
CLINICAL AND HEALTH SERVICES RESEARCH AWARD

William H. Herman, M.D., M.P.H.

*Stefan S. Fajans/GlaxoSmithKline Professor of Diabetes
Professor of Medicine, Division of Metabolism, Endocrinology & Diabetes
Professor of Epidemiology, School of Public Health
Director, Michigan Diabetes Research and Training Center
Medical Director, M-CARE*



Dr. William H. Herman is an internationally recognized researcher, educator and clinician in the field of diabetes.

During his career, Dr. Herman has played a major role in a number of landmark clinical trials exploring the prevention and treatment of diabetes. These include the Diabetes Prevention Program, which established the role of lifestyle intervention and medications for the prevention of type 2 diabetes; ADOPT (A Diabetes Outcomes Progression Trial), which defined the efficacy, tolerability and safety of initial drug therapies for type 2 diabetes; and the DCCT (Diabetes Control and Complications Trial), which proved the role of hyperglycemia in the development and progression of microvascular and neuropathic complica-

tions in type 1 diabetes. For his role in the DCCT, Dr. Herman received the American Diabetes Association's Charles H. Best Medal for distinguished service.

Dr. Herman also has led groundbreaking work on the costs of diabetes and cost-effectiveness of interventions for diabetes that have helped to inform public policy. He directed the economic analysis of the DPP and the DCCT. In addition, he has examined the cost-effectiveness of screening for diabetes and the cost-effectiveness of angiotensin receptor blocker treatment, intensified blood pressure control and lipid management for the prevention of diabetic complications.

Dr. Herman also has directed a health services research program that has explored the impact of health plan and provider group structure and organization on the processes and outcomes of diabetes care. For the past eight years, he has served as principal investigator for TRIAD (Translating Research Into Action for Diabetes), a multi-center study of diabetes care in managed care. He served on the Technical Advisory Panel to the National Diabetes Quality Improvement Alliance and is a member of the board of the Center for Health Care Quality and Transformation launched by Blue Cross/Blue Shield of Michigan and the U-M Health System. As a medical director at M-CARE, he has used his insights from research to develop innovative benefits, health promotion and disease management programs to improve health.

Dr. Herman's diabetes-related public health interests have included issues related to screening for and diagnosis of diabetes and the epidemiology of diabetes and its risk factors and complications in diverse populations. In the early 1990s, he explored the epidemiology of diabetes in Egypt and called attention to the emerging epidemic of type 2 diabetes in the Middle East. In 1999, he received an Egyptian Diabetes Association Medal for his contributions to the knowledge of diabetes and public health in Egypt. He has consulted with the World Health Organization's Eastern Mediterranean Regional office in Egypt and Bahrain. He also has studied the epidemiology of diabetes in Arab Americans in Dearborn and Chaldeans in Southfield, Michigan, and has received an American Diabetes Association Award for his efforts to develop the ADA's Arab American Coalition. He is developing a pilot intervention program to delay or prevent diabetes in the Arab American community.

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Dr. Herman developed an epidemiological model that first predicted the current increase in type 2 diabetes prevalence in the United States. He also wrote some of the first treatises linking lifestyle intervention to reduction in diabetes and its cardiovascular and renal complications. For his work in diabetes epidemiology, Dr. Herman received the American Diabetes Association's 2006 Kelly West Award for outstanding achievement in epidemiology.

Dr. Herman is a well-respected educator. He has given numerous invited lectures around the world and published three books, 26 book chapters and almost 150 articles in peer-reviewed journals. He also has served as associate editor for the journals *Clinical Diabetes* and *Diabetes Care*. As director of the Michigan Diabetes Research and Training Center – one of only five such centers in the U.S. funded by the National Institutes of Health – Dr. Herman has given his time generously to mentoring trainees and junior investigators.

Dr. Herman received his medical degree from Boston University in 1979. He completed an internship and residency in internal medicine at the University of Michigan as well as a residency in preventive medicine at the Centers for Disease Control and Prevention in Atlanta. He received his fellowship training in endocrinology and metabolism and in diabetes epidemiology at the U-M. He joined the U-M faculty as assistant professor of internal medicine and obstetrics and gynecology from 1987 to 1991, at which point he returned to the CDC as chief of the Epidemiology and Statistics Branch in the Division of Diabetes Translation. He returned to the University of Michigan in 1995. Dr. Herman is the first holder of the Stefan S. Fajans/GlaxoSmithKline Professorship in Diabetes.

In his spare time, Dr. Herman enjoys gardening, sailing, reading and frequenting English pubs.

Dr. Herman thanks his family, his wife Ann, son Benjamin and daughter Carly; his mentors, Stefan Fajans, Victor Hawthorne, Jeffrey Halter and Douglas Greene; and his collaborators, Morton Brown, Mike Engalgau, Linda Jaber, Edie Kieffer, Cathy Kim and George Taylor. He also thanks his research team, especially Ray Burke, Jennifer Goewey and Cathy Martin. Finally, he thanks Heather Stites and Linda Potter.