

CURRICULUM VITAE – February, 2023

I. Personal Data

Ted Dunn Adams Birth: Ogden, Utah. Citizenship: U.S.

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II. Education

Honors Baccalaureate Degree: University of Utah, SLC, UT - 1974
Major: Mathematics
Honor Thesis: Mathematical Equations Governing the Membrane Lung Oxygenator

Masters of Engineering Degree: University of Utah, SLC, UT - 1976
Major: Biomedical Engineering
Masters Project: Development of a Fiber-Optic Probe for O₂ Saturation in Neonates

Doctor of Philosophy Degree: Brigham Young University, Provo, UT – 1979
Major: Exercise Physiology
Dissertation: Cardiac Adaptation to Exercise Using Echocardiography

Postdoctoral Fellowship: Pediatric Cardiology, University of Utah School of Medicine - 1980
Research: Exercise Training on Children Following Open-Heart Surgery for Complex Congenital Cardiac Disease

Masters of Public Health (M.P.H.): Division of Public Health, Department of Family and Preventive Medicine, University of Utah School of Medicine – 1997

Doctorate of Public Health: Division of Public Health, Department of Family and Preventive Medicine, University of Utah School of Medicine – 2014
Dissertation: Long-term Clinical Implications of Gastric Bypass Surgery Specific to Cardiorespiratory Fitness, Pregnancy-related Birth Weight and Age-related Mortality

II. Professional Experience

A. Positions

2014 - present: Adjunct Professor, Division of Genetic Epidemiology, Department of Internal Medicine, University of Utah School of Medicine, SLC, Utah.

2014-present: Adjunct Professor, Department of Nutrition and Integrative Physiology, College of Health, University of Utah, SLC, Utah.

1980 - 2019: Program and Research Director, Intermountain LiVe Well Center, Intermountain Salt Lake Clinic, SLC, Utah.

1988 - 2013: Co-Principal Investigator, Division of Cardiovascular Genetics, Department of Internal Medicine, University of Utah School of Medicine, SLC, Utah.

2007 – 2013: Adjunct Associate Professor, Department of Internal Medicine, University of Utah School of Medicine, SLC, Utah.

1987 - 2008: Adjunct Associate Professor, Division of Public Health, Department of Family and Preventive Medicine, University of Utah School of Medicine, SLC, Utah.

1995-2002: Adjunct Associate Professor, Department of Physical Therapy, University of Utah School of Medicine, SLC, Utah.

1987-2002: Adjunct Associate Professor, Department of Exercise and Sports Science, University of Utah, SLC, Utah.

1992 - 2007: Research Assistant Professor, Cardiovascular Genetics Division, Department of Medicine, University of Utah School of Medicine, SLC, Utah.

1978 - 1982: Research Instructor, Department of Pediatric Cardiology, University of Utah School of Medicine, SLC, Utah.

1977 - 1978: Research Assistant, Department of Biophysics and Computing, University of Utah School of Medicine, SLC, Utah.

1977 - 1978: Research Assistant, Human Performance Research Center, Brigham Young University, Provo, Utah.

1974 - 1976: Research Assistant, Department of Biomedical Engineering, University of Utah School of Medicine, SLC, Utah.

1972 - 1977: Surgical Technician, LDS Hospital, SLC, Utah.

B. Research Awards

- **Title:** High Risk Pedigree Approach to Predisposition Gene Identification for Obesity
Research Intent: Find gene variants related to severe obesity using a first-cousin pedigree gene identification approach.
Dates of Funding: June 1, 2022-May 31, 2023
Amount of Funding: \$192,823 (indirect 28%)
Funding Agency: Pfizer Pharmaceutical
Role: Co-investigator
- **Title:** Morbidity and Mortality Related to Gastric Bypass Surgery
Research Intent: To conduct a prospective study on the short- and long-term clinical outcomes following gastric bypass surgery (n=1156) and a long-term mortality study of former gastric bypass patients (n=10,000). The 10–12-year follow-up examination of the prospective study participants is nearing completion.
Dates of Funding: 2000-2015
Amount of Funding: \$7,752,281.00 (direct)
Funding Agency: NIH-NIDDK (included 2 renewals)
Role: Principal Investigator of Sub-Contract; responsible for recruitment and screening and assisted with grant writing (renewals), data analyses, and manuscript preparation
- **Title:** The Genetic Epidemiology of Morbid Obesity
Research Intent: Recruit and examine families with high prevalence of severe obesity and conduct linkage analyses in an effort to isolate human obesity genes (n=250 families; 6,000 family members)
Dates of Funding: 1992-1995, 1996-1999
Amount of Funding: \$1,999,133.00 (direct)
Funding Agency: NIH-NIDDK
Role: Principal Investigator of Sub-Contract; responsible for recruitment and screening and assisted with grant writing and data analyses
- **Title:** Pregnancy Effects on Weight Gain in the Morbidly Obese. Research Agenda on Women's Health
Research Intent: Ascertain through personal contact, pre-pregnancy, pregnancy and post-pregnancy (out to one year) weight of women within severely obese families compared to women of non-severely obese families. All pregnancies of participating women were studied.
Dates of Funding: 1992-1993
Amount of Funding: Supplement to above grant, ~\$50,000
Funding Agency: NIH-NIDDK
Role: Principal Investigator of Sub-Contract; responsible for recruitment and screening and assisted with data analyses
- **Title:** Genetics of Obesity
Research Intent: Expand recruitment of severely obesity families and conduct linkage analyses in an effort to isolate human obesity genes

Dates of Funding: 1995-2001

Amount of Funding: \$2,801,669.00 (direct)

Funding Agency: Myriad Genetics

Role: Principal Investigator of Sub-Contract; responsible for recruitment, expanding family pedigrees (additional recruitment) and screening and assisted with data analyses

- **Title:** Copy Number Variation and Severe Obesity in Utah Pedigrees
Research Intent: To use aCGH arrays to find copy number regions associated with severe obesity in large Utah pedigrees.
Dates of Funding: 2010-2011
Amount of Funding: \$669,992.00 (direct)
Funding Agency: NIH-NIDDK
Role: Principal Investigator of Sub-Contract; responsible for extending pedigree data collection and supervising screening
- **Title:** Genetics of Thinness in Utah Pedigrees
Research Intent: Exome sequence 4 pedigrees segregating for healthy thinness to detect genes that might protect against obesity
Dates of Funding: 2014-2015
Amount of Funding: \$124,989.00
Funding Agency: Utah Genome Project
Role: Work with the Utah Population Database to identify thin probands and supervise recruitment and screening of probands and their family members
- **Title:** Rare Variant Associations with Severe Obesity in Utah Pedigrees
Research Intent: To do exome sequencing and targeted region sequencing identified from two different statistical methodologies in selected members of Utah pedigrees with severe obesity.
Dates of Funding: 2011-2015
Amount of Funding: \$2,008,604.00 (direct)
Funding Agency: NIH-NIDDK
Role: Principal Investigator of Sub-Contract; responsible for extending pedigree data collection and supervising screening
- **Title:** The Genetics of Leanness
Research Intent: To recruit families with a high prevalence of healthy thinness in an effort to identify human genes that may be protect against obesity.
Dates of Funding: 2003-2005
Amount of Funding: \$419,161.00 (direct)
Funding Agency: Illumigen Biosciences, Inc.
Role: Principal Investigator of Sub-Contract; responsible for recruitment and screening of thin families and assisted with data analyses
- **Title:** Multiple severe obesity risk genes in Utah pedigrees
Research Intent: To look for interactions of specific genetic regions on chromosomes

4 and 20 with TBC1D1, a gene segregating in our large Utah pedigrees.

Dates of Funding: 2006-2009

Amount of Funding: \$1,095,760.00 (direct)

Funding Agency: NIH-NIDDK

Role: Principal Investigator of Sub-Contract; responsible for extending pedigree data collection and supervising screening

- **Title:** Long-term Clinical Outcomes Following Gastric Bypass Surgery
Research Intent: Conduct a retrospective data extraction of former gastric bypass patients with and without diabetes prior to surgery and matched controls to determine long-term clinical outcomes (microvascular, macrovascular, cancer, dementia) following gastric bypass surgery.
Dates of Funding: 2014-2016
Amount of Funding: \$580,000.00 (direct)
Funding Agency: Ethicon Endo-Surgery (J&J Corporation); NIH (R21); Intermountain Research and Education Foundation
Role: Principal Investigator; working with the Utah Population Database staff, the University of Utah Data Warehouse Division and the Intermountain Homer Warner Research Center, responsible for oversight of data extraction and data analyses
- **Title:** Association of Cardiovascular Fitness on Long-term Clinical Outcomes among Apparently Health Individuals
Research Intent: Determine the clinical outcome of patients who have previously undergone maximal exercise treadmill testing as part of a complete wellness/prevention examination (n=14,000)
Dates of Funding: 2014-2016
Amount of Funding: \$120,000.00
Funding Agency: Intermountain Healthcare Research and Education Foundation
Role: Principal Investigator; working with the Utah Population Database staff, the University of Utah Data Warehouse Division and the Intermountain Homer Warner Research Center, responsible for oversight of data extraction and data analyses
- **Title:** Effects of Gastric Bypass Surgery and Sustained Weight Loss on Fracture Risk
Research Intent: This retrospective study proposes to extract clinical data of former gastric bypass patients and severely obese control subjects to compare fracture risk. The gastric bypass procedure bypasses the duodenum, the primary site for calcium absorption.
Dates of Funding: 2014-2016
Amount of Funding: \$395,603.00
Funding Agency: NIH-NIDDK (R21 Award to Dr. Lance Davidson, BYU Faculty)
Role: Principal Investigator of subcontract; working with the Utah Population Database staff, the University of Utah Data Warehouse Division and the Intermountain Homer Warner Research Center, responsible for oversight of data extraction and data analyses

- Title:** Familial Aggregation of Severe Obesity
Research Intent: This was a pilot grant to recruit (and expand) severely obese families and obtain basic anthropometric information. These data were used to submit an NIH grant (following highlighted grant).
Dates of Funding: 1990-1992
Amount of Funding: \$60,000.00 (pilot grant)
Funding Agency: Sandoz Pharmaceuticals
Role: Principal Investigator; responsible for recruitment, screening and data analyses
- Title:** Morbid Obesity in the Ute Indians
Research Intent: Working with the Native Americans of the Northern Utes (Fort Duchesne, Utah), the intent of this proposal was to recruit and screen (anthropometric and blood/DNA) severely obese families to further explore the genetics of obesity and diabetes.
Dates of Funding: 1995-1997
Amount of Funding: \$20,129 (direct)
Funding Agency: NIDDK, NIH - Shannon Award
Role: Principal Investigator of Sub-Contract; traveled to Ft. Duchesne to meet with tribal leaders and responsible for recruitment and screening of Ute Native Americans
- Title:** Diabetes Remission Following Gastric Bypass Surgery
Research Intent: To identify novel secreted proteins from gastric bypass subjects related to maintaining remission of diabetes after surgery.
Dates of Funding: 2010-2011
Amount of Funding: \$158,699.00 (direct)
Funding Agency: NGM, Inc., San Francisco, CA
Role: Principal Investigator of Sub-Contract; responsible for recruitment of gastric bypass patients and screening and assisted with data analyses
- From 1980-1990, several grants were funded through Intermountain Healthcare's Research and Education Foundation (then the Deseret Foundation) as well as the Utah Heart Association (American Heart Association affiliate). Research focused on the genetics of cardiorespiratory fitness (twin-related exercise training studies), cardiometabolic effects of exercise (including research with the artificial heart) and the genetics of human obesity (pilot work for future NIH funding). The funding amount for these pilot-type grants was typically \$5,000 to \$15,000. Ted Adams served as the Principal Investigator for these grants.

C. Manuscript and NIH Grant Review Activity

- 1) I have reviewed manuscripts for the following medical/scientific journals:

New England Journal of Medicine
Journal of the American Medical Association (JAMA)
Journal of the American Medical Association – Surgery (JAMA Surgery)

British Medical Journal
BMJ Public Health
Exercise and Science in Sports and Medicine
Obesity
International Journal of Obesity
International Journal of Cancer
Obesity Surgery
Obesity: Science and Practice
Surgery for Obesity and Related Diseases
American Journal of Preventive Medicine
Gerontology and Geriatric Medicine
Open Heart
Diabetes Care

In addition, I have reviewed abstract submissions for the American Heart Association and the Southwest American College of Sports Medicine.

Most recently (2022), I reviewed an investigator-initiated grant proposal for UK Diabetes.

- 2) Served as an NIH-NIDDK study review section for the Longitudinal Assessment of Bariatric Surgery (LABS; 2014), the Longitudinal Assessment of Bariatric Surgery for Teens (LABS Teens; 2015) and Identification of Novel Targets and Pathways Mediating Weight Loss, Diabetes Resolution and Related Metabolic Disease after Bariatric Surgery in Humans (R01) (July 2015).
- 3) (2016-2023) Invited to serve as a member of the Data and Safety Monitoring Board (DSMB) for an NIDDK-funded clinical consortium entitled Adolescent Bariatrics: Assessing Health Benefits and Risks (Teen-LABS).

D. Committee-related Experience

Member, University of Utah School of Medicine. Serve as an interviewer for medical student applicants.

Member, Intermountain Bariatric Development Team Committee. Served four years on committee to advance clinical quality of the delivery of bariatric surgery within Intermountain Healthcare hospitals (2012-present).

Member, Student/House staff Advisory Committee for the Department of Family and Preventive Medicine (DFPM), University of Utah. Served two years on committee charged with evaluating the teaching and mentoring performance of DFPM faculty being reviewed for retention, reappointment, promotion and/or tenure (2013-2014).

Chairman, Chronic Disease Genomics Standing Committee, State Health

Department: Served two years as the chairman of above committee whose primary focus was to develop recommendations for the State of Utah regarding the appropriate dissemination of the application of genetics in the clinical and community environment (2003-2008).

Member, Utah Health Department Genetics Advisory Committee, State Health

Department: Served for two years as a member of above committee. This committee approved guidelines and directives related to genetics and clinical/community delivery (2003-2008).

Member, Health System Reform Task Force, Salt Lake Chamber: This task force is exploring opportunities for businesses to realize health care cost savings as well as improved health care quality (2013-present).

Member, Utah Hospitals Association, Utah Hospitals & Health Systems Association, Vision 2010 Collaboration Sub Committee. This committee brought together health care leaders within the State of Utah to explore opportunities to promote health promotion and disease prevention activities within the community (~2009-2010).

Chairman, Wellness Committee for LDS Church Missionary Department.

Committee designed a fitness program for use by the full-time missionaries for the Church of Jesus Christ of Latter-day Saints (~2000-2005).

Member, Utah Department of Health's Heart Disease and Stroke Prevention

Committee. Served on this committee whose purpose was to promote community awareness for prevention of heart disease and stroke (~2000-2003).

Member, Family Health History Taskforce (Research and Methodology

Committee), State Health Department: This committee was pursuing ways to further integrate the use of family history into community and clinical practices. The committee consisted of a broad range of community leaders, university professors, genetic counselors, healthcare organizations, and commercial groups such as the Sorenson Genetics group (2006-2008).

Member, National Advisory Committee for the Utilizing Family Traditions and Oral History for Health Promotion:

This was a national advisory committee funded by the National Institutes of Health and part of a multi-year grant to promote the use of family history in promoting health (~2006-2008).

Former Member, National Institutes of Health Task Force for Bariatric

Surgery: Served as a member of this national task force whose aim was to recommend future research direction for the field of bariatric surgery. Recommendations were

published by NIH for research investigators (~2004).

Intermountain Health Care, Cardiovascular Services Redesign Task Force: Selected as part of a 14-member task force to explore redesigning the cardiovascular health services offered by Intermountain's Salt Lake Valley hospitals (LDS, Cottonwood and Alta View Hospitals (~1998-2000).

Cardiovascular Health Fellowship: Selected as one of 30 fellows in the U.S. to participate in the American Hospital Association's Health Forum fellowship, focusing on the prevention and treatment of cardiovascular disease (~2009-2010).

Healthy Sandy Community Project: Participated as a member of the Healthy Sandy Community project designed to promote health among the citizens of Sandy, Utah. This project incorporated city and public offices, hospital administrators, school officials, clergy, etc. Committee assignments focused on safety issues, socioeconomic factors, nutrition and physical activity practices, childhood immunization rates, and other health-related issues (~1994-1997).

Member, BlueCross & BlueShield Distinction Center for Bariatric Surgery Expert Advisory Panel: Served as a member this advisory panel designed to give professional input related to guidelines for bariatric surgery (~2004).

Member at Large, Steering Committee, Southwest Chapter, American College of Sports Medicine: Served for a three-year period on this steering committee. The committee maintained operational criteria for the organization and organized and implemented yearly regional scientific meetings (~1985).

NFL and Collegiate Football Officials: With colleagues, assessed and educated NFL officials on fitness parameters as part of an on-going lifestyle promotion program funded by the NFL Officials organization (1996-2011). Continue to assess collegiate football officials.

E. Teaching Experience

Division of Public Health, Department of Family and Preventive Medicine, University of Utah School of Medicine: In fulfillment of a PhD-program teaching practicum, co-taught Research and Evaluation of Health Behavior – FPMD 7640 (2014). The course instructor was Dr. Stephen Alder.

Division of Public Health, Department of Family and Preventive Medicine, University of Utah School of Medicine: For several years taught a yearly course to students (Preventive Medicine: Policy and Implementation: FPMD 6505) in the Masters of Public Health program. The course focused on clinical preventive service guidelines and implementation.

Department of Exercise and Sports Science, University of Utah: Taught courses in undergraduate exercise physiology and a graduate course in ECG for stress testing.

Department of Physical Therapy, University of Utah: Gave yearly lecture to the second-year physical therapy students on cardiovascular risk factors.

Graduate Student Advisory Committee Member and Preceptor: Have served as a member of a number of master and doctoral student committees (University of Utah and Brigham Young University) and assisted with dissertation-related research (see following list). In many cases, I have helped them write up the results for publication. I have also served as a student preceptor in the Master of Public Health program (University of Utah).

Minken Pat Yeh, Ph.D. (Lactate threshold determination), Assisted with dissertation work, 1984-1986.

Larry Edlund, Ph.D. (Effect of swimming on cystic fibrosis), Dissertation committee, 1984-1986.

Gregg Afman (exercise physiology student): PhD doctorate degree, 1989-90

Maria Daines, M.S.: Ph.D. (obesity genetics) dissertation committee and post-doc, 1993-1998.

Dahlia Tamir-Elkavne: Mitochondrial genes and obesity. Master's Degree. 1995-6.

Jason Slack: Ph.D. (Family History Predictive Utility) Dissertation committee, 1999-2005

Jason McKinney: Ph.D. Dissertation committee, 2001-2003

Veronica Monti: M.S. (Obesity hormones) Thesis committee, 2002-2003.

Amy Turpin: M.S. (Meal challenge study and obesity hormones) Thesis committee 2003-2005.

Michael LaMonte, Ph.D. (Cardiovascular epidemiology), post-doc, 2004-5.

Harmony Green: M.S. (Resting energy metabolism) Thesis committee 2005.

Jerry Moody: M.S. (Fitness and physical activity) Thesis committee 2005.

Yuling Jiang: PhD (Risks from family history of disease) Dissertation committee 2010-2013.

Lance Davidson, PhD (Diabetes resolution in severely obese), Post doc and K12 mentor, 2010-2013

Locke Ettinger, Ph.D. (Health-risk appraisals in a hospital environment) Dissertation chair, 2012-2014.

Paul Daniels, Ph.D. (Preserving muscle mass following gastric bypass surgery) Dissertation committee, 2013-present.

Trevor Q. Smith, Ph.D. (Exercise as medicine in a primary care environment) Dissertation committee, 2014-2017.

F. Scholastic Honors/Awards/Professional Organizations

Member, Delta Omega Society, Alpha Theta chapter of the honorary public health society

Gold Caducues Award – Scientific Achievement, Deseret Foundation, Intermountain Healthcare Community/Service Organization: 2001

Recognized, Member of Phi Kappa Phi Honorary Society

Recognized, Member Pi Mu Epsilon Mathematics Honorary Society
Fellow, American College of Sports Medicine
Member, North American Association for the Study of Obesity, The Obesity Society
Past-Member, American Society for Metabolic and Bariatric Surgery

G. Lecture Participation

Presented lectures at community and medical-related conferences. Lectures include topics related to lifestyle management (weight management, physical activity, and disease prevention), clinical preventive services, and obesity (bariatric surgery and genetics of obesity). Recent lectures have included talks presented (or invited to present) at the following meetings:

- Indianapolis, IN (May 2023): Annual Obesity Symposium, specific topic, Indiana University School of Medicine, Impact of Bariatric Surgery on Cancer: General Review and Utah Obesity Study.
- San Diego, CA (November 2022): Obesity Week Annual Meeting, The Obesity Society. Specific topic, Long-term All-cause and Cause-specific Mortality for Four Bariatric Surgery Procedures.
- Las Vega, NV (March 2018): 18th Annual Minimally Invasive Surgery Symposium (MISS), specific topics, Long-term Follow-up of Gastric Bypass Patients and Matched Controls and Long-term Mortality Following Bariatric Surgery.
- England, UK (August 2017): 22nd World Congress of IFSO, specific topics, Utah Obesity Study 12-year Data & Long-term Retrospective Studies of Bariatric Surgery – Completed and in Progress.
- Rio de Janeiro, Brazil (September 2016): 21st International Federation for the Study of Obesity, specific topics, Cancer, Obesity and Bariatric Surgery and Metabolic Surgery & CVD Risk Reduction: What Beyond Diabetes?
- Los Angeles, CA (November 2015): 26th Annual Mason Lecture, ASMBS, Obesity Week 2015, specific topic, Population-based Impact of Bariatric and Metabolic Surgery
- London, England (September 2015): 3rd World Congress on Interventional Therapies for Type 2 Diabetes, specific topic, Reduction of CV Disease and Death after Bariatric/Metabolic Surgery.
- Vienna, Austria (August 2015): IFSO 15 20th World Congress, specific topic, Reversing End Organ Damage through Diabetes Surgery.
- Dublin, Ireland (August 2015): UCD School of Medicine and Medical Science, Reversing End Organ Damage through Diabetes Surgery, specific topic, 10-Year Follow-up of Utah Gastric Bypass Study.
- Boston, Massachusetts (July 2015): Latin American Forum Masters 2015, specific topic, Mortality Following Bariatric Surgery.
- Atlanta, Georgia (November 2013): The 31st Annual Scientific Meeting of the Obesity Society
- Bethesda, Maryland (May 2013): NIH –NIDDK & NHLBI, Long-term Outcomes of Bariatric Surgery workshop, specific topic, Long-term Mortality Following Bariatric Surgery

- Salt Lake City, Utah (February 2013): Advances in Internal Medicine, Obesity Management, What Works?
- Salt Lake City, Utah (October 2012): 12th Annual Cardiovascular Update, Obesity and Cardiovascular Risk
- New York City, New York (September 2012): JAMA Network presentation obesity theme issue
- San Antonio, Texas (September 2012): The 30th Annual Scientific Meeting of the Obesity Society
- Salt Lake, Utah (February 2012): The 12th Annual Minimally Invasive Surgery Symposium
- Orlando, Florida (October 2011): The 29th Annual Scientific Meeting of the Obesity Society
- Salt Lake, Utah (February 2011): The 11th Annual Minimally Invasive Surgery Symposium
- New York City, New York (March 2011): 2nd World Congress on Interventional Therapies for Type 2 Diabetes
- Montreal, Canada (May 2010): First International Summit on Metabolic Surgery for Type II Diabetes
- Sao Paulo, Brazil (November 2009): 1st Panamerican Congress on Diabetes Surgery
- Paris, France (August 2009): 14th World Congress of the International Federation for the Surgery of Obesity and Metabolic Disorders (IFSO)
- Bethesda, Maryland (August 2009): NIH State-of-the-Conference: Family History and Improving Health
- Boston, Massachusetts (June 2009): XV International Symposium on Atherosclerosis
- New York City, New York (September 2008): 1st World Congress on Interventional Therapies for Type 2 Diabetes
- Nashville, Tennessee (March 2008): 1st Annual Meeting of the Tennessee Chapter of American Society of Metabolic and Bariatric Surgery
- St. Simon's Island, Georgia (November 2007): Body Weight, Adiposity, Energetics and Longevity (Funded by the National Institute on Aging)
- Salt Lake City, Utah (November 2007): The Most Common Genetic Test: Maximizing the Use of Family Medical History in Practice
- Cleveland, Ohio (September 2007): Cleveland Clinic's 2007 Obesity Summit
- Rome, Italy (March 2007): International Conference on Gastrointestinal Surgery to Treat Type 2 Diabetes
- Snowbird, Utah (February 2007): The 7th Annual Minimally Invasive Surgery Symposium\
- Sydney, Australia (September 2006): 10th International Congress on Obesity

H. Certifications

Program Director, American College of Sports Medicine
 Cardiopulmonary Exercise Test Certification, Harbor General Hospital, UCLA (Dr. Karman Wasserman)

I. Publications

A. Manuscripts, published.

1. Adams TD, Meeks H, Fraser A, Davidson L, Holmen J, Newman M, Ibele A, Playdon M, Sheetal H, Richards N, Hunt S, Kim J. [Long-term Cancer Outcome After Bariatric Surgery](#). *Obesity* 2023;31(9):2386-2397.
2. Adams TD, Meeks H, Fraser A, Davidson L, Holmen J, Newman M, Ibele A, Richards N, Hunt S, Kim J. [Long-term All-cause and Cause-specific mortality for Four Bariatric Surgery Procedures](#). *Obesity* 2023;31(2):574-585.
3. Kim J, Kelly J, Davidson L, Richards N, Adams T. [Depression and Anxiety Incidence During Pregnancy Between Bariatric Surgery Patients and Matched Control Subjects](#). *Obesity Surg* 2022;32:1962-1968.
4. J Kim, N Waitzman, N Richards, T Adams. [Prescription of Pain Medications Before and After Bariatric Surgery](#). *Surgi Endoscopy* 2022;36:4960-4968.
5. Poss AM, Krick B, Maschek JA, Haaland B, Cox JE, Karra P, Ibele AR, Hunt SC, Adams TD, Holland WL, Playdon MC, Summers SA. [Following Roux-en-Y gastric bypass surgery, serum ceramides demarcate patients that will fail to achieve normoglycemia and diabetes remission](#). *Med (NY)* Jul 8, 2022; 3L452-467. PMID: 35709767
6. Yousri NA, Engelke R, Sarwath H, McKinlay RD, Simper SC, Adams TD, Schmidt F, Suhre K, Hunt SC. [Proteome-wide associations with short- and long-term effects of Roux-en-Y gastric bypass surgery, weight loss and their underlying physiologic pathways](#). *Obesity* 2022;30(1):129-141. doi: 10.1002/oby.23303.
7. Kim J, Davidson LE, Hunt SC, Richards N, Adams TD. [Association of prenatal substance use disorders with pregnancy and birth outcomes following bariatric surgery](#). *Int J Obes* 2022; 46:107-112. Sep 10. doi: 10.1038/s41366-021-00964-6.
8. Hunt SC, Davidson LE, Adams TD, Ranson L, McKinlay RD, Simper SC, Litwin SE. [Associations of visceral, subcutaneous, epicardial, and liver fat with metabolic disorders up to 14 years after weight-loss surgery](#). *Metab Syndr Relat Disord* 2021; 19(2):83-92. doi: 10.1089/met.2020.0008.
9. Kim J, Waitzman N, Simper SC, McKinlay R, Cottam D, Surve A, Richards N, Adams, T. [Effects of post-operative nutritional disorders following bariatric surgery on health care cost and use](#). *Obesity Surg* 2021; 31(6):2503-2510.
10. Litwin SE, Adams TD, Davidson LE, McKinlay R, Simper SC, Ranson L, Hunt SC.

- [Longitudinal changes in cardiac structure and function in severe obesity: 11 year follow up in the Utah Obesity Study.](#) JAHA 2020; 9(12):e014542.
11. Mabey JG, Chaston JM, Castro D, Adams TD, Hunt SC, Davidson LE. [Gut microbiota composition differs a decade after bariatric surgery relative to a non-surgical comparison group.](#) Surg Obes Relat Dis 2020; 16(9):1304-1311.
 12. Davidson LE, Hunt SC, Adams TD. [Fitness versus adiposity and cardiovascular disease.](#) Eur J Clin Nutr. 2019; 73(2):225-230.
 13. Adams, TD. [In teens with severe obesity, can bariatric surgery wait until adulthood? \(invited editorial\).](#) NEJM 2019; 380(22):2175-2177.
 14. Kim J, Simper S, McKinlay R, Cottam D, Surve A, Adams T. [Healthcare cost and utilization of bariatric surgical patients with and without pre-operative mental health diagnoses.](#) Surg for Obes and Relat Dis. 2020, 16(5): 682-689.
 15. Davidson, LE, Adams TD. [Does bariatric surgery increase or reduce colorectal cancer risk – is the jury still out?](#) JAMA Surg 2020; 155(5):402-403.
 16. Atkin SL, Ramachandran V, Yousri NA, Benurwar M, Simper SC, McKinlay R, Adams TD, Najafi-Shoushtari SH, Hunt SC. [Changes in blood microRNA expression and early metabolic responsiveness 21 days following bariatric surgery.](#) Front Endocrinol (Lausanne) 2019; 9:773.
 17. DePaoli AM, Zhou M, Kaplan DD, Hunt SC, Adams TD, Learned RM, Tian H, Ling Lei. [FGF19 analogue as a surgical factor mimetic that contributes to metabolic effects beyond glucose homeostasis.](#) Diabetes 2019; 68(6):1315-1328.
 18. Davidson LE, Hunt SC, Adams, TD. [Fitness versus adiposity in cardiovascular disease risk.](#) Eur J Clin Nutr 2019; 73(2):225-230.
 19. Kolotkin RL, Kim J, Davidson LE, Crosby RD, Hunt SC, Adams TD. [12-year trajectory of health-related quality of life in gastric bypass patients versus comparison groups.](#) Surg Obes Relat Dis 2018; 14(9):1359-1364.
 20. Adams TD, Davidson LE, Hunt SC. [Weight and metabolic outcomes 12 years following gastric bypass surgery, response to editor.](#) NEJM 2018; 378(1):93-96.
 21. Adams TD, Davidson LE, Litwin SE, Kim J, Kolotkin RL, Nanjee MN, Gutierrez JM, Frogley SJ, Ibele AR, Brinton EA, Hopkins PN, McKinlay R, Simper SC, Hunt SC. [Weight and metabolic outcomes 12 years following gastric bypass surgery.](#) NEJM 2017; 377(12):1143-55.

22. Daniels P, Burns RD, Brusseau TA, Hall MS, Davidson L, Adams TD, Eisenman P. [Effect of a randomized 12-week resistance training programme on muscular strength, cross-sectional area and muscle quality in women having undergone Roux-en-Y gastric bypass.](#) *J Sports Sci.* 2017 May 3;1-7. doi: 10.1080/02640414.2017.1322217. [Epub ahead of print] PMID: 28467737
23. Hopkins JL, Hopkins PN, Brinton EA, Adams TD, Davidson LE, Nanjee MN, Hunt SC. [Expression of metabolic syndrome in women with severe obesity.](#) *Met Syndrome Relat Dis.* 2017; 15(6):283-90.
24. Adams TD, Arterburn DE, Nathan DM, Eckel RH. [Clinical Outcomes of Metabolic Surgery: Microvascular and Macrovascular Complications.](#) *Diabetes Care* 2016 Jun;39(6):912-23. Doi: 10.2337/dc 16-0157. PMID: 27222549.
25. Davidson LE, Adams TD, Kim J, Jones JL, Hashibe M, Taylor D, Mehta T, McKinlay R, Simper SC, Smith SC, Hunt SC. [Association of Patient Age as Gastric Bypass Surgery with Long-Term All-Cause and Cause-Specific Mortality.](#) *JAMA Surg* 2016 Feb 10. doi: 10.1001/jamasurg.2015.5501. [Epub ahead of print] PMID: 26864395.
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- B. Books and Book Chapters
1. Adams TD, Hunt SC, Davidson LE, Hashibe M. [Obesity and Cancer with Emphasis on Bariatric Surgery.](#) In: Schauer PR, Schirmer BD, Brethauer SA, eds. Minimally Invasive Bariatric Surgery, 2nd ed. Springer Science. (in press 2015).
 2. Adams TD, Greenwood JLJ, Hunt SC. [The impact of obesity intervention on cancer: Clinical perspectives.](#) In: Kolonin MG, ed. Adipose tissue and cancer, New York: Springer Science, 2013, pp 165-187.
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Miracle: An Owner's Manual for the Human Body: Fourth Edition. CAPP Publishing, SLC, Utah, 2007.

4. **Adams TD, Yanowitz FG, Butler TG, et al. Total Fitness Workbook. LDS Hospital and Intermountain Health Care, Inc., Salt Lake City, Utah, 1983.**
5. **Adams TD, Holbrook JH. The Periodic Health Evaluation with Emphasis on Cardiovascular Risk Assessment. In: FG Yanowitz (ed). Coronary Heart Disease Prevention. Marcel Dekker, Inc., New York, pp. 105-148, 1992.**
6. **Adams TD, Edgington CE. The Physician's Role in Promoting Physical Activity. In: FG Yanowitz (ed). Coronary Heart Disease Prevention. Marcel Dekker, Inc., New York, pp. 361-410, 1992.**
7. **Adams TD, Yanowitz FG, Fisher AG, Ridges JD, Nelson AG, Hagan AD, Williams RR, Hunt SC: Genetics and Cardiac Size. "Sport and Human Genetics", Human Kinetics Publishers, Inc., Champaign, Illinois, pg. 131-145, 1985.**
8. **"Rehabilitating Your Heart." This book was used for seven years as part of the cardiac rehabilitation program at various Intermountain Health Care hospitals. Contributing authors of this book, including T.D. Adams, were members of the cardiac rehabilitation team at LDS Hospital. Publisher is LDS Hospital, Salt lake City, Utah.**

IV. Statement of Research Interest

A. Current Research Involvement:

1. Genetics of Obesity (and thinness): For the past two decades our research group at Cardiovascular Genetics Division (University of Utah School of Medicine) has been conducting research on the genetics of severe obesity. During the majority of this time period, approximately half of my salary has been funded by the National Institute of Health (1993-present). We are hoping to isolate genes related to obesity. We have collected data on over 450 families, representing over 6,000 participants, where a high prevalence of morbid obesity exists within the family structure. More recently, our group has received funding to expand family pedigrees that have a high prevalence of thinness (i.e. Body Mass Index less than 19 kg/m²). Biochemical mechanisms promoting thinness (genes resistant to obesity) may lead to new discovery for the treatment of obesity.
2. Gastric Bypass: Mortality and Morbidity: During the past decade our research team has been involved with a National Institute of Health funded research projects to explore the mortality and morbidity related to gastric bypass surgery. We have enrolled approximately 1200 subjects who have either undergone gastric bypass surgery or who are severely obese controls. We have been following these participants for 10-12 years.

We have also conducted mortality-related studies on former gastric bypass surgical patients compared to population-based severely obese controls. Our group has also explored cancer risk and diabetes remission following gastric bypass surgery. Most recently, we have been funded to conduct a retrospective study on the long-term clinical outcomes following gastric bypass surgery.

3. Health Promotion/Disease Prevention: During the past several years I have remained interested with the activities of the US Preventive Services Task Force and the Division of Health Promotion and Disease Prevention (Department of Health Services, Washington, D.C.). I have been particularly interested in the guidelines for clinical preventive services. As part of this effort my colleagues and I have authored a book, *Maintaining the Miracle: An Owner's Manual for the Human Body*, on preventive services guidelines and developed an extensive health risk appraisal. I also taught a course on guidelines for clinical preventive services in the Master of Public Health program, University of Utah.
4. Health Family Tree Project: For several years, Dr. Steve Hunt and I have pursued the interests of the late Dr. Roger R. Williams in promoting the Health Family Tree program. This program has involved the primarily Utah high school health classes whereby teachers assign students to work at home with their families in recording onto scan-forms the health history of their first and second degree relatives. Once scanned, family risk scores are derived and families are provided specific family health recommendations. Consent is also obtained from the families to contact them should there be an opportunity to involve them in a research project. This database now includes 1.5 million family member records, representing approximately 150,000 families. I have a great interest in expanding a similar program to all Utah schools and beyond Utah boundaries.
5. Executive Health Testing Centers: As a result of my interest in clinical preventive services and the delivery of these services at the Intermountain LiVe Well Center (Salt Lake Clinic), I have focused a portion of my research interests in the development and delivery of preventive services through the executive physical examinations offered at various locations in the U.S. I have visited many of these centers, including the Mayo Clinic, Cleveland Clinic, Scripps Clinic and Cooper Clinic to learn about their operation and the clinical guidelines they recommend.

B. Past Research Involvement:

1. Exercise and Genetics: My colleagues and I have explored several aspects of the genetics of exercise using college-aged twins (Brigham Young University and University of Utah students) as participants. Research efforts have included measurement of physiologic parameters such as cardiorespiratory fitness; heart size and function; lipid analysis; metabolic measurement; and blood pressure response.
2. Cardiac and Metabolic Research: My colleagues and I have been involved with several

research studies involving the effects of exercise on the cardiovascular and energy systems of man and animals. We have conducted exercise-training studies on human subjects (adult and pediatric) and on calves and ponies with artificial hearts. This research has included collaboration with the University of Utah Medical Center, UCLA Medical Center, Brigham Young University, Primary Children's Medical Center and LDS Hospital. We have written and received several grants to fund this research.

3. NASA Bed-Rest Research. I was previously involved with the NASA Ames Research Center, directed by Dr. Alan Hargens, in designing a bed-rest study using twins as subjects. The proposed study involved pre- and post-testing of identical twins with 30-days of bed rest and examined the genetic influence of bed-rest on the cardiovascular and musculoskeletal systems.