**Martin Binks Ph.D.**

Chair, TTU Institutional Review Board

Professor, Department of Nutritional Sciences

Founding Director, Nutrition & Metabolic Health Initiative (NMHI)

Head: Binks Lab at NMHI

College of Human Sciences, Texas Tech University

Adjunct Professor, Department of Internal Medicine, TTU Health Sciences Center,

1901 University Ave, Box 5042; Lubbock, Texas 79410

Phone: (919) 485-9215; Email: [m.binks@ttu.edu](mailto:m.binks@ttu.edu)

Date Prepared: June 16, 2003; Updated: Feb1, 2023.

Current Employment:

1. Texas Tech University, Lubbock TX; Tenured 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:

Professor, Nutritional Sciences; College of Human Sciences; Texas Tech University.

Adjunct Professor, Department of Internal Medicine, TTU Health Sciences Center.

Prior to current academic appointment: Assistant Professor, Duke University Medical Center (Aug 2003-Apr. 2011).

Prior to current academic department: Department of Psychiatry and Behavioral Sciences – Division of Medical Psychology, Duke University.

**EDUCATION**

Dates Attended Institution Degree – Year Received

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. MA Clinical Psychology - 1999

Fairleigh Dickinson Univ., Teaneck, NJ. Ph.D. Clinical Psychology – 1/2/2002

**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.

**PROFESSIONAL CERTIFICATIONS**

* HubSpot Academy Inbound Marketing Certification. October 29, 2022
* HubSpot Academy Social Media Marketing Certification. November, 2022

**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. **Professor** (2019 – present);Associate Professor (2013-2019); Nutritional Sciences; College of Human Sciences. Texas Tech University; Lubbock, TX. Tenure granted Mar. 2019;

05/2015 – Present. **Founding Director, TTU Nutrition & Metabolic Health Initiative (NMHI)**; Nutritional Sciences; College of Human Sciences.

* **NMHI** provides a home for all TTU Nutritional Sciences clinical faculty, trainees, and students to conduct cutting edge research, receive healthcare education and training, and deliver state of the science clinical and community-based programs to the region. We also provide a home for system-wide transdisciplinary research (and associated training). Our overarching goal is to improve the health of adults, children and the communities in which they live by advancing knowledge, training the next generations of healthcare providers and providing clinical care.

01/2023 – Present. **Adjunct Professor**, Department of Internal Medicine, TTU Health Sciences Center; Lubbock Texas.

**BINKS HEALTH – CONSULTING OVERVIEW**

* Design and delivery of clinic & web-based clinical, educational and patient acquisition programs.
* Strategic partnership development in for-profit and non-profit settings.
* Clinical program development and implementation planning.
* 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).

**MILITARY SERVICE**

* Canadian Armed Forces Primary Reserve - 16 February 1982 -

Honorable Discharge - 13 Jan 1984

Rank: Corporal - Infantry/Armored Defense

**HONORS & AWARDS**

* 2023 Honored Faculty Phi Beta Kappa (Student: Hanna Weiser)
* 2023 Departmental Nominee Faculty Distinguished Leadership Award
* 2023 Departmental Nominee Barnie E. Rushing, Jr. – Faculty Distinguished Research Award.
* 2021 Departmental Nominee Barnie E. Rushing, Jr. – Faculty Distinguished Research Award.
* 2015 TTU Faculty Research Committee at the Texas Tech University Libraries, Open Access Award.
* 2015 TTU College of Human Sciences President’s Mid-Career Award**.**
* 2014 TOS Atkinson Stern Award for distinguished public service in Obesity

**PROFESSIONAL ASSOCIATION MEMBERSHIPS**

Fellow:

* **Fellow** the Obesity Society (Granted 1999)
* **Fellow** World Obesity Federation SCOPE International Fellowship (Granted 2003).
* **Fellow** of the European Society of Preventive Medicine (Granted 2016).

Current Professional Associations:

* American Society for Metabolic and Bariatric Surgery (2012 - present).
* American Society of Nutrition (Mar 2015 – present).
* Obesity Canada - formerly Canadian Obesity Network (2006 - present)
* Obesity Action Coalition (2005 – June 2020).
* 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).

**GRANTS – GIFTS – SUPPORT**

FUNDED

28. **Source** 2022 American River Nutrition, LLC, Hadley, MA. Title: Effect of annatto-derived geranylgeraniol (GG) on statin-associated myopathy. Award Amount: $70,000. **Status**: Active; **Role**: Co-I

27. **Source** 2022 American River Nutrition, LLC, Hadley, MA. Title: Action of dietary tocotrienols on obesity. Award Amount: 266,294. **Status**: Active **Role**: Co-I

26. **Source** 2022 Private Donor. Title: Nutritional approaches to prostate cancer. Award Amount: $10,000 **Status:** Active

25**. Source** 2021 COHS Supplemental Funding for Research. Award Amount: $4500 **Status:** Active

24**. Source** 2021 CH Foundation. The Rawls College of Business Administration Graduate Professional Programs Office – TTU Grant BA Grad End Fellowship. Award Amount: $3000 **Status:** Active

23**. Source** Indiana University Foundation. Title: Incidence of Infection or Re-infection in Healthy Adults with or Without Prior SARS-CoV-2 Infection: The AEGIS Study. Total Budget: $750,000 **Status:** Active**;** **Role:** Co-I.

22. **Source:** TTU-COHS 2021 Undergraduate Research Experience Grant; **Title:** Optimizing Weight Loss Outcomes through Body Image Enhancement **Total Budget:** $1700 – 100%; **Status:** Active; **Role:** PI

21. **Source:** TTU-COHS 2019-2020 Undergraduate Research Experience Grant; **Title:** Secondary Data Analysis of “Does egg consumption have cognitive and neural benefits in food insecure, at-risk adolescents;” **Total Budget:** $750 – 100%; **Status:** Active; **Role:** PI

20. **Source:** American Heart Association (AHA); **Title:** Adiposity Awareness Study: A randomized controlled trial to increase physical activity in normal weight obesity; **Total Budget:** $106,532 – 5%; **Status:** Closed;PI Nadeeja Wijayatunga (Postdoctoral Fellowship); **Role:** Co-PI; (01/01/2019 – 12/31/2020)

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** 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:** Complete; **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:** Complete; **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:** Complete; **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:** Complete; **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:** Complete. **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:** Complete; **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

4. **Title:** Optimizing Weight Loss Outcomes Through Body Image Enhancement. **Status:** Active; **Role**: PI

3. **Title:** Effect of a novel Alternate Day Intermittent Energy Restriction Intervention vs. Standard Reduced Calorie Diet on Body Weight, Body Composition, and Resting Metabolic Rate in College Students with Obesity. **Status:** Active; **Role**: PI

2. **Title:** Holiday Health and Stress Study. **Status:** Active; **Role**: PI

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 Provisional US Application No. 62/401,568 (Sep. 29, 2016), **US Patent Application16/336,338 (Sep. 28, 2017)**; US Patent Application Docket No. 3712036-03348; Canadian Patent Application No. 3,037,228; Publication # US20190216125A1 Jul. 18, 2019. **Status:** Pending

<https://patentimages.storage.googleapis.com/08/2a/86/963572a3ed9f1f/US20190216125A1.pdf>

**PUBLICATIONS**

**1**. Senior and corresponding author;

**2.** Primary/Co-primary authorship;

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

Refereed journals:

48. **Chirico Scheele S**, Binks M, Christopher G, Maleky F, Egan PF. Printability, texture, and sensory trade-offs for 3D printed potato with added proteins and lipids. *Journal of Food Engineering*, Volume 351, 2023, 111517, ISSN 0260-8774, <https://doi.org/10.1016/j.jfoodeng.2023.111517>. (https://www.sciencedirect.com/science/article/pii/S0260877423001152)

47. **Chirico Scheele S**, Hartmann C, Siegrist M, Binks M, Egan PF. Consumer Assessment of 3D-Printed Food Shape, Taste, and Fidelity Using Chocolate and Marzipan Materials. *3D Print Addit Manuf*. 2022 Dec 1;9(6):473-482. doi: 10.1089/3dp.2020.0271. Epub 2022 Dec 13. PMID: 36660745; PMCID: PMC9831564.

46. **Zhu Y, Bailey D**, Childress A, Dawson JA, Binks M, Dhurandhar NV. Greater protein quality of an egg breakfast may be inadequate to induce satiety during weight loss, compared with a cereal breakfast of equal protein quantity. *Int J Food Sci Nutr*. 2022 Dec;73(8):1096-1103. doi: 10.1080/09637486.2022.2133097. Epub 2022 Oct 13. PMID: 36237122.

45. **Dhanasekara CS**, Dawson JA, Binks M, Childress A, Dhurandhar NV1. Egg and saturated fat containing breakfasts have no acute effect on acute glycemic control in healthy adults: a randomized partial crossover trial. *Nutr Diabetes*. 2021 Nov 9;11(1):34. doi: 10.1038/s41387-021-00176-x. PMID: 34753900.

43. **Chin SH, Huang WL, Akter S,** 1Binks M. Obesity and Pain: A Systematic Review. *Int J Obes.* Int J Obes (Lond). 2019 Dec 17. doi: 10.1038/s41366-019-0505-y. [Epub ahead of print].

42. **Akter S**, Dawson J, **Kahathuduwa CN, Chin SH**, 1Binks M. Psychological and Weight History Variables as Predictors of Short-term Weight and Body Fat Mass Loss. *Ob Sci Pract.* 2019;1–10. https://doi.org/10.1002/osp4.394.

41. **Kaufman K, Chin S, Kahathuduwa CN**, Wood M, Feliu M, Hill L, Barker C, Reif R, Keys A, Edwards CL, 1.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. 1.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, 1.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, 1.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**, 1.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, 1.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, 2.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**, 2.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 1.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. 1.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. 1.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**, 1.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, 1.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, 2.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. 1.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. 1.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, 2.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. 1.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, 2.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. 1.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](http://dx.doi.org/10.2196/jmir.1347) PMID: [20350926](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=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**., 1.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**, 1.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, 2.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. 1.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, 2.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. 1.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, 1.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. 2.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. 1.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 Psychosoical 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.*

**BOOK CHAPTERS**

5. Binks M. The Role of the Food Industry in Obesity. In: Bray GA, Bouchard C, eds, *Handbook of Obesity, V. 1,* 5th edn. CRC Press; 2022: Ch 43 (in press).

4. Chirico-Scheele, S., M. Binks, and P. Egan. “3D Printing Food: Manufacturing, Mechanics, and Validation.” Materials Science and Engineering in Food Product Development. Wiley Publishing, (in press).

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**PRESENTED ABSTRACTS (WITHOUT PUBLISHED PROCEEDINGS / JOURNAL SUPPLEMENTS)**

**1**. Senior and corresponding author;

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33. **Olvera HE,** **Chin S, Kahathuduwa C**, Davis T, **1**.Binks M.  Lower Health-Related Quality of Life (HRQL) is associated with Less Fat Mass Reduction during Initial Weight Loss: Implications for Early Intervention. Annual TTU Undergraduate Research Conference; 2019 April; Lubbock, TX

32. **Olvera HE,** **Huang W**, **1**.Binks M. The Effect of Reducing Sedentary Behavior on Stress and Anthropometric Outcomes: A Pilot Study. Annual TTU Undergraduate Research Conference; 2019 April; Lubbock, TX

31. **Olvera HE,** **Chin S, Kahathuduwa C**, Davis T, **1**.Binks M.  Lower Health-Related Quality of Life (HRQL) is associated with Less Fat Mass Reduction during Initial Weight Loss: Implications for Early Intervention. Heal U Clinical & Research Symposium; 2019 April.; El Paso , TX

30. **Olvera HE,** **Huang W,** **1**.Binks M.  The Effect of Reducing Sedentary Behavior on Stress and Anthropometric Outcomes: A Pilot Study. Heal U Clinical & Research Symposium; 2019 April.; El Paso , TX

29. Brooks, R., Sollers, J., Miller, J., Binks, M., Barker, C.S., Wood, M., Edwards, C.L.(2019, March). Body Mass Index as a Predictor of Functionality during Severe Pain Crisis among Adults with Sickle Cell Disease (SCD). Poster presented at NCCU Graduate Undergraduate Research Symposium, Durham, NC.

28. **Quarles WR, Kahathuduwa CN**, Davis T, O’Boyle M, 1Binks 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**, 1Binks 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.

26. **Chin S, Kahathuduwa CN, Boyd LA, Johns B, Stearns M**, Davis T, 1Binks M. How Should Hunger be Modelled When Analyzing Outcomes of Food-cue Reactivity Paradigms. 16th Annual TTU Graduate Research Poster Competition; 2017 Mar; Lubbock, TX.

25. **Quarles WR, Kahathuduwa CN**, Davis T, 1Binks M. Change in Food Craving Inventory Scores are Not Associated with Change in Weight Loss during a Three Week Calorie Restriction Intervention. 16th Annual TTU Graduate Research Poster Competition; 2017 Mar; Lubbock, TX.

26. **Akter S**, Dawson JA, Davis T, Quarles WR, 1Binks M. Do Weight Cycling, Age of Onset, Three Factor Eating Questionnaire, and Power of Food Scale Predict Initial Weight Loss in People with Obesity? 18th Annual TTU Graduate Research Poster Competition; 2019 Mar; Lubbock, TX.

25**. Akter S**, Dawson JA, Chin S, Davis T, Quarles WR, Huang W, 1Binks M. Do Weight Cycling, Age of Onset, Three Factor Eating Questionnaire, and Power of Food Scale Predict Initial Weight Loss in People with Obesity? HEAL U Clinical & Research Symposium; 2019 Apr; El Paso, TX.

24. **Akter S, Quarles WR, Kahathuduwa CN**, Davis T, 1Binks M. Does the Three Factor Eating Questionnaire Predict Change in Body Weight or Body Fat During a Three-Week Calorie Restriction Intervention? 16th Annual TTU Graduate Research Poster Competition; 2017 Mar; Lubbock, TX.

23. **Kahathuduwa C**, Weerasinghe V, Dassanayake T, Amarakoon T, 1Binks 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.

22. **Kaufman K**. 1Binks M., A cross sectional descriptive study with further analysis of body mass index, psychosocial correlates and pain as predictors of activities of daily living in African American adult sickle cell disease clinic patients. 2nd Annual TTU Obesity Research Cluster Meeting; 2015 May; Lubbock, TX. (Received Abstract Award)

21. **Boyd L, Kahathuduwa C, Kaufman K**, Wood M, Barker C, Reif R, Whitfield KE, Edwards CL, 1Binks M. BMI and pain predict activities of daily living (ADLs) in an obese sickle cell disease (SCD) clinic population. 14th Annual TTU Graduate Research Poster Competition; 2015 Apr; Lubbock, TX.

20. **Kaufman K, Boyd L**, Wood M, Barker C, Reif R, Edwards CL, 1Binks M. Obesity prevalence and psychosocial variables in a sickle cell disease (SCD) clinic sample. 14th Annual TTU Graduate Research Poster Competition; 2015 Apr; Lubbock, TX.

19. **Boyd L, Kahathuduwa C, Kaufman K**, Wood M, Barker C, Reif R, Whitfield KE, Edwards CL, 1Binks M. BMI and Pain Predict Activities of Daily Living (ADLs) in an Obese Sickle Cell Disease (SCD) Clinic Population. 2nd Annual TTU Obesity Research Cluster Meeting; 2015 May; Lubbock, TX.

18. Edwards, C.L., Feliu, M., M., Wood, Barker, C., Reif, R., O’Garo, K.N., Muhammad, M., Brooks, E.H., Keys, A., Hill, L., Collins-McNeil, J., Pultilin, D., Byrd, G., 2Binks, M., Robinson, E. (September, 2014). Psychosocial implications of pain: Sickle Cell Disease (SCD). Paper presented at the 2nd Annual Joint Duke-SCD Conference on Improving Healthcare for Individuals and Families Living with Sickle Cell Disease. Duke University School of Nursing, Durham, NC. September 2014 (Invited).

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.

16. O’Garo KN, Morgan KAD, Reid P, Simpson D, Lee H, Hill LK, Peasant C, 2Binks M, Kilpela L, Hobkirk AL, Zerubavel N, Doshi SD, Edwards CL. Internalization of Western Ideals and the Manifestation of Body Image Dissatisfaction in Jamaican University Students. Paper presented at Dying to be beautiful? Body Image, Eating Behaviours and Health in the Caribbean Conference June 2014.

15. Edwards CL, O’Garo KN, Morgan KAD, Hill LK, Peasant C, 2Binks M, Kilpela L, Hobkirk AL, Trambadia J, Keys A, Zerubavel N, Doshi SD, Feliu M, Wood M, Reddy P, Ward C, Cuff J, Chuku P, Green T, Waters S, McNeil J. Body Image in Patients With Chronic Illness. Paper presented at Dying to be beautiful? Body Image, Eating Behaviours and Health in the Caribbean Conference June 2014.

14. 1Binks M. Symposium: Postsurgical Development of Disordered Eating: A-typical Eating Pathology. Annual Scientific Sessions, The Obesity Society, San Diego CA; 2010

13. 1Binks 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. 1st Annual Canadian Obesity Summit Montreal PQ; 2010

12. Valenti N, Krinick G, Farris J, Shipley K, 2Binks 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, 10th Annual Convention; 1998 May; Washington, DC.

11. 2Binks 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.

10. Mancini D, 2Binks M, Krinick G, Farris J, Shipley K, Eisen AR, Capuano CA, Perri MG. Convergent and discriminant validity of the BDI-II in a sample of mildly and moderately obese women. 69th Annual Conference of the Eastern Psychological Association; February 1998; Boston, MA.

9. Radnitz CL, Hsu L, Tirch DD, Lillian LB, Walczak S, Festa J, Perez-Strumolo L, Broderick CP, Binks M, Schlein IS, Bockian N, Green L, Cytryn A. PTSD in veterans with paraplegia, quadriplegia, and other traumatic injuries*.* Annual meeting of the American Association of Spinal Cord Injury 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.

7. 2Binks M, Radnitz CL, Moran A, Vinciguerra V. Relationship between level of injury and posttraumatic stress disorder symptomology. Annual meeting of the New York Academy of Sciences: The psychobiology of posttraumatic stress disorder; 1996 September; New York, NY.

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.

4. Broderick CP, Radnitz CL, Binks M, Schlein IS, Walczak S. Stress, trauma, and PTSD in spinal cord injured patients. Annual meeting of the Association for the Advancement of Behavior Therapy; 1995 November; Washington, D.C.

3. Radnitz CL, Binks M, Schlein I, Broderick C, Walczak S, Greene L, Cytryn A, Bockian N. PTSD in spinal cord injured and non-spinal cord injured veterans. Association for the Advancement of Behavior Therapy; 1995 November; Washington, D.C.

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**

13. Binks M. Dr. Binks Blog & Self-help Sections (Feb 2021 – present) www.DrBinks.com

12. Binks M. Dr. Binks Blog & Self-help Sections (Feb 2012 – 2014) 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 / EVENTS (NON-CONSULTING)**

* TTU-Health Sciences Center Rural and Community Engagement Division, TTUHSC – Permian Basin and Office of Continuing Medical Education: Motivational Health Coaching. Online 01/11/2023.
* TTU-HSC Center of Excellence for Integrative Health: Obesity & Metabolic Disease Lubbock, TX Oct 7, 2022.
* TTU-HSC Health.edu. Obesity: A Complex Multifactorial Disease. Online, April 2022.
* TTU-HSC Health.edu. Health Coaching: A whole person perspective. Online, April 2022
* TTU-HSC Health.edu. This is Your Brain on Food: Understanding Neurohormonal and Psychological Influences on Eating and the Relationship with Food. Online, April 2022
* Live Smart Texas. NMHI World Obesity Day Open House. March 4 2022.
* Novo Nordisk US ISS Scientific Dialogue virtual meeting: To Predict Weight Loss Response to Liraglutide (Saxenda®), from fMRI-based Determination of Food Cue Reactivity. Online, Nov 18-19, 2021.
* TTU Human Resources Coffee Break Series: Exercise for Health. Online July 7, 2021
* TTU Human Resources Coffee Break Series: Empowerment. Online September 29, 2021.
* Obesity Medicine Association/ASMBS: Embracing Multidisciplinary Care – Medical and Surgical Care Under One Roof course - Overcoming Obesity 2020; Medical Therapy for Weight Regain: Technology to support weight loss and maintenance. Online, October 8, 2020.
* Texas Association for Bariatric Surgery (TABS): Key Session: Bariatrics and Online Support Groups & Psychology Evaluations. Grapevine, TX, February 8, 2020
* Texas Association for Bariatric Surgery (TABS): Breakfast Roundtable Symposium: Difficult Cases / Revision of Bariatric Surgery: Dr. Binks with Eric DeMaria MD. Grapevine, TX, February 8, 2020.
* Texas Association for Bariatric Surgery (TABS). Grapevine, TX, February 7, 2020.
* TTU College of Human Sciences; Dept. HDFS Colloquium; This is your Brain on Food; Lubbock, TX; October 24th, 2019.
* Lubbock Lion’s Club; The Nutrition & Metabolic Health Initiative at Texas Tech University: Helping people live healthier lives. Lubbock, TX; September 3rd, 2019.
* HEAL-U Paso Del Norte Institute for Healthy Living HEAL-U Keynote: This is Your Brain on Food. El Paso, TX; April 13, 2019
* HEAL-U Paso Del Norte Institute for Healthy Living HEAL-U Symposium: Exercise, sedentary behavior and health. El Paso, TX; April 13, 2019
* HEAL-U Paso Del Norte Institute for Healthy Living HEAL-U Symposium: Ask Dr. Binks: A discussion about what we know and what we need to know. El Paso, TX; April 13, 2019
* HEAL-U Paso Del Norte Institute for Healthy Living HEAL-U Symposium: Pain and poor sleep: How they impact health and why pills won’t fix it. El Paso, TX; April 13, 2019
* HEAL-U Paso Del Norte Institute for Healthy Living HEAL-Unite Public Q&A: Top 3 Things You Should Know About Popular Diets. El Paso, TX; April 13, 2019
* 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 ABLS/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: ABLS/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 21st 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); 4th 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 1st Annual Convention; Dallas TX Oct 24, 2012.
* Not Guilty: Eating Without Shame. Roundtable Discussion; OAC 1st 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, 8th 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**

* Nutrition & Prostate Cancer
* Weight Loss & Body Image
* Intermittent fasting
* Neurophysiological influences in obesity, ingestive behavior and nutrition (fMRI, DTI, MRS).
* Nutritional and lifestyle influences on brain health (neurological and cognitive)
* Pharmacologic and surgical management of obesity and metabolic disease.
* Exercise pain and sleep, relationships to health.
* Sedentary time and health risks.
* 3-D Food Printing

**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

***Communications Editor****: International Journal of Obesity (January 2021 –Dec 2022)*

***Associate Editor:*** *Translational Behavioral Journal (February 2021 – February 2022)*

***Editor in Chief****: Progress in Preventative Medicine* (May 2018 – April 2020)

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 (Current Year Only):

*American Journal of Clinical Nutrition*

*PLOS ONE*

*Obesity Reviews*

*International Journal of Obesity*

*Obesity*

*Journal of the American College of Nutrition*

*Nutrition and Diabetes,*

*Obesity Science & Practice*

NON-JOURNAL PEER REVIEW ACTIVITY (Does not include Internal P&T Reviews)

6. Promotion Review Dr. Michelle Foster – Colorado State University (May 2022)

5. Promotion & Tenure Review - Dr. Diana Gonzales-Pacheco - University of New Mexico (May 2022)

4. Promotion & Tenure Review- Dr. Myles Faith SUNY Buffalo (April 2015).

3. 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).

2. Promotion Review Dr. Tiffany Stewart – Pennington Biomedical Research Center LA (Sept. 2020)

1. Promotion & Tenure Review Dr. Hadia Radwan – University of Sharjah – UAE (Sept. 2020)

**ADVISORY BOARD MEMBERSHIP**

* TTU-HSC Center of Excellence for Integrative Health – Member (Sept. 2022 – present)
* Live Smart Texas. Steering Committee -Region 1 Representative (March, 2022 – Present)
* Duke Center on Health & Society at the Social Sciences Research Institute; Affiliate (July 2019 – present).
* International Food Information Council; Scientific Advisory Board (July 2014 - present)
* Center on Bio-behavioral Health Disparities Research Institute (July 2014 – present)
* Institute for Healthy Living, Paso del Norte Foundation HEAL-U; Scientific Advisory Board (Feb 2018 – Sept 2019)
* 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**

American Society for Metabolic & Bariatric Surgery (November 2020 – Present)

* Military Committee (National).

The Obesity Society (TOS) Leadership (December 2006 – November 2016)

* 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 College of Human Sciences (COHS) 5-Year Review Dr. Thomas Kimball (Dec 2022- pending)
* TTU Department Nutritional Sciences (NS) Search Committee Chair – Biostatistics (Dec 2022)
* TTU Institutional Review Board (IRB) Chair (May 2021-present)
* TTU College of Human Sciences (COHS) Promotion & Tenure Committee (Sept 2019-present)
* TTU Department Nutritional Sciences (NS) Promotion & Tenure Committee (Sept 2019-present)
* TTU COHS Student Services Committee (Sept 2015 – present)
* TTU COHS Technology Users Committee (2013 – present)
* TTU College of Human Sciences (COHS) Diversity Equity & Incl Committee (Jan 2021 – Sept 2021)
* TTU Institutional Review Board (IRB) Member (January 2020-May 2021)
* TTU Department of NS Social Media Committee (Chair: Aug 2016 – May 2019)
* TTU Department of NS Newsletter Committee (Chair 2015 – May 2019)
* 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 Spring 2023 NS5118 001 D01 Seminar on Obesity: Presentation Skills
* TTU Spring 2023 NS 3332 001 Motivating Health Behavior, Coaching Theory and Application (Online)
* TTU Fall 2022 NS 6335 001 Motivating Health Behavior, Coaching Theory and Application (Online)
* TTU Sum 2022 NS 3332 001 Motivating Health Behavior, Coaching Theory and Application (Online)
* TTU Spring 2022 NS8000 001 Doctor's Dissertation
* TTU Spring 2022 NS-5000-006 Ind Study: Holiday Weight Gain in College Undergraduate Students
* TTU Spring 2022 NS-5000-004 Ind Study: Understanding Nutritional Factors in Prostate Cancer
* TTU Spring 2022 NS5118 001 D01 Seminar: Professional Communication
* TTU Spring 2022 NS 3332 001 Motivating Health Behavior, Coaching Theory and Application (Online)
* TTU Fall 2021 NS 6335 001 Motivating Health Behavior, Coaching Theory and Application (Online)
* TTU Spring 2021 NS6000 002 Master’s Thesis
* TTU Spring 2021 NS8000 006 Doctor's Dissertation
* TTU Spring 2021 NS 6335 001 Motivating Health Behavior, Coaching Theory and Application (Online)
* TTU Fall 2020 NS8000 006 Doctor's Dissertation
* TTU Fall 2020 NS6118 001 Seminar: Professional Communication
* TTU Fall 2020 NS6000 002 Master’s Thesis
* TTU Spring 2020 NS 6335 001 Motivating Health Behavior, Coaching Theory and Application (Online)
* TTU Spring 2020 NS3332 001 Fundamentals of Human Health Behavior Change
* TTU Spring 2019 NS6320 001 Nutritional Epidemiology
* TTU Spring 2019 NS3332 001 Fundamentals of Human Health Behavior Change
* TTU Spring 2019 NS4000 001 Clinical Research
* TTU Spring 2019 NS4000 001 Clinical Care
* TTU Spring 2019 NS5000 002 Advanced Health Coaching
* TTU Spring 2019 NS6000 002 Master’s Thesis
* TTU Spring 2019 NS7000 002 Clinical Trials in Feeding and fMRI
* TTU Spring 2019 NS7000 007 Effect of Liraglutide on fMRI Food Cue Reactivity II
* TTU Spring 2019 NS8000 001 Doctor’s Dissertation
* 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-Nutrition & Metabolic Health Initiative (NMHI)**

Established in 2015, NMHI is a clinical research institute and clinical services facility. Every research and clinical contact is assigned a student provider / research assistant. We train all students and have ongoing didactics. I am personally involved in mentoring every student at NMHI in professionalism, safety, clinical and research procedures. The is beyond the mentoring provided by our individual PIs on their protocols. We are a highly integrated training facility. We have grown from 3 students to 25 currently assigned to NMHI.

NMHI Total Students Trained **60**

TTU (2014 – present) Primary Mentor/Committee Chair

***Completed***

*Undergraduate*

Fall 2014 – Present 13 students completed

*Chair - MS*

Summer 2014 - Present 6 students graduated

*Chair - Ph.D.*

Summer 2014 - present 4 graduated

***Current***

*Undergraduate*

Fall 2022 - 3 students

*Chair - MS*

Fall 2022 - 1 students

*Chair - Ph.D.*

Fall 2022 - 2 students

TTU (2014- present) Non-Chair Committee Membership

***Completed:*** Ph.D. 10 students MS. 5

***Current:*** Ph.D. 1 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**

Casen Bigham January 2023 - present

\*Afrina Hossain Rimu Sept. 2019 – May 2021 *NS*

\*Tanisha Basu Sept. 2020 – August 2022 *NS*

\*Wei-Lin Huang Sept. 2017 – May 2019. *NS*

\*Sharmin Akter Aug 2016 – May 2018 *NS*

\*Lori Boyd June 2014 – May 2016 *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**

Mitra Aliahmadi January 2022 – present NS

Marsa Zaroudi January 2022 – present NS

Yazmine Huizar September 2019 – Present *Psychological Sciences*

\*Sharmin Akter August 2018 – May 2021 *NS*

\*William Quarles August 2016 – August 2019 *NS*

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

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

**Dissertation Committee – Member**

Ritchel Gannaban (April 2022 - present) *NS*

\*Temitope E. Ibiyemi (April 2021 – May 2023) *NS*

\*Stefania Chirico Scheele (Sept. 2018 – May 2023) Mech Eng.

\*Chelsi Webster Mar. 2019 – May 2022 *NS*

\*Samudani Dhanasekara Feb. 2017 – August 2019 *NS*

\*Yaqiong Zhu Jan. 2017 – August 2019 *NS*

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

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

\*Michael Rogowski Sept 2014 - Juy2015 *NS*

**Dissertation Committee – Dean’s Representative**

Cody Heath August 13 2018 *CFAS*

The BMTR lab has also trained Undergraduate Lab Members

**Undergraduate Research Mentoring (2014-Present):**

**\***Jordan George *NS*

\*Macy Stearns *NS*

\*Casey Fleming *NS*

\*Macy Moseley *NS*

\* Hannah Olvera *NS*

\* Vera Tidwell *NS*

\*Tanisha Basu (2018-2019) *NS*

\*Claire Brown (2020-2021) *Music*

\*Shruthi Durai (Mar 2020-May 2022) *BioChem*

\*Zowie Faulkner (Nov 2020- Mar 2021)

\*Hannah Weiser (Jan 2021-August 2022)

\*Joey Carroll (May 2021-Mar 2022)

Alexis Brown (2022-present)

Sara Kiros (2022-present)

Claire Malone (2022-present)

\*Casen Bigham (2021-Dec 2022)

Psychology Practicum Preceptor

Hannah Yoo June 2022 – present

Yazmine Huizar September 2019 – June 2022

TTU Dietetic Internship

Luis Ledezma Loa October 2022

Chelsi Webster August 2022

Kamryn Phares June 2022

Past Mentoring (pre-2014)

* 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**

* March 8, 2023 KAMC/KLBK TV Lubbock, Motivational Monday: Are you mentally and physically ready for Spring? <https://www.everythinglubbock.com/news/trends-and-friends/are-you-mentally-and-physically-ready-for-spring/>
* February 27, 2023 KAMC/KLBK TV Lubbock, Motivational Monday: Have you wondered why it is so hard to lose weight? <https://www.everythinglubbock.com/news/trends-and-friends/have-you-wondered-why-it-is-so-hard-to-lose-weight/>
* February 21, 2023 KAMC/KLBK TV Lubbock, Motivational Monday: Dr. Binks gives more information on the research being done at the NMHI <https://www.everythinglubbock.com/news/trends-and-friends/dr-binks-gives-more-information-on-the-research-being-done-at-the-nmhi/>
* February 13, 2023 KAMC/KLBK TV Lubbock, Motivational Monday with Dr. Binks <https://www.everythinglubbock.com/news/motivational-monday-with-dr-binks/>
* February 6, 2023 KAMC/KLBK TV Lubbock, Motivational Monday: Dr. Binks gives us an overview of the NMHI <https://www.everythinglubbock.com/news/trends-and-friends/dr-binks-gives-us-an-overview-of-the-nmhi/>
* Jan. 30, 2023 KAMC/KLBK TV Lubbock, Motivational Monday: Dr. Binks says love is the air as February 14 approaches. <https://www.everythinglubbock.com/news/trends-and-friends/dr-binks-says-love-is-the-air-as-february-14-approaches/>
* Jan. 23, 2023 KAMC/KLBK TV Lubbock, Motivational Monday: Dr. Binks says motivational health coaching is more than you think. <https://www.everythinglubbock.com/news/trends-and-friends/dr-binks-says-motivational-health-coaching-is-more-than-you-think/>
* Dec. 28, 2022 KAMC/KLBK TV Lubbock, Motivational Monday: Dr. Binks gives us tips on getting back in our routine. <https://www.everythinglubbock.com/news/trends-and-friends/dr-binks-gives-up-tips-on-getting-back-in-our-routine/>
* Dec. 19, 2022 KAMC/KLBK TV Lubbock, Motivational Monday: Dr. Binks said you can keep making health progress while enjoying holiday meals, treats and more. <https://www.everythinglubbock.com/news/trends-and-friends/dr-binks-shares-holiday-thoughts/>
* Nov. 30, 2022 KAMC/KLBK TV Lubbock, Motivational Monday: Dr. Binks gives us his thoughts on not letting the hustle and bustle take the joy out of this holiday season. <https://www.everythinglubbock.com/news/trends-and-friends/dr-binks-shares-thoughts-on-holiday-hustle-and-bustle/>
* Nov. 2, 2022 KAMC/KLBK TV Lubbock, Motivational Monday: Dr. Binks talks overcoming fears. <https://www.everythinglubbock.com/news/trends-and-friends/dr-binks-talks-overcoming-fears/>
* Oct. 10, 2022 KAMC/KLBK TV Lubbock, Motivational Monday: Dr. Binks asks, who are you a role model for? <https://www.everythinglubbock.com/news/trends-and-friends/dr-binks-asks-who-are-you-a-role-model-for/>
* Oct. 4, 2022 KAMC/KLBK TV Lubbock, "Motivational Monday: Dr. Binks shares tips on how to be a great leader and keeping your team motivated. <https://www.everythinglubbock.com/news/trends-and-friends/motivational-monday-dr-binks-talks-about-keeping-your-team-motivated/>
* September 19, 2022 KAMC/KLBK TV Lubbock, Motivational Monday: Dr. Binks has some answers to help remind us that its ok to just be ourselves. <https://www.everythinglubbock.com/news/trends-and-friends/its-motivational-monday-with-dr-binks-4/>
* September 12, 2022 KAMC/KLBK TV Lubbock, Motivational Monday: Dr. Binks shared his thoughts on how to better handle rejection. <https://www.everythinglubbock.com/news/trends-and-friends/its-motivational-monday-with-dr-binks-3/>
* August 29, 2022 KAMC/KLBK TV Lubbock, Motivational Monday: Dr. Binks shares ways to keep your relationship thriving <https://www.everythinglubbock.com/news/local-news/dr-binks-shares-ways-to-keep-your-relationship-thriving/>
* August 22, 2022 KAMC/KLBK TV Lubbock, Motivational Monday: Dr. Binks, tips to prevent holiday weight gain <https://www.everythinglubbock.com/news/trends-and-friends/dr-binks-tips-to-prevent-holiday-weight-gain/>
* August 15, 2022 KAMC/KLBK TV Lubbock, Motivational Monday: It’s Motivational Monday with Dr. Binks <https://www.everythinglubbock.com/news/trends-and-friends/its-motivational-monday-with-dr-binks-2/>
* August 6, 2022 FOX34 TV Lubbock, Look Around Lubbock Featuring Dr. Binks and the Nutrition & Metabolic Health Initiative (NMHI).
* August 1, 2022 KAMC/KLBK TV Lubbock, Motivational Monday: It’s Motivational Monday with Dr. Binks and he talks careers in nutrition <https://www.everythinglubbock.com/news/trends-and-friends/its-motivational-monday-with-dr-binks-and-he-talks-careers-in-nutrition/>
* July 19, 2022 Texas Tech University College of Human Sciences News: The Nutrition & Metabolic Health Initiative (NMHI) Hosts High School Experience <https://www.depts.ttu.edu/hs/news/posts/2022/college/nmhi-host-high-school-experience.php>
* July 18, 2022 KAMC/KLBK TV Lubbock, Motivational Monday: Dr. Binks is getting us ready for back to school <https://www.everythinglubbock.com/news/trends-and-friends/dr-binks-is-getting-us-ready-for-back-to-school/>
* July 11, 2022 KAMC/KLBK TV Lubbock, Motivational Monday: Dr. Binks helps prepare kids for upcoming school year <https://www.everythinglubbock.com/news/trends-and-friends/dr-binks-helps-prepare-kids-for-upcoming-school-year/>
* June 28, 2022 KAMC/KLBK TV Lubbock, Motivational Monday: Dr. Binks wants you to stay healthy during the holidays and vacation <https://www.everythinglubbock.com/news/trends-and-friends/dr-binks-wants-you-to-stay-healthy-during-the-holidays-and-vacation/>
* June 20, 2022 KAMC/KLBK TV Lubbock, Motivational Monday: Dr. Binks gives tips on being physically active <https://www.everythinglubbock.com/news/trends-and-friends/dr-binks-gives-tips-on-being-physically-active/>
* June 13, 2022 KAMC/KLBK TV Lubbock, Motivational Monday: Dr. Binks gives ways to safely stay active during extreme heat <https://www.everythinglubbock.com/news/trends-and-friends/dr-binks-gives-ways-to-safely-stay-active-during-extreme-heat/>
* June 6, 2022 KAMC/KLBK TV Lubbock, Motivational Monday: How are your emotions when it comes to being your best self? <https://www.everythinglubbock.com/news/trends-and-friends/how-are-your-emotions-when-it-comes-to-being-your-best-self/>
* May 16, 2022 KAMC/KLBK TV Lubbock, Motivational Monday: Dr Binks offers up three thoughts on positive communication <https://www.everythinglubbock.com/news/trends-and-friends/dr-binks-offers-up-three-thoughts-on-positive-communication/>
* April 25, 2022 KAMC/KLBK TV Lubbock, Motivational Monday: It’s Motivational Monday with Dr. Binks <https://www.everythinglubbock.com/news/trends-and-friends/its-motivational-monday-with-dr-binks/>
* April 18, 2022 KAMC/KLBK TV Lubbock, Motivational Monday: Dr. Binks from the Nutrition & Metabolic Health Initiative talks time <https://www.everythinglubbock.com/news/trends-and-friends/dr-binks-from-the-nutrition-metabolic-health-initiative-talks-time/>
* April 11, 2022 KAMC/KLBK TV Lubbock, Motivational Monday: ALTERNATE DAY CALORIE RESTRICTION is available with THE WEIGHT MANAGEMENT CLINIC at TTU <https://www.everythinglubbock.com/news/trends-and-friends/alternate-day-calorie-restriction-is-available-with-the-weight-management-clinic-at-ttu/>
* March 28, 2022 KAMC/KLBK TV Lubbock, Motivational Monday: Dr. Binks talks about how to WIN! <https://www.everythinglubbock.com/news/trends-and-friends/motivational-monday-dr-binks-talks-about-how-to-win/>
* March 21, 2022 KAMC/KLBK TV Lubbock, Motivational Monday: It’s time to be happy with Dr. Binks on Motivational Monday <https://www.everythinglubbock.com/news/trends-and-friends/its-time-to-be-happy-with-dr-bink-on-motivational-monday/>
* March 7, 2022 KAMC/KLBK TV Lubbock, Motivational Monday: Trends and Friends visits with Dr. Binks <https://www.everythinglubbock.com/news/trends-and-friends/trends-and-friends-visits-with-dr-binks/>
* February 28, 2022 KAMC/KLBK TV Lubbock, Motivational Monday: Dr. Binks talks about their open house coming up! <https://www.everythinglubbock.com/news/trends-and-friends/motivational-monday-dr-binks-talks-about-their-open-house-coming-up/>
* February 14, 2022 KAMC/KLBK TV Lubbock, Motivational Monday: Dr. Binks talks matters of the heart <https://www.everythinglubbock.com/news/trends-and-friends/dr-binks-talks-matters-of-the-heart/>
* January 24, 2022 KAMC/KLBK TV Lubbock, Motivational Monday: Dr. Binks talks about trying to make the most of your life <https://www.everythinglubbock.com/news/trends-and-friends/motivational-monday-dr-binks-talks-about-trying-to-make-the-most-of-your-life/>
* January 17, 2022 KAMC/KLBK TV Lubbock, Motivational Monday: Dr. Binks talks being your own coach, keeping motivation <https://www.everythinglubbock.com/news/trends-and-friends/motivational-monday-dr-binks-talks-being-your-own-coach-keeping-motivation/>
* January 10, 2022: KAMC/KLBK TV Lubbock, Motivational Monday with Dr. Binks: Picking the right weight loss plan for you. <https://www.everythinglubbock.com/news/trends-and-friends/motivational-monday-dr-binks-talks-weight-loss-plans-for-you/amp/>
* November 15, 2021: Wallet Hub Online Ask the Experts – Obesity [https://wallethub.com/edu/fattest-states/16585#expert=Martin\_Binks](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwallethub.com%2Fedu%2Ffattest-states%2F16585%23expert%3DMartin_Binks&data=04%7C01%7CM.Binks%40ttu.edu%7Cb809807976734c5e8c3008d9a8380978%7C178a51bf8b2049ffb65556245d5c173c%7C0%7C0%7C637725780916380597%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=YdaKCJbk3KROCecnk3cTT%2FOoWNS%2B%2FRTishwyhxoFPTc%3D&reserved=0)
* December 20, 2021 KAMC/KLBK TV Lubbock, Motivational Monday: Dr. Binks talks new years resolutions <https://www.everythinglubbock.com/news/trends-and-friends/motivational-monday-dr-binks-talks-new-years-resolutions/>
* December 6, 2021 KAMC/KLBK TV Lubbock, Motivational Monday: Dr. Binks talks good communication during the holidays <https://www.everythinglubbock.com/news/trends-and-friends/dr-binks-talks-good-communication-during-the-holidays/>
* November 15, 2021 KAMC KLBK TV Lubbock, Motivational Monday: Dr. Binks explains the impact nutrition has on mental health <https://www.everythinglubbock.com/news/trends-and-friends/motivational-monday-dr-binks-explains-the-impact-nutrition-has-on-mental-health/>
* November 15, 2021: Wallet Hub Online Ask the Experts – Obesity [https://wallethub.com/edu/fattest-states/16585#expert=Martin\_Binks](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwallethub.com%2Fedu%2Ffattest-states%2F16585%23expert%3DMartin_Binks&data=04%7C01%7CM.Binks%40ttu.edu%7Cb809807976734c5e8c3008d9a8380978%7C178a51bf8b2049ffb65556245d5c173c%7C0%7C0%7C637725780916380597%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=YdaKCJbk3KROCecnk3cTT%2FOoWNS%2B%2FRTishwyhxoFPTc%3D&reserved=0)
* November 8, 2021 KAMC KLBK TV Lubbock, Motivational Monday: Dr. Binks talks how to work through the time change <https://www.everythinglubbock.com/news/local-news/dr-binks-talks-how-to-work-through-the-time-change/>
* November 1, 2021 KAMC KLBK TV Lubbock, Motivational Monday: Dr. Binks talks signs of anxiety and how to help cope <https://www.everythinglubbock.com/news/trends-and-friends/dr-binks-talks-signs-of-anxiety-and-how-to-help-cope/>
* October 11, 2021 KAMC KLBK TV Lubbock, Motivational Monday: Dr. Binks talks diet plans and which one work best <https://www.everythinglubbock.com/news/trends-and-friends/motivational-monday-dr-binks-talks-diet-plans-and-which-one-work-best/>
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* <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](http://www.webmd.com/diabetes/news/20141125/yogurt-every-day-may-help-keep-diabetes-away%20Nov%202014)
* 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)> 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> 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#](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
* The 700 Club – The Duke Diet <https://www1.cbn.com/700club/science-behind-dieting-right>
* 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**

* HCA Tricare Centennial Healthcare; TN: Consultant (June 2018 – present)
* HCA Tricare Southern Hills Healthcare; TN: Consultant (Feb 2019 – November 2020)
* The Society for Cardiovascular Angiography and Interventions: Consultant (Feb 2018-Dec 2018)
* WorldCare Global, Senior Wellness Program Consultant (Jan 2013-June 2017)
* 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**

* CE Credits for Psychological Licensure (24 Hours) Online. October 2022.
  + Why Weight? - Helping Your Clients with Obesity and Weight Control (3 CE)
  + The Ethics of Self-Care: Where the Personal is the Professional (3 CE)
  + Caught in the Middle: Ethical Challenges in Working with Couples and Families (4 CE)
  + Necessary Secrets: Ethical Dilemmas Involving Confidentiality (4 CE)
  + Weight Matters: The Etiology and Treatment of Obesity (3 CE)
  + Boundary Crossings and the Ethics of Multiple Role Relationships (3 CE)
  + "What Should I Do?" - Ethical Risks, Making Decisions, and Taking Action (3 CE)
  + It's More Than Just a Call: Ethical Issues in Providing Behavioral Telehealth (1 CE)
* CE Credits for Psychological Licensure (18 Hours) Online. October 2020.
* The American Society for Nutrition Annual Scientific Sessions 2019; Baltimore, MD; June 2019 (15 hour)
* The American Society for Nutrition Annual Scientific Sessions 2018; Boston, MA; June 2018 (15 hour)
* The Obesity Society / ASMBS Annual Scientific Sessions at Obesity Week 2019; Las Vegas, NV; Nov 2019 (15 hour).
* The Obesity Society / ASMBS Annual Scientific Sessions at Obesity Week 2018; Nashville, TN; Nov 2018 (15 hour).
* 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).