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**Education and Training**

Bachelor of Science in Biochemistry, Graduation with Honors Andrews University, Berrien Springs, MI	9/1986 – 8/1990
Doctor of Medicine Michigan State University, College of Human Medicine, East Lansing, MI	9/1990 –12/1994
Internship and Pediatric Residency Department of Pediatrics and Human Development Michigan State University / Sparrow Hospital, Lansing, MI	1/1995 – 6/1998
Chief Resident Department of Pediatrics and Human Development Michigan State University / Sparrow Hospital, Lansing, MI	7/1997 – 6/1998
Fellow Child Health Evaluation and Research (CHEAR) Unit University of Michigan, Ann Arbor, MI	7/2004 – 6/2006
Masters of Public Health, Health Behavior and Health Education University of Michigan School of Public Health, Ann Arbor, MI	9/2004 – 4/2006

**Certification and Licensure**

American Board of Pediatrics	10/1999-12/31/1
State of Michigan Medical License, #4301064821	Expires 1/31/2011
State of Michigan Controlled Substance License, #4301064821	Expires 1/31/2011
DEA Certification	Expires 5/2010

## **Academic, Administrative, and Clinical Appointments**

Clinical Instructor 1/1995 – 6/1998  
Department of Pediatrics and Human Development  
Michigan State University / Sparrow Hospital, Lansing, MI

Pediatrician 7/1998 – 6/2004  
Metro Health Pediatrics, Grand Rapids, MI

Vice Chair 1/2001 – 1/2002  
Department of Pediatrics  
Metropolitan Hospital, Grand Rapids, MI

Chair 1/2002 – 1/2004  
Department of Pediatrics  
Metropolitan Hospital, Grand Rapids, MI

Lecturer 7/2004 – 6/2006  
Division of General Pediatrics  
University of Michigan, Ann Arbor, MI

Research Fellow in Pediatric Health Services Research 7/2004 – 6/2006  
CHEAR Unit, University of Michigan, Ann Arbor, MI

Clinical Assistant Professor 7/2006 – present  
Department of Pediatrics and Communicable Diseases  
University of Michigan, Ann Arbor, MI

Faculty 7/2006 – present  
CHEAR Unit, University of Michigan, Ann Arbor, MI

Medical Director 7/2006 – present  
Pediatric Comprehensive Weight Management Center  
University of Michigan, Ann Arbor, MI

## **Other Appointments**

Graduate Research Assistant 10/1990-5/1994  
Cancer Center, Michigan State University, East Lansing, MI

## **Research Interest**

**Behavioral interventions in the clinical setting for the treatment of obesity in children:** focusing on the use of communications technology to enhance patient engagement and adherence.

## **Grants**

### ***Present and Active***

Principal Investigator: *Novel Individually Tailored Mobile Messages to Enhance Weight Loss for Teens*. NICHD Mentored Patient-Oriented Research Career Development Award K23 5/2009 – 4/2014

Principal Investigator: *Weigh Cool – A Web-based Intervention for the Management of Adolescent Obesity*. American Academy of Pediatrics Community Access to Child Health. 9/2007 – 4/2009

Co-Investigator (PI – Kenneth Resnicow): *BMI2 Brief Motivational Interviewing to Reduce Child BMI*. National Heart, Lung and Blood Institute. 10/2007 – 9/2010

Principal Investigator: *MPOWER Jr / YMCA Childhood Obesity Intervention in the Community Environment (MY ChOICE)*. MICHR 4/2009 – 3/2010

### ***Previous Grants***

Trainee (PI – Gary Freed): *Pediatric Health Services Research Training Grant*. National Institute of Child Health and Human Development. 7/2004 – 6/2006

Principal Investigator: *ATM (Assessment and Targeted Messages) Tool – Pediatricians' Perspectives Regarding the Feasibility and Acceptability of a Novel Clinic-Based Tool to Improve Assessment and Management of Childhood Obesity*. Blue Cross Blue Shield of Michigan Foundation. 12/2006 – 11/2008

Principal Investigator: *Physicians' Perspectives of Weight Management and Bariatric Surgery for Obese Adolescents*. Mott Children's Hospital Golf Classic Grant. 1/2007 – 12/2007

Principal Investigator: *MPOWER (Michigan Pediatric Outpatient Weight Evaluation and Research) Program Patient Education Manual*. University of Michigan Friends Funding Agency. 3/2007–2/2008

Principal Investigator: *MPOWERed Messages – Using Tailored Text Messages to Impact Weight Loss among Obese Adolescents*. University of Michigan Center for Health Communication Research – Developmental Award. 9/2007 – 8/2008

## **Honors and Awards**

Who's Who Among American Undergraduate Students 1990

National Dean's List for Undergraduate Students 1990

Cum Laude undergraduate graduation, Andrews University	8/1990
Ambulatory Pediatric Association Region V Fellows' Research Award	5/2005
Office of Diversity and Career Development Award, University of Michigan	7/2007
Elizabeth E. Kennedy Award, University of Michigan	2/2009
Society for Adolescent Medicine New Investigator Award	3/2009

### **Membership in Professional Societies**

American Academy of Pediatrics	1/1996 – present
American Medical Association	1/1998 – present
National Medical Association	9/2004 – present
Ambulatory Pediatric Association	11/2004 – present
North American Association for the Study of Obesity	7/2005 – present

### **Peer-Review Service**

Peer Reviewer, <i>Archives of Pediatrics and Adolescent Medicine</i>	5/2006 –
Peer Reviewer, <i>Ambulatory Pediatrics</i>	6/2006 –
Peer Reviewer, <i>Journal of the National Medical Association</i>	8/2006 –
Peer Reviewer, <i>Journal of the American Medical Association</i>	2/2007 –
External reviewer, intramural grant – Children's Research Institute, OH	2/2007 -
Peer Reviewer, <i>Obesity</i>	12/2007 –
Peer Reviewer, <i>American Journal of Preventive Medicine</i>	2/2008 –
Peer Reviewer, <i>Pediatric Academic Society Meeting</i>	12/2008 –

### **Teaching**

“Pediatric Essentials for the New Intern”, Metropolitan Hospital's Intern and Resident Educational Series, Grand Rapids, MI, annually 7/1998 – 7/2003

“Pediatric Essentials” Noon Lecture Series, Metropolitan Hospital, Grand Rapids, MI, monthly 7/1998 – 6/2004

Supervised interns and students on pediatric rotations, Metropolitan Hospital, Grand Rapids, MI, 7/1998 – 6/2004

Attending Physician, Metropolitan Hospital, Grand Rapids, MI, 2 weeks/month 7/1998 – 6/2004

In-patient consulting regarding pediatric patients and newborns admitted to the family practice service, Metropolitan Hospital, Grand Rapids, MI, 7/1998 – 6/2004

Morning Reports with interns on pediatric service, Metropolitan Hospital, Grand Rapids, MI, 2 weeks/month 7/1998 – 6/2004

Pediatric Journal Club, Metropolitan Hospital, Grand Rapids, MI, monthly 9/1998 – 6/2004

Attending Physician, Spectrum Health DeVos Children’s Hospital, Grand Rapids, MI, 1 week/month 9/1998 – 6/2004

Preceptor for general pediatric residents rotating at Hope Clinic, University of Michigan, Ann Arbor, MI, 10/2004 – 6/2006

“Childhood Obesity and Health.” Undergraduate Class – Health, Illness, and Society, University of Michigan, Ann Arbor, MI – 11/2007

Project Mentor for Pediatric Health Services Research Elective for Minority Residents, University of Michigan, Ann Arbor, MI, 2007 – 2008

Mentor for Pediatric Residency Quality Improvement Research Project, University of Michigan, Ann Arbor, MI, 2007 – 2008

Mentor for the Summer Opportunities for Apprenticeships in Research (MedSOAR) Program, University of Michigan, Ann Arbor, MI, 2007 – present

Presenter, Medical School M-2 Pediatric Obesity Elective; lecture addressing etiology, co-morbidities, and treatment of childhood obesity, University of Michigan, Ann Arbor, MI, 2-4 hours a year 2007 – present

## **Committee Service**

### ***Regional***

Vice President of the Minority Medical Student Association  
College of Human Medicine, Michigan State University 8/1991 – 5/1992

Community Pediatrics Curriculum Development Committee  
Michigan State University 7/1996 – 6/1997

Pediatric Residency Curriculum Committee  
Michigan State University 7/1996 – 6/1998

Capital Area Consortium for Graduate Medical Education  
Michigan State University and Sparrow Hospital 7/1997 – 6/1998

Pediatric Residency Selection Committee  
Michigan State University 7/1997 – 6/1998

Pediatric Residency Administrative Committee –  
Resident Representative 7/1997 – 6/1998  
Michigan State University and Edward Sparrow Hospital

Department of Pediatrics Committee - Resident Representative Edward Sparrow Hospital	7/1997 – 6/1998
Department of Pediatrics Administrative Committee Metropolitan Hospital Chair	1/2001 – 6/2004 1/2002 – 1/2004
National Governors' Association – Michigan Childhood Obesity Prevention Workgroup	1/2008 – present
Mott Children's Hospital Representative, State of Michigan Healthy Kids Healthy Michigan Steering Committee	2/2009 – present

## **Invited Presentations**

### ***Intramural***

“Multidisciplinary Treatment of Childhood Obesity,” Pediatric Nephrology Meeting,  
2/2007

“Weigh Cool – Novel Approaches to the Treatment of Childhood Obesity.” Child Health  
Evaluation and Research Unit, Health Services Research Seminar, University of  
Michigan, Ann Arbor, MI – 2/2007

“Medical and Surgical Treatment of Pediatric Obesity.” Pediatric Ethics Meeting,  
University of Michigan, Ann Arbor, MI – 2/2007

“Causes and Treatment of Childhood Obesity.” Undergraduate Class – Project Outreach,  
Big Sibs Section, University of Michigan, Ann Arbor, MI – 11/2007

“Childhood Obesity and the Environment.” Health Sciences Scholars Seminar,  
University of Michigan, Ann Arbor, MI – 11/2007

“Childhood Obesity and Health.” Undergraduate Class – Health, Illness, and Society,  
University of Michigan, Ann Arbor, MI – 11/2007

“Causes and Treatment of Childhood Obesity.” Undergraduate Class – Project Outreach,  
Big Sibs Section University of Michigan, Ann Arbor, MI – 11/2007

“Addressing Epidemiology, Prevalence and Treatment of Childhood Obesity.” Guest  
lecturer, Project Outreach – Health Illness and Society (PSYCH 211), University of  
Michigan, Ann Arbor, MI – 2007- present

“Prevention and Treatment of Childhood Obesity,” Project Healthy Schools, 2/2008

“Overview of Childhood Obesity,” Mott Community Advisory Committee, University of  
Michigan, Ann Arbor, MI – 3/2008

“Weighty Issues: The Ethics of Pediatric Weight Management.” Bioethics Grand Rounds, University of Michigan, Ann Arbor, MI – 04/08

“Adolescent Bariatric Surgery.” Pediatric Surgery Grand Rounds, University of Michigan, Ann Arbor, MI – 07/2008

“Tailored Text Messaging as an Adjunct to Pediatric Weight Management.” Center for Health Communications Research Seminar, University of Michigan, Ann Arbor, MI – 08/2008

“Michigan Pediatric Outpatient Weight Evaluation and Reduction (MPOWER) Program: MPOWERed Messages.” Health Services Scholars Seminar, University of Michigan, Ann Arbor, MI – 10/2008

“Causes and Treatment of Childhood Obesity.” Undergraduate Class – Project Outreach, Big Sibs Section, University of Michigan, Ann Arbor, MI – 11/2008

“Improvements in Fitness among Adolescents After 12 Weeks of Group Exercise Training in the Michigan Pediatric Outpatient Weight Evaluation and Reduction (MPOWER) Program.” Platform Presentation, Pediatric Research Symposium, 11/2008

“Causes and Treatment of Childhood Obesity.” Undergraduate Class – Project Outreach, Big Sibs Section, University of Michigan, Ann Arbor, MI – 4/2009

***Extramural***

“Emotional Intelligence.” Metropolitan Hospital’s Community Education Classes, Grand Rapids, MI, 2000

“ADHD Diagnosis and Treatment.” Metropolitan Hospital’s Community Education Classes, Grand Rapids, MI, 2001

“Asthma - Taking Your Breath Away.” Science Seminar, Peckham Junior School, London England, 6/2001

“Faith and Health.” Keynote presentation - Health Promotion Seminar, Toronto, Canada, 5/2002

“Think Big.” Oakdale School – Metropolitan Hospital Big Brother Big Sister Award Luncheon, Grand Rapids, MI, 6/2002

“The Power to Change Your Health.” Keynote presentation - Health Promotion Seminar, Toronto, Canada, 9/2002

“What a Difference Diet Makes.” Keynote presentation - Health Promotion Seminar, Lansing, MI, 3/2003

“A Doctor’s Life.” Challenger Elementary School, Kentwood, MI, 5/2003

“Caring for Your Newborn.”, Metropolitan Hospital’s Prenatal classes, Grand Rapids, MI, monthly 8/1998 – 6/2004

“The Power Within – How to Improve Your Health.” Keynote presentation – Health Promotion Seminar, Ypsilanti, MI, 3/2006

“Extreme Makeover – Teen Edition.” Health Promotion Seminar, Battle Creek, MI 8/2006

“Treatment of Obese Adolescents – A Multidisciplinary Approach.” The Pediatric Primary Care Update Series, St. Joseph Hospital, Ypsilanti, MI – 3/2007

“Pediatric Weight Management and Bariatric Surgery.” University of Michigan Pediatric Nurses’ Retreat, Dexter, MI – 3/2007

“Three Keys to Getting Younger Every Year.” Health Promotion Presentation. Southfield, MI – 11/2008

“Guidelines for the Treatment and Prevention of Childhood Obesity.” State of Michigan Childhood Obesity Summit, Lansing, MI – 3/2008

“Medicaid Coverage of Childhood Obesity Treatment.” National Governors’ Association Childhood Obesity Advocacy Summit, Lansing, MI – 7/2008

“Successes in Adolescent Weight Management.” Healthy Weight Partnership Meeting. Lansing, MI – 9/2008

“Tailored Mobile Phone Text Messages as an Adjunct to Obesity Treatment for Adolescents.” New Investigator Platform Presentation, Los Angeles, CA – 3/2009

## **Bibliography**

### ***Peer-Reviewed Publications***

1. **Woolford SJ**, Gebremariam A, Clark SJ, Davis MM. Incremental hospital charges associated with obesity as a secondary diagnosis in children. *Obesity* 2007;15(7):1895-901.
2. **Woolford SJ**, Lumeng J, Clark SJ, Williams DR, Davis MM. Maternal perspectives on growth and nutrition counseling provided at preschool well child visits. *J Natl Med Assoc* 2007;99(2):153-158.
3. **Woolford SJ**, Clark SJ, Strecher VJ, Gebremariam A, Davis MM. Physicians’

perspectives on increasing the use of BMI charts for young children. *Clin Pediatr* 2008;47(6):573-7.

4. Nafiu O, Chimbira W, **Woolford S**, Tremper K, Reynolds P, Green G. Does high body mass index influence hospital charges in children undergoing adeno-tonsillectomy? *Obesity* 2008;16(7):1667-71.
5. **Woolford SJ**, Gebremariam A, Clark SJ, Davis MM. Persistent gap of incremental charges for obesity as a secondary diagnosis in common pediatric hospitalizations. *J Hosp Med* 2009;4:149-156.
6. Lee JM, Davis MM, **Woolford SJ**, Gurney JG. Waist circumference percentile thresholds for identifying adolescents with insulin resistance in clinical practice. *Pediatric Diabetes* (in press).
7. Lee JM, **Woolford SJ**, Herman WH, Clark SJ. Does childhood overweight, parental perception of overweight, or family history of diabetes increase parental perception of type 2 diabetes risk for their child? *Journal of Pediatric Endocrinology & Metabolism* (in press).
8. **Woolford SJ**, Clark SJ, Ahmed AR, Davis MM. Feasibility and acceptability of a one-page tool to help physicians assess and discuss obesity with parents of preschoolers. *Clinical Pediatrics* (in press).

#### **Poster Presentations**

1. **Woolford SJ**, Gebremariam A, Clark SJ. "A Comparison of Pediatrician and Family Physician Perceptions and Attitudes Regarding the Administration of Influenza Vaccine for Healthy Children 6 to 23 Months Old." Poster presentation. Pediatric Academic Societies annual meeting, Washington, DC, 5/2005
2. **Woolford SJ**, Gebremariam A, Clark SJ, Davis MM. "The Economic Cost to Medicaid of Pediatric Obesity-Associated Hospitalizations." Poster presentation. Pediatric Academic Societies annual meeting, Washington, DC, 5/2005
3. **Woolford SJ**, Gebremariam A, Clark SJ, Davis MM. "The Incremental Cost of Obesity as a Comorbidity in Pediatric Asthma Hospitalizations." Poster presentation. Pediatric Academic Societies annual meeting, Washington, DC, 5/2005
4. **Woolford SJ**, Gebremariam A, Clark SJ, Davis MM. "The Incremental Costs of Obesity as a Comorbidity in Pediatric Hospitalizations for Asthma and Pneumonia." Poster symposium presentation and Region V award presentation. Pediatric Academic Societies annual meeting, Washington, DC, 5/2005

5. **Woolford SJ**, Lumeng JC, Clark SJ, Davis MM. “‘Fear Factor’ and Superheroes – Parental Strategies to Promote Vegetable Consumption by their Children.” Poster presentation. North American Association for the Study of Obesity annual meeting, Vancouver, BC, 10/2005
6. **Woolford SJ**, Gebremariam A, Clark SJ, Davis MM. “Incremental Hospital Charges Associated with Obesity as a Secondary Diagnosis.” Platform presentation. North American Association for the Study of Obesity annual meeting, Vancouver, BC, 10/2005
7. **Woolford SJ**, Clark SJ, Lumeng JC, Davis MM. “Maternal Perspectives of Physicians’ Messages about Child Growth and Nutrition.” Poster presentation. Pediatric Academic Societies annual meeting, San Francisco, CA, 5/2006
8. **Woolford SJ**, Clark SJ, Gebremariam A, Davis MM. “A Colorful Plot: Ways to Increase Physicians’ Use of BMI Charts for Preschool Well-Child Visits.” Poster presentation. North American Association for the Study of Obesity annual meeting, Boston, MA, 10/2006
9. Wilson S, **Woolford SJ**, Davis MM. “Physical Education, Physical Activity, and Obesity Among U.S. Adolescents.” Poster presentation. Pediatric Academic Societies annual meeting, Toronto, Canada, 5/2007
10. Henry R, Davis MM, **Woolford SJ**. “Self-Perceived Body Weight Discrepancy and Suicidal Ideation among U.S. Adolescents.” Platform presentation. Pediatric Academic Societies annual meeting, Toronto, Canada, 5/2007
11. **Woolford SJ**, Gebremariam A, Clark SJ, Davis MM. “Widening Gap of Incremental Charges for Obesity Associated Hospitalizations.” Poster presentation. Pediatric Academic Societies annual meeting, Toronto, Canada, 5/2007
12. **Woolford SJ**, Clark SJ, Gebremariam A, Davis MM, Freed, GL. “To Cut or not to Cut: Primary Care Physicians’ Opinions about Referring Obese Adolescents for Bariatric Surgery.” Poster presentation. The Obesity Society Annual Scientific Meeting (formally NAASO), New Orleans, LA, 10/2007
13. **Woolford SJ**. “MPOWERing Families Affected by Disparities in Childhood Obesity.” The National Childhood Obesity Congress. Miami, FL, 3/2008
14. Sallinen BJ, **Woolford SJ**. “Do Overweight Adolescents Agree with Parents about Their Own Eating and Sedentary Behaviors?” Poster Presentation. Pediatric Academic Societies annual meeting, Honolulu, HI, 5/2008
15. Singer DC, **Woolford SJ**, Gebremariam A, Clark SJ, Davis MM. “Preschoolers’ Obesity Not Weighing on the Minds of their Parents.” Poster Presentation. Pediatric Academic Societies annual meeting, Honolulu, HI, 5/2008

16. **Woolford SJ**, Clark SJ, Davis MM, Sallinen BJ, Freed GL. “A Last Resort: Physicians’ Opinions on Referring Obese Teens to Multidisciplinary Weight Management Programs.” Poster Symposium. Pediatric Academic Societies annual meeting, Honolulu, HI, 5/2008
17. **Woolford SJ**, Clark SJ, Davis MM. “Promising Results from a Multidisciplinary Weight Loss Program for Adolescents.” Poster presentation. Pediatric Academic Societies annual meeting, Honolulu, HI, 5/2008
18. Robert C, Van Dyke A, Sallinen BJ, **Woolford SJ**. “Improvements in Measures of Fitness Among Adolescents after 12 weeks of Group Exercise Training in the Michigan Pediatric Outpatient Weight Evaluation and Reduction (MPOWER) Program.” Poster presentation. The Obesity Society annual meeting, Phoenix, AZ, 10/2008
19. Sallinen BJ, **Woolford SJ**. “Psychosocial Adjustment of Obese Adolescents Entering the Michigan Pediatric Outpatient Weight Evaluation and Reduction (MPOWER) Program.” Poster presentation. The Obesity Society annual meeting, Phoenix, AZ, 10/2008
20. **Woolford SJ**, Sallinen BJ. “Decreases in Metabolic Markers and BMI among Teens in the Michigan Pediatric Outpatient Weight Evaluation and Reduction (MPOWER) Program.” Poster presentation. The Obesity Society annual meeting, Phoenix, AZ, 10/2008
21. Woolford SJ, Clark SJ. “Tailored Mobile Phone Text Messages as an Adjunct to Obesity Treatment for Adolescents.” New Investigator Platform Presentation, Society for Adolescent Medicine. Los Angeles, CA, 3/2009

***Invited Reviews***

1. **Woolford S**, Rappley MD. The abuse and neglect of children, II: Recognizing abuse. *Med Psychol* 1997;2(4).
2. Rappley MD, **Woolford S**. The abuse and neglect of children, III: Sexual abuse. *Med Psychol* 1997;2(4).
3. Eneli I, **Woolford SJ**. The pediatric multidisciplinary obesity program: an update. *Prog Pediatr Cardiol* 2008;25:129-136.