Binks M, Broderick CP. Is benzodiazepine use related to substance misuse history? *SCI Psychosocial Process* 1996;9(4): 103-106. (IF N/A, CI 2)
4. Radnitz CL, Broderick CP, Perez-Strumolo L, Tirch D, Festa J, Schlein I, Walczak S, Willard J, Lillian LB, Binks M. The prevalence of psychiatric disorders in veterans with spinal cord injury: A controlled comparison. *Journal of Nervous and Mental Disease* 1996;184(7): 431-433. (IF 1.682, CI 21)
3. Radnitz CL, Schlein I, Walczak S, Broderick CP, Binks M, Tirch D, Willard J, Perez-Strumolo L, Festa J, Lillian LB, Bockian N, Cytryn A, Green L. The prevalence of posttraumatic stress disorder in spinal cord injury. *SCI Psychosocial Processes* 1995;8(4): 145-149. (IF N/A)
2. Radnitz CL, Hsu L, Willard J, Perez-Strumolo L, Festa J, Lillian L.B, Walczak S, Tirch D, Schlein IS, Binks M, Broderick CP. Posttraumatic stress disorder in veterans with spinal cord injury: Trauma-related risk factors. *Journal of Traumatic Stress* 1995. (IF 2.721, CI 56)
1. Radnitz CL, Hsu L, Tirch D, Willard J, Lillian LB, Walczak S, Festa J, Perez-Strumolo L, Broderick CP, Binks M, Schlein IS, Bockian N, Green L, Cytryn A. A comparison of posttraumatic stress disorder in veterans with and without spinal cord injury. *Journal of Abnormal Psychology* 1995. (IF 4.133, CI 49)

## BOOKS

1. Eisenson HJ, Binks M\*. The Duke Diet: The world-renowned program for healthy and lasting weight loss. New York: Balantine: 2007.  
\*Primary and senior organizing author and project director for The Duke Diet book and companion website [DukeDiet.com](http://DukeDiet.com).

## BOOK CHAPTERS

3. Edwards CL, Mayhis MJ, Hill LK, Whitfield KE, Robinson E, Binks M, Wood M, Zerubavel N, Guinyard D, Keys A, O'Garro KN, Barker C, Johnson M, Foushee D, Feliu M, Trambadia Jay, McNeil J, Muhammad M, Sollers J, Rogers L, Thorpe R, Kidd A, McElroy K, Byrd G. (2015) Depression in Black Men With Sickle Cell Disease. *Neurobiology of Men's Mental Health*, Nova Science Publisher, New York.
2. Kilpela, L., Zerubavel, N., Hobkirk, A., Feliu, M., Doshi, S., O'Garro, K.O., Trambadia, J., Keys, A., Hill, L., Wood, M., Morgan, K., Whitfield, K., Binks, M., Sollers, J.J., III, Edwards, C.L. (2014). Body Image and Body Dissatisfaction in Ethnic Men. In Marian S. Harris (Ed.). *African American Perspectives: Family Dynamics, Health Care Issues and the Role of Ethnic Identity* (pp. 103-144). Hauppauge, NY: Nova Science Publishers, Inc.
1. Binks, M. The Debate Surrounding Removal of Severely Obese Children from the Home: An Editorial Commentary. In Goshgarian, G. (Ed.), 2013; *The Contemporary Reader*, 11<sup>th</sup> Edition, pp. 466-69. Upper Saddle River, NJ: Pearson.

## PRESENTED ABSTRACTS (IN PUBLISHED PROCEEDINGS / JOURNAL SUPPLEMENTS)

<sup>1</sup>. Senior and corresponding author;

<sup>2</sup>. Primary/Co-primary authorship;

**BOLD** denotes student authors under the supervision of Dr. Binks.



72. **Quarles WR, Kahathuduwa CN**, Davis T, <sup>1</sup>Binks M. Feature Importance from Random Forest Analysis Shows No Variable More Important than Random Chance in Behavioral Food Cue Reactivity. *Current Developments in Nutrition*. 2018; (in press).
71. **Moseley M, Quarles WR, Kahathuduwa CN**, Davis T, <sup>1</sup>Binks M. Three Factor Eating Questionnaire Predicts Food Craving Inventory Scores in Individuals with Obesity. *Current Developments in Nutrition*. 2018 (in press).
70. **Quarles WR, Kahathuduwa CN**, Davis T, <sup>1</sup>Binks M. Predicting Weight-Related Activity Limitations in Individuals with Obesity. *Current Developments in Nutrition*. 2018 (in press).
69. **Huang W, Chin S, Kahathuduwa CN, Quarles WR**, Davis T, <sup>1</sup>Binks M. Fat Mass but not Body Weight is Associated with YFAS Score in People Undergoing Weight Loss Treatment. *Current Developments in Nutrition*. 2018 (in press).
68. **Huang W, Chin S, Quarles WR**, Davis T, <sup>1</sup>Binks M. Depression Moderates the Relationships between PFS Score and Fat Mass Reduction in People with Obesity. *Current Developments in Nutrition*. 2018 (in press).
67. **Akter S**, Dawson JA, **Chin S**, Davis T, **Quarles W, Huang W**, <sup>1</sup>Binks M. Do Weight Cycling, Age of Onset, Three Factor Eating Questionnaire and Power of Food Scale Predict Initial Weight Loss in People with Obesity? *Current Developments in Nutrition*. 2018 (in press).
66. **Chin S, Kahathuduwa CN**, Davis T, <sup>1</sup>Binks M. Increased Duration of Participation in a Calorie Restriction Intervention Is Associated with a Greater Reduction in Self-Reported Hunger in People with Obesity. *Current Developments in Nutrition*. 2018 (in press).
65. **Olvera HE, Chin S, Kahathuduwa CN**, Davis T, <sup>1</sup>Binks M. Lower Health-Related Quality of Life (HRQL) is Associated with Less Fat Mass Reduction during Initial Weight loss: Implications for Early Intervention. *Current Developments in Nutrition*. 2018 (in press).
64. <sup>1</sup>Binks M, **Kahathuduwa C**, Davis T. Do Scores on the Power of Food Scale Reflect Brain Food-cue Reactivity in People with Obesity? Proceeding 25th European Congress on Obesity; 2018 May; Vienna, Austria.
63. O'Boyle M, **Kahathuduwa CN**, Davis T, <sup>1</sup>Binks M. Pre-intervention fMRI activation in response to visual food-cues predicts weight loss in a 3-week calorie restriction intervention. Proceedings of the 10th Asia Pacific Conference on Clinical Nutrition (APCCN); 2017 Nov; Adelaide, South Australia.
62. **Kahathuduwa C**, Davis T, O'Boyle M, <sup>1</sup>Binks M. Effects of Meal Replacement vs. Food-based Diet on Human Brain Task-related fMRI Connectivity. Proceeding 25th Society for the Study of Ingestive Behavior; 2017 Jul; Quebec, Canada.
61. **Kahathuduwa C**, Davis T, O'Boyle M, <sup>1</sup>Binks M. Changes in Food Craving Inventory and Three-Factor Eating Questionnaire subscales predict changes in functional magnetic resonance imaging food-cue reactivity in a 3-week calorie restriction intervention. Proceeding 25th Society for the Study of Ingestive Behavior; 2017 Jul; Quebec, Canada.
60. **Kahathuduwa CN**, Davis T, O'Boyle M, <sup>1</sup>Binks M. Effects of a 3-week moderate calorie restriction intervention on cerebral white matter connectivity in subjects with obesity. The FASEB Journal. 2017; 31(1): Supplement Ib279.
59. **Kahathuduwa CN**, Davis T, O'Boyle M, <sup>1</sup>Binks M. Primary Motor Cortex Mediates the Association between Body Mass Index and Reaction Times to Visual Food-cues in Subjects with Obesity: An fMRI Food-cue Reactivity Study. The FASEB Journal. 2017; 31(1): Supplement 794.5.
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54. **Kahathuduwa CN**, <sup>2</sup>Binks M, Martin CK, Dawson JA. Extended Calorie Restriction Suppresses Overall and Specific Food Cravings: A Systematic Review and Meta-analysis. Oral Paper, Proceedings of the 34th Ann. Scientific Meeting of The Obesity Society; 2016 Nov; New Orleans, LA.
53. **Kahathuduwa CN**, <sup>1</sup>Binks M. Effects of extended calorie restriction on neurotransmitter levels in human brain food reward circuitry: an MRS study. Mentor - Early Career Grant Challenge at 34th Ann. Scientific Meeting of The Obesity Society; 2016 Nov; New Orleans, LA.
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50. **Chin S, Kahathuduwa CN, Boyd LA, Johns B, Stearns M**, Davis T, <sup>1</sup>Binks M. How Should Hunger be Modelled When Analyzing Outcomes of Food-cue Reactivity Paradigms. Proceedings of the 34th Ann. Scientific Meeting of The Obesity Society; 2016 Nov; New Orleans, LA.
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#### **PRESENTED ABSTRACTS (WITHOUT PUBLISHED PROCEEDINGS / JOURNAL SUPPLEMENTS)**

<sup>1</sup>. Senior and corresponding author;

<sup>2</sup>. Primary/Co-primary authorship;

**BOLD** denotes student authors under the supervision of Dr. Binks.

28. **Quarles WR, Kahathuduwa CN**, Davis T, O'Boyle M, <sup>1</sup>Binks M. BMI and Body Fat Mass Are Differentially Associated with fMRI Food-cue Reactivity in Individuals with Obesity. 17th Annual TTU Graduate Research Poster Competition; 2018 Apr; Lubbock, TX.
27. **Stearns M, Kahathuduwa CN, Chin S, Boyd LA, Johns B**, <sup>1</sup>Binks M. Exposure to Rewarding Visual Food Cues: Relationship to Self-reported Hunger in Adults with Obesity. The 9th Ann TTU Undergraduate Research Conference; 2017 Mar; Lubbock, TX.
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23. **Kahathuduwa C**, Weerasinghe V, Dassanayake T, Amarakoon T, <sup>1</sup>Binks M. High doses of theanine improve visual stimulus discrimination in a dose-dependent manner. First annual meeting of The Center of Excellence for Translational Neuroscience and Therapeutics of the TTUHSC; 2016 Apr; Lubbock, TX.

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17. Long JD, Dodd S, Binks M, Anyanwu N, Rogers T. Diet, Encoded Memory, Visual Cues, Obesity, and Neuroimaging: The Role of affective response in eating behavior. Sigma Theta Tau International's 25th International Nursing Research Congress. July 2014. Hong Kong, China.
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13. <sup>1</sup>Binks M, van Mierlo T. The relationships of the psychological influence of food and perceived barriers to lifestyle change to body mass index and to utilization of online weight loss tools. 1<sup>st</sup> Annual Canadian Obesity Summit Montreal PQ; 2010
12. Valenti N, Krinick G, Farris J, Shipley K, <sup>2</sup>Binks M, Mancini D, Spinowitz F, Galluccio R, Eisen AR, Capuanno CA, Perri MG. Comparison of techniques for estimating adiposity in a sample of obese women. American Psychological Society, 10<sup>th</sup> Annual Convention; 1998 May; Washington, DC.
11. <sup>2</sup>Binks M, Krinick G, Farris J, Shipley K, Mancini D, Valenti N, Capone G, Chu H-C, Greene M, Eisen AR, Capuano CA, Perri MG. Treatment Adherence: A determinant of weight loss and change in body composition in obese women undergoing a program of diet and exercise. Society of Behavioral Medicine, Nineteenth Annual Scientific Sessions; 1998 March; New Orleans, LA.
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- Psychologists and Social Workers; 1997 September; Las Vegas, NV.
8. Vinciguerra, VP, Radnitz CL, Festa J, Binks M. Situational factors and perceived social support in SCI-related PTSD. Annual meeting of the Association for the Advancement of Behavior Therapy; 1996, November; New York, NY.
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  6. Radnitz CL, Binks M, Broderick CP. PTSD in individuals with and without spinal cord injury. Annual meeting of The American Psychological Association; 1996 August; Toronto, Canada.
  5. Broderick CP, Radnitz CL, Binks M, Schlein, IS. PTSD, trauma type, and trauma severity in SCI. Annual meeting of the American Psychological Association; 1996 August; Toronto, Canada.
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  2. Radnitz CL, Walczak S, Broderick CP, Binks M, Schlein IS. The prevalence of psychiatric disorders among individuals with SCI. American Association of Spinal Cord Injury Psychologists and Social Workers; 1995 September; Las Vegas, NV.
  1. Schlein I, Radnitz C, Binks M, Walczak S, Broderick C. The effect of combat exposure on SCI-related PTSD. Annual meeting of the American Association of Spinal Cord Injury Psychologists and Social Workers; 1995 September; Las Vegas, NV.

#### NON-REFEREED PUBLICATIONS

12. Binks M. Dr. Binks Blog & Self-help Sections (Feb 2012 – 2014) [www.DrBinks.com](http://www.DrBinks.com)
11. Binks M. The Secrets to Successful Behavior Change, *Arthritis Self-Management*, March/April 2012
10. Binks M. The Gift of Forgiveness *GX: The Guard Experience*
9. Binks M. Bringing balance to being back, *GX: The Guard Experience*, Vol 6 Issue: 7 Dec 2009.
8. Binks M. Healthy Body Building: Being Prep for APFT *Foundations; National Guard soldier & family*
7. Binks M et al. Pragmatic weight loss strategies in the era of the weekly fad diet, *DukeMed* 2009.
6. Binks M. Exercise and the obese patient *Rev of Endocrinology* Feb. 2009
5. Binks M, Housle B. How much should my patient exercise *The Clin Advisor* Jan 2009.
4. Binks M. Obesity & Oil *Inside Duke Medicine* 2008.
3. Binks M. Reality Weight Loss TV *Philadelphia Inq, Durham Herald Sun, Raleigh News & Obs* 2007.
2. Binks M, Kolotkin RL. Sexual quality of life in obesity *Bariatrics Today* 2005;1:46-47.
1. Binks M, Kolotkin RL. Weight and Sexual Fulfillment *Obesity Help* 2006;2:28-31.

#### NON-AUTHORED PUBLICATIONS

5. Binks M. TOS Potential Contributors to Obesity Infographic (Task Force Chair) Nov 2015  
<http://www.obesity.org/obesity/resources/facts-about-obesity/infographics/potential-contributors-to-obesity>
4. Binks M. Obesity Week™ Bringing it all Together – Published Interview; *Bariatric Times*; Sept. 2013
3. Binks M. Sending the right message: Reality weight loss television *Duke Magazine* 2008; Jan/Feb.
2. Binks M. Guided Self-Awareness CD: A collection of mind-body awareness meditations and exercises from the Duke Diet & Fitness Center; Executive Producer 2007.

1. DFC Healthy Herald. Executive & Organizing Editor, 2007-2009 (Biannual).

### **SELECT INVITED SPEAKING (NON-CONSULTING)**

- Texas Tech University Health Sciences Center Medical Residency Didactic Session; Developing Comprehensive, Multidisciplinary, Obesity Interventions: Guidance for solo providers or complete teams. Lubbock TX. August 2018.
- HEAL-U Paso Del Norte Clinical Symposium: Motivating Human Behavior: Health coaching for the frontline provider PII. El Paso, TX; April 2018.
- HEAL-U Paso Del Norte Clinical Symposium: Motivating Human Behavior: Health coaching for the frontline provider PI. El Paso, TX; April 2018.
- HEAL-U Paso Del Norte Clinical Symposium: Developing Comprehensive, Multidisciplinary, Obesity Interventions: Guidance for solo providers or complete teams. El Paso, TX; April 2018.
- HEAL-U Paso Del Norte Scientific Symposium: This is your Brain on Food: Understanding Neurohormonal and Psychological Influences on Ingestive Behavior. El Paso, TX; April 2018.
- ASMBS Integrated Health: Support Groups Symposium. 'Running Online Support Groups'. Annual Scientific Sessions of American Society for Metabolic and Bariatric Surgery at Obesity Week 2017, Washington, DC; 2017.
- ASMBS ABLIS/Fundamentals of Bariatric Surgery. 'Psych Evaluation: can we predict who will have problems?' Annual Scientific Sessions of American Society for Metabolic and Bariatric Surgery at Obesity Week 2017, Washington, DC; 2017.
- TOS Symposium: To Eat or Not to Eat? Your Brain Has the Answer. 'Psychology and Neuroscience of Food Choice.' Annual Scientific Sessions of The Obesity Society at Obesity Week 2017, Washington, DC; 2017.
- Program Chair & Speaker; First Annual TTU-NS Nutrition & Weight Management Day; May 2017; Lubbock TX.
- Mentor: The Obesity Society: Early Career Grant Challenge Oral Presentation: Finalist: Chanaka N. Kahathuduwa "CN Effects of extended calorie restriction on neurotransmitter levels in human brain food reward circuitry: a magnetic resonance spectroscopy study." The 34th Ann. Scientific Meeting of The Obesity Society; 2016 Nov; New Orleans, LA.
- ASMBS: Access to Care Symposium. It takes a village: A multidimensional approach to improving access to care for obesity. Annual Scientific Sessions, The Obesity Society, New Orleans, LA; 2016
- ASMBS: ABLIS/Fundamentals Symposium. The Bariatric Operation: Identifying the Troubled Candidate: Psych Evaluation and Ongoing Therapy. Annual Scientific Sessions, The Obesity Society, New Orleans, LA; 2016.
- Invited Lecture: Obesity (TTU, Lubbock TX).
- US Foods Seminar: Workshop - Health Coaching (May 2016; Lubbock TX).
- Obesity in the 21<sup>st</sup> Century: It's not just about behavior any more. (Society of Behavioral Medicine- Annual Scientific Sessions March 2016; Washington DC).
- Invited Lecture: First Impressions: Effective Communication for Networking & Interviewing (TTU; Lubbock TX).
- Behavioral, Psychological and Lifestyle Factors in Pre- and Post-Surgical Care (Texas State ASMBS Chapter, January 2016; San Antonio TX).
- How to Handle Star Struck Patients Presentation Topic: How Should Clinicians Respond? Symposium conducted at the 33th Ann. Scientific Meeting of The Obesity Society; 2015 Nov; Los Angeles, CA.
- US Foods Seminar: Health Coaching (May 2015; Lubbock TX).



- OLLI Osher Lifelong Learning Institute: Weight of the Nation: Navigating the Sea of Health Information (Oct. 2015, Lubbock TX).
- OLLI Osher Lifelong Learning Institute: Staying active across the lifespan: The importance of physical activity to our health (Jan. 2015, Lubbock TX).
- III World Congress on Nutrition and Public Health. Plenary session - Nutrition Research in the New Era. Title: Research Integrity & the Fallacy of the *Ad Hominem* (November 2014; Las Palmas, Gran Canarias).
- Is Self-Regulation Passé? Modifying the Food Environment for Weight Control. (November 2014; Obesity Week, Boston MA).
- TOS Academic Career Panel Discussion. (November 2014; Obesity Week, Boston MA).
- Twitter chat. Health Central and Obesity Care Continuum. #Healthtips 10/29/2014.
- Twitter Chat. Eisai Pharmaceutical. #Obesity Risks 10/1/2014.
- TTU ORC Annual Meeting and Networking Event. Innovative Approaches to Obesity Treatment: One size does not fit all. (Lubbock TX May 2014).
- Twitter Chat. ABC News. #Childhood Obesity 9/10/2013.
- ASMBS Workshop. Advanced Bariatric Life Support: Identifying the Troubled Candidate: Psych Evaluation and Ongoing Therapy (November 2014; Obesity Week, Boston MA).
- OLLI Osher Lifelong Learning Institute: This is your brain on food. (Oct. 2014; Lubbock TX).
- TOS Atkinson Stern Award Recipient Lecture, : Silos are for Corn (November 2014; Obesity Week, Boston MA).
- IFIC Webinar: Making Healthful Eating Behaviors Stick-Using consumer insights to identify what works (October 2014).
- Expert Panel; Dietary Influences: Communicating Differences Between Habit, Behavior and Addiction; International Food Information Council (IFIC); 4<sup>th</sup> Annual Science Communications Summit; Washington, DC May 7, 2013.
- Keynote Address: Motivating Patients for Long-term Behavioral Change: Beyond Traditional Methods; 2013 Annual Meeting of the South Carolina Academy of Nutrition and Dietetics (SCAND); Columbia SC April 6, 2013.
- The Hunger Games: Mind vs. Physical. Keynote Address; OAC 1<sup>st</sup> Annual Convention; Dallas TX Oct 24, 2012.
- Not Guilty: Eating Without Shame. Roundtable Discussion; OAC 1<sup>st</sup> Annual Convention; Dallas TX Oct 24, 2012.
- Evaluation & Treatment Strategies for Complex Bariatric Patients: A Multidisciplinary Approach. ASMBS Fall Educational Event; Las Vegas NV. Oct. 23, 2012.
- Carolinas Education Institute-Obesity Conference 2012-Defining Best Practices for Obesity and Comorbidity Management; "Finding Healthy Food Relationships: Identifying and Conquering Disordered Eating" Charlotte NC – March 2, 2012.
- OAC Support Group –After the Surgery: Finding a New Relationship with You; Raleigh NC –Aug 2011
- Postsurgical Development of Disordered Eating: A-typical Eating Pathology, San Diego CA TOS 2010
- Duke Psychiatry & Beh Sciences - Grand Rounds: E-health interventions for weight loss, Durham, NC, July 2010.
- North Carolina Department of Transportation, Maintaining healthy weight loss, Raleigh NC, May 2009
- Army National Guard Annual Medical Team Conference, Keynote Address: Coping Under Pressure: Resilience and Self-care in Stressful Times, Atlanta GA, Apr 2009.
- Army National Guard Annual Medical Team Conference, Fact and Fiction: Practical and Realistic Tools for Working with the Obese Patient, Atlanta GA, Apr 2009.

- Duke Health Undergrad Lecture, Behavioral Approaches to Obesity, Durham NC, Mar 2009.
- Univ of NC Health Grad Students, Residential Lifestyle Change Treatment, Chapel Hill, NC, Mar 2009.
- WakeMed Phys CME, Women's Health Obesity Current Trends & Treatment, Raleigh NC, Nov 2008.
- Eating Disorders & Obesity Symposium Chair, Phoenix TOS, October 2008.
- Duke Doctorate in PT Class, Obesity Issues and Treatments, Durham NC, Sept 2008.
- Duke IM Healthcoach Training, Obesity & Healthcoaching, Durham NC, Sept 2008.
- Duke IM Healthcoach Training, Introduction to Healthcoaching, Durham NC, Aug 2008.
- AHEC Physician CME- Non-Surgical Approaches to Obesity, Clinton NC, Aug 2008.
- Eating Disorders & Obesity Symposium Chair, New Orleans TOS, October 2007.
- Behavioral & Psychosocial Considerations: What the Care Provider Needs to Know, Workshop Presenter, New Orleans TOS, October 2007.
- Washington DC Duke Alumni Association Bodies Exhibit, Obesity Presenter, September 2007.
- Mendez Health Systems Puerto Rico Annual Health Symposium Obesity, Behavioral Approaches, February 2007.
- Obesity in Primary Care Part 1, Duke Department of Community & Family Medicine, Durham, NC, February 2005.
- Obesity in Primary Care Part 2, Duke Department of Community & Family Medicine, Durham, NC, February 2005.
- Southern Regional AHEC, Women's Health Issues Conference, Daufuskie Island, SC., September 2004
- American Diabetic Association, 8<sup>th</sup> Annual Fall Symposium for Primary Health Care Providers Panel Discussion, Charleston SC., October 2002.
- Referral Sources to a Weight Management Program: Relationship to Outcome. Obesity Special Interest Group, Medical University of South Carolina, Charleston, May, 2000.
- The role of resistance training in a behavioral weight loss program for mild to moderately obese women. Obesity special interest group, Medical University of South Carolina, Charleston, October 1999.
- Achieving and maintaining weight loss: Focus on lifestyle change. Grand rounds OBGYN, New York Methodist Hospital, Brooklyn NY, May 1999.
- Spotlight on Graduate Students: Health Outcomes. Fairleigh Dickinson University, 1998.
- Dean Ornish programs for heart patients: An introduction. Bronx VA Medical Center, 1997.
- Bioseminar lecture series: Assessment and treatment of obesity: Maintenance of weight loss. Fairleigh Dickinson University, 1997.

## **CURRENT RESEARCH AREAS**

- Neurophysiological influences in obesity, ingestive behavior and nutrition (fMRI, DTI, MRS).
- Pharmacologic and surgical management of obesity and metabolic disease
- Exercise pain and sleep in obesity.
- Sedentary time and health risks.

## **PREVIOUS RESEARCH AREAS**

- Sickle Cell Disease (SCD) and obesity 2014-2018.
- Non-alcoholic fatty liver disease in obesity 2007-2014.
- Internet, telemedicine and technology in the treatment and prevention of obesity 2007-2013.
- Identification and classification of binge eating 2002.

- Substance abuse in veterans-Fairleigh Dickinson University, Teaneck NJ, 1994-1996.
- PTSD and spinal cord injured veterans-Bronx and Castle Point VA Hospitals, NY, 1994-1996.
- Animal models and neural mapping of the reward mechanisms of drugs of abuse – Center for Studies in Behavioral Neurobiology, Concordia University, Montreal PQ, 1985-1987.

## PEER REVIEW ACTIVITY

### JOURNAL EDITORSHIP

**Editor in Chief:** *Progress in Preventative Medicine* (May 2018 - Present)

### EDITORIAL BOARD MEMBERSHIP

**Editorial Board:** *Obesity Science & Practice* (October 2014 – present)

**Editorial Board:** *International Journal of Obesity* (November 2011 – present)

**Executive Editor:** *Progress in Preventative Medicine* (September 2016 – April 2018)

### AD HOC REVIEWER (2017/2018 ONLY):

*American Journal of Clinical Nutrition*

*PLOS ONE*

*Journal of Clinical Investigation (JCI Insight)*

*Obesity Reviews*

*International Journal of Obesity*

*Obesity*

*Journal of the American College of Nutrition*

*Nutrition and Diabetes,*

*Translational Behavioral Medicine*

*SOARD Surgery for Obesity & Related Disorders*

*Progress in Preventative Medicine*

*Obesity Science & Practice*

### NON-JOURNAL PEER REVIEW ACTIVITY

1. Promotion & Tenure Review- Dr. Myles Faith SUNY Buffalo (April 2015).
2. Grant Review: American University of Beirut (AUB) Exposure to trans fatty acids in Lebanon: Prevalence, determinants and the development of nutrition intervention limiting trans fatty acid consumption (April 2015).

## ADVISORY BOARD MEMBERSHIP

- Institute for Healthy Living, Paso del Norte Foundation HEAL-U; Scientific Advisory Board (Feb 2018 - present)
- International Food Information Council; Scientific Advisory Board (July 2014 - present)

- Center on Bio-behavioral Health Disparities Research Institute (July 2014 – present)
- World Obesity Federation: Corporate Responsibility Advisory Committee (Nov 2014 – January 2016)
- World Obesity Federation: Education Management Task Force (September 2012-Nov 2016)
- TOS Food Industry Outreach Task Force (Sept 2012 – Nov 2014)
- Spark America Campaign April 2012 – November 2014.

## **SERVICE**

### The Obesity Society (TOS) Leadership

- Regional State Advocacy STAR Access to Care Coordinator (TX, OK, AR, LA, and CO) (Apr 2015-Nov 2016)
- State Advocacy STAR Access to Care Representative (TX) (Apr 2015 - Nov 2016)
- Leadership Program (LEAP) Steering Task Force (Nov. 2015 - Nov 2016)
- Web Development Task Force (Sept 2015 - Nov 2016)
- Obesity Medicine Education Task Force (Sept 2015 - Nov 2016)
- TOS Integrated Care Task Force (May 2015 – Nov 2016)
- Chair Obesity Society Infographic Education Task Force (Mar 2015- Nov 2016)
- Public Affairs Committee Executive Committee Liaison (Jan 2015 - Nov 2016)
- Executive Board-Secretary Treasurer (Nov 2013 - Nov 2016)
- Obesity Week Executive Board (Nov 2013 - Nov 2016)
- Obesity Week Exhibitor Review Committee (June 2013 - Nov 2016)
- Federal Advocacy for Obesity Treatment Legislation: Congressional Visits (2010 - Nov 2016)
- Treat Obesity Seriously – Speaker’s Bureau (Dec 2012 - Nov 2016)
- Chair Development Committee (Sept 2012 – Nov 2016)
- Obesity Week Board of Managers (Sept 2012 - Nov 2013)
- Obesity Society Leadership Institute Task Force (Sept 2014 - Nov 2015)
- Ex Officio Member Food Industry Outreach Task Force (Sept 2012 – Nov 2014)
- ABOM Physician Credentialing Exam Development (2011)
- Nominated to run for Council Member at Large (2011)
- Chair Obesity Week Marketing Subcommittee (Sept 2010 – Nov 2013)
- Obesity Week Steering Committee (May 2010 - Sept 2012)
- Development Committee, (Mar 2009 - Sept 2012)
- Chair Finance Committee, (Oct 2009 - Sept 2012)
- Childhood Obesity - Covidien Community Health Center -Steering Committee (2007 - Oct 2009)
- Nominated – Council, Clinical Care (2009)
- Finance Committee member (Mar 2009 – Oct 2009)
- Nominated to run for Secretary/Treasurer (2008)
- Chair, Audit Committee (May 2007 – Oct 2009)
- Clinical Committee (Dec 2006 – Oct 2009)

### TOS Scientific Meeting Participation (excludes presenting research - see published abstract list)

- Program Abstract Reviewer 2016 Annual Scientific Meeting, New Orleans LA
- Program Abstract Reviewer 2015 Annual Scientific Meeting, Los Angeles CA
- Dissertation & Thesis Award Scientific Review Committee, Los Angeles CA

- Panelist early career academic workshop. 2015 Annual Scientific Meeting, Los Angeles CA
- Moderator, TOS Early Career Grant Challenge, Los Angeles CA
- Coordinator, TOS Early Career Poster Presentation Theater, Los Angeles CA
- Chair, plenary session on self-regulation in obesity. 2014 Annual Scientific Meeting, Boston MA
- Panelist early career workshop. 2014 Annual Scientific Meeting, Boston MA
- Program Abstract Reviewer 2014 Annual Scientific Meeting, Boston MA
- Program Abstract Reviewer 2013 Annual Scientific Meeting, Atlanta GA
- Program Abstract Reviewer 2012 Annual Scientific Meeting, San Antonio TX
- Symposium Presenter 2010 Annual Scientific Meeting San Diego CA
- Program abstract Reviewer 2010 Annual Scientific Meeting San Diego CA
- Symposium Chairperson 2009 Annual Scientific Meeting Washington DC
- Program abstract Reviewer 2009 Annual Scientific Meeting Washington DC
- Symposium Chairperson 2008 Annual Scientific Meeting Phoenix AZ
- Program abstract Reviewer 2008 Annual Scientific Meeting Phoenix AZ
- Program abstract Reviewer 2007 Annual Scientific Meeting New Orleans LA
- Symposium Chairperson and Presenter 2007 Annual Scientific Meeting New Orleans LA
- Program abstract reviewer 1999 Annual Scientific Meeting Charleston SC
- Presenter of scientific content at annual meeting 1999-present

#### **UNIVERSITY, COLLEGE, DEPARTMENT SERVICE**

- TTU Department of NS Social Media Committee (Chair: Aug 2016 - present)
- TTU COHS Student Services Committee (Sept 2015 - present)
- TTU Department of NS Newsletter Committee (Chair 2015 - present)
- TTU COHS Technology Users Committee (2013 – present)
- TTU Department of NS Graduate Admission Criteria Task Force (Dec 2015 - Feb 2016)
- TTU President's Book Award Committee (2015)
- TTU Dept. of NS Search Committees (Fall 2015, Fall 2016, Spring 2017, Summer 2017)
- TTU Department of NS Dept. Chair Search Committee (Summer 2014)
- TTU University Cluster Hire (Food Security) Search Committee (Summer 2014)
- South Plains Regional Science and Engineering Fair-Judge (Feb 2014, 2016, 2017)
- Duke University Health & Wellness – Wellness Retreat (2007)
- Duke University - Chair, DFC Research Committee (2004 – 2009)
- Fairleigh Dickinson University - Center for Psychological Services marketing committee (Sept. 1994 -May 1997)
- Fairleigh Dickinson University - Graduate Student Association (1994 –1997)
- Fairleigh Dickinson University - Doctoral Committee (1994 – 1997)

#### **TEACHING**

##### Courses Taught:

- TTU Fall 2018 NS 6335 001 Motivating Health Behavior—Coaching Theory and Application
- TTU Fall 2018 NS5118 002 Seminar: Professional Communication
- TTU Fall 2018 NS6118 001 Seminar: Professional Communication
- TTU Fall 2018 NS8000 006 Doctor's Dissertation
- TTU Fall 2018 NS7000 014 Research: Effect of Liraglutide on fMRI Food Cue Reactivity

- TTU Fall 2018 NS4000 001 Independent Study: Introduction to Nutrition Research
- TTU Summer II 2018 NS7000 202 Research: Examination of the role of nutrients found in eggs in cognitive and neural development (Grad)
- TTU Summer II 2018 NS8000 202 Doctoral Dissertation (Grad)
- TTU Summer II 2018 NS5000 101 Independent Study: Common Dietary Approaches to Obesity PII (Grad)
- TTU Summer I 2018 NS5000 102 Motivating Human Behavior-Coaching Theory and Application (Grad)
- TTU Summer I 2018 NS8000 102 Doctoral Dissertation (Grad)
- TTU Summer I 2018 NS5000 101 Independent Study: Common Dietary Approaches to Obesity PI (Grad)
- TTU Spring 2018 NS3332 001 Fundamentals of Health Behavior Change (Undergrad)
- TTU Spring 2018 NS8000 004 Doctoral Dissertation (Grad)
- TTU Fall 2017 NS8000 004 Doctoral Dissertation (Grad)
- TTU Fall 2017 NS7000 004 Research: Examination of Health Benefits of Decreasing Sedentary Behavior (Grad)
- TTU Fall 2017 NS6335 001 Motivating Health Behavior (Grad)
- TTU Fall 2017 NS5000 004 Independent Study: Clinical Trial Design (Grad)
- TTU Summer II 2017 NS 8000 004 Doctoral Dissertation (Grad)
- TTU Summer I 2017 NS 8000 004 Doctoral Dissertation (Grad)
- TTU Spring 2017 NS5118 001 Seminar – Professional Communication (Grad)
- TTU Spring 2017 NS3332 001 Fundamentals of Health Behavior Change (Undergrad)
- TTU Spring 2017 NS7000 001 Biomarkers of Diet Quality –Individual Research (Grad)
- TTU Spring 2017 NS8000 004 Doctoral Dissertation (Grad)
- TTU Fall 2016 NS5000 003 Independent Study: Fundamentals of fMRI Research in Nutrition (Grad)
- TTU Fall 2016 NS5000 003 Independent Study: Introduction to Behavioral Lifestyle Modification (Grad)
- TTU Fall 2016 NS5000 003 Independent Study: Assessment of Nutrition and Metabolic Function (Grad)
- TTU Fall 2016 NS6335 001 Motivating Health Behavior (Grad)
- TTU Fall 2016 NS8000 004 Doctoral Dissertation (Grad)
- TTU Summer II 2016 NS7000 005 Independent Research: Effects of L-theanine and caffeine on the neurophysiology of attention (Grad)
- TTU Spring 2016 NS2320 001 Health Behavior Change (Undergrad)
- TTU Spring 2016 NS4000 001 Independent Study (Undergrad)
- TTU Spring 2016 NS6000 001 Independent Study Master's Thesis (Grad)
- TTU Spring 2016 NS7000 001 Independent Study Research (Grad)
- TTU Fall 2015 NS6335 001 Motivating Health Behavior (Grad)
- TTU Fall 2015 NS6000 007 Independent Study Master's Thesis (Grad)
- TTU Fall 2015 NS4000 009 Independent Study (Undergrad)
- TTU Summer II 2015 NS5000 008 Independent Study (Grad)
- TTU Summer II 2015 NS5000 008 Independent Study (Grad)
- TTU Summer I 2015 NS5000 009 Independent Study (Grad)
- TTU Spring 2015 NS4000 008 Fundamentals of Motivating Human Behavior (Undergrad)
- TTU Spring 2015 NS5331 001 Issues-Nutrition Myths (Grad)
- TTU Spring 2015 NS5331 D01 Issues-Nutrition Myths (Grad Distance of above)
- TTU Spring 2015 NS6000 001 Master's Thesis (Grad)
- TTU Fall 2014 NS5000 009 Independent Study

- TTU Fall 2014 NS5000 Independent Study
- TTU Fall 2014 NS5000 Independent Study
- TTU Fall 2014 NS6320 001 Nutritional Epidemiology (Grad)
- TTU Fall 2014 IS 1100 083 Freshman Seminar (Undergrad)
- TTU Summer II 2014 NS5000 008 Independent Study
- TTU Summer II 2014 NS5000 008 Independent Study
- TTU Summer I 2014 NS5000 009 Independent Study
- TTU Spring 2014 NS5311 002 Prob. In Nutr: Motiv Health Beh. Coaching Th & Appl (Grad)
- TTU Spring 2014 NS5311 D02 Prob. In Nutr: Motiv Health Beh. Coaching Th & Appl (Grad) (Distance of above)
- CME Programs, Obesity Management & Health Coaching for Professionals; Binks Behavioral Health (2009-present)
- Guest Lecturer, Duke Physical Therapy Program (2006-2009)
- DFC Training Program for Health Professionals – Oversee development & coordination of program (2007-2009)
- DFC Lifestyle Coaching training program - Oversee development & coordination of program (2006-2009)
- Guest Lecturer, Department of Community & Family Medicine Physician Assistant Program (2005-2009)
- Guest Lecturer, Department of Community & Family Medicine Residency Program (2005-2006)
- Medical Student Education: Senior Psychiatry Clerkship- Monthly Smoking Cessation Seminar (Fall 2002)
- Undergraduate: Adjunct Professor, College of Charleston - Research Design (Spring 2003)
- Undergraduate: Adjunct Professor, College of Charleston - Theories of Personality (Fall 2002)
- Lecturer Fairleigh Dickinson University, School of Psychology (1994 – 1998)
- Courses Taught:
- Sept. 1994; General Psychology I (37.5 hours)
- Jan. 1995; General Psychology II (37.5 hours)
- Sept. 1995; Freshman Seminar (15 hours)
- Sept. 1996; Psychology of Love and Intimate Relationships (37.5 hours)
- Jan. 1996; Psychology of Love and Intimate Relationships (37.5 hours)
- June 1996; Psychology of Love and Intimate Relationships (Intensive seminar) (37.5 hours)
- Sept. 1997; Psychology of Love and Intimate Relationships (37.5 hours)
- Jan. 1997; Theories of Personality (37.5 hours)
- Sept. 1998; Psychology of Love and Intimate Relationships (37.5 hours)
- Computer Lab Assistant: Fairleigh Dickinson University (Fall 1998)
- Substitute Teacher: Northern Valley Regional High School, Old Tappan, NJ., (January 1992 - June 1994)

## **MENTORING**

TTU (2014 – present) Primary Mentor/Committee Chair

### ***Completed***

#### *Undergraduate*

Fall 2014 – Present 4 students completed

#### *Chair - MS*

Summer 2014 - Present 3 students graduated

Chair - Ph.D.

Summer 2014 to present 2 graduated

**Current**

Undergraduate

Spring 2015 – present 2 students

Chair - MS

Summer 2014 – present 1 students

Chair - Ph.D.

Summer 2014 – present 2 students

TTU (2014- present) Non-Chair Committee Membership

**Completed:** Ph.D. 3 students MS. 3

**Current:** Ph.D. 2 students; MS. 0 students

TTU – Deans Representative (Dissertation only)

**Completed 1**

Students Mentored:

\* Denotes completed

*Legend: NS Nutritional Sciences; CFAS Community, Family Addiction Studies; KS Kinesiology & Sports Management.*

**Masters Student Committees – Chair**

Wei-Lin Huang Sept. 2017 – present. NS

\*Sharmin Akter Aug 2016 – May 2018 NS

\*Lori Boyd June 2014 - May2016 NS

\*Kelli Kaufman May 2014 – May 2015 NS

**Masters Student Committee – Member**

\*Hunter Turnipseed Sept. 2017 – May 2018. KS

\*Gates Anderson Sept. 2016 – May 2017 NS

\*Dylan Bailey Sept 2015 - May2017 NS

**Dissertation Committee – Chair**

William Quarles August 2016 – present NS

Sharmin Akter August 2018 – present NS

\*Shao-Hua Chin June 2014 – August 2018 NS



\*Chanaka Kahathuduwa July 2014 – August 2017 *NS*

**Dissertation Committee – Member**

Samudani Dhanasekara Feb. 2017 – present *NS*

Yaqiong Zhu Jan. 2017 - present *NS*

\*Teresia Mbogori May 2014 – May 2016 *NS*

\*Tiffany McAllister Apr. 2014 – May 2015 *NS*

\*Michael Rogowski Sept 2014 - July 2015 *NS*

**Dissertation Committee – Dean's Representative**

Cody Heath August 13 2018 *CFAS*

The BMTR lab has also trained Undergraduate Lab Members

**Undergraduates Research Mentoring:**

\*Jordan George

\*Macy Stearns

\*Casey Fleming

\*Macy Mosely

Vera Tidwell

Hannah Olvera

Past Mentoring

- Undergraduate mentoring of a Duke undergraduate student in obesity treatment and research (2008-2009)
- Duke Medical Psychology Internship: DFC Obesity Rotation - Director & Preceptor (2007-2009)
- Post-doctoral Fellowship in Obesity and Related Disorders- Director & Preceptor (2006- 2009)
- DFC Behavioral Medicine Rotation - Department of Community & Family Medicine Physician Assistant Program, Director and Preceptor (2005-2009)
- Postdoctoral Fellows & Psychology Interns: Provided clinical and research supervision to interns and postdoctoral fellows in behavioral medicine and obesity treatment (2000-2003)
- Medical Student Education: Preceptor / Co-facilitator MUSC School of Medicine Doctoring Curriculum (Fall 2001)
- Academic Magnet High School - senior thesis mentor (2001)
- Academic Magnet High School - science fair mentor (2000- 2001)
- Assistant coordinator: Freshman Seminar/ Mentoring Program (1996-1997)

**SELECT MEDIA**

- 6 scary things that could happen when you lose weight too quickly; Health Insider; May 4, 2018; <http://www.thisisinsider.com/losing-weight-too-quickly-effects-scary-2018-5#5-your-energy-level-could-plummet-5>

- FOX34TV Lubbock. Feb 26, 2018 TV News Interview announcing the launch of TTU-NS; NMHI Clinical Programs. <http://www.fox34.com/story/37596742/nutrition-metabolic-health-initiative-to-begin-clinical-services>
- VIDEO: Food cravings do not necessarily follow calorie restriction Nov 2017. - Healio.com: <https://www.healio.com/endocrinology/obesity/news/online/%7Bc22aa63c-e835-48b8-8743-aa2cc49d8cd4%7D/video-food-cravings-do-not-necessarily-follow-calorie-restriction>.
- Today's Dietitian on June 4, 2017 entitled 'Dynamics of Diabetes: Is Sitting the New Smoking?'. <https://goo.gl/d4fVxz>
- ConscienHealth on January 25, 2017 entitled 'Junk Food, Junk Diets, and Junk Policy for Obesity'. <https://goo.gl/LWv0FI>
- ConscienHealth on February 18, 2017 entitled 'Different Foods Spark Different Parts of Your Brain'. <https://goo.gl/8ojQGK>
- ConscienHealth on February 9, 2017 entitled 'Obesity Policies: Punishment, Care, or Neglect?'. <https://goo.gl/BtHLj3>
- Documentary: The Student Body (2016) <https://www.thestudentbodyfilm.com/>
- US News & World Report: Best Hospitals 2016: An Rx for Weight Loss (2016) <https://books.google.com/books?id=gSZZCwAAQBAJ&pg=PA76&lpg=PA76&dq=martin+binks+obesity&source=bl&ots=y5fx8kpiI8&sig=MTJNDvcq-nsoJfmmGLI5kHcuBTU&hl=en&sa=X&ved=0ahUKEwitzqnzr93QAhVprFQKHQh1BEE4ChDoAQg-MAC#v=onepage&q=martin%20binks%20obesity&f=false>
- eMax Health: Monitoring Your Weight Loss: Is Your Weight Really Fat or Is It Muscle? (2016) <http://www.emaxhealth.com/13541/monitoring-your-weight-loss-your-weight-really-fat-or-it-muscle>
- Medical News Today: Portion-controlled ready meals may encourage greater weight loss (2016) <http://www.medicalnewstoday.com/articles/310540.php>
- USA Today: Want a healthy body? It's all about that fat and muscle, not your BMI (2016) <http://www.usatoday.com/story/life/2016/04/03/body-fat-bmi-weight-research/81855070/>
- The News Minute: Singer SPB swears by bariatric surgery, but is weight loss procedure suited for all? (2016) <http://www.thenewsminute.com/article/singer-spb-swears-bariatric-surgery-weight-loss-procedure-suited-all-52402>
- Consumer Affairs: Portion control: is it the key to weight loss? (2016) <https://www.consumeraffairs.com/news/portion-control-is-it-the-key-to-weight-loss-052616.html>
- MedPage: 'Vilsack Should Be Sacked': Experts React to Dietary Guidelines. (2015) <http://www.medpagetoday.com/PrimaryCare/DietNutrition/55577>
- U.S. News & World Report – Best Hospitals: The New Obesity Drugs: An Rx for weight loss? (2015) <http://health.usnews.com/health-news/health-wellness/articles/2015/08/26/the-new-obesity-drugs-an-rx-for-weight-loss>
- Washington Post: Coca-Cola is funding obesity research with a biased message, nutrition experts say (2015) <http://www.washingtonpost.com/news/to-your-health/wp/2015/08/10/coca-cola-is-funding-obesity-research-with-a-biased-message-nutrition-experts-say/>
- Self Magazine: The role of alcohol in influencing eating via neural mechanisms (2015)
- HealthDay: (Nationally syndicated) Role of the brain in alcohol increasing food consumption (2015)

- The Obesity Society eNews; Dr. Binks, a fellow of The Obesity Society interviewed in "Biographical Spotlight" <http://www.obesity.org/membership/interview-with-tos-fellow-martin-binks-phd-ftos.htm> Jan 2015
- MedPage Today Friday Feedback: Fat but Fit Revisited: Experts weigh new research on fitness in the obese patient [http://www.medpagetoday.com/PrimaryCare/DietNutrition/49463?isalert=1&uun=g412941d3138R5513090u&utm\\_source=breaking-news&utm\\_medium=email&utm\\_campaign=breaking-news&xid=NL\\_breakingnews\\_2015-01-09](http://www.medpagetoday.com/PrimaryCare/DietNutrition/49463?isalert=1&uun=g412941d3138R5513090u&utm_source=breaking-news&utm_medium=email&utm_campaign=breaking-news&xid=NL_breakingnews_2015-01-09) Jan 2015
- Reuters: Nationally Syndicated Story Commentary on recent FDA approvals of pharmacological treatments and devices for obesity treatment Jan 2015
- Minneapolis Star Tribune: Commentary on recent FDA approvals of pharmacological treatments and devices for obesity treatment <http://www.startribune.com/business/288574771.html> Jan 2015
- US News and World Report <http://www.usnews.com/news/articles/2015/01/15/device-to-fight-obesity-shows-change-in-perspective-on-disease> Commentary on recent FDA approvals of device treatments and devices for obesity treatment Jan 2015
- Healio – Endocrinology Today Perspective <http://www.healio.com/endocrinology/obesity/news/online/%7B6e97c46e-6bd1-44b7-85ae-e87732e48225%7D/fda-approves-vbloc-maestro-rechargeable-system-to-treat-obesity> Jan 2015
- TOS Press Release- PR Newswire <http://www.obesity.org/news-center/fda-approves-first-medical-device-for-obesity-treatment-targeting-brain-to-stomach-signaling.htm> Jan 2015
- Health Plan Week Commentary on recent FDA approvals of pharmacological treatments and devices for obesity treatment Jan 2015
- The Courier Journal Commentary on recent FDA approvals of pharmacological treatments and devices for obesity treatment Jan 2015
- WOAI News Radio: San Antonio Brain's role alcohol and food consumption (Apr 2015)
- Obesity Week 2014 National Media Coverage (various incl. Reuters, NPR, Assoc. Press)
- KOB4 TV - with internet radio interview The Obesity-Depression Connection: It's Complicated with Taylor Smith | Healthy-Mag.com <http://health.kob.com/articles/2078/The-Obesity-Depression-Connection> Feb 2014
- Philly.com and multiple syndicated stories- Dr. Binks quoted re his FDA Testimony on behalf of The Obesity Society FDA Panel Backs Appetite-Curbing Implant for Severely Obese Nationally Syndicated Story several hundred news items associated Jun 2014
- HealthDay: News for healthier living FDA Panel Backs Appetite-Curbing Implant for Severely Obese Agency committee says nerve-stimulating device may offer more benefits than risks. Dr. Binks quoted re his FDA Testimony on behalf of The Obesity Society <http://consumer.healthday.com/public-health-information-30/food-and-drug-administration-news-315/appetite-curbing-implant-aimed-at-severely-obese-688928.html> Jun 2014
- Convene: Official Magazine of Professional Convention Management Association Two Associations, One Issue: Joining Forces to Fight Obesity How do you solve a problem like obesity? Two medical associations with their own well-established conferences realized that the best approach was to join forces. Read more: <http://www.pcma.org/convene-content/convene-article/2014/08/01/two-associations-one-issue-joining-forces-to-fight-obesity#ixzz3OGhttvnv> Read more: <http://www.pcma.org/convene-content/convene-article/2014/08/01/two-associations-one-issue-joining-forces-to-fight-obesity#ixzz3OGhoH7nH> Aug 2014
- Internet: The Obesity Society Recognizes Martin Binks, PhD, for Significant Contributions to Obesity Research and Treatment with the Atkinson-Stern Award for Distinguished Public Service

- <http://www.pressreleasepoint.com/obesity-society-recognizes-martin-binks-phd-significant-contributions-obesity-research-and-treatment> Oct 2014
- National Press Release-Several News outlets feature TTU Professors Take Leadership Roles at Obesity Week 2014 - See more at: <http://today.ttu.edu/2014/11/professors-take-leadership-roles-at-obesity-week-2014/#sthash.WTeS57fE.dpuf> Nov 2014
- WebMD Yogurt Every Day May Help Keep Diabetes Away: Study found modest effect against the disease, but experts say overall healthy diet is still best approach. <http://www.webmd.com/diabetes/news/20141125/yogurt-every-day-may-help-keep-diabetes-away> Nov 2014
- Good Morning America Online (Dr. Binks quoted in TV broadcast) Mexico Gains on America to Top 'Globesity' List <https://gma.yahoo.com/blogs/abc-blogs/mexico-gains-america-top-globesity-list-100118853.html> July 2013
- Health Behavior News Service PR Newswire quote(s) Syndicated- reached multiple international news outlets [http://www.sciencedaily.com/releases/2013/09/130917153715.htm?utm\\_source=feedburner&utm\\_medium=feed&utm\\_campaign=Feed%3A+sciencedaily+\(ScienceDaily%3A+Latest+Science+News\)](http://www.sciencedaily.com/releases/2013/09/130917153715.htm?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+sciencedaily+(ScienceDaily%3A+Latest+Science+News)) Sept 2013
- Bariatric Times-Print Interview & multimedia (PAGE 22) Interviewed in Bariatric Times, a physician-focused national magazine as a founding Board of Managers Member of ObesityWeek™ - 2013 <http://bariatrictimes.epubxp.com/title/9609> Sep 2013
- Radio-Healthy Magazine (Utah, Idaho and ABC4 Utah) w 38 min Audio Supplement of whole conversation Interview - print-web -and 38 minute audio supplement - Mental health and Obesity - TTU affiliation Oct 2013
- NPR- Atlanta Interview- Obesity Week & GA Obesity Taped 10 mins WABE, Atlanta's NPR station. [http://m.wabe.org/?utm\\_referrer=#mobile/47302](http://m.wabe.org/?utm_referrer=#mobile/47302) Oct 2013
- Atlanta Magazine- Print article - GA Obesity & Obesity Week Interview - print-web - Obesity in GA and OW - TTU Affiliation <http://www.atlantamagazine.com/agenda/2013/10/17/obesity-conference-hits-atlanta#> Oct 2013
- Healthy Utah Magazine Depression, obesity, stigma & multidisciplinary care discussed (pg. 42) by Martin Binks PhD - TOS Secretary Treasurer <http://ow.ly/rrTd4> Dec 2013
- Obesity Week 2013 National Media Coverage (various incl. Reuters, NPR, Assoc. Press)
- Obesity & Psychological Expert; ABC News.com 2007-Present
- Oprah Magazine *Choosing the Right Diet* Sept 2009
- ABC News 'On-Call' Online Expert Video Q&A <http://abcnews.go.com/Health/Wellness/> Feb 2009
- Holiday Eating NBC 17, WRAL, ABC 11 – Local Affiliates Dec 2008
- ABC News Now, Multiple appearances, 2007, 2008
- Duke Diet Book Radio and Television Tour (Over 75 appearances), 2007
- Health Corner: Genetics and Eating Disorders, Lifetime Television, June 4, 2006 & Sept 24, 2006
- Health Corner: Obesity and Weight Loss, WGN Super Station, Jan. 15, 2005; May 14, 2005
- NBC 17, Durham, NC. Holiday Dieting, Dec 2005
- MCNBC Festive Flab, Dec 19, 2005
- WUNC (NPR) State of Things, July 8, 2005
- NPR Peoples Pharmacy, Dec. 3, 2004
- MSNBC TV Atkins Diet, Countdown with Keith Olberman, May 27, 2004

## PAST CONSULTING

- Obesity PPM, Behavioral Health Consultant & Scientific Advisor (April 2017-May 2018)
- Nestlé Healthcare Nutrition Consultant (August 2017-Educational Webinar)
- Novo Nordisk Inspiration Network Speaker Program (February 2015 – March 2017)
- Takeda (Orexigen), CORE educational speakers program (Sept 2014-March 2016)
- Treat Obesity Seriously – Speaker’s Bureau (Dec 2012- Nov 2016)
- AbbVie- Men’s Health Initiative; Obesity & Behavioral Medicine (2013)
- The Obesity Society- Communications & Social Media Consultant (April 2011- Sept 2016)
- GuidePoint Global Consulting – Obesity and Psychology expert consultation panel (2007 – Nov 2016)
- UNC School of Nursing – Dr. Diane Berry-Pediatric Obesity, Hispanic Populations – Grant consultation (2011)
- Duke University Medical Psychology – Dr. Christopher L Edwards - Health Disparities - Technological Healthcare Delivery - Grant Consultation (2011-2012)
- Bariatric Surgery - New Hope Wellness - TOTAL Bariatric Care – Dr. Eric J. DeMaria – Pre- and Post- Surgical Psychological Support (August 2011- August 2012)
- ABC News.com – Content Expert (2003-2012)
- Spark People.com – Featured Expert; December (2010-2012)
- Marlo Thomas.com – Featured expert; Feb 2011
- Pennington Biomedical Research Center – Business development consultation (2010)
- Everyday Health Inc.: Featured expert <http://www.everydayhealth.com> - Content development/editorial, Expert Q&A (2007 – 2011)
- Evolution Health Systems Inc.: Investigation of the use of electronic healthcare delivery programs and cognitive behavioral intervention via electronic media designed to increase the reach and efficacy of such programs to underserved and distal populations. Provision of expert content, research expertise and editorial and program development input <http://www.healthyweightcenter.net> (2006-2011)
- ABC News On-Call Content consultant <http://abcnews.go.com/Health/Wellness/> (2008)
- Army National Guard (ARNG) Decade of Health <http://www.decadeofhealth.com/> Behavioral medicine consultant – General advisory role, featured expert “Spa Hooah” wellness section, content development/editorial, Expert Q&A (2007-2009)
- Army National Guard (ARNG); Wounded Warrior Program; Contributor (2007-2009)
- Physician Weblink- Prima Health: Providing health coaching training to staff and direct health coaching services

## **SELECT RECENT CONTINUING EDUCATION**

- Biomedical and Healthcare Safety Training October 2018:
  - Hazard Communication
  - Texas Tech - Lab Safety
  - Register for Emergency Alerts
  - Texas Tech - Safety Awareness
  - Bloodborne Pathogens (BBP)
  - Compressed Gas Safety - Metabolic Cart
- Boundary Crossings and the Ethics of Multiple Role Relationships 9/25/2018 (APA CE 3 Hours)
- Weight Matters: The Etiology and Treatment of Obesity 9/25/2018 (APA CE 3 Hours)
- Necessary Secrets: Ethical Dilemmas Involving Confidentiality 9/25/2018 (APA CE 3 Hours)

- Texas Tech Magnetic Field Training September 2018 (1 hour)
- Texas Tech University FERPA Training August 2018 (1 hour)
- SCAI2018: The Society for Cardiovascular Angiography and Interventions Annual Scientific Sessions; San Diego CA; April 2018 (10 hours).
- The Obesity Society Annual Scientific Sessions at Obesity Week 2017; Washington, DC; Nov 2017 (15 hours).
- The American Society for Metabolic & Bariatric Surgery Annual Meeting at Obesity Week 2017; Washington, DC; Nov 2017 (6 hours).
- Obesity Medicine Association Annual Meeting; San Antonio, TX; Sept 2017 (6 hours).
- Society for the Study of Ingestive Behavior, Montreal PQ., Canada; July 2017 (10 hours).
- Experimental Biology, Chicago Ill; April 2017 (20 hours).
- Tech Summit: Innovative Tools for Assessing Diet & Physical Activity for Health Promotion, San Diego, CA; Nov 2016 (12 hours).
- Society for Neuroscience Scientific sessions; San Diego, CA; Nov 2016 (20 hours).
- The Obesity Society Annual Scientific Sessions at Obesity Week 2016; New Orleans, LA; Nov 2016 (12 hours).
- The American Society for Metabolic & Bariatric Surgery Annual Meeting at Obesity Week 2016; New Orleans, LA; Nov 2016 (8 hours).
- Obesity Medicine Association Annual Meeting; Chicago, IL; Sept 2016 (12 hours).
- CITI Research Ethics training; Online; Sep 2016 (8 hours).
- International Congress on Obesity; Vancouver, BC April 2016 (20 hours).
- Experimental Biology – Scientific Sessions; San Diego, CA; Mar 2016 (20 hours).
- The Obesity Society Annual Scientific Sessions at Obesity Week 2015; Los Angeles, CA; Nov 2015 (10 hours).
- The American Society for Metabolic & Bariatric Surgery Annual Meeting at Obesity Week 2015; Los Angeles, CA; Nov 2015 (6 hours).
- Obesity Medicine Association Annual Meeting; Washington, DC; Sept 2015 (5 hours).
- NIH Regional Seminar on Program Funding and Grants Administration; San Diego, CA; Oct 2015 (16 hours).
- Human Resources EEOC Training; Lubbock TX – Online October 2013 (2 Hours).
- American Dietetic Association, Annual Scientific Sessions, Boston, MA; June 2015 (15 hours).
- European Congress on Obesity; Prague, Czech Republic; May 2015 (15 hours).
- Experimental Biology – Scientific Sessions; Boston, MA; Mar 2015 (20 hours).
- World Congress on Nutrition and Public Health; Las Palmas Gran Canarias; Nov 2014 (7 hours).
- The Obesity Society Annual Scientific Sessions at Obesity Week 2014; Boston, MA; Nov 2014 (6 hours).
- The American Society for Metabolic & Bariatric Surgery Annual Meeting at Obesity Week 2014; Boston, MA; Nov 2014 (6 hours).
- American Dietetic Association, Annual Scientific Sessions, San Francisco, CA; June 2014 (10 hours).
- Academy of Nutrition & Dietetics Annual Scientific Sessions (FNCE), Houston, TX; Oct 2013 (5 hours).
- The Obesity Society Annual Scientific Sessions at Obesity Week 2013; Atlanta, GA; Nov 2013 (12 hours).
- The American Society for Metabolic & Bariatric Surgery Annual Meeting at Obesity Week 2013; Atlanta, GA; Nov 2013 (8 hours).
- CITI Research Ethics training update; Online; Sept 2013 (8 hours).
- CITI Research Ethics training; Online; June 2013 (8 hours).
- The Obesity Society Annual Scientific Sessions; San Antonio TX; Sept 20-24; 2012 (15 hours).

- What Should I Do? 38 Ethical Dilemmas Involving Confidentiality Sept 18, 2012. ContEdCourses.net (3 hours).
- Scientific Approaches to Strengthening Research Integrity...; Aug 2012, New Paltz NY (12 Hours).
- Am Soc Bariatric & Metabol Surgery Scientific Sessions; June 2012, San Diego CA (4 Hours).
- Carolinas Education Institute, Obesity Conference 2012, March 2012, Charlotte, NC (3 hours).
- Association of Behavioral & Cognitive Therapies Annual Meeting, November 2011, Toronto Canada (9 hours).
- The Obesity Society (TOS) Annual Scientific Meeting, October 2011, Orlando, FL (5 hours).
- The Obesity Society (TOS) Annual Scientific Meeting, October 2010, San Diego, CA (5 hours).
- What Should I do- Multiple Role Relationships and Boundary Crossings; ContEdCourses.net (3 hours).
- International Congress on Obesity, July 2010, Stockholm, Sweden (6 hours).
- Association for Behavioral & Cognitive Therapies Annual Meeting, November 2009, New York, NY (4.5 hours).
- The Obesity Society (TOS) Annual Scientific Meeting, October 2009, Washington DC (6 hours).
- The Society of Behavioral Medicine Annual Scientific Sessions, April 2009, Montreal, Canada (10.5 hours).