

# **CURRICULUM VITAE**

## **JAMES M. RIPPE, M.D.**

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**ADDRESS:** Rippe Lifestyle Institute  
21 North Quinsigamond Avenue  
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**PHONE:** (508) 756-1228

**DATE OF BIRTH:** June 26, 1947

**EDUCATION:** Harvard College, B.A., 1969, cum laude  
Harvard Medical School, M.D., 1979, cum laude

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### **EMPLOYMENT AND PROFESSIONAL EXPERIENCE**

**2019 – Present:** Professor of Medicine, UMass Chan Medical School

**2000 – Present:** Founder and Director, Rippe Lifestyle Institute

**2007 – Present:** Editor in Chief, American Journal of Lifestyle Medicine

**1985 – Present:** Editor in Chief, Journal of Intensive Care Medicine

**2008 – 2015:** Founder and Director, Rippe Health Evaluation

**2005 – 2010:** Professor of Biomedical Sciences, University of Central Florida

**2005 – 2010:** Chairman, Center for Lifestyle Medicine, University of Central Florida

**1999 - Present:** Scientific Advisory Board, WebMD

**2008-2011:** Director, Lifestyle Medicine Initiative, Orlando Regional Healthcare

**1998-2008:** Founder and Director, Rippe Health Assessment at Celebration Health Florida Hospital

**1997-2004** Co-Chairman, Pharmanex Medical Advisory Board

**1997-1998:** Founding Editor, Nutrition in Clinical Care

**1996-1999** Chairman, Interdisciplinary Council on Lifestyle & Obesity Management

**1994-2006** Associate Professor of Medicine (Cardiology)  
Tufts University School of Medicine, Boston, MA

**1988-2000:** Director, Center for Clinical and Lifestyle Research

**1994-1996:** Medical and Child Development Director, Discovery Zone

**1993-1997:** Medical Editor, Television Food Network, New York City

**1991-1994:** Medical and Child Development Director, Leaps & Bounds

**1990-1995:** Editor in Chief, Medicine, Exercise, Nutrition and Health

- 1988-1993:** Associate Professor of Medicine, Director of Exercise Physiology and Nutrition Laboratory, University of Massachusetts Medical School, Worcester, MA
- 1983-1988:** Assistant Professor of Medicine, Director of Exercise Physiology and Nutrition Laboratory, University of Massachusetts Medical School, Worcester, MA
- 1984** Adjunct Professor of Exercise Science, Department of Exercise Science, University of Massachusetts, Amherst
- 1983-1993:** Attending Physician, Cardiac Catheterization Laboratory, University of Massachusetts Medical Center, Worcester, MA
- 1986- 1991:** Member, National Medical Advisory Board, YMCA of the USA
- 1985-1990:** Medical Consultant to the YMCA of the USA for Corporate Health Enhancement
- 1983-1985:** Chairman, Executive Committee, Center for Health, Fitness and Human Performance, University of Massachusetts Medical Center, Worcester, MA
- 1983-1985:** Medical Director of Cardiac Rehabilitation, University of Massachusetts Medical Center
- 1983-1984:** Fitness Testing: Boston Red Sox Baseball Team
- 1981-1983:** Instructor of Medicine/Fellow in Cardiovascular Medicine and Medical Director of Cardiac Rehabilitation, University of Massachusetts Medical School, Worcester, MA
- 1980-1984:** Resident Tutor and Chairman, Pre-Medical Committee, Eliot House, Harvard University
- 1980-1981:** Resident in Internal Medicine, Massachusetts General Hospital, Boston, MA
- 1979-1980:** Intern in Internal Medicine, Massachusetts General Hospital, Boston, MA
- 1978-1979:** Research Associate, Department of Cardiology, University of Massachusetts Medical Center
- 1975-1976:** Research Assistant to the Dean, Harvard School of Public Health
- 1970-1974:** Director, Radcliffe Pottery Studio (Harvard University)
- 1970-1974:** Founder, Executive Director, Credence House, Inc. (Massachusetts Department of Mental Health), Halfway House
- 1969-1973:** Founder, Executive Director, Alpha House, Inc. (Mass Department of

Mental Health), Halfway house for former mental patients.

### **TEACHING**

<b>2019- present</b>	Professor of Medicine (Cardiology) UMass Chan School of Medicine
<b>2005–2010:</b>	Professor of Biomedical Sciences University of Central Florida
<b>2003-2005:</b>	Affiliate Associate Professor of Medicine, University of South Florida College of Medicine
<b>2003-2010:</b>	Adjunct Faculty (Exercise Physiology and Lifestyle Medicine), University of Central Florida
<b>1994-2006:</b>	Associate Professor of Medicine (Cardiology), Tufts University School of Medicine
<b>1988-1993:</b>	Associate Professor of Medicine (Cardiology), University of Massachusetts Medical School
<b>1983-1988:</b>	Assistant Professor of Medicine (Cardiology), University of Massachusetts Medical School
<b>1981-1983:</b>	Instructor of Medicine, University of Massachusetts Medical School.
<b>1979-1981:</b>	Clinical Fellow in Medicine, Harvard Medical School

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### **CERTIFICATIONS AND LICENSURE**

<b>1983</b>	Board Certified American Board of Internal Medicine
<b>1985</b>	Board Certified in the Subspecialty of Cardiology, American Board of Internal Medicine
<b>1981 – Present</b>	Licensed in the State of Massachusetts
<b>1997 - 2018</b>	Licensed in the State of Florida

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### **ACADEMIC HONORS**

<b>1979:</b>	Harvard Medical School, M.D. cum laude in a special field (Cardiovascular Pathophysiology), June, 1979. Thesis: Hemodynamic Studies in the Trained Racing Greyhound: A model of the development, functional consequences and regression of exercise-induced cardiac hypertrophy
<b>1969:</b>	Finalist, Soma Weiss Competition, Harvard College
<b>1969:</b>	Harvard College, B.A., cum laude in History and Literature (American).

Thesis: Ezra Pound as a Social Reformer

- 1965-1969:** Dean's List, Harvard College
- 1965-1969:** National Merit Scholar, Harvard National Scholar
- 1966:** Detur Prize, Harvard College

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### **AWARDS**

- 2023:** 2023 ACLM Trailblazer Award Winner from the American College of Sports Medicine
- 2000:** Named one of the 100 Most Influential People in Central Florida, Orlando Business Journal
- 1996:** Cooking Light Top Ten Health and Fitness Books for 1996 (for Fit Over Forty)
- 1992:** Lifetime Achievement Award, International Dance Exercise Association
- 1990:** Healthy American Fitness Leader, US Jaycees and President's Council on Physical Fitness
- 1989:** IDEA Fitness Educator of the Year
- 1987:** American Health Book Award (for Fitness Walking for Women)
- 1985:** American Health Book Award (for Fitness Walking)

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### **ORGANIZATIONS**

- 2005-2009** American Diabetes Association
- 2000-2015:** Charter Member, American Heart Association's Council on Nutrition, Metabolism and Physical Activity
- 1983-1988:** Board of Managers, Greendale Branch of Greater Worcester YMCA
- 1983-Present:** American Heart Association
- 1983-2013:** American College of Sports Medicine
- 1990-1992:** American Medical Association
- 1992-1995:** Society of Critical Care Medicine
- 1995-1996:** Society of General Internal Medicine
- 1998-2001:** American Association of Cardiovascular & Pulmonary Rehabilitation
- 1998-2012:** North American Association for the Study of Obesity
- 1999-2015:** Council of Nutrition, Metabolism, and Physical Activity of the AHA

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## **MEMBER EDITORIAL BOARD**

<b>2000-present:</b>	Time Magazine: Cardiovascular Health Supplements
<b>1999-2001</b>	Medicine and Science in Sports and Exercise
<b>1996-1997</b>	Tufts University Diet & Nutrition Letter
<b>1996-1999</b>	ACSM's Health and Fitness Journal
<b>1993-2001</b>	Medicine and Science in Sports and Exercise
<b>1987-1990</b>	The Physician and Sports Medicine

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## **REVIEWER OF JOURNAL ARTICLES FOR:**

- ◆ The American Heart Journal
- ◆ Catheterization and Cardiovascular Diagnosis
- ◆ The Physician and Sports Medicine
- ◆ Archives of Internal Medicine
- ◆ Journal of the American Medical Association
- ◆ Medicine and Science in Sports and Exercise
- ◆ Fitness in Business
- ◆ International Journal of Obesity

## **REVIEWER OF BOOKS FOR:**

- ◆ Little, Brown, Inc. (Boston)
- ◆ Appleton, Lange, (New York)
- ◆ Practical Cardiology
- ◆ The Physician and Sports Medicine

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## **COLUMNIST/COMMENTATOR FOR:**

- ◆ Business Digest (Health and Fitness Columnist, 1984-1985)
- ◆ The Boston Globe (Walking Columnist, 1985-1986)
- ◆ New England Cable News (Medical Expert, 1991-1993)
- ◆ New England Cable News (Medical Editor, 1993-1994)
- ◆ Television Food Network (TVFN) (Medical Editor, 1993-1997)
- ◆ Good Morning America (Health and Fitness Consultant, Commentator (1995-1996)
- ◆ WESH Channel 2: Orlando Medical Commentator (1999-2004)
- ◆ The Golf Channel: Medical Editor (2002-2003)

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## **PUBLICATIONS**

### ***A. ORIGINAL ARTICLES***

1. Rippe, JM: Caring and medical education, Lancet. 1:36, 1977.
2. Rippe JM, Bennett N, Taylor H, Warner CK: Learning from each other Reflections on a medical student discussion group. J. Med Educ. 53:686, 1978.

3. Rippe JM, Angoff G, Sloss LJ, Wynne J, Alpert JS: Multiple floppy valves: An echocardiographic syndrome. *Am J Med.* 66:817, 1979.
4. Rippe JM, Sloss LJ, Angoff G, Alpert JS: Mitral valve prolapse in adults with congenital heart disease. *Am Heart J.* 97:561, 1979.
5. Rippe JM, Fishbein MC, Carabello B, Angoff G, Sloss L, Collins JJ, Alpert JS: Primary myxomatous degeneration of cardiac valves: A clinical, pathologic, Hemodynamic and echocardiographic profile. *Br Heart J.* 44:621, 1980.
6. Rippe JM, Pape LA, Alpert JS, Ockene IS, Paraskos JA, Kotilainen P, Anas J, Webster W: Studies of systolic mechanics and diastolic behavior of the left ventricle in the trained racing greyhound. *Bas Research Cardiol.* 77:619, 1982.
7. Rippe JM, Curley F, Paraskos JA, Schoen FJ, Cohn LH, Alpert JS: Triple valve endocarditis with unusual echocardiographic findings, *Am Heart J.* 107:598, 1984.
8. Rippe JM, Singh JB, Jarvais N, Adams E, Erkkila K: Mitral valve prolapse and spasm of normal coronary arteries: Report of four cases and review of the literature. *Angiology.* 35:300, 1984.
9. St. Louis P, Rippe JM, Benotti JR, Frankel PM, Vandersalm T, Alpert JS: Myocardial infarction with normal coronary arteries complicated by ventricular septal rupture. *Am Heart J.* 107:1259, 1984.
10. Malloy PC, Gore JM, Rippe JM, Paraskos JA, Benotti JR, Alpert JS, Dalen JE: Right atrial thrombus resulting in pulmonary embolism: A case with echocardiographic and angiographic documentation. *Am Heart J.* 108:1047, 1984.
11. Levy BS, Goldberg R, Rippe J, Love D: A regular exercise program for medical students: Its impact on health, personal habits and attitudes. *J Med Educ.* 59:596, 1984.
12. Pape LA, Rippe JM, Paraskos JA, Alpert JS: Effects of the cessation of training on left ventricular function in the racing greyhound: Serial studies in a model of cardiac hypertrophy. *Bas Res Cardiol.* 79:98, 1984.
13. Rippe JM, Browning C, Vandersalm TH, Goldberg R, Alpert JS, Dalen JE: Fascicular conduction disturbances following aortocoronary bypass surgery. The role of hypothermia versus potassium-arrest cardioplegia. *J Cardiovasc Surg.* 25:456, 1985.
14. Gurry M, Pappas A, Michaels J, Maher P, Shakman A, Goldberg R, Rippe J: A comprehensive pre-season fitness evaluation for professional baseball players. *Physician Sports Med.* 13:63, 1985.
15. Pape LA, Price JM, Alpert JS, Rippe JM: Hemodynamics and left ventricular function: A comparison between adult racing greyhounds and greyhounds completely untrained from birth. *Bas Research Cardiol.* 81:417, 1986.
16. Ockene JK, Hosmer D, Rippe J, Williams J, Goldberg RJ, DeCosimo D, Maher PM, Dalen JE: Factors affecting cigarette smoking status in patients with ischemic heart disease. *J. Chronic Dis.* 38:985-994, 1985.
17. Negus RS, Rippe JM, Freedson P, Michaels J: Heart rate, blood pressure and oxygen consumption during orthopedic rehabilitation exercise. *J of Orthopaedic and Sports Therapy.* 8:346-350, 1987.
18. Kline GM, Porcari JP, Hintermeister R, Freedson PS, Ward A, McCarron RF, Ross J, Rippe JM: Estimation of V<sub>O2</sub> max from a one-mile track walk, gender, age, and body weight. *Med Sci Sports Exerc.* 19:253-9, 1987.

19. Porcari J, McCarron R, Kline G, Freedson P, Ward A, Ross J, Rippe J: Is fast walking an adequate aerobic training stimulus in 30-69 year old adults? *Phys and Sports Med.* 15:119, 1987.
20. Ward A, Malloy P, Rippe J: Exercise prescription guidelines. *Cardiol Clinics* 5:197 1987.
21. Rippe JM, Ward A, Freedson P: Walking for health and fitness, *Encyclopedia Britannica and Health Annual*, 1988.
22. The TIMI Study Group: The Thrombolysis in Myocardial Infarction (TIMI) Trial. *N Engl J Med.* 312:932-936, 1985.
23. Hillis LD, TIMI Principal Investigators: High-dose intravenous streptokinase for Acute myocardial infarction: Preliminary results of a multicenter trial. *JACC.* 6:957-962, 1985.
24. Chesebro JA, TIMI Principal Investigators: Thrombolysis in Myocardial Infarction (TIMI) Trial, Phase I: A comparison between intravenous tissue plasminogen activator and intravenous streptokinase, *Circ.* 76:142, 1987.
25. Mueller HS, Rao AK, Formen SA, and the TIMI Investigators: Thrombolysis in Myocardial infarction (TIMI): Comparative studies of coronary reperfusion and Systemic fibrinogenolysis with two forms of recombinant tissue - type plasminogen Activator. *JACC.* 10:479, 1987.
26. Passamani E, Hodges M, Herman M, et al for the TIMI Investigators: The Thrombolysis in Myocardial Infarction (TIMI) Phase II Pilot Study: Tissue Plasminogen activator followed by percutaneous transluminal angioplasty. *JACC.* 10:518, 1987.
27. Rippe JM, Ward A, Freedson P, Porcari J, O'Hanley S, Wilkie S: The Cardiovascular Benefits of Walking. *Prac. Cardiol.* (1) 66-72, 1989.
28. Rippe JM, Ward A, Porcari J, Freedson PS: Walking for health and fitness. *JAMA.* 259:272, 1988.
29. Gurry MK, Freedson PS, Kline G, Porcari J, Ward A, Rippe JM: A comparative analysis of an automated non-invasive estimate of cardiac output with direct fick and thermodilution techniques. *J Cardiac Rehab.* 9:122-126, 1989.
30. Pape AL, Chan K, Rippe JM: Asymptomatic Heart Murmur in a Professional Football Player. *Phys and Sports Med.* 16:53, 1988.
31. Rippe JM, Freedson PS, Ward A: Exercise: Staying With It. *Encyclopaedia Britannica Medical and Health Annual*, p. 417, 1989.
32. Porcari JP, Ebbeling CB, Ward A, Freedson PS, Rippe JM: Walking for exercise testing and training. *Sports Med.* 8(4):189-200, 1989.
33. Morris DM, Ward A, Rippe JM: Oat bran: Mania and Magic. *Encyclopaedia Britannica Medical and Health Annual*, 1990.
34. Freedson PS, Ward A, Rippe JM: Childhood health and fitness. *Encyclopaedia Britannica Medical and Health Annual*, 1990.
35. Alpert JS, Pape LA, Ward A, Rippe JM: The Athletic Heart Syndrome. *Phys and Sports Med.* 27:103-107, 1989.
36. Hutchinson GE, Freedson PS, Ward A, Rippe J: Ideal to Real: Implementing the Health and Fitness Program for Youth. *JOPERD*, August 1990.

37. Zwiren LD, Freedson PS, Ward A, Wilkie S, Rippe JM: Estimation of VO<sub>2</sub> max: A comparative analysis of five exercise tests. *Research Quarterly for Sports and Exerc.* 62:73, 1991.
38. Goldfine H, Ward A, Taylor P, Carlucci D, Rippe JM: Exercising to Health: What's Really in It for Your Patients? Part I: The Health Benefits of Exercise. *Phys and Sports Med.* 19(#6):81, 1991.
39. Carlucci D, Goldfine H, Ward A, Taylor P, Rippe JM: Exercise: Not Just for the Healthy Part II: The Health Benefits of Exercise. *Phys and Sports Med.* 19(#7)46, 1991.
40. Taylor P, Ward A, Rippe JM: Exercising to Health: How Much, How Soon? Part III. *Phys and Sports Med.* 19(8):95, 1991.
41. Taylor P, Ward A, Rippe JM: How to Tailor an Exercise Program. Part IV. *Phys and Sports Med.* 19(9):64, 1991.
42. Rippe JM, Blair SN, Freedson P, Micheli LJ, Morrow JR, Pate R, Plowman S, Rowland T. Childhood Health and Fitness in the United States: Current Status and Future Challenges. A Roundtable Discussion. *Med Exerc Nutr Health.* 1:97-104, 1991.
43. Rippe JM, Blair SN, Freedson P, Micheli LJ, Morrow JR, Pate R, Plowman S, Rowland T. Childhood Health and Fitness in the United States: Current Status and Future Challenges, Part II of a Roundtable Discussion at the American College of Sports Medicine, Orlando, FL., May 30, 1991. *Med Exerc Nutr Health.* 1:171-180, 1991.
44. Morris DH, Cuneo PJ, Yamartino MS, Mance MJ, Bell KJ, Puleo EM, Ward A, Rippe JM: High-Intensity Sweeteners, Energy and Nutrient Intakes of Overweight Women and Men Participating in a Weight-Loss Program. *Nutri Research.* 13:123-132, 1993.
45. Voyce SJ, Rippe JM: Pulmonary Artery Catheters: An Update. *J Intensive Care Med.* 5:175-192, 1990.
46. Widrick J, Ward A, Ebbeling C, Clemente E, Rippe J: Treadmill Validation of An Over-Ground Walking Test to Predict Peak Oxygen Consumption. *Eur J Appl Physiol.* 64:304-308, 1992.
47. Morris DH, Rippe JM: Innovations in Food and Nutrition. *Encyclopaedia Britannica Medical and Health Annual,* 1992.
48. Freedson PS, Hutchinson G, Widrick J, Mazziotti J, Ward A, Rippe J: The Effects of an Eight Week Health and Fitness Curriculum Unit on Second Grade Children's Health and Fitness Knowledge, and Activity and Food Preferences. *J of Phys Ed, Rec and Dance.* 1992.
49. Bryan G, Ward A, Rippe JM: Athletic Heart Syndrome. *Clin in Sports Med.* 1992.
50. Rippe JM, Weissberg RP, Seefeldt V: The Purpose of Play: A Framework for Improving Childhood Health and Psychological and Physical Development. *Med Exerc Nutr Health.* 2:225-231, 1993.
51. Heil DP, Freedson PS, Ahlquist L, Price J, Rippe J: Criterion-Referenced Evidence for the Predictive Validity of a Non-Exercise Based VO<sub>2</sub> max Prediction Model. *Med Sci Sport Exerc.* 27:599-606, 1995.
52. Marks BL, Ward A, Morris DH, Castellani J, Rippe JM: Fat Free Mass is Maintained in Women Following a Moderate Diet and Exercise Program. *Med Sci Sports Exerc.* 27:1243-1251, 1995.
53. Brown DR, Wang Y, Ward A, Ebbeling CB, Fortlage L, Puleo E, Benson H, Rippe JM: Chronic Psychological Effects of Exercise and Exercise Plus Cognitive Strategies. *Med Sci Sport Exer.*

27(5):765-775, 1995.

54. Pate RR, Pratt M, Blair SN, Haskell WL, Macera CA, Bouchard C, Buckner D, Casperson CJ, Ettinger W, Heath GW, King A, Kriska A, Leon AS, Marcus B, Morris J, Paffenbarger R, Patrick K, Pollock M, Rippe JM, Sallis J, Wilmore JH: Physical Activity and Public Health: A Recommendation from The Centers for Disease Control and Prevention and the American College of Sports Medicine. *JAMA*. 273:402-407, 1995.
55. Rippe JM: Overweight and Health: Communications Challenges and Opportunities. *Am J of Clin Nutr*. 63:3(S) 470S-473S, 1996.
56. Rippe JM, Price JM, DeMers K, Damitz S, Kreidieh I, Stillwell K. Improved Psychological Well Being, Quality of Life and Health Practices in Moderately Overweight Women Following Weight Loss. *Obesity Research*, Vol 6, No, 3, 1998.
57. Hess SA, DeMers KA, Damitz S, Wang Y, Rippe JM: The Effects of Heart Rate Biofeedback on Psychophysiological Responses in Anxious 40-59 Year Old Women. *Med Exerc Nutr Health*. 4:369-379, 1995.
58. Lee I-M, Rippe, JM, Wilkinson WJ: How Much Exercise is Enough? *Patient Care*. December, 1995.
59. Marks BL, Rippe JM: Can Employees Successfully Manage Their Own Fitness Program? *American Journal of Health Promotion*. 11(5):375-378, 1997.
61. Marks BL, Rippe JM: The Importance of Fat Free Mass Maintenance in Weight Loss Programs. *Sports Med*. 22(5): 273-281, 1996.
62. Olson BH, Anderson SM, Becker MP, Anderson J, Hunninghake DB, Jenkins DA, LaRosa JC, Rippe JM, Roberts DC, Stoy DB, Summerbell CD, Truswell AS, Wolever TM, Morris DM, Fulgoni VL. Psyllium-Enriched Cereal Lowers Total and LDL-Cholesterol, but Not HDL-Cholesterol, in Hyper-cholesterolemic Adults: Results of a Meta-Analysis. *J Nutri*.127:1973-1980, 1997.
62. Rippe J, Price J, Hess S, Kline G, DeMers K, Damitz S, Kreidieh I, Freedson, P. Improved Psychological Well Being, Quality of Life and Health Practices in Moderately Overweight Women Participating in a 12 Week Structured Weight Loss Program. *Obesity Research*. 6:208-218, 1998.
63. Rippe J, Aronne L, Gilligan, V, Kumanyika S, Owens G, Quesenberry C, Scherger J, Sigman-Grant M. Public Policy Statement on Obesity and Health. *Nutrition in Clinical Care*. 1(1)34-47., 1998.
64. Balady G, Chaitman B, Foster C, Froelicher E, Gordon N, Pate R, Rippe J: American Heart Association/American College of Sports Medicine Recommendations for Cardiovascular Screening, Staffing and Emergency Policies at Health/Fitness Facilities. *Med Sci Sports Exerc*. 97:1009-1018. 1998.
65. Rippe JM: Obesity as a Risk Factor for Heart Disease: An Overview. *Nutrition in Clinical Care*. 1:3-14, 1998.
66. Rippe J, Aronne L, Heyka, R, Kelley D, Ockene I, Wilson P: Obesity as a Risk Factor for Heart Disease. A Roundtable Discussion. *Nutrition in Clinical Care*. 1(1), 1998.
67. Rippe JM: The Case for Medical Management of Obesity: A Call for Increased Physician Involvement. *Obesity Research*. 6:23S-33S, 1998.
68. Hill J, Rippe J, Despres J-P, Foreyt J, Sjostrom L, Wolf A: The Future of Obesity Management and Health: It's time for a New Approach. A Roundtable Discussion. *Obesity Research*. 6 (S1), 1998.

69. Rippe JM, Crossley S, Ringer R. Obesity as a Chronic Disease: Modern Medical and Lifestyle Management. *J Am Diet Assoc.* S9-S15,1998.
70. Rippe JM, Hess S. The Role of Physical Activity in the Prevention and Management of Obesity. *J Am Diet Assoc.* S31-S38,1998.
71. Rippe J, Aronne L, Coulston A, Dalton S, Foreyt J, Frank A, Franz M, Nonas C: Panel Discussion: The Obesity Epidemic: A Mandate for Multidisciplinary Approach. *J Am Diet Assoc.*S55-S62,1998.
72. Rippe J, Yanovski S: Obesity—A Chronic Disease. *Patient Care.* (October) 29-50, 1998.
73. Lichtenstein A, Ornish D, Rippe, JM, Willett W. The Best Diet for Healthy Adults? *Patient Care.* November 15, 1999.
74. Rippe JM: Challenges and Opportunities of Communicating Nutrition in the Information Age. *Nutrition Today.* 35:1-3, 2000.
75. McInnis K, Franklin B, Rippe J. Counseling for Physical Activity in the Overweight and Obese Patient. *American Family Practitioner*, Vol. 67, (3) 2003.
76. Ribisl P, McInnis K, Melanson K, Rippe J. The Next Y2K Problem, Obesity: Genes, Gluttony or Sloth? *American Journal for Medicine and Sports.* 3:171-179, 2001.
77. Melanson K, McInnis K, Rippe J, Blackburn G, Wilson P. Obesity and Cardiovascular Disease Risk: A Research Update. *Cardiology in Review*, 9:202-207, 2001.
78. Pober D, Freedson P, Kline G, McInnis K, Rippe J. Relationship of Age to Selected Fitness and Health Related Measures in Health Adults Aged 40-79 years. *Clinical Exercise Physiology* 4(2), 108-119, 2002.
79. Pober D, Freedson P, Kline G, McInnis K, Rippe J. Development and Validation of a One-Mile Treadmill Walk Test to Predict Maximal Oxygen Uptake in Healthy Adults ages 40-79. *Can J App Physiol.* 27(6)575-588, 2002.
80. Roberts DE, Pober DM, McInnis KJ, Rippe JM, Freedson PS. A Review of Selected Submaximal Overground and Treadmill Walking Tests: Good Predictors of Aerobic Capacity and Functional Fitness? *Clinical Exercise Physiology.* 4(2)68-74, 2002.
81. Rippe JM, McInnis KJ, Melanson KJ. Physician Involvement in the Management of Obesity as a Primary Medical Condition. *Obesity Research.* 9(4):302S-311S, 2001.
82. Fragala M, Pober D, Freedson P, McInnis K, Rippe J. How Accurate are HR max Prediction Model for Middle-Aged and Older Adults. *Medicine & Science in Sports and Exercise.* Suppl 1:S77, 34(5), 2002.
83. Melanson K, Gootman J, Myrdal A, Kline G, Rippe J. Weight loss and total lipid profile changes in overweight women consuming beef or chicken as the primary protein source. *Nutrition.* 19:409-414, 2003.
84. Sanzenbacher C, Morse K, Rippe, J. Pharmacists in Health Assessment Program. *American Journal of Health-Syst Pharm.* Vol. 61, 2004.
85. Melanson K, Angelopoulos T, Nguyen V, Martini M, Zukley L, Lowndes J, Dube T, Fiutem J, Yount B, Rippe J. Consumption of Whole Grain Cereals During Weight Loss: Effects on Dietary Quality, Dietary Fiber, Magnesium, Vitamin B-6, and Obesity. *JADA*, 106:1380-1388, 2006.
86. Carpenter MR, Carpenter RL, Peel J, Zukley J, Angelopoulos MS, Fischer I, Angelopoulos TJ, Rippe

- J. The Reliability of Isokinetic and Isometric Leg Strength Measures Among Individuals with Symptoms of Mild Osteoarthritis. *J Sports Med Phys Fitness*. 46(4): 585-589. 2006.
87. Melanson K, Zukley L, Lowndes J, Nguyen V, Angelopoulos T, Rippe J. Effects of High Fructose Corn Syrup and Sucrose Consumption on Circulating Glucose, Insulin, Leptin, and Ghrelin and on Appetite in Normal-Weight Women. *Nutrition*, Vol 23:103-112, 2007.
  88. Rippe JM, Angelopoulos T, Zukley L. The Rationale for Intervention to Reduce the Risk of Heart Disease, Part I. *American Journal of Lifestyle Medicine*, Vol. 1:10-19, 2007.
  89. Rippe JM, Angelopoulos T, Zukley L. Lifestyle Medicine Strategies for Risk Factor Reduction, Prevention, and Treatment of Coronary Heart Disease, Part II. *American Journal of Lifestyle Medicine*, Vol. 2:79-90, 2007.
  90. Kant A, Andon M, Angelopoulos T, Rippe J. Association of Breakfast Energy Density with Diet Quality and Body Mass Index in American Adults: National Health and Nutrition Examination Surveys, 1999-2004. *Am J Clin Nutr*, 88:1396-1404, 2008.
  91. Angelopoulos T, Lowndes J, Zukley L, Melanson K, Nguyen V, Huffman A, Rippe J. The Effect of High Fructose Corn Syrup Consumption on Triglycerides and Uric Acid. *J Nutr*. 139:6, 1242S-1245S, 2009.
  92. Melanson K, Angelopoulos T, Nguyen V, Zukley L, Lowndes J, Rippe J. High Fructose Corn Syrup, Energy Intake, and Appetite Regulation. *Am J Clin Nutr*. 88 (Suppl): 1738S-445, 2008.
  93. Rippe JM. The Health Implications of Sucrose, High-Fructose Corn Syrup, and Fructose: What do we Really Know? *J Diabetes Sci Technol*. 4(4),1008-1011, 2010.
  94. Rippe JM. Injury Prevention: A Medical and Public Health Imperative. *American Journal of Lifestyle Medicine*. Vol.4, 1: pp. 6-7; 2010.
  95. Nguyen V, Cooper L, Lowndes J, Melanson K, Angelopoulos T, Rippe J, Reimers K. Popcorn is more Satiating than Potato Chips in Normal-Weight Adults. *Nutrition Journal*. 11(1):71, 2012.
  96. Elswick S, O'Donnell L, Dinon N, Stachnik A, Rippe J. Incorporating Lifestyle Medicine into a Large Health Care System: The Orlando Health Experience. *Am J Lifestyle Medicine*. Vol. 5:192-199, 2011.
  97. Lowndes J, Sinnott S, Pardo S, Nguyen V, Melanson K, Yu Z, Lowther B, Rippe J. The Effect of Normally Consumed Amounts of Sucrose or High Fructose Corn Syrup on Body Composition and Related Parameters in Overweight/Obese Subjects. *Nutrients*.6:1128-1144; 2014.
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## ***B. BOOK CHAPTERS, REVIEWS AND EDITORIALS***

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## ***D. PAMPHLETS***

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14. Rippe JM, Montana J: Take the Pressure Off with Better Blood Pressure Control. (Sponsored by Novartis Pharmaceuticals), 2003.
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## ***E. JOURNAL SUPPLEMENTS***

1. Rippe JM, (Editor) Obesity as a Risk Factor for Heart Disease: Supplement to *Nutrition in Clinical Care*. 1(1), 1998.
2. Rippe JM and Hill JO (Editors): The Future of Obesity Management and Health: It's time for a New Approach. A Roundtable Discussion. Supplement to *Obesity Research*. 6 (S1), 1998.
3. Rippe JM, (Guest Editor) Supplement to the *Journal of the American Dietetic Association*, The Obesity Epidemic: A Mandate for Multidisciplinary Approach. October S5-S64, 1998.

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## ***F. SYMPOSIA***

1. Fructose, Sucrose and High Fructose Corn Syrup: Modern Findings and Health Implications – Experimental Biology 2012. Chairperson: Penny Kris-Etherton, Ph.D., RD, Co-Chairperson: James M. Rippe, M.D., published *Advances in Nutrition*, 2013.
2. Sweetened Beverages and Health: Current State of Scientific Understandings – Experimental Biology 2013. Chairperson: Edward Saltzman, M.D., Co-Chairperson: James M. Rippe, M.D., published *Advances in Nutrition*, 2014.
3. Sugars and Health Controversies: What does the Science Say? Satellite Symposium - Experimental Biology 2014. James M. Rippe, MD – Chairperson, published *Advances in Nutrition*, 2015.

4. Sugar & Health: Are we winning the battle but losing the war? – Advances and Controversies in Clinical Nutrition 2014. Chairperson: James M. Rippe, M.D., published Advances in Nutrition, 2015.
5. Sweeteners and Health: Current understandings, recent research findings and directions for future research – Experimental Biology 2015. Chairperson: James M. Rippe, M.D., published in Nutrients, 2016.
6. Sugars, Non Nutritive Sweeteners, Obesity and Cardiovascular Disease – European Congress on Obesity 2015. Chairperson: James M. Rippe, M.D., published International Journal of Obesity, 2016.
7. Sugar Consumption Controversy. FENS, 2015. Chairperson: James M. Rippe, M.D., published European Journal of Nutrition, 2016;55(2)

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## ***G. SERIES EDITOR: LIFESTYLE MEDICINE SERIES***

1. Rippe JM: Increasing Physical Activity: A Practical Guide. CRC Press (Boca Raton), 2020.
2. Tollefson M: Lifestyle Medicine: Women’s Health. CRC Press (Boca Raton), 2021.
3. Rippe JM: Manual of Lifestyle Medicine. CRC Press (Boca Raton). 2021.
4. Rippe JM, Foreyt J: Obesity Prevention and Treatment. A Practical Guide. CRC Press (Boca Raton), 2021.
5. Merlo G, Berra K: Lifestyle Nursing CRC Press (Boca Raton), 2022.
6. Rippe JM: Integrating Lifestyle Medicine in Cardiovascular Health and Disease Prevention. CRC Press (Boca Raton), 2022.
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8. Frates B, Faries M: Empowering Behavior Change in Patients: Practical Strategies for the Healthcare Professional. CRC Press (Boca Raton), 2023.
9. Fagundes C, Merlo G. Lifestyle Psychiatry: Through the Lens of Behavioral Medicine. CRC Press (Boca Raton), 2024.

## H. INVITED PRESENTATIONS

### International

1	Sidney and Melbourne Australia – On Behalf of BSN/Evian Water Lectures on Hydration and Health	1990
2	Tokyo, Japan – On behalf of the Japanese Heart Foundation Walking and Heart Disease (in honor of Dr. Paul Dudley White)	1990
3	Paris, France – On behalf of BSN/Evian Water – Lectures on Hydration and Health	1991
4	Tokyo, Japan – On behalf of the Shimizu Corporation Corporate Wellness	1992
5	Sydney, Australia – On behalf of Key Pharmaceuticals – Cardiovascular Health and Fitness	1993
6	London, England – On behalf of International Racquet Sports Association (IRSA) Lecture of Physical Activity and Health	1995
7	Belo Horizonte, Brazil – On behalf of Brazilian Health Congress, Lecture Series on Walking and Cardiovascular Health	1995
8	Beijing, China – on behalf of the Pharmanex – Lectures on Chinese medical supplements, aerobic capacity and cardiovascular health	1999
9	Taiwan, China – On behalf of Pharmanex – Lectures on Chinese medical supplements and cardiovascular health	2001
10	Montego Bay, Jamaica – On behalf of the Young Presidents’ Organization Lectures on Health and Fitness for Executives	2002
11	Prague, Czech Republic – On behalf of the European Congress on Obesity Added Sugars and Risk Factors for Obesity, Diabetes and Heart Disease	2015
12	Berlin, Germany – On behalf of the Federation of European Nutrition Societies Sweeteners and Health: Findings from Recent Research and their Impact on Obesity and Related Metabolic Conditions	2015
13	Johannesburg, South Africa – On behalf of the Beverage Association of South Africa Testimony to the South African Parliament regarding Sugar Sweetened Beverages and Health	2016
14	Cape Town, South Africa – On behalf of the Beverage Association of South Africa Testimony to the South African Parliament regarding Sugar Sweetened Beverages and Health	2017
15	Doha, Qatar – On behalf of the Institute for Population Health, Weill Cornell Qatar “Lifestyle Medicine and Population Health”	2022
16	Beijing, China – On behalf of the Fuwai Hospital Center for Healthy Lifestyle Medicine “The Future of Lifestyle Medicine” (Second Annual Lifestyle Medicine Conference), November 2022.	2023
17	Tokyo, Japan – On behalf of Japanese Lifestyle Medicine Society, “Lifestyle Medicine: Past, Present and Future: Implications for Japan” September 2023.	2023
18	Beijing, China – On behalf of the Fuwai Hospital Center for Healthy Lifestyle Medicine “Lifestyle Medicine in China: Opportunities and Challenges” (Third Annual Lifestyle Medicine Conference), November 2023.	2023

## National

Multiple Presentations and Key Note Addresses on Physical Activity, Nutrition and health. Annual Meetings of IDEA and IRSA. Various locations in the United States	1985-1995
Annual Meeting of Experimental Biology 2012 San Diego, CA	2012
Rippe JM: Presentation: The Health Implications of Sucrose, HFCS and Fructose, What do we Really Know? Annual Meeting of Experimental Biology 2013 Boston, MA	2013
Rippe JM: Sweetened Beverages and Health: Current State of Scientific Understandings Annual Meeting of Experimental Biology 2014 San Diego, CA	2014
Rippe JM: Presentation: Sugars and Health Controversies: What does the Science Say? Annual Meeting of Experimental Biology 2015 Boston, MA	2015
Rippe JM: Presentation: Sweeteners and Health: Current Understandings, Recent Research findings and Directions for Future Research	

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## *I. AUDIO, VIDEO AND TELEVISION PROJECTS*

1. Rippe JM, Moderator, Johnson P, Becker R. CardioDialogue, The Management of Heart Disease in Women, (Sponsored by Scherring Plough/Key Pharmaceuticals), 1994.
2. Rippe JM, Moderator, Ockene I, Kannel W. CardioDialogue, The Role of Nutrition in the Management of Cardiovascular Disease, (Sponsored by Scherring Plough/Key Pharmaceuticals), 1994.
3. Rippe JM, Moderator, Johnson P, Saunders E. CardioDialogue, The Lifestyle Management of the Black Hypertensive Patient, (Sponsored by Scherring Plough/Key Pharmaceuticals), 1994.
4. Rippe JM, Moderator, Meyer T, Douglas P. CardioDialogue, The Exercise Needs of the Hypertensive Patient, (Sponsored by Scherring Plough/Key Pharmaceuticals), 1994.
5. Rippe JM, Moderator, Kannel W, Ockene I. CardioDialogue, The Role of Lifestyle Habits and Practices in the Prevention and Management of Cardiovascular Disease, (Sponsored by Scherring Plough/Key Pharmaceuticals), 1996.
6. Rippe JM, Moderator, Franklin B, Ockene I. CardioDialogue, Delayed Progression or Regression of Coronary Atherosclerosis: Current Knowledge and Future Challenges (Sponsored by Scherring Plough/Key Pharmaceuticals), 1996.
7. Rippe JM, Moderator, Franklin B, Balady, G. CardioDialogue, Recent Advances and Current Controversies. (Sponsored by Scherring Plough/Key Pharmaceuticals), 1996.
8. Rippe JM, Moderator, Johnson P, Heyka R. CardioDialogue, Non-Pharmacologic Treatment of Hypertension: Recent Advances, (Sponsored by Scherring Plough/Key Pharmaceuticals), 1996.
9. Rippe JM. Host. Softstrider Infomercial. (IKON/Healthrider Fitness Products), 1997.
10. Rippe JM. Momentum Elliptical Trainer Infomercial. (IKON/Healthrider Fitness Products), 1997.

11. Rippe JM. Series Editor and On-Air Talent. Nutrition and Winter Sports (a six part series). Prime Ski, 1996-1997.
12. Rippe JM. Host: Take Control of Diabetes. Public Education Video Tape. (Sponsored by Eli Lilly; finalist Freddie Award), 1997.
13. Rippe JM. The Healthy Heart. Five Part Series, WESH, Channel 2, Orlando, FL (NBC Affiliate), 2000.
14. Rippe JM: Choosing Cardiovascular Health and Wellness. Pharmanex, Inc. Health Video, 2000.
15. Rippe JM: On the Road to Joint Pain Relief. Infomercial and Patient Education Video. (Sponsored by Pfizer, Inc.), 2003.

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## ***J. ABSTRACTS***

1. Freedson P, Chang B, Rippe J, Alpert J, Katch F, Kroll W, Byrnes W: Intraarterial Blood measurement during graded isometric exercise. (Presented, International Olympic Scientific Congress, Summer, 1984).
2. Freedson P, Chang B, Katch F, Kroll W, Rippe J, Alpert J, Byrnes W: Intraarterial Blood pressure during free weight and hydraulic resistive exercise. (Presented, American College of Sports Medicine, Spring 1984).
3. Porcari J, Kline G, Gurry M, Rippe J, Ross J, Freedson P: A comparison of 3 Arterial PCO<sub>2</sub> partial pressure estimates and 2 content conversion equations used In CO<sub>2</sub> rebreathing estimates of cardiac output. *Med Sci Sports Exerc.* 17:202, 1985.
4. Freedson PS, Smith S, Gurry M, Ross J, Rippe J, White J, Byrnes W: Feasibility of the lactate threshold measurements in cardiac patients. *Med Sci Sports Exerc.* 17:216, 1985.
5. Rippe J, Katch V, Ross J, Girandola R, Lagasse P, Smith L: Resting cardiovascular Examination and response to submaximal exercise in world champion body builders. *Med Sci Sports Exerc.* 17:283, 1985.
6. Gurry M, Freedson P, Porcari J, Kline G, Rippe J, Katch F: Validation of an automated CO<sub>2</sub> rebreathing method to determine cardiac output in adults with coronary artery disease or valvular heart disease. *Med Sci Sports Exerc.* 17:212, 1985.
7. Kabat-Zinn J, Beall B, Rippe J: Meditation training of Olympic oarsmen to optimize performance. VI World Congress in Sports Psychology (Presented, June, 1985).
8. Smith S, Freedson P, Gurry M, Ross J, Rippe J, Alpert J, Dalen J: Lactate and ventilatory threshold in coronary artery disease patients (presented American Heart Assoc), November, 1985.
9. Ross J, Gurry M, Ward A, Walcott G, Hitzhusen J, Rippe J: Accuracy of predicted max heart rate in the elderly. *Med Sci Sports Exerc.* 18:S95, 1986.
10. Walcott G, Coleman R, MacVeigh M, Ross J, Gurry M, Ward A, Kline G, Rippe J: Heart rate and V<sub>O<sub>2</sub></sub> max response to weighted walking. *Med Sci Sports Exerc.* 18:S28, 1986.

11. Gurry M, Stone J, Freedson P, Ward A, Ross J, Sady S, Walcott G, Rippe J: Serial changes in selected physiologic measures for non-elite runners during 12 weeks of marathon training. *Med Sci Sports Exerc.* 18:S91, 1986.
12. McCarron R, Kline G, Freedson P, Ward A, Rippe J: Fast walking is an adequate aerobic stimulus for high fit males. *Med Sci Sports Exerc.* 18:S21, 1986.
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9/25/23