

**GLP-1 Drugs + Food is Medicine: A New Recipe for Success in Treating Obesity?  
An Educational Briefing for Congress**

**September 11, 2024**

**PANELIST BIOS**

**Danielle Nierenberg, MS (Moderator)** is President of Food Tank, a 501(c)(3) nonprofit organization she co-founded with Bernard Pollack in 2013 to build a global community for safe, healthy, nourished eaters. Food Tank is a global convener, thought leadership organization, and creator of original research impacting the food system. Food Tank highlights hope, success, and innovative ideas in the food system through a variety of content mechanisms, including daily publications as well as summits in major cities around the world. Danielle is an expert in sustainable agriculture and food issues with an M.S. in Agriculture, Food, and Environment from the Friedman School of Nutrition Science and Policy at Tufts University. She is the recipient of the 2020 Julia Child Award.

**Pat Gleason, PharmD, FCCP, FAMCP, BCPS** is Assistant Vice President, Health Outcomes at Prime Therapeutics and an Adjunct Professor at the University of Minnesota's College of Pharmacy. With more than 20 years of managed care pharmacy experience, he leads Prime's clinical health outcomes assessment team in developing and improving pharmacy benefit management programs. Through integrated medical and pharmacy claims data analysis, he assesses clinical program opportunities and post-implementation outcomes. He also negotiates and fulfills pharmaceutical manufacturer value-based purchasing agreements. Dr. Gleason is a former member of the Academy of Managed Care Pharmacy (AMCP) board of directors and past chair of the editorial advisory board for the Journal of Managed Care + Specialty Pharmacy. He is a Board-Certified Pharmacotherapy Specialist (BCPS), elected Fellow of the American College of Clinical Pharmacy (FCCP), and elected Fellow of the Academy of Managed Care Pharmacy (FAMCP).

**Alka Gupta, MD, FACLM, DipABLM** is CEO and Co-Founder at Bluerock Care, a comprehensive value-based primary care group located in Southeast Washington, DC. She is also Chief Medical Officer of an Accountable Care Organization (ACO) within the CMS Innovation Center's ACO REACH (Realizing Equity, Access, and Community Health Model); Clinical Assistant Professor of Medicine at Weill Cornell Medicine, and Clinical Assistant Professor of Medicine at George Washington University. Dr. Gupta believes that prevention and a healthy lifestyle should be at the forefront of healthcare, and she works to bring these principles into healthcare delivery. She is board-certified in Internal Medicine, Integrative Medicine, and Lifestyle Medicine, and serves on the Board of Directors for the American College of Lifestyle Medicine (ACLM).

*See reverse side for the rest of the bios*

**Steven B. Heymsfield, MD** is Professor and Director of the Body Composition-Metabolism Laboratory at the Pennington Biomedical Research Center (PBRC) in Baton Rouge, Louisiana. His research focuses primarily on human obesity, including energy balance regulation, weight loss treatments, co-morbidity effects, and development of related mathematical models. He is the former Executive Director of PBRC and is currently a visiting faculty member at Harvard Medical School. Dr. Heymsfield has published more than 700 peer-reviewed papers covering topics such as obesity, malnutrition, cancer, cachexia, body composition, and caloric expenditure. Dr. Heymsfield is past president of the American Society of Parenteral and Enteral Support, the American Society of Clinical Nutrition, and The Obesity Society. He was also a member of the 2020 Dietary Guidelines Advisory Committee.

**Phyllis Ruth Jackson** is a resident of southeast Washington, DC. She is a student at Trinity Washington University and is on track to earn an Associate of Arts degree in Health Services January 2025. Ms. Jackson also holds a Community Health Worker Certificate, which she earned in May 2024 from Trinity Washington University. Ms. Jackson began using the GLP-1 receptor agonist drug Ozempic in February 2024, and has since achieved a reduction in her hemoglobin A1c level (a measure of average blood sugar levels during the prior three months). Along with using the medication, she has also made dietary changes, such as eating more fruits and vegetables as part of a nutritionally balanced and budget-friendly meal plan, and added water exercises and strength training to her routine. As a result of her progress toward a healthier lifestyle, Ms. Jackson feels lighter and more mentally alert as she has taken control of her health.

**Dariush Mozaffarian, MD, DrPH** is a cardiologist, public health scientist, and Director of the Food is Medicine Institute at the Friedman School of Nutrition Science and Policy at Tufts University. He is Dean Emeritus and Jean Mayer Professor at the Friedman School, Professor of Medicine at Tufts School of Medicine, and attending physician in cardiology at Tufts Medical Center. He is a globally recognized leader in the science of nutrition, cardiometabolic diseases, policy, and Food is Medicine, aiming to create the evidence and translation for a food system that is nutritious, equitable, and sustainable. Dr. Mozaffarian has authored nearly 600 scientific publications and is one of the top-cited researchers in medicine. He has served in numerous advisory roles, including currently serving on the President's Council on Sports, Fitness, and Nutrition, and his work has been featured in an array of media outlets.