



**BIOGRAPHICAL SKETCH**

Provide the following information for the key personnel in the order listed on Form Page 2.  
Photocopy this page or follow this format for each person.

NAME	POSITION TITLE
Sachiko T. St. Jeor	Professor and Director

EDUCATION/TRAINING (Begin with baccalaureate or other initial professional education, such as nursing, and include postdoctoral training).

INSTITUTION AND LOCATION	DEGREE (if applicable)	YEAR(s)	FIELD OF STUDY
University of Utah, Salt Lake City, UT	B.A.	Sept, 1963	Foods & Nutrition
Dietetic Internship, Iowa City, IA	(R.D.)	June, 1964	Dietetics
State University of Iowa, Iowa City, IA	M.S.	Aug, 1965	Nutrition
Penn State University, Univ. Park, PA	Ph.D.	May, 1980	Nutrition

**RESEARCH AND PROFESSIONAL EXPERIENCE:** Concluding with present position, list, in chronological order, previous employment, experience, and honors. Include present membership on any Federal Government public advisory committee. List, in chronological order, the titles, all authors, and complete references to all publications during the past three years and to representative earlier publications pertinent to this application. If the list of publications in the last three years exceeds two pages, select the most pertinent publications. **DO NOT EXCEED TWO PAGES.**

**EMPLOYMENT HISTORY**

1964-1965	Metabolic Dietitian & Tech Lab. Asst., Div. of Metab. & Endo., Dept. Int. Med., College of Med., Univ. of Utah, SLC, UT
1965-1969	Head Research Dietitian & Clin. Lecturer, Clin. Res. Ctr, College of Medicine, Univ. of Utah, SLC, UT
1969-1971	Research Dietitian, Clinical Study Center & Shriner's Burn Inst., Univ. Texas Medical Branch, Galv, TX
1971-1973	Nutrition Research Consultant, Clinical Res. Center, Temple Univ. Hospital, Philadelphia, PA
1973-1974	Instructor, Penn. State Univ. Commonwealth Campuses, Reading/York, PA
1974-1979	Instr. & Dir. of Nutr. Beh. Clinic, Depts. Beh. Science & Int. Med., M.S. Hershey Med. Ctr., Penn. State Univ, Hershey, PA
1980-1982	Asst. Professor, Dept. of Fam & Comm Med., Int. Med. & Ped., Univ. of Nevada Sch of Med, Reno, NV
1982-1984	Director, Nutrition Educ. & Research Prog. & Asst. Prof., Depts. Family & Community Med. & Int. Med., Univ. of Nevada Reno School of Medicine, Reno, NV
1984-1990	Associate Prof. and Director, Nutr. Ed. & Res. Prog., Univ. of Nev. Reno School of Med., Reno, NV
1990-	Professor of Clinical Medicine, Depts Internal Med & Family Comm. Med, and Director, Nutr. Ed. & Res. Prog., Univ. of Nev. Reno School of Med., Reno, NV (Tenured 7/1/87)

**SELECTED HONORS:** Medallion Recognition Award, ADA 1996; Award for Excellence in the Practice of Diet Res, ADA, 1992; Fellow, Soc of Behav Med 1992; Alumnus Recognition Award, College of Hlth and Human Devel, The Penn State Univ, 1992; Outstanding Alumnus, Division of Foods and Nutrition, College of Health, University of Utah 1991; **Fellowships:** Fellow, Soc of Behav Med, Middleton, WI(1992); Fellow, (FADA), ADA, Chicago, IL (1996); Fellow, Council on Epidemiology and Prevention, AHA, Dallas, TX, (1995)

**FEDERAL GOVERNMENT AND PUBLIC ADVISORY COMMITTEES**

Member, Nutrition Committee and Council on Epidemiology and Prevention, AHA (1999-2001); Member, Epidemiology & Disease Control (EDC-1) Study Section, DRG, NIH (1996-2000); Member, Committee to Develop Guidance for Treatment of Adult Obesity, Shape Up America & Amer Obesity Assoc (1996); Member, Dietary Guidelines Advisory Comm., Dept. Hlth & Human Sci, Washington, DC (1994-95); Member, Food & Nutrition Board Comm., Criteria for Evaluating Outcomes of Approaches to Prevent and Treat Obesity, Nat Acad Sci, Inst. of Med. (1993-94); Member, NIH Calcium Consensus Panel (1994); Member, Peer Review Panel, Opportunities for Micronutrient Nutrient Interventions, US Agency for International Development, Human Nutr Inst, International Life Sciences Research Foundation, WA, DC (1994-1999); Member, Food & Nutrition Board Comm., Opportunities in Nutrition & the Food Sciences, Nat Acad Sci, Inst. of Med. (1991-93); Member, Clinical Applications & Prevention Advisory Comm., NHLBI, NIH (1987-1991); Member, Behav Med Study Section, NIH (1980-1984); Member, Scientific Advisory Group, National Cooperative Dialysis Study, NIAMDD, NIH (1976- present); Member, Special Study Sections and Review Teams, NHLBI, NCI, and NIA, NIH (Ongoing); Member, Nutr Comm, AHA (1988-1991) and (1997-2000), Working Group (1989-1991); Charter Member and Vice Pres., Exec Comm Council of Renal Nutr, Natl Kidney Found., NY (1973)

**PROFESSIONAL SOCIETIES AND ACTIVITIES**

**Societies:** ASCN, ADA, SNE, SBM, NAASO; **Editorial Boards:** *Obesity Research*, NAASO, Baton Rouge, LA, (1995-); *Mind/Body Medicine*, Soc of Behav Med, Decker Periodicals, Hamilton, Ontario, Canada, (1995-); *Topics in Clinical Nutrition*, Aspen Publishers Inc., Frederick, (1993-); *JADA*, Chicago, IL (1983-1985), 1985-1988); *Behav Med Abs*, NY, NY (1985-1988) **Other:** Delegate at Large and Member, Board of Directors, Soc of Behav Med, Rockville, MD (1994-97); Fellow (1996) Board of Directors (Member 1989-1991); Council on Research, (Chair-Elect 1990), Member 1987-1990); Adv. Board, Nutr and Health Campaign for Women (1993-2000), ADA, Chicago, IL; First and Second Intl Conf. on Diet Assess. Methods, MN (1992) and Boston (1994); Member, Medical/Dental School Nutr Ed Comm. And Prof Nutr Ed. Committee, Amer Soc Clin Nutr, (1989-93), (1997-1999); Member, Diet Modification Committee, Women's Health Initiative, NIH, (1995-1997), (1997-99)

**RELEVANT PUBLICATIONS: (SELECTED & INCLUDING LAST 3 YEARS)**

- de St. Jeor ST, Maddock RK and Tyler FH: Simplifying dietary procedures for research. *J Am Diet Assoc* 1969;55:357-360.
- de St. Jeor ST, Millar R and Tyler FH: The digital computer in research dietetics. *J Am Dietet Assoc* 1970;56:404-408.
- de St. Jeor ST, Carlston BJ, Christensen S, Maddock RK and Tyler FH: Low protein diets for the treatment of chronic renal failure. Salt Lake City, Utah: University of Utah Press, 1970.
- de St. Jeor ST, Bryan GT: Clinical research diets: Definition of terms. *J Am Dietet Assoc* 62:135, 1975
- St. Jeor ST: Diet in the treatment of hypertension. *Seminars in Family Medicine* 1981;2:49-56.
- St. Jeor ST, Guthrie HA, Jones M: Variability in nutrient intake in a 28-day period. *J Am Dietet Assoc* 1983;83:155-62.
- St. Jeor ST, Hill LA, Bissett LG: Evaluation of Diet in Behavioral Medicine Research: *Beh Med Abstracts*, 1987;8:51-54.
- Mifflin MD, St. Jeor ST, Hill LA, Scott BJ, Daugherty SA, Koh YO: A new predictive equation for resting energy expenditure in healthy individuals. *Am J Clin Nutr* 1990;51:241-7.
- St. Jeor ST, Dwyer JT: The optimal diet: Does it exist? *The Weight Control Digest* 1991;1:92-109
- St. Jeor ST, Scott BJ: Weight as a clinical indicator. *Top Clin Nutr* 1991;7:44-51.
- Remig VM, Shumacher NS, St. Jeor ST: Weight as a clinical indicator: Elderly Topics in Clinical Nutrition 1993;8:16-25.
- St. Jeor ST (Chair), Brownell KD, Atkinson RL, Bouchard C, Dwyer J, Foreyt JP, Heber D, Kris-Etherton P, Stern JS, Willett W, Wilson T and Wood PD: Workshop III: Obesity. Prevention Conference III. Behavior Change and Compliance: Keys to improving cardiovascular health. *Circulation* 1993;88:1391-1396.
- St. Jeor ST: The role of weight management in the health of women. *J Am Dietet Assoc* 1993;93:1007-12.
- St. Jeor ST (Chair, ADA committee): Should the RDA's be revised? *Pers App Nutr* 1993;1:18-21.
- Krenkel J, St. Jeor ST: Nutr. interventions for cancer prevention. *Top Clin Nutr* 1993;9:1-9.
- Noble EP, St. Jeor ST, Ritchie T, Syndulko K, St. Jeor SC, Fitch RJ, Brunner RL, Sparkes RS. D2 dopamine receptor gene and cigarette smoking: a reward gene: *Medical Hypothesis* 1994;42:257-260
- Brunner RL, St. Jeor ST, Scott BJ, Miller GD, Carmody TP, Brownell KD, Foreyt JP. Dieting and disordered eating correlates of weight fluctuation in normal and obese adults. *Eating Disorders* 1994;2:341-356.
- Blackburn GL, Dwyer J, Flanders WD, Hill JO, Kuller LH, Pi-Sunyer FX, St. Jeor ST, Willett WC. Report of the American Institute of Nutr. (AIN) Steering Committee on Healthy Weight. *J.Nutr.* 1994;124:2240-2243.
- Foreyt JP, Brunner RL, Goodrick GK, Cutter GR, Brownell KD, St. Jeor ST: Psychological correlates of weight fluctuation. *Int J Eating Disord* 1995;17(3):263-275
- Carmody TP, Brunner RL, St. Jeor ST. Dietary helplessness and disinhibition in weight cyclers and maintainers. *International Journal of Eating Disorders* 1995;18(3):247-256
- Krenkel JK, St. Jeor ST. Nutrition and Women's Health: Obesity analysis unique to women. *Top in Clin Nutr* 1995;11(1):46-57
- Foreyt JP, Brunner RL, Goodrick KN, St. Jeor ST, Miller GM. Psychological correlates of reported physical activity in normal weight and obese adults: The RENO Diet-Heart Study. *Int J Obesity* 1995;3:263-275
- St. Jeor ST, Brunner RL, Harrington ML, Scott BJ, Cutter GR, Brownell KD, Dyer AR, Foreyt JP. Who are the weight maintainers? *Obesity Research* 1995;3(S):249S-259S
- Meisler JG, St Jeor ST, Casey V, Shapiro A, Wynder EL. Proceedings of the roundtable on healthy weight. American Health Foundation, New York, NY. *Am J Clin Nutr* 1996;63(35):1-477s
- St. Jeor ST. Renal nutrition therapy in historical perspective. *Top Clin Nutr* 1996;12(1):1-5
- St. Jeor ST.(ed)Obesity Assessment:Tools, Methods & Interpretations:The RENO Diet-Heart Study. NY:Chapman-Hall 1997,pp993
- St. Jeor ST., Brunner RL, Harrington ME, Scott BJ, Daugherty SA, Cutter GR, Brownell KD, Dyer AR, Foreyt JP: A classification system to evaluate weight maintainers, gainers and losers. *J Am Diet Assoc* 1997;97:481-488
- Cutter GR, St. Jeor ST., Brunner RL, Wolfe P, Dyer AR, Brownell KD. Methodological issues in weight cycling. *Ann of Behav Med* 1997;18:280-89
- Katz DL, Brunner RL, St. Jeor ST., Scott B, Jekel JF, Brownell KD. Dietary fat consumption in a cohort of American Adults, 1985-1991; Covariates, secular trends and compliance with guidelines. *Am J Health Promot* 1998;12:382-390
- Bar-Or O, Foreyt J(Co-chairs), Bouchard C, Brownell KD, Dietz WH, Ravussin E, Salbe AD, Shewenger S, St. Jeor ST, Torun B. Physical activity, genetic and nutrition considerations in childhood weight management. *Med Sci Sports Exer* 1998;30:2-10
- Brunner RL, St. Jeor ST: Blechman E, Brownell KD. (eds) Chapter 39 Nutrition: Diet and Disease Behavioral Medicine and Women: A Comprehensive Handbook. New York, NY. The Guilford Press 1998;238-245
- Silverstein LJ, Bailey RM, St. Jeor ST. The role of weight loss drugs in the treatment of obesity in women. *J W Hlth* 1998;7(2):1-2
- St. Jeor ST, Stumbo PJ. Chapter 17. Energy needs and weight maintenance in well-controlled feeding studies. Well-Controlled Diet Studies in Humans: A Practical Guide to Design and Mgmt. IN:Dennis B, et al.(eds) Chicago,ADA 1999;255-262
- St. Jeor ST, Ashley JM. Dietary strategies: issues of diet composition in obesity. Impact on CVD. *AHA* 1999 (in press)
- St. Jeor ST, Ashley JM, Schrage JP. Dietary management of the obese patient: Rippe J (ed) Lifestyle Medicine Blackwell Science 1999 (in press)