

Curriculum Vitae

Lawrence J. Appel, MD, MPH, FACP, FAHA, FASH

**C. David Molina, M.D., M.P.H, Professor of Medicine
with Joint Appointments in Epidemiology, International
Health, and Nursing**

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Curriculum Vitae



Lawrence J. Appel, M.D., M.P.H.
CURRENT APPOINTMENTS AND POSITIONS

- 2014- **Endowed Chair**, C. David Molina Professor of Medicine, The Johns Hopkins University School of Medicine
- 2010- **Director**, Welch Center for Prevention, Epidemiology and Clinical Research, The Johns Hopkins University (Member, 1989-present)
- 2002- **Professor of Medicine**, Division of General Internal Medicine, The Johns Hopkins University School of Medicine
- 1996- **Director**, Johns Hopkins ProHealth Clinical Research Unit
- 1989- **Full-time Medical Staff**, The Johns Hopkins Hospital
- 1989- **Joint Appointments** in Epidemiology and International Health, Johns Hopkins Bloomberg School of Public Health
- 2015- **Joint Appointment** in Nursing, Johns Hopkins University School of Nursing

CONTACT INFORMATION**On-Campus Office Address**

Welch Center for Clinical Research,
Epidemiology, and Prevention
Johns Hopkins University
2024 East Monument Street, Suite 2-642
Baltimore, Maryland 21287
Telephone: (410) 955-4156
E-mail address: lappel@jhmi.edu

Off-Campus Address

The Johns Hopkins ProHealth Clinical Research
Unit 1849 Gwynn Oak Avenue, Suite 1
Baltimore, Maryland 21207
Telephone: (410) 281-1600

EDUCATION AND TRAINING

- 1973-77 Dartmouth College, Hanover, New Hampshire (Degree: BA)
- 1977-81 New York University School of Medicine, New York City (Degree: MD)
- 1981-84 Internship and Junior and Senior Residency in Internal Medicine, Baltimore City Hospital, Baltimore, Maryland
- 1984-85 Chief Resident, Internal Medicine, Francis Scott Key Medical Center, Baltimore, Maryland
- 1985-89 Johns Hopkins University, School of Hygiene and Public Health, Baltimore, Maryland (Degree: MPH)
- 1986-89 Research Fellowship in Internal Medicine, The Johns Hopkins University School of Medicine, Baltimore, Maryland
- 1986-89 NHLBI T32 Training Grant in Behavioral Aspects of Cardiovascular Disease
- 1988-89 Internal Medicine Faculty Development Program, Francis Scott Key Medical Center, Baltimore, Maryland
- 2011 Leadership Development Program (LDP), Johns Hopkins University School of Medicine

CERTIFICATIONS

1983-	State Medical License: Maryland
1984-	Diplomat, American Board of Internal Medicine
1999-	Specialist, Clinical Hypertension

PROFESSIONAL DEVELOPMENT

1985-86	Primary Care Internist at Care First, a Health Maintenance Organization, and Attending Physician, Francis Scott Key Medical Center
1989-91	Instructor, Medicine, The Johns Hopkins University School of Medicine
1991-96	Assistant Professor, Medicine, The Johns Hopkins University School of Medicine
1996-03	Associate Professor, Medicine, The Johns Hopkins University School of Medicine

PROFESSIONAL ACTIVITIES AND SERVICE

Professional Societies

1985-	Society for General Internal Medicine
1986-	Johns Hopkins Medical and Surgical Association
1989-	American College of Physicians
1989-	American Heart Association, Epidemiology and Prevention Council
1998-	American Society of Hypertension
2000-	American Heart Association, Lifestyle and Cardiometabolic Health Council

Study Sections/Review Activities

1992	Agency for Health Care Policy and Research
1993	National Science Foundation
1994-97	American Heart Association (Maryland affiliate)
1999	American Society of Sleep Disorders
1998-	National Heart, Lung and Blood Institute (Ad Hoc Study section chair, 1999, 2008, 2009, 2012)
2014	Israel Ministry of Health
2016	Kuwait Foundation for the Advancement of Sciences

Consultant/Service Activities

1991-93	American College of Physicians. Objective- to develop guidelines for the use of ambulatory blood pressure monitoring in clinical practice.
1991-99	National Heart, Lung and Blood Institute. Objective- to provide consultation in the design, conduct and analysis of the National Hypertension Project in Egypt.
1992-93	National Heart, Lung and Blood Institute. Objective- to develop recommendations on the primary prevention of hypertension.
1998-	Member (1998-2003), Vice-Chair (2003-2006) and Chair (2006-2008), Nutrition Committee, American Heart Association. Objective- to contribute to the development of nutrition policies for the American Heart Association.
1999	Institute of Medicine, Committee on Evaluating Coverage of Nutrition Services for the Medicare Population. Objective- to prepare report to Congress on benefits and costs of nutrition service for Medicare beneficiaries.
2001	Institute of Medicine, Committee on Evaluation of the Evolving Science in Dietary Supplements. Objective- to describe the types and patterns of evidence used to develop authoritative statements on dietary supplements from the National Academy of Sciences.

2002-04	Chair, Institute of Medicine Committee on Dietary Reference Intakes for Electrolytes and Water. Objective- to develop reference ranges for intake of sodium, potassium, chloride, water and sulfate.
2003-04	Member, USDA/HHS 2005 Dietary Guidelines Scientific Advisory Committee. Objective- to develop dietary recommendations for Americans.
2006	Member, NHLBI Strategic Planning Committees on Coronary Artery Disease and Hypertension/Vascular Disease
2007	Member, NHLBI Advisory Group, CARDIA Study
2008-11	Program Planning Committee, American Heart Association Council on Nutrition, Physical Activity and Metabolism, Vice Chair (2009), Chair (2010 and 2011)
2008-10	Member, USDA/HHS 2010 Dietary Guidelines Scientific Advisory Committee. Objective- to develop dietary recommendations for Americans.
2008-10	Member, AHA Goals and Metrics Committee of the Strategic Planning Task Force. Objective- to develop explicit, quantifiable goals for the 2020 strategic plan of the American Heart Association
2009-10	Institute of Medicine, Committee on Strategies to Implement Sodium Reduction. Objective – to develop recommendations designed to achieve population-wide reduction in sodium intake
2010-	Chair, AHA Sodium Strategy Task Force
2010-14	Member, AHA Healthier Business Diet Management Committee
2011-12	Member, AHA Committee on Scientific Sessions Program (CSSP)
2011	Chair, CDC/NHLBI Advisory Committee on Estimating Sodium Intake in NHANES
2011	Chair, NHLBI Advisory Group, Phase 3 of the ALLHAT Study
2012-14	Vice-Chair, Nutrition, Physical Activity and Metabolism (NPAM) Council of the American Heart Association
2014-16	Chair, AHA Council on Lifestyle and Cardiometabolic Health
2015	Member, NHLBI Advisory Committee, Hypertension Control in Blacks
2015-	Member, Horizon Foundation, Howard County, MD
2017	Advisor, Global Council on Brain Health
2017-	Chair, NHLBI Advisory Committee, Blood Pressure Measurement in Clinical and Research Settings

EDITORIAL BOARDS

Journal of Clinical Hypertension
Journal of Human Hypertension

HONORS AND ACCOMPLISHMENTS

1977	A.B., Magna Cum Laude; Major – Biochemistry with High Distinction
1980	Mosby Scholarship Book Award for outstanding scholarship and leadership
1981	New York University School of Medicine Alumni Association Award for outstanding service to the graduating class (awarded by class ballot)
1982	Rathbun Award for Clinical Excellence - awarded by ballot of the Baltimore City Hospital Medical Staff to the outstanding medical intern)
1997	DASH – named as one of ten most significant research studies in by the American Heart Association
2000	Fellow, American Heart Association
2005	Top 4 th Percentile in NIH Funding, 1977-2002
2005	Thomas Murray Lectureship, University of Pennsylvania, Division of Nephrology
2005	Late-Breaking Trial Presentation at American Heart Association Scientific Sessions

2006	Distinguished Researcher, the International Society of Hypertension in Blacks (ISHIB)
2006	Epidemiologic Inquiry Accolade: Randomized Trial of the Month (OmniHeart)
2007	Distinguished Lecturer, University of Mississippi School of Medicine
2008	David M. Levine Excellence in Mentoring Award
2010	Conner Lecturer, American Heart Association Scientific Sessions
2010	Visiting Professor, Case Western Reserve University
2011	Visiting Professor, Pennsylvania State University
2011	Beal Lecturer, University of Massachusetts
2011	Late-Breaking Trial Presentation at American Heart Association Scientific Sessions
2012	Visiting Professor, University of Utah
2012	National Award for Career Achievement and Contribution to Clinical and Translational Science, from the American Federation for Medical Research, Association for Clinical Research Training, Association for Patient Oriented Research, and Society for Clinical and Translational Sciences
2012	Best Published Research Paper of the Year, POWER Trial, Society of General Internal Medicine
2012	Visiting Professor, University of Iowa
2012	Elected Member, Institute of Medicine (now National Academy of Medicine)
2013	Fellow, American College of Physicians
2013	Visiting Professor, Harvard School of Public Health
2013	Visiting Professor, University of Pittsburgh
2014	Top Ten Clinical Research Award for NEJM article on ApoL1, Race and CKD progression from the National Clinical Research Forum (senior author)
2014	Visiting Professor, Columbia College of Physicians and Surgeons
2014	Best Published Research Paper of the Year, ACHIEVE Trial, from Society of General Internal Medicine and Trial of the Year from Society of Clinical Trials (senior author)
2014	"Kidney Champion" from the National Kidney Foundation of Maryland
2014	Fellow, American College of Physicians
2014,16,17	Thomson Reuters (Clarivate) Most Influential Scientists, based on number of most highly cited papers (top 1% of their field)
2015	Elected Member, Association of American Physicians (AAP)
2015,16,17	Citation for Outstanding Teaching at JHSPH, "Epidemiology of Kidney Disease"
2015	Two 'Top Ten' Papers in 2014, American Heart Association Council on Lifestyle and Cardiometabolic Health (TOHP3 and OmniCarb)
2015	Advising, Mentoring, and Teaching Recognition Award (AMTRA), nominated by the JHSPH student body
2015	World Hypertension League Recognition Award for efforts to reduce dietary salt intake
2015	Visiting Professor, Shiga University, Otsu, Japan
2016	Visiting Professor, University of Vermont, Burlington, VT
2016	Visiting Professor, Vanderbilt University, Nashville, TN
2016	Marvin Moser Clinical Hypertension Award from the American Society of Hypertension
2016	Women Faculty Sponsorship Award, from the Task Force on Women's Academic Careers in Medicine, Johns Hopkins Department of Medicine
2016	Highly Cited Researcher, 880 of 1360 with h index > 100 by Google Scholar
2017	Starr-Hested Lecturer, Harvard T.H.Chan School of Public Health, Dept of Nutrition
2017	Visiting Professor, New York University School of Medicine, New York, NY
2018	Visiting Professor, Boston University Medical School, Boston, MA
2018	Distinguished Scientist, American Heart Association

ADMINISTRATIVE APPOINTMENTS AT HOPKINS (2000 on)

2001	Advisory Committee, General Clinical Research Center
2002	Department of Medicine Research Retreat Planning Committee
2003-04	Advisory Committee, eIRB
2007,12	Review Committee, Department of International Health
2008-	Senior Advisor, Recruitment and Retention Unit, Institute for Clinical Translational Research
2009-17	David M. Levine Mentoring Award Selection Committee
2009	Faculty Task Force on Grants, Submissions, and Awards
2009-11	Best Environment for Research and Scholarship (BERS) Advisory Committee
2010-14	Comparative Effectiveness Research Committee
2011	Johns Hopkins Medicine Strategic Planning Committee
2012	Strategic Planning Committee for Research in the School of Medicine
2016-	Search Committee, Bloomberg Distinguished Professor in Primary Care
2017	Co-chair, Search Committee, Division Director of Nephrology
2018	Search Committee, Senior VP for Quality and Safety, Armstrong Institute Director

TEACHING ACTIVITIES**Faculty Advisees**

1992	*Fred Brancati, M.D., M.H.S., (deceased), Professor of Medicine and Division Director, General Internal Medicine, Johns Hopkins University School of Medicine
1996	*Edgar (Pete) Miller, M.D., Ph.D., Professor of Medicine, Johns Hopkins University School of Medicine
1997	Deborah Young, PhD, Senior Research Scientist at Kaiser Permanente.
2000	*Thomas (Tate) Erlinger, M.D., M.P.H., Director of Clinical Research Development at Austin Campus of the University of Texas Medical Branch
2005	*Cheryl Anderson, Ph.D., M.P.H., M.S., Associate Professor, Department of Family Medicine and Public Health.
2007	*Sharon Turban, M.D., M.H.S, Assistant Professor of Medicine, Johns Hopkins University School of Medicine
2008	**Gail Daumit, M.D., M.H.A, Associate Professor of Medicine, Johns Hopkins University School of Medicine
2008	Hsin-Chieh (Jessica) Yeh, Ph.D., Assistant Professor of Medicine, Johns Hopkins University School of Medicine
2012	Teresa Chen, M.D., M.H.S., Assistant Professor of Medicine, Johns Hopkins University School of Medicine
2012	*Raquel Greer, M.D., M.H.S., Assistant Professor of Medicine, Johns Hopkins University School of Medicine
2013	**Alexander Chang, M.D., M.S., Clinical Investigator, Associate Physician, Division of Nephrology, Geisinger Health System
2014	*Tammy Brady, M.D., Ph.D., Assistant Professor of Pediatrics, Johns Hopkins University School of Medicine
2015	**Noel Mueller, Ph.D., Assistant Professor of Epidemiology, Johns Hopkins University Bloomberg School of Public Health
2015	**Casey Rebholtz, Ph.D., Assistant Professor of Epidemiology, Johns Hopkins University Bloomberg School of Public Health
2017	**Stephen Juraschek, MD, PhD, Instructor of Medicine, Beth Israel Deaconess Medical Center/Harvard Medical School

* = prior K award recipient (KL2, K01, K08, K23, or K24), **=current K award recipient

Post-doctoral Advisees

1989-92	Fred Brancati, M.D., M.H.S., thesis research project: "The effect of high and low potassium intake on blood pressure among normotensive blacks". Current position: Professor, JHU School of Medicine (deceased).
1990-93	Athol Morgan, M.D., M.H.S., thesis research project: "The use of echocardiography in the diagnosis of rheumatic fever and rheumatic heart disease". Current position: clinical practice.
1992-94	Lena Bezman, M.D., M.P.H. - Post-doctoral research fellow, research project: "The impact of cognitive function on adherence to lifestyle interventions". Current position: research associate, JHU School of Medicine.
1994-96	Edgar R. Miller, M.D., Ph.D. - Post-doctoral research fellow, research project: "The impact of dietary patterns on serum oxygen-radical absorbing capacity and lipid-peroxidation". Current position: Professor of Medicine, JHU School of Medicine.
1995-97	Sun Ha Jee, Ph.D. - Research project: "A longitudinal evaluation of cardiovascular disease and its risk factors in South Korea". Award: Finalist, Jeremiah and Rose Stamler Award. Current position: Professor, Yonsei University.
1997-00	Thomas Erlinger, M.D. - Research project: The effects of dietary patterns on measures of inflammation and thrombosis. Awards: KO8, School of Medicine. Department of Medicine Junior Faculty Clinical Research Award, 2003. Current position: Associate Professor, University of Texas at Austin,
2005-08	Sharon Turban, M.D. M.H.S. - Research project: "The effects of race on urinary potassium excretion". Department of Medicine Junior Faculty Clinical Research Award, 2008. Current position: Assistant Prof, JHU.
2006 -08	Nisa Maruthur, M.D., M.H.S. "Effect of lifestyle interventions on estimated coronary heart disease risk" Department of Medicine Fellows Clinical Research Award, 2008. Finalist, Jeremiah and Rose Stamler Young Investigator Award 2008. Current position: Assistant Prof, JHU
2006-08	Tariq Shafi, M.D., M.H.S."Potassium Depletion Mediates Thiacide-Induced Diabetes." Awarded 1 st Place, Postdoctoral Fellows Poster Competition at SPH in 2008. Current position: Assistant Prof, JHU
2007-09	Jared Reis, Ph.D. – Post-doctoral Research Fellow, research project: "Vitamin D and Peripheral Vascular Disease". Awarded 1st Place, Postdoctoral Fellows Poster Competition at SPH in 2009. Current Position: NIH Project Officer.
2008-10	Julia Scialla, MD – Post-doctoral Research Fellow, research project: "Osteoprotegerin and Cardiovascular Disease in Patients with Chronic Kidney Disease". Current Position: Assistant Professor, Duke University
2010-12	Teresa Chen, MD – Post-doctoral Research Fellow, research project: "Natural History of Anemia in Hypertensive Chronic Kidney Disease". Current position: Assistant Prof, JHU.
2011-13	Stephanie Fitzpatrick, PhD –Post-doctoral Research Fellow, research project: "Behavioral Mediators of Weight Loss". Current position: Assistant Prof, Rush University
2011-14	Tammy Brady, MD – Post-doctoral Research Fellow, research project: "Effect of Lifestyle Interventions on Left Ventricular in Adolescents with Pre-Hypertension". Current position: Assistant Professor, Assistant Professor, Pediatric Nephrology
2012-13	Alex Chang, MD – Post-doctoral Research Fellow, research project: "Effect of Lifestyle Interventions on Chronic Kidney Disease Progression". Current

	position: Investigator, Geisinger Medical System
2013-14	Job Godino, PhD – Post-doctoral Research Fellow, research project: “Physical Function in Individuals with and without Diabetes”. Current position: Research Associate, University of California at San Diego.
2014-15	Ahmed Hassoon, MD – Post-doctoral Research Fellow, research project: “Effects of Dietary Patterns on Calcitriol, Parathyroid Hormone, Calcium and Phosphate”. Current position: Research Associate, Johns Hopkins Bloomberg School of Public Health.
2014-17	Timothy Plante, MD - Post-doctoral Research Fellow, research project: “Validation of the Instant Blood Pressure Smartphone Application (App)”. Department of Medicine Fellows Clinical Research Award, 2016
2015-17	Stephen Juraschek, MD, PhD – Post-doctoral Research Fellow, research project: “Orthostatic Hypotension and Falls”. Award: Winner, Jeremiah and Rose Stamler Award, 2015. Department of Medicine Fellows Clinical Research Finalist, 2016.

Pre-doctoral Advisees

1993-95	Chin Hur, B.S. - Medical Student, research project: “A meta-analysis of the effects of angiotensin converting enzyme inhibitors on renal function”
1994-99	Han Yao Huang, M.P.H. - Ph.D. student, “The effect of vitamin E and vitamin C supplementation on lipid peroxidation: a controlled trial”, awarded Delta Omega and Phi Beta Kappa; Winner, Jeremiah and Rose Stamler Award
1995-97	Jonathon Mosley, B.A. – M.H.S. student, “Skin color and blood pressure in an Egyptian population”
1999-00	Wen Chen, M.D. – ScM student, “The effects of salt intake on the occurrence of headache”
1999-00	Megan Jehn – M.H.S. student, “The effects of barometric pressure and temperature on blood pressure”
2003-05	Amber Summers – M.H.S. degree student, “The effects of sodium intake on sympathetic activity”
2003-07	Brett Ange – Ph.D. student, thesis research project: “Demographic and Nutritional Factors Associated with Bone Turnover in a Controlled Feeding Study”. Department of Epidemiology Student Support Award, 2005.
2005-08	Jeannette Beasley – Ph.D. student, thesis topic: “The effects of macronutrients on satiety”. Finalist, Jeremiah and Rose Stamler Young Investigator Award, 2008.
2008-10	Steven Chen, MD - MPH student. “Effects of Dietary Patterns on Estimated Coronary Heart Disease Risk: Results from the DASH trial”. Awarded 2009 M.P.H. Capstone Award and an Excellence in Medical Student Research Award.
2011-15	Laura Cobb, DrPH. candidate. Thesis topic: “The food environment and obesity: Overall impacts, measurement, and changes over time”
2012-15	Jessica Houston, MHS student. “Effects of Type and Amount of Phosphorus Intake on FGF23 Levels and Blood Pressure”
2011-16	Michael Collaco, PhD candidate. Thesis topic: “Lung Function and Temperature in Cystic Fibrosis”
2015-	Scott McClure, PhD candidate. Thesis topic: “Phosphorus and Blood Pressure”
2016-	Kathryn Foti, PhD candidate. Thesis topic: TBD
2017-	Emily Hu, PhD candidate. Thesis topic: “Dietary patterns and CKD Progression”

Classroom Instruction

1989-00	Director, Clinical Epidemiology Journal Club
1991-04	Instructor, Methods in Clinical Research
1991-07	Lecturer, Clinical Preventive Medicine

1991-	Lecturer, Cardiovascular Epidemiology
1994-14	Course Director, Clinical Trials: Issues and Controversies
1995	Director, Critical Appraisal of Published Clinical Research
1996,97	Co-Director, Introduction to Clinical Research, Bayview GCRC
1997,14,15	Lecturer, Renal Pathophysiology Course
1999	Co-Director, Advanced Topics in Cardiovascular Disease Epidemiology
2000, 01	Lecturer, Epidemiology and Public Policy
2005, 16	Pathophysiology Course
2012-	Lecturer, Practical Skills in Clinical and Epidemiologic Research
2012	Lecturer, Current Issues and Trends in Cardiovascular Health
2013,14	Lecturer, Chronic Diseases in Low- and Middle-Income Countries
2013	Lecturer, Clinical Preventative Medicine
2013	Lecturer, Cardiovascular Epidemiology, Tel Aviv, Israel
2014-	Lecturer, Principles of Nutrition
2014-	Co-Director, Epidemiology of Kidney Disease
2014, 5	Opening Lecture, 1 st Year of JHU School of Medicine, Health Care Disparities
2018	Director, Epidemiology in Evidence-Based Policy (340.636)

Clinical Instruction/Attending Responsibilities

1992	Attending, Nelson-Baker Service
1989-93	Attending, Out-Patient Medical Clinic
1989-93	Instructor, CBX (Computer Based Examination) Tutorial Program
1992	Instructor, Introduction to Biological Sciences, School of Hygiene and Public Health
1994-00	Instructor, Introduction to Clinical Skills
1994	Instructor, Ambulatory Care Series

PRESENTATIONS

Invited Presentations at Scientific Meetings and Conferences , 2010 on

Nov 2010	Scientific Sessions of the American Heart Association, Chicago, IL
Nov 2010	National Meeting of American Society of Nephrology, Denver, CO
Nov 2010	Annual Meeting of American Public Health Association, Denver, CO
May 2011	Annual Meeting of American Society of Hypertension, New York City, NY
Apr 2011	Experimental Biology, Washington, DC
June 2011	Annual Meeting of the American Diabetes Association, San Diego, CA
Nov 2011	Scientific Sessions of American Heart Association, Orlando, FL
Nov 2011	Annual Meeting of American Public Health Association, Washington, DC
Nov 2011	National Forum on Heart Disease and Stroke Prevention
Nov 2011	Food and Drug Administration, Silver Spring, MD
May 2012	American Society of Hypertension, New York City, NY
Nov 2012	Scientific Sessions of American Heart Association, Los Angeles, CA
Nov 2013	Plenary Speaker, Obesity Society, Atlanta, GA
Nov 2013	Scientific Sessions of American Heart Association, Dallas, TX
Nov 2014	Scientific Sessions of American Heart Association, Chicago, IL
May 2014	American Society of Hypertension, New York City, NY
Nov 2015	Scientific Sessions of American Heart Association, Orlando, FL
Aug 2016	American Physiology Society, Denver, CO
Nov 2016	Scientific Sessions of American Heart Association, New Orleans, LA
Nov 2016	National Meeting of American Society of Nephrology, Chicago, IL
Sept 2017	ASH/AHA Hypertension Council, San Francisco, CA
Nov 2017	National Meeting of American Society of Nephrology, New Orleans, LA
Nov 2017	Scientific Sessions of American Heart Association, Anaheim, CA

Invited Presentations at International Meetings

Dec 1993	National Scientific Meetings of the Egyptian Society of Hypertension
Dec 1996	National Scientific Meetings of the Egyptian Society of Hypertension
Dec 1998	National Scientific Meetings of the Egyptian Society of Hypertension
Jan 2000	National Scientific Meetings of the Egyptian Society of Hypertension
Jan 2001	National Scientific Meetings of the Egyptian Society of Hypertension
Apr 2002	National Scientific Meetings of the Egyptian Society of Hypertension
July 1995	Pan-Arab Society of Hypertension
May 1998	Sixth National Meeting of the Hypertension Society of Mexico
Jun 1998	Controversies in Cardiology, University Hospital of Berne, Berne, Switzerland
July 1999	Plenary Speaker, International Society of Hypertension in Blacks, Toronto, Canada
May 2001	Plenary Speaker, International Conference on Preventive Cardiology, Osaka, Japan
July 2001	XVII World Congress, International Society for Heart Research, Winnipeg, Canada
May 2002	40th Anniversary of the Seven Countries Study, Zutphen, Netherlands
July 2002	First International Summit on Kidney Disease Prevention, Singapore
Sept 2006	Master Class, Dietary Influences on Blood Pressure, Wageningen University, The Netherlands
Oct 2006	International Society of Hypertension, Fukuoka, Japan
Oct 2006	International Society of Hypertension, Satellite on Salt, Nagoya, Japan
Sept 2007	Plenary Speaker, 62nd Congress of Cardiology, Sao Paulo, Brazil
Oct 2007	Plenary Speaker, 30th Annual Scientific Meeting, Japanese Society of Hypertension
Feb 2009	Invited Speaker, Health Canada Working Group on Sodium Reduction
Mar 2009	Invited Speaker, Centro National Investigation Cardiovascular, Madrid, Spain
May 2009	Invited Speaker, World Congress of Nephrology, Milan, Italy
Sept 2010	Invited Speaker, International Society of Hypertension, Vancouver, Canada
Oct 2010	Invited Speaker, NIH and CAMS (Chinese Academy of Medical Sciences) NHLBI-Sponsored Conference on Hypertension and Stroke, Beijing, China
Mar 2011	Invited Speaker, Spanish Hypertension Society, Barcelona, Spain
Apr 2012	Invited Speaker, World Congress of Cardiology, Dubai, UAE
June 2013	Invited Speaker, World Congress of Nephrology, Hong Kong
Oct 2013	Plenary Speaker, Korean Society of Hypertension, Gwangju City, Korea
Oct 2015	Plenary Speaker, Annual Scientific Meeting, Japanese Society of Hypertension
Sept 2016	Plenary Speaker, International Society of Hypertension, Seoul, Korea

CLINICAL ACTIVITIES

1989-05	Attending Physician, Internal Medicine Consult Service
1989-11	Internal Medicine Clinic, JHOC Outpatient Center

SERVICE

1997-01	Member, DSMB, Exercise and Lifestyle Project (HELP)
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August 9, 2018

1999-04	Member, DSMB (SHAPE, PI: K. Stewart)
2002-06	Chair, DSMB, Aminocaproic Acid and Bleeding in Spinal Surgery (PI: S. Berenholz)
2003-07	Chair, DSMB, Fatty Liver (PI: J. Clark)
2004-07	Member, DSMB, Pharmacogenetics and Risk of Cardiovascular Disease
2004-10	Member, DSMB, NIDDK-sponsored Frequent Dialysis Network
2006-10	Chair, DSMB, NIA-sponsored Reveal Trial
2009-	Chair, DSMB, NHLBI-sponsored SNAP Trial (PI: R. Wing)
2010-14	Member, Scientific Advisory Board, Centro Nacional de Investigaciones (CNIC)
2010-16	Chair, DSMB, NHLBI-sponsored SPRINT Trial (PI: P. Whelton)
2016-	Chair, DSMB, NIA-sponsored MIND Diet Trial (PI: M.C. Morris)
2017-	Chair, DSMB, NIA-sponsored Molecular Transducers of Physical Activity in Humans" (MoTrPAC)
2018	Member, Ad Hoc Committee to DSMB, NIA-sponsored STRIDE Trial

CURRENT RESEARCH (Only Projects as Principal Investigator)

- Title:** T32 Renal Disease Epidemiology Training Grant
Role: Principal Investigator
Sponsoring Agency: NIH-NIDDK
Period: 7/1/15-6/30/20
Objective: This training grant to Johns Hopkins supports 4 post-doctorial trainees, typically clinical research fellows in Adult and Pediatric Nephrology, who express a strong interest in conducting epidemiologic, clinical and translational research related to kidney disease.
- Title:** Chronic Renal Insufficiency Cohort Study (CRIC)
Role: Clinical Center Principal Investigator
Sponsoring Agency: NIH-NIDDK
Period: 9/1/01-3/31/18
Objective: This observational study will determine risk factors for the progression of renal disease and its cardiovascular complications in persons with chronic kidney disease.
- Title:** Vitamin D Supplements to Prevent Falls in Older Adults: A Dose-Response Trial (aka STURDY)
Role: Principal Investigator and Chair
Sponsoring Agency: NIH-NIA
Period: 7/1/14-6/30/20
Objective: This dose-finding, response adaptive trial will assess the effects of 4 doses of vitamin D supplements (200IU/d, 1000IU/d, 2000IU/d, and 4000IU) on falls, gait speed and other outcomes in persons, ages 70+.
- Title:** Mid-Atlantic Nutrition Obesity Research Center (NORC)
Role: Principal Investigator, Subcontract to Hopkins from University of Maryland
Sponsoring Agency: NIH-NIDDK
Period: 9/1/15-8/31/20
Objective: to support innovative nutrition and obesity research at the University of Maryland and Johns Hopkins by providing core clinical research services, often to early investigators
- Title:** Resolve to Save Lives (aka RESOLVE)
Role: Principal Investigator, Subcontract for Hopkins from Vital Strategies
Sponsoring Agency: Bloomberg Philanthropies, the Chan Zuckerberg Initiative, and the Bill &

Melinda Gates Foundation

Period: 10/1/17-9/30/22

Objective: to provide technical support, evaluation guidance, and training and capacity building for 2 programs: hypertension control in 50 million persons and sodium reduction in 1 billion persons in 10 countries.

COMPLETED RESEARCH

1. Title: *Mini-Grant*
Role: Principal Investigator,
Sponsoring Agency: National Kidney Foundation of Maryland
Period: 7/1/89 -6/30/90
Objective: This training grant provided salary support for a technician, who conducted ambulatory blood pressure monitoring and cardiovascular reactivity ancillary studies in the Trials of Hypertension Prevention.
2. Title: Clinician Scientist Award
Role: Principal Investigator
Sponsoring Agency: Johns Hopkins School of Medicine
Period: 7/1/90-6/30/92
Objective: This was a two year career development award. It provided investigator support to conduct studies pertaining to the role of ambulatory blood pressure monitoring.
3. Title: Johns Hopkins Department of Medicine Grant for Clinical Research
Role: Principal Investigator
Sponsoring Agency: Johns Hopkins
Period: 7/1/91-12/30/93
Objective: This grant provided support for conduct of the above-mentioned KO8-related studies.
4. Title: The Effect of High and Low Potassium Intake on Blood Pressure in Normotensive Blacks
Role: Principal Investigator
Sponsoring Agency: AHA-Maryland Affiliate
Period: 7/1/92-6/30/94
Objective: This study was a trial that demonstrated the blood pressure lowering effect of potassium supplementation in black men and women.
5. Title: Phase II of the Trials of Hypertension Prevention (TOHP)
Role: Co-Principal Investigator
Sponsoring Agency: NHLBI
Period: 9/30/90-6/30/95
Objective: Phase II of TOHP is a multi-center clinical trial designed to test the long-term efficacy of sodium restriction and/or weight loss in preventing hypertension.
6. Title: Study of Mild Hypertension in Addults (SOMHA), The Johns Hopkins Clinical Center
Role: Co-Principal Investigator
Sponsoring Agency: NIH-NHLBI
Period: 12/1/89 -6/30/91
Objective: This project was performed at Johns Hopkins under subcontract to Harvard Medical School (Principal Investigator, Frank Sacks). SOMHA tested the short-term efficacy of combinations of mineral cations (potassium, magnesium and calcium) in reducing blood pressure among individuals with mild hypertension.
7. Title: Clinician Investigator Award
Role: Principal Investigator
Sponsoring Agency: NHLBI
Period: 7/1/92-6/30/97

- Objective: The focus of this Career Development Award (KO8) was to conduct studies focusing on prevention of cardiovascular disease through ambulatory blood pressure monitoring and dietary modification.
8. Title: Dietary Approaches to Stop Hypertension (DASH)
Role: Principal Investigator
Sponsoring Agency: NHLBI
Period: 8/1/93-7/31/97
Objective: DASH was a multi-center clinical trial designed to test the efficacy of specific patterns of nutrient intake in reducing blood pressure.
 9. Title: Trials of Non-pharmacologic Intervention in the Elderly (TONE)
Role: Co-Principal Investigator
Sponsoring Agency: NHLBI and NIA
Period: 1/1/92-3/31/96
Objective: TONE tested the efficacy of salt reduction and/or weight loss to control blood pressure in elderly individuals withdrawn from anti-hypertensive medications.
 10. Title: International Study of Macronutrients and Blood Pressure (INTERMAP)
Role: Principal Investigator
Sponsoring Agency: NHLBI
Period: 9/1/95-6/30/99
Objective: INTERMAP was an observational study designed to assess the relationship between blood pressure and non-traditional nutritional factors.
 11. Title: Dietary Approaches to Stop Hypertension - Losartan (DASH-L)
Role: Principal Investigator
Sponsoring Agency: Merck
Period: 4/1/1998-6/30/1999
Objective: This multicenter trial determined the effects of a desirable dietary pattern, Losartan and their interactions in Stage I and Stage II hypertensives.
 12. Title: Project Win
Role: Principal Investigator
Sponsoring Agency: The Bristol-Meyers Squibb Foundation
Period: 5/1/97-6/30/00
Objective: Project Win was an effectiveness trial designed to test the impact of a comprehensive lifestyle intervention program on blood pressure in African-Americans.
 13. Title: Dietary Approaches to Stop Hypertension - Sodium (DASH-Na)
Role: Principal Investigator
Sponsoring Agency: NHLBI
Period: 2/1/97-1/31/01
Objective: DASH-Sodium was a clinical trial designed to test the effects of 3 different salt intakes in 2 different dietary patterns.
 14. Title: African-American Study of Kidney Disease and Hypertension (AASK)
Role: Principal Investigator
Sponsoring Agency: NIH/NIDDK
Period: 9/1/92-6/30/02
Objective: This multi-center trial tested the effects of 2 levels of blood pressure control and 3 types of anti-hypertensive medications on the progression of kidney disease in African-Americans with hypertensive nephrosclerosis.
 15. Title: PREMIER
Role: Principal Investigator
Sponsoring Agency: NHLBI
Period: 9/1/98-8/31/03
Objective: PREMIER was a clinical trial designed to test the efficacy of two types of comprehensive lifestyle modification programs to control blood pressure in 800 individuals with

- high normal or Stage 1 hypertension.
16. Title: AASK Cohort Study
Role: Principal Investigator and Chair
Sponsoring Agency: NIH/NIDDK
Period: 7/1/02-6/30/07
Objective: This cohort study extended follow-up of participants in the AASK trial to understand risk factors for CKD progression and other CKD-related outcomes..
 17. Title: Weight Loss Maintenance Trial
Role: Principal Investigator and Study Vice-Chair
Sponsoring Agency: NHLBI
Period: 1/1/03-12/31/07
Objective: This trial will test the effects of two strategies designed to maintain weight loss, once achieved.
 18. Title: Macronutrients and Cardiovascular Risk (a.k.a. OmniHeart)
Role: Principal Investigator and Study Chair
Sponsoring Agency: NHLBI
Period: 4/1/02-3/31/07
Objective: This trial will assess the impact on blood pressure and plasma lipids of diets that emphasize different macronutrients (protein, monounsaturated fat and carbohydrate).
 19. Title: Carbohydrate: Amount and Type Affecting Risk of CVD and Diabetes (OmniCarb)
Role: Principal Investigator
Sponsoring Agency: NHLBI
Period: 3/1/07-2/28/12
Objective: This trial is assessing the health effects of diets that emphasize different amount and types of carbohydrate.
 20. Title: Practice-Based Opportunities for Weight Reduction (POWER, a.k.a Integrated Clinical-Behavioral Interventions to Accomplish Weight Loss)
Role: Principal Investigator and Study Chair
Sponsoring Agency: NHLBI
Period: 9/1/06-6/30/12
Objective: This practice-based comparative effectiveness trial tested two strategies as a means to control weight in obese medical patients with cardiovascular risk factors.
 21. Title: SPICE
Role: Principal Investigator
Sponsoring Agency: McCormick Science Institute
Period: 2/12-5/13
Objective: This trial tested the effects of a behavioral intervention, which emphasized spices and herbs, on dietary sodium intake.

PUBLICATIONS (* indicates trainee)

Web-of-Science H-index=88 (4/26/18), citations=42,433

Scopus H-index=95 (5/7/18), citations=49,764

Google Scholar H-index=117 (4/26/18), citations=84,301

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