



## Curriculum Vitae

Last Updated: 5/2/2022

### **PERSONAL DATA**

Name: Nicole L. Mihalopoulos, MD, MPH  
Birth Place: Salt Lake City, Utah  
Citizenship: USA

### **EDUCATION**

<u>Years</u>	<u>Degree(s)</u>	<u>Institution (Area of Study)</u>
1991 - 1995	B.A.	University of Utah (Exercise and Sport Science)
1995 - 1999	M.D.	Tulane University School of Medicine
2001 - 2003	M.P.H.	Tulane University School of Public Health and Tropical Medicine (Health Systems Management)

### **BOARD CERTIFICATIONS**

10/19/2014	American Board of Internal Medicine (initial 2003)
01/01/2016	American Board of Preventive Medicine (initial 2005)
05/31/2016	American Board of Internal Medicine (subspecialty: Adolescent Medicine)

### **CURRENT LICENSES/CERTIFICATIONS**

07/29/2005 – 01/31/2023 Physician & Surgeon License (UT)

### **UNIVERSITY OF UTAH ACADEMIC HISTORY**

#### **Pediatrics (General Pediatrics), University of Utah**

10/01/2005 to 6/30/2011 Assistant Professor (Clinician Scholar)

#### **Internal Medicine (General Internal Medicine), University of Utah**

06/01/2006 to Present Adjunct Assistant Professor

#### **College of Health (Nutrition), University of Utah**

12/01/2006 to 6/30/2011 Adjunct Assistant Professor

#### **College of Health (Nutrition and Integrative Physiology), University of Utah**

7/01/2011 to Present Adjunct Associate Professor

#### **Pediatrics (Adolescent Medicine), University of Utah**

7/01/2011 to Present Associate Professor with Tenure (Clinician Scholar)

### **PROFESSIONAL EXPERIENCE**

#### **Full Time Positions**

2005 to 2011	Assistant Professor, Department of Pediatrics, University of Utah Health Sciences Center, Salt Lake City, UT, USA
2011 to Present	Associate Professor, Department of Pediatrics, University of Utah Health Sciences Center, Salt Lake City, UT, USA

2015 to 2016	Interim Chief, Division of Adolescent Medicine, Department of Pediatrics, University of Utah, Health Sciences Center, Salt Lake City, UT, USA
2016 to Present	Chief, Division of Adolescent Medicine, Department of Pediatrics, University of Utah, Health Sciences Center, Salt Lake City, UT, USA
<b>Part Time Positions</b>	
2001 - 2003	Emergency Room Physician, Veterans Affairs Medical Center, New Orleans, LA, USA
<b>Editorial Experience</b>	
2021 - 2023	Board member, ECHO Discovery Series Editorial Board
<b>Reviewer Experience</b>	
2004	<i>Ad hoc</i> referee, <i>Families, systems &amp; health: the journal of collaborative family healthcare</i> , Rochester, NY, USA
2005	Abstract Reviewer, Nutrition and Pregnancy, 45 <sup>th</sup> Annual Conference on Cardiovascular Disease Epidemiology and Prevention American Heart Association, Dallas, TX, USA
2006	Abstract Reviewer, Nutrition and Pregnancy, 46 <sup>th</sup> Annual Conference on Cardiovascular Disease Epidemiology and Prevention, American Heart Association, Dallas, TX, USA
2006 to Present	Reviewer, <i>Journal of Adolescent Health</i> , San Francisco, CA, USA
2006 to Present	Reviewer, <i>American Journal of Preventive Medicine</i> , Washington D.C., USA
2007	Abstract Reviewer, Adolescent Health, Annual Conference, American College of Preventive Medicine, Washington D.C., USA
2007	Abstract Reviewer, Nutrition and Pregnancy, 47 <sup>th</sup> Annual Conference on Cardiovascular Disease Epidemiology and Prevention, American Heart Association, Dallas, TX, USA
2007 to Present	Reviewer, <i>Journal of American College Health</i> , London, England
2010 to Present	Reviewer, <i>International Journal of Obesity</i> , New York, USA
2010 to Present	Reviewer, "The Green Journal" ( <i>Obstetrics and Gynecology</i> ), Washington, D.C., USA
2011 to Present	Reviewer, <i>Academic Pediatrics</i> , Philadelphia, PA, USA
2015 to Present	Reviewer, <i>Obesity: The Journal of the Obesity Society</i> , Silver Spring, MD, USA

## **SCHOLASTIC HONORS**

2000	Honorable Mention for Outstanding Internal Medicine Intern, Tulane University Owl Club Award, New Orleans, LA, USA
2001 – 2002	Dean's Scholarship, Tulane University School of Public Health and Tropical Medicine, New Orleans, LA, USA
2004	Fellow, American Heart Association 30 <sup>th</sup> Ten-Day Seminar on the Epidemiology and Prevention of Cardiovascular Disease, Lake Tahoe, CA, USA
2006 – 2007	Scholar, Primary Care Research Center, University of Utah Health Sciences Center, Salt Lake City, UT, USA
2006 – 2009	Scholar, Children's Health Research Center, University of Utah, Salt Lake City, UT, USA
2007	Attendee, AAMC Early Career Women Faculty Professional Development Seminar, Washington, D.C., USA
2007 – 2009	Scholar, Pediatric Clinical and Translational Research, Pediatric Research Excellence Partnership, University of Utah, Salt Lake City, UT, USA

## **ADMINISTRATIVE EXPERIENCE**

### **Administrative Duties**

2006 to Present	Medical Director, Adolescent Medicine Clinic, Department of Pediatrics, University of Utah, Salt Lake City, UT, USA
2009 to Present	Medical Director, Juvenile Justice Services Division-University of Utah College of Nursing contract, Utah Department of Health, Salt Lake County, Davis County, Weber County, Utah County, UT, USA
2015 - 2018	Member, Academic Senate, University of Utah, Salt Lake City, UT, USA
2016 – 2019	Member, Senate Personnel and Elections Committee, University of Utah, Salt Lake City, UT, USA
2019 to Present	Member, Primary Children's Hospital Disordered Eating Pathway Team. Salt Lake City, UT, USA
2020 to Present	Medical Director, Gender Management and Support Clinic, Primary Children's Hospital, Intermountain Healthcare, Salt Lake City, UT, USA

### **Professional Organizations & Scientific Activities**

2002 – 2003	Member, Medical Center of Louisiana, Executive Medical Committee, New Orleans, LA, USA
2004 – 2008	Co-Chair, Special Interest Group Internists in Adolescent Medicine,

Society for Adolescent Medicine

2005 to 2012	Member, Adolescent Health Committee, American College of Preventive Medicine
2006 – 2007	Member, Website Committee, American Society of Preventive Cardiology
2006 – 2008	Member, Intermountain Healthcare, Pediatric Obesity Care Process Model Committee, Salt Lake City, UT, USA
2008 - 2009	Chair, Adolescent Health Committee, American College of Preventive Medicine
2007 – 2010	Member, Board of Directors, Utah Division, American Heart Association, Salt Lake City, UT, USA
2009 – 2010	President, Board of Directors, Utah Division, American Heart Association, Salt Lake City, UT, USA
2010 to 2012	Member, National Office on Women’s Health, BodyWorks Regional Trainer Advisory Panel, Salt Lake City, UT, USA
2010 to 2015	Chair, Nutrition and Obesity Sub-Committee, Society for Adolescent Health and Medicine
2021 to Present	Member, ECHO Discovery Series Editorial Board, Environmental Child Health Outcomes Research Study funded by NIH Office of the Director

**Grant Review Committee/Study Section**

2006	Reviewer, Out-of-Wedlock Pregnancy Prevention Program, FY 2007, Utah State Department of Workforce Services, Salt Lake City, UT, USA
2010 - 2011	Reviewer, Teen Pregnancy Prevention Program, FY 2011, Utah State Department of Health, Salt Lake City, UT, USA
2010	Reviewer, Early Career Development Awards, American Heart Association, San Francisco, CA, USA

**Symposium/Meeting Chair/Coordinator**

None

**PROFESSIONAL COMMUNITY ACTIVITIES**

2005 to 2011	Member, Salt Lake City School District Wellness Policy Committee, Salt Lake City, UT, USA
2006	Physician volunteer, National Youth Sports Program physicals, Salt Lake City, UT, USA

2006 to Present	Member, Utah Medical Association, Salt Lake City, UT, USA
2006 to Present	Member, Salt Lake County Medical Society, Salt Lake City, UT, USA
2006 to 2012	Member, Utah Adolescent Health Network, Salt Lake City, UT, USA
2006 to 2007	Member, Utah Adolescent Health Network, STD sub-committee, Salt Lake City, UT, USA
2009 to 2014	Member, Utah Medical Association Healthy Lifestyles Committee, Salt Lake City, UT, USA
2012 to 2014	Co-Chair, Utah Medical Association Healthy Lifestyles Committee, Salt Lake City, UT, USA
2013 to 2014	Secretary, Salt Lake County Medical Society, Salt Lake City, UT, USA
2014 to 2015	President, Salt Lake County Medical Society, Salt Lake City, UT, USA
2014 to 2017	Childhood Obesity Chapter Champion, Utah Chapter, American Academy of Pediatrics

### **UNIVERSITY COMMUNITY ACTIVITIES**

#### **University Level**

2006 to Present	Member, Faculty Club, University of Utah, Salt Lake City, UT, USA
2009 - 2014	Board member, Faculty Club, University of Utah, Salt Lake City, UT, USA
2012 – 2013	Interim President, Faculty Club, University of Utah, Salt Lake City, UT, USA

#### **University of Utah Health**

#### **College Level**

#### **Department Level**

2007 – 2008; 2018 to Present	Member, Grand Rounds Planning Committee, Department of Pediatrics, University of Utah, Salt Lake City, UT, USA
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#### **Division Level**

2020 to Present	Wellness Champion, Adolescent Medicine, Department of Pediatrics, University of Utah, Salt Lake City, UT, USA
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#### **Programs, Center and Institutes**

2005 to 2010	Member, University of Utah, National Children’s Study Core Team, Salt Lake City, UT, USA
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2005 to Present Member, University of Utah, Center of Excellence in Women's Health, Salt Lake City, UT, USA

2019 to Present Member, University of Utah, Transgender Health Program, Salt Lake City, UT, USA

**SERVICE AT PREVIOUS INSTITUTIONS**

1999 – 2002 Member, Tulane University Health Sciences Center, Utilization Review Committee, New Orleans, LA, USA

2000 – 2001 Member, Tulane University School of Medicine, Housestaff Association, New Orleans, LA, USA

2001 – 2002 Vice President, Tulane University School of Medicine, Housestaff Association, New Orleans, LA, USA

2002 – 2003 President, Tulane University School of Medicine, Housestaff Association, New Orleans, LA, USA

**CURRENT MEMBERSHIPS IN PROFESSIONAL SOCIETIES**

1999 to Present Member, American College of Physicians

2001 to Present Member, American College of Preventive Medicine

2004 to Present Member, Society for Adolescent Health and Medicine

2007 to Present Member, Utah Medical Association

2007 to Present Member, Salt Lake County Medical Society

2008 to Present Member, Utah Chapter, American Academy of Pediatrics

2011 to Present Member, The Obesity Society

2016 to Present Member, World Professional Association for Transgender Health

2019 to Present Member, America Academy of Pediatrics

**FUNDING**

**Active Grants**

9/1/2018 – 8/31/2023 1UH3OD023249, Environmental Influences on Child Health Outcomes (ECHO) Pediatric Cohorts Stanford (PI)  
Role: Co-Investigator

The goal of this project is to perform a comprehensive assessment of early exposures of air pollution, endocrine disruptors, microbiome, the genome and its responses to the environment. Two focus areas are growth (including insulin resistance and childhood obesity) and respiratory health (including respiratory infections and asthma). This is the second phase of funding from a UG3 (see past grants below).

3/1/2021 - 2/28/2022 Center for Clinical and Translational Science Pilot Project, Suicide and Suicidal Behavior in Transgender Utahns, PI: Kirby, A  
Role: Co-Investigator  
The goal of this project is to examine suicide and suicidal behavior in transgender people living in Utah.

**Pending Grants**

R21 (NIH)

Physical activity intervention for improving mental health in transgender youth

Role: Co-Investigator**Past Grants**

2003 – 2005

5-T32-HL-007937-05, Preventive Cardiology Research Fellowship

Direct Costs: 0.50 FTE salary support

National Heart, Lung, and Blood Institute

Role: Fellow

2004 – 2005

“Girl Talk” for Threshold Center for Alternative Youth Services

Direct Costs: \$8000

Pediatric Links to the Community

Role: Co-Investigator

2005 – 2006

A Clinic Based Obesity Intervention in Latino Children: Low Glycemic Index diet vs. Low-fat Diet

Direct Costs: \$25,000, Total Costs: \$25,000

Primary Children’s Medical Center Foundation

Role: Primary Investigator

2005 – 2007

Gold Medal School Initiative Evaluation

Direct Costs: \$32,700, Total Costs: \$32,700

Utah Department of Health

Role: Principal Investigator

2006 – 2008

Innovative Research Grant, Fetal Measures of Adiposity: An obesity disaster management plan

Direct Costs: \$20,000

Department of Pediatrics

Role: Co-Investigator

2007 – 2008

Adolescent Health Innovative Grant, Evaluation of Eat &amp; Live Well: Latino

Direct Costs: \$20,000

Department of Pediatrics

Role: Principal Investigator

2007 – 2008

CATCH Grant, Adaptation and Implementation of Eat &amp; Live Well: Pacific Islanders

Direct Costs: \$10,000

American Academy of Pediatrics

Role: Principal Investigator

2007 – 2010

5ASTWH070006-02-00 (Digre), Utah Women’s Health Information Network (UWIN)

Direct Costs: \$499,864

DHHS/PHS

Role: Sub-contract 0.025 FTE

2010 - 2011	Interdisciplinary Research Grant, Full of Ourselves PLUS: Promoting Healthy Self-Image, Physical Activity and Nutrition Direct costs: \$8047 University of Utah Vice President for Research Role: <u>Co-Investigator</u>
4/1/10 – 3/31/15	K23 HL092069, Changes in Adipokines and Adiposity during Puberty and Young Adulthood Direct Costs: \$660,000. Total costs: \$712,800 National Heart, Lung, and Blood Institute Role: <u>Principal Investigator</u>
9/15/2015 – 8/31/2018	5U01FD005442, Pharmacometric Modeling and Simulation for Evaluation of Bioequivalence for Leuprolide Acetate Injection Sherwin (PI) Role: <u>Co-Investigator</u>
9/21/2016 – 8/31/2018	1UG3OD023249, Environmental Influences on Child Health Outcomes (ECHO) Pediatric Cohorts Stanford (PI) Role: <u>Co-Investigator</u>
<b>Active Contracts</b>	
7/1/2009 – Present	College of Nursing contract with Juvenile Justice Services (Utah, Salt Lake, Davis, Weber Counties) Role: Medical Director
5/1/2019 – 12/01/2021	DoTerra, Pharmacokinetics of essential oil products in healthy volunteers Yellepeddi (PI) Role: Co-Investigator
6/1/2021 – 6/30/2022	Young Living Oils, Pharmacokinetics of essential oil products in healthy volunteers Yellepeddi (PI) Role: Co-Investigator
<b>Pending Contracts</b>	
1/1/2022 – 12/31/2022	Kaneka Pharmaceuticals, Mental health and probiotic products in healthy volunteers Enioutina (PI) Role: Co-Investigator
<b>Past Contracts</b>	
2008 – 2010	BodyWorks Implementation in Utah Direct Costs: \$5000, Total Costs: \$5000 Region VIII Office on Women's Health, USDHHS Role: <u>Principal Investigator</u>
1/1/10 – 6/30/10	The Heart Truth Health Professional Education Direct costs: \$5000, Total Costs: \$5000



Region VIII Office on Women's Health, USDHHS  
Role: Principal Investigator

2015 – 2019  
B4541006 An Open-Label Study To Evaluate The Safety And Pharmacokinetics Of Pf-06412528 In Children 7-17 Years For The Treatment Of Moderate-To-Severe Pain  
Pfizer/ICON  
Role: Site Principal Investigator

## **TEACHING RESPONSIBILITIES/ASSIGNMENTS**

### **Education Administration**

2011 to Present  
Co-director, Adolescent Medicine Rotation, Department of Pediatrics, School of Medicine, Pediatrics residents, Family Medicine residents, 1 resident/clinic half day, University of Utah, Salt Lake City, UT, USA

### **Course and Curriculum Development**

2010 to 2016  
"Adolescent Medicine," 6-hour course, 44 students, Utah Physician Assistant Program, University of Utah, Salt Lake City, UT, USA

2011 to 2014  
Co-director, "Life Cycle, Phase II," Office of Medical Education, School of Medicine, 40-hour course, 2<sup>nd</sup> year medical students, 80 students, University of Utah, Salt Lake City, UT, USA

2014 to 2015  
"Redefining Health and Wellness" Honors College Praxis Lab, University of Utah, 4-credit course, 14 undergraduate honors students, 2 semesters, Salt Lake City, UT, USA

2015, 2016  
"Through the Life Cycle," 8-hour course, Utah Physician Assistant Program, 44 students, University of Utah, Salt Lake City, UT, USA

### **Courses Directed**

2011 to 2014  
Co-director, "Life Cycle", Phase II, Office of Medical Education, School of Medicine, 40-hour course, 2<sup>nd</sup> year medical students, 80 students, University of Utah, Salt Lake City, UT, USA

2011 to Present  
Co-director, Adolescent Medicine Rotation, Department of Pediatrics, School of Medicine, 1 month, 12 times annually, Pediatrics residents, Family Medicine residents, 2-3 residents/month, University of Utah, Salt Lake City, UT, USA

2012 - 2018  
Co-director, Pediatric Mentored Research Program for 4<sup>th</sup> year medical students (course PED 7260), University of Utah, Salt Lake City, UT, USA

2013  
Co-director, "Humanistic and Cultural Medicine Course", Office of Medical Education, School of Medicine, 2-year longitudinal course (40 hours per year), 1<sup>st</sup> and 2<sup>nd</sup> year medical students, 122 students per year, University of Utah, Salt Lake City, UT, USA

2014 - 2015 Co-director, "Redefining Health and Wellness" Honors College Praxis Lab, University of Utah, 4-credit course, 14 undergraduate honors students, 2 semesters, Salt Lake City, UT, USA

2019 to Present Instructor, Transgender Health 4<sup>th</sup> Year Medical Student Elective, Office of Medical Education, School of Medicine, 1-year longitudinal course, 4<sup>th</sup> year medical students, 5 students per year, University of Utah, Salt Lake City, UT, USA

**Course Lectures**

2008 "Brown Fat and Metabolic Function", Training Program in Clinical Investigation Population Sciences Research Seminars, University of Utah, Autumn semester, physicians, nurses, 15 registrants, Salt Lake City, UT, USA

2010 "Physiology of the Adolescent", Life Cycle, Phase II, Office of Medical Education, School of Medicine, 1-hour lecture, 1<sup>st</sup> year medical students, 80 students, University of Utah, Salt Lake City, UT, USA

2016 "Adolescent Medicine and Transgender Health", Honors 3700-005-Gender, Health, and Human Rights: More than a Woman's Issue?, 30-minute discussion, undergraduate Honors students, 12 students, University of Utah, Salt Lake City, UT, USA

2019 "Adolescent Medicine and Minor Rights", Families and Health, 30-minute discussion, undergraduate freshman students, 15 students, University of Utah, Salt Lake City, UT, USA

**Clinical Teaching**

2007 to Present Adolescent Medicine Rotation, Department of Pediatrics, School of Medicine, Pediatrics residents, 1 resident/half day of clinic, Family Medicine residents, 1 resident/half day of clinic, University of Utah, Salt Lake City, UT, USA

**Laboratory Teaching**

None

**Small Group Teaching**

2000 – 2003 Medical Interviewing, Office of Medical Education, School of Medicine, one time annually, 1st year medical students, 4 students per group, Tulane University School of Medicine, New Orleans, LA, USA

2001 – 2003 Clinical Diagnosis, Office of Medical Education, School of Medicine, one time annually, 2<sup>nd</sup> year medical students, 4 students per group, Tulane University School of Medicine, New Orleans, LA, USA

2002 Introduction to Biostatistics, Office of Medical Education, School of Medicine, one time annually, 2<sup>nd</sup> year medical students, 10 students

	per group, Tulane University School of Medicine, New Orleans, LA, USA
2002	Changing Patient Behavior, Office of Medical Education, School of Medicine, one time annually, 1 <sup>st</sup> year medical students, 8 students per group, Tulane University School of Medicine, New Orleans, LA, USA
2003 – 2004	Mastering Medical Information, Office of Medical Education, School of Medicine, one time annually, first year medical students, 10 students per group, University of Rochester, Rochester, NY, USA
2006	Medical Interviewing, Office of Medical Education, School of Medicine, three times/year, 1 <sup>st</sup> year medical students, 5-8 students per group, University of Utah, Salt Lake City, UT, USA
2006 – 2008	Clinical Diagnosis, Office of Medical Education, School of Medicine, 60 hours, one time annually, 2 <sup>nd</sup> year medical students, 4 students per group, University of Utah, Salt Lake City, UT, USA
<b>Trainee Supervision</b>	
2005 – 2006	Medical student, Angela De La O, platform presentation at Pediatric Academic Societies' annual meeting, Pediatrics residency, University of Utah, Salt Lake City, UT, USA Current: Angela De La O, MD, General Pediatrician, Wasatch Pediatrics, Salt Lake City, UT, USA
2005 – 2006	Medical student, Branden Rosenhan, Internal Medicine residency, University of Kentucky, Lexington, KY, USA Current: Branden Rosenhan, MD, Critical Care Medicine, St. Mark's Hospital, Salt Lake City, UT, USA
2006	Undergraduate student, Kelsi Furse, University of Utah, Salt Lake City, UT, USA Current: Kelsi Furse Capizzi, PharmD, Pharmacist, Juneau, AK, USA
2008 – 2010	Undergraduate student, Patrick Pfau, University of Utah, Salt Lake City, UT, USA Current: Patrick Pfau, DO, Naval Medical Center, San Diego, CA, USA
2010 - 2014	Undergraduate student, Casey Tak, University of Utah, Salt Lake City, UT, USA Current: Casey Tak, PhD, MPH, assistant professor, Division of Pharmaceutical Outcomes and Policy, UNC Eshelman School of Pharmacy, University of North Carolina, Chapel Hill, NC, USA
2011, 2012	Undergraduate student, Kolenya Holly, Native American Summer Research Internship, University of Utah, Salt Lake City, UT, USA

- Current: Kolenya Holly, MPH, Program Director for the Behavioral Health Healthy Transitions Iina Bihoo'aah Program at Utah Navajo Health System, Inc., Montezuma Creek, UT, USA
- 2011 – 2014 Medical student, Patrick Bell, University of Utah, Salt Lake City, UT, USA  
Current: Patrick Bell, MD, Adjunct Assistant Professor, Psychiatry, University of Utah School of Medicine, Salt Lake City, UT, USA
- 2011 - 2013 Undergraduate student, Diana Thai, University of Utah, Salt Lake City, UT, USA  
Current: Diana Thai, MD, Family Medicine Private Practice, Phoenix, AZ, USA
- 2012 - 2014 Undergraduate student, Ketevan Amirkhanashvili, University of Utah, Salt Lake City, UT, USA  
Current: Ketevan Amirkhanashvili, MD, Resident Physician, Bronx, NY, USA
- 2012 - 2013 Undergraduate student, Ashley Hastings, University of Utah, Salt Lake City, UT, USA  
Current: unknown
- 2012 - 2014 Undergraduate student, Douglas Chan, University of Utah, Salt Lake City, UT, USA  
Current: Douglas Chan, MD, Psychiatry resident, Albuquerque, NM, USA
- 2012 - 2014 Undergraduate student, Elizabeth Phillips, University of Utah, Salt Lake City, UT, USA  
Current: Elizabeth Phillips, MD, MS, Resident Physician, San Francisco, CA, USA
- 2012 - 2015 Medical student, Creighton Lewis, University of Utah, Salt Lake City, UT, USA  
Current: Creighton Lewis, MD, Visiting Instructor, Radiology and Imaging Sciences, University of Utah School of Medicine, Salt Lake City, UT, USA
- 2013 Undergraduate student, Charles Neher, Native American Summer Research Internship, University of Utah, Salt Lake City, UT, USA  
Current: unknown
- 2013 Medical student, Lara Kapp, University of Utah, Salt Lake City, UT, USA  
Current: Lara Kapp-Hayes, MD, Associate Professor, General Internal Medicine, University of Utah School of Medicine, Salt Lake City, UT, USA

2014 Undergraduate student, Chalmer Gambler, Native American Summer Research Internship, University of Utah, Salt Lake City, UT, USA  
Current: unknown

2015 Medical student, Douglas Chan, University of Utah, Salt Lake City, UT, USA  
Current: Douglas Chan, MD, Psychiatry resident, Albuquerque, NM, USA

2015 Undergraduate student, Anthony Esplin, University of Utah, Salt Lake City, UT, USA  
Current: unknown

2016-2017 Undergraduate student, Calli Bennett, University of Utah, Salt Lake City, UT, USA

2017 Undergraduate student, Kellie Crouse, Native American Summer Research Internship, University of Utah, Salt Lake City, UT, USA

2017 - 2018 Medical student, Quinn Strenn, University of Utah, Salt Lake City, UT, USA  
Current: Quinn Strenn, MD, MBA, Emergency Medicine Resident, University of Wisconsin-Madison, Madison, WI, USA

2018 Undergraduate student, Taylor Russell, Native American Summer Research Internship, University of Utah, Salt Lake City, UT, USA  
Current: unknown

2018 Medical student, Sofia Muns-Aponte, University of Puerto Rico, Medical Student Summer Research Internship, Salt Lake City, UT, USA

2019 Undergraduate student, Samantha Enos, Native American Summer Research Internship, University of Utah, Salt Lake City, UT, USA  
Current: Samantha Enos, MPH, Alaskan Native Public Health, Anchorage, AK, USA

2019 Medical student, Stewart Malave-Ramos, University of Puerto Rico, Medical Student Summer Research Internship, Salt Lake City, UT, USA

2020 - 2021 Medical student, Ambur Staab, University of Utah, Medical Student Summer Research Internship, Salt Lake City, UT, USA

2021 Medical student, Cassidy Nguyen, University of Utah, Medical Student Summer Research Internship, Salt Lake City, UT, USA

2021 Medical student, Nicola Lanier, University of Utah, Salt Lake City, UT, USA

2021 Medical student, Rachel Seifert, University of Utah, Salt Lake City, UT, USA

### **Graduate Student Committees**

2005 – 2006 Member, Suzanne Erickson, M.S., Gold Medal Schools Evaluation, Division of Nutrition, College of Health, University of Utah, Salt Lake City, UT, USA

2006 – 2008 Member, Darrin Cottle, M.S., Eat & Live Well, Division of Nutrition, College of Health, University of Utah, Salt Lake City, UT, USA

2006 – 2008 Member, Kori Fitschen, M.S., Eat & Live Well, Exercise and Sport Science, College of Health, University of Utah, Salt Lake City, UT, USA

2008 – 2009 Member, Sarah Mattei, M.S., Eat & Live Well: Pacific Islanders, Division of Nutrition, College of Health, University of Utah, Salt Lake City, UT, USA

2008 – 2010 Member, Kim Anderson, M.S., Disordered Eating Among Teens, Division of Nutrition, College of Health, University of Utah, Salt Lake City, UT, USA

2010 – 2012 Member, Katelyn Long, M.S.P.H., Indian Adolescent Health Assessment, Division of Public Health, University of Utah, Salt Lake City, UT, USA

2011 – 2013 Member, Brittney Urban, M.S., RD, Diet and the Presence of Chronic Disease Risk Factors in the Pediatric Obese, Division of Nutrition, College of Health, University of Utah, Salt Lake City, UT, USA

2015-2017 Member, Kelsey Ann Pearson, M.S., RD, The Association Of Pre-Pregnancy BMI, Excess Gestational Weight Gain, And Child Birth Weight With Markers Of Metabolic Dysfunction In Obese Children And Adolescents, Department of Nutrition and Integrative Physiology, College of Health, University of Utah, Salt Lake City, UT, USA

2019 – Present Member, Elysia Sotiriou, M.S., doctoral candidate in psychology, University of Texas – Austin, Austin, TX, USA

### **Educational Lectures**

#### Didactic Lectures

2005 “Preventive Cardiology for the Pediatrician”, Pediatric Residents Noon Conference, Primary Children’s Medical Center, daily, Pediatrics residents and medical student on pediatrics rotation, 40 participants, Salt Lake City, UT, USA

- 2006 "The Adolescent Genital Exam", Pediatric Residents Noon Conference, Primary Children's Medical Center, daily, Pediatrics residents and medical student on pediatrics rotation, 40 participants, Salt Lake City, UT, USA
- 2007 "Oh the Things You'll See when you Diagnose an STD!", Pediatric Residents Noon Conference, Primary Children's Medical Center, daily, Pediatrics residents and medical student on pediatrics rotation, 40 participants, Salt Lake City, UT, USA
- 2007 "Cardiovascular Disease Epidemiology and Prevention in Children and Adolescents", Pediatric Cardiology Fellows Noon Conference, University of Utah, Salt Lake City, UT, USA
- 2007 "Pills, Rings and Shots...which to choose?", Pediatric Residents Noon Conference, Primary Children's Medical Center, daily, Pediatrics residents and medical student on pediatrics rotation, 40 participants, Salt Lake City, UT, USA
- 2007 "Substance Abuse: From the Street to the Clinic", with guest speaker Lt. Robby Russo, SL County Sherriff's Office Pediatric Residents Noon Conference, Primary Children's Medical Center, daily, Pediatrics residents and medical student on pediatrics rotation, 40 participants, Salt Lake City, UT, USA
- 2007, 2009, 2010, 2012, 2019 "Adolescent Normal Growth and Development", Wednesday Afternoon Teaching Session, 1 hour annually, Family Medicine residents, 20 participants, Department of Family Medicine, University of Utah, Salt Lake City, UT, USA
- 2009 "Common Medical Problems in Adolescents" with Joni Hemond,MD, Pediatric Residents Noon Conference, Primary Children's Medical Center, daily, Pediatrics residents and medical student on pediatrics rotation, 40 participants, Salt Lake City, UT, USA
- 2011 "Abnormal Menstrual Bleeding" Pediatric Residents Noon Conference, Primary Children's Medical Center, daily, Pediatrics residents and medical student on pediatrics rotation, 40 participants, Salt Lake City, UT, USA
- 2014, 2015 "Adolescent Development" Pediatric Residents Noon Conference, Primary Children's Medical Center, daily, Pediatrics residents and medical student on pediatrics rotation, 40 participants, Salt Lake City, UT, USA
- 2015 "Tips for Interviewing Adolescent Patients" Pediatric Residents Noon Conference, Primary Children's Medical Center, daily, Pediatrics residents and medical student on pediatrics rotation, 40 participants, Salt Lake City, UT, USA

- 2016 “Adolescent Obesity Research” Native American Research Internship summer lecture series, 18 participants, Salt Lake City, UT, USA
- 2016 “Eating and Feeding Disorders in Adolescents” Pediatric Residents Noon Conference, Primary Children’s Medical Center, daily, Pediatrics residents and medical student on pediatrics rotation, 40 participants, Salt Lake City, UT, USA
- 2017 “Sex and Sexuality (LGBT and Bits and Pieces)” Pediatric Residents Noon Conference, Primary Children’s Medical Center, daily, Pediatrics residents and medical student on pediatrics rotation, 40 participants, Salt Lake City, UT, USA
- 2018 “Hot Topics in Adolescent Medicine” Pediatric Residents Noon Conference, Primary Children’s Medical Center, daily, Pediatrics residents and medical student on pediatrics rotation, 40 participants, Salt Lake City, UT, USA
- 2016 “Transgender Youth in Juvenile Justice System”, Juvenile Justice System Healthcare Provider/Staff Meeting, 16 participants, Salt Lake City, UT, USA

Internal Teaching Experience

- 2006 “Adipocytokines and the Development of Post-Pubertal Obesity”, Research in Progress, Department of Pediatrics, physicians, 30 participants, Primary Children’s Medical Center, Salt Lake City, UT, USA
- 2007 “Adipocytokines and Puberty”, Research in Progress, Department of Pediatrics, physicians, 30 participants, Primary Children’s Medical Center, Salt Lake City, UT, USA
- 2007 “A History of Your Future”, Pediatric Education in Progress Seminar, University of Utah, Salt Lake City, UT, USA
- 2008 “Brown Adipose Tissue and Adipokines”, Research in Progress, Department of Pediatrics, physicians, 30 participants, Primary Children’s Medical Center, Salt Lake City, UT, USA
- 2009 “Brown Adipose Tissue, Obesity and Metabolism”, Research in Progress, Department of Pediatrics, physicians, 30 participants, Primary Children’s Medical Center, Salt Lake City, UT, USA
- 2016 “Adolescent LGBTQ Basics”, Emergency Medicine Division Lunch and Learn, Primary Children’s Medical Center, 40 participants, Salt Lake City, UT, USA
- 2019 “Brown Adipose Tissue to Cardiovascular Disease Risk in Transgender Adolescents and Young Adults”, Research in



Progress, Department of Pediatrics, physicians, 30 participants,  
Primary Children's Medical Center, Salt Lake City, UT, USA

2021 "Research in Adolescent Transgender Health and Cardiovascular Disease Risk Factors", Native American Research Internship (NARI) summer lecture series, 5 participants, Salt Lake City, UT, USA

## Continuing Education

### Additional Teaching Contributions

- 2006 "Body Image and Self-Esteem", Go Girlz Program (girls 12 – 17 years of age), University of Utah Women's Resource Center, Salt Lake City, UT, USA
- 2006 – 2008 Panel member, Pre-Medical Panel Discussion, Association of Future Female Physicians, University of Utah, Salt Lake City, UT, USA
- 2007 "Positive Sexual Development: Am I Normal?", Developmental and Clinical Child Family Psychology Brown Bag Speaker Series, 8 times per year, faculty and students in Department of Psychology, 20 participants, University of Utah, Salt Lake City, UT, USA
- 2011 Panel member, "Finding a Mentor when You are Different", Women In Medicine, Mentoring 4 U Workshop, University of Utah, Salt Lake City, UT, USA
- 2017 "Transgender Health Care in Adolescents", Interdisciplinary Graduate Seminar on Gender & Sexuality, Spring 2017, University of Utah, Salt Lake City, UT, USA

### PEER-REVIEWED JOURNAL ARTICLES

1. Bloebaum, R.D., Mihalopoulos, N.L., Jensen, J.W., Dorr, L.D. (1997). "Postmortem Analysis of Bone Growth into Porous-Coated Acetabular Components", *JBone Joint Surg Am*, 79(7):1013-22.
2. Mihalopoulos, N.L., Khan, A., Wiese, J. (2001). Influenza: recommendations for vaccination and treatment, *J La State Med Soc*, 153(12): 596-602.
3. Mihalopoulos, N.L., Berenson, G.S. (2008). Cardiovascular Risk Factors in Internal Medicine Residents, *Prev Cardiol*, 11(2):76-81.
4. Mihalopoulos, N.L., Auinger, P., Klein, J.D. (2008). The Freshman 15: Is it real?, *J Am Coll Health*, 56(5):531-3.
5. Utz, R., Cottle, D., Fitschen, K., Metos, J., Reel, J., Mihalopoulos, N.L. (2008). Eat & Live Well: Lessons Learned from an After School Weight Management Program, *Utah's Health: An Annual Review*, 13:81-7.
6. Jordan, K.C., Erickson, E.D., Cox, R., Carlson, E.C., Heap, E., Friedrichs, M., Moyer-Mileur, L.J., Shen, S., Mihalopoulos, N.L. (2008). Evaluation of the Gold Medal Schools program, *J Am Diet Assoc*, 108(11):1916-20.
7. De La O, A., Clarke, K., Ortiz, K., Moyer-Mileur, L.J., Stoddard, G., Friedrichs, M., Cox, R., Carlson, E.C., Heap, E., Mihalopoulos, N.L. (2009). Accuracy of Parental Perceptions of Child Weight Status, *J Pediatr Health Care. Jul-Aug;23(4):216-21*. Epub 2008 Mar 4.

8. Eissa, M.A., Wen, E., Mihalopoulos, N.L., Grunbaum, J.A., Labarthe, D.R. (2009). Evaluation of AAP Guidelines for Cholesterol Screening in Youth: Project HeartBeat! *Am J Prev Med*, 37(1S):S71-S77.
9. Day, R.S., Fulton, J.E., Dai, S., Mihalopoulos, N.L., Barradas, D. (2009). Nutrient Intake, Physical Activity, and CVD Risk Factors in Children: Project HeartBeat! *Am J Prev Med*, 37(1S):S25-S33.
10. Eissa, M.A., Dai, S., Mihalopoulos, N.L., Day, R.S., Harrist, R.B., Labarthe, D.R. (2009). Trajectories of Fat Free Mass Index and Fat Mass Index in Children: Project HeartBeat! *Am J Prev Med*, 37(1S):S34-S39.
11. Moyer-Mileur, L.J., Slater, H., Thomson, A.T., Mihalopoulos, N., Byrne, J., Varner, M.W. (2009). Newborn adiposity measured by plethysmography is not predicted by late gestation two-dimensional ultrasound measures of fetal growth. *J Nutr, Sep;139(9):1772-8*. Epub 2009 Jul 29.
12. Mihalopoulos, N.L., Holubkov, R., Young, P., Dai, S., Labarthe, D.R. (2010). Expected Changes in Clinical Measures of Adiposity During Puberty. *J Adol Health*. Epub 2010 May 20.
13. Reel, J.J., Ashcraft, C., Lacy, R., Bucciare, R.A., Soohoo, S., Richards, D., Mihalopoulos, N. (2011). "Full of Ourselves PLUS": Lessons Learned when Implementing an Eating Disorder and Obesity Prevention Program. *J Sport Psych in Action*. 1:3,109-117.
14. Mihalopoulos, N.L., Phillips, T.M., Slater, H., Thomson, J.A., Varner, M.W., Nanjee, M.N., Moyer-Mileur, L.J. (2011) Validity and Reliability of Perinatal Biomarkers after Storage as Dry Blood Spots on Paper. *Am J Hum Biol*. Jul 6 doi: 10.1002/ajhb.21199. [Epub ahead of print].
15. Long, K.N.G., Long, P.M., Crookston, B.T., Gren, L.H., Mihalopoulos, N.L., Dickerson, T., Alder, S.C. (2013) Development and Validation of the Indian Adolescent Health Questionnaire. *J Trop Peds. Jun;59(3):231-42. PMID:23418132*
16. Frost, C.J., Murphy, P.A., Shaw, J.M., Jones, K.P., Varner, M., Mihalopoulos, N., Lake, E., Patrick, S., Johnston, L., & Digre, K.B. (2014). Reframing the View of Women's Health in the United States: Ideas from a Multidisciplinary National Center of Excellence in Women's Health Demonstration Project. *Clinics in Mother and Child Health* (accepted January 17, 2014).
17. Grimsrud, K., Sherwin, C.M.T., Constance, J.E., Tak, C., Zuppa, A.F., Spigarelli, M.G., Mihalopoulos, N.L. (2015). Special population considerations and regulatory affairs for clinical research. *Clin Res Regul Aff*. 32(2):47-56. PMID: 26401094
18. King MA, Nkoy FL, Maloney CG, Mihalopoulos NL. (2015) Physicians and physician trainees rarely identify or address overweight/obesity in hospitalized children. *J Pediatr*. Oct;167(4):816-820.e1. doi: 10.1016/j.jpeds.2015.06.040. Epub 2015 Aug 5. PMID:26254834.
19. Eissa MA, Mihalopoulos NL, Holubkov R, Dai S, Labarthe DR. (2015) Changes in Fasting Lipids during Puberty. *J Pediatr*. Mar;170:199-205. PMID 26706233.
20. Tak C, Balch AH, Skidmore JR, Mihalopoulos NL. (2016) Optimizing enrollment in pediatric obese patients: reflections on recruitment characteristics. *Int J Adol Med Hlth*. Jul 2; PMID: 27371820; PMCID: PMC5205559.
21. Taylor S, Borzutzky C, Jasik CB, Mihalopoulos NL, Smith-Barron K, Woolford S, Garber A, McPherson M. (2016) Preventing and treating adolescent obesity: A position paper of the Society for Adolescent Health and Medicine. *J Adol Health*. Nov;59(5):602-606. PubMed PMID: 27772662; PubMed Central PMCID: PMC5147420.
22. Stipelman C, Young PC, Hemond J, Brown LL, Mihalopoulos NL. (2016) Dyslipidemia Screening of 9- to 11-Year-Olds at Well-Child Visits by Utah Pediatricians. *Clin Pediatr (Phila)*. Dec;56(14):1286-1290. PMID: 28006979.

23. Mihalopoulos NL, Urban B, Metos J, Balch A, Young PC, Jordan KC. (2017) Breastfeeding, Leptin-to-Adiponectin Ratio and Metabolic Dysfunction in Adolescents (8-17yo) with Obesity. *South Med J*. May;110(5):347-352. PMID: 28464176; PMCID: PMC5426644.
24. Long KNG, Gren L, Long P, Jaggi R, Banik S, Mihalopoulos NL. (2017) A Picture of Indian Adolescent Mental Health: An Analysis from Three Urban Secondary Schools. *Int J Adol Med Hlth*. *Int J Adolesc Med Health*. Aug 1. PMID: 28782345.
25. Mihalopoulos NL, Stipelman C, Hemond J, Brown LL, Young PC. (2018) Universal Lipid Screening in 9- to 11-Year-Olds Before and After 2011 Guidelines. *Acad Pediatr*. Mar;18(2):196-199. PMID: 29180296.
26. Tylavsky F, Ferrara A, Catellier D, Oken E, Li X, Hua AL, Dabelea D, Rundle A, Gilbert-Diamond D, Hivert MF, Breton CV, Cassidy-Bushrow A, Mueller N, Hunt K, Arteaga S, Iombo T, Mahabir S, Ruden D, Sauder K, Hedderston M, Zhu Y, Polk S, Mihalopoulos NL, Vos M, Pyles L, Roary M, Aschner J, Karagas M, and Trasande L. (2020) Understanding childhood obesity in the US: The NIH Environmental influences on Child Health Outcomes (ECHO) Program. *Int J Obes*. Mar;44(3):617-627. PMID: 31649277
27. Mihalopoulos NL, Yap JT, Beardmore B, Holubkov R, Nanjee MN, Hoffman JM. (2020) Cold-Activated Brown Adipose Tissue is Associated with Less Cardiometabolic Dysfunction in Young Adults with Obesity. *Obesity (Silver Spring)*. May;28(5):916-923. PMID: 32170839
28. Pearson K, Jordan KC, Metos J, Holubkov R, Nanjee MN, Mihalopoulos NL. (2020) Association of Prepregnancy BMI, Gestational Weight Gain, and Child Birth Weight with Metabolic Dysfunction in Obese Children and Adolescents. *Southern medical journal*. Oct;113(10):482-487. PMID: 33005961
29. Geist C, Greenburg K (co-first authors), Luikenaar R, Mihalopoulos NL. (2020) Pediatric Research and Health Care for Transgender and Gender Diverse Adolescents and Young Adults: Improving (Biopsychosocial) Health Outcomes. *Academic Pediatrics*. Sep 24:S1876-2859(20)30508-8. PMID 32980544
30. Burns RD, Fu Y, Byun W, Mihalopoulos NL. "Sexual Identity-behavior Discordance and Meeting 24-hour Movement Behavior Recommendations in Adolescents. *Journal of LGBT Youth*. Published online: 03Dec2021. DOI: 10.1080/19361653.2021.2010157
31. Izzuddin M, Aris, Wei Perng, Dana Dabelea, Jody Ganiban, Chang Liu, Kristine Marceau, Olivia C. Robertson, Christine W. Hockett, Mihalopoulos NL, Xiangrong Kong, Megan M. Herting, T. Michael O'Shea, Elizabeth T. Jensen, Marie-France Hivert, Emily Oken. "Association of early life growth and age at pubertal onset in US children". *JAMA Network Open*. Published online 04Feb2022. DOI: 10.1001/jamanetworkopen.2021.46873. PMID 35119461

#### **NON PEER-REVIEWED JOURNAL ARTICLES**

1. Mihalopoulos, N.L. (2006). "Update on HPV Vaccine", *Rounds, Primary Children's monthly newsletter for medical staff*, September.
2. Mihalopoulos, N.L. (2007). "The Sexually Active Adolescent", *The Town Gown Connection*, January.
3. Mihalopoulos, N.L. (2007). "Dyslipidemia? Isn't that a medical problem adults have?", *The Town Gown Connection*, October.
4. Mihalopoulos, N.L. (2008). "Changes in Adiposity during Puberty", *US Special Populations Pediatrics Review*.
5. Mihalopoulos, N.L. (2009). "Exercise and Your Health", *UMA Bulletin*, April-May.
6. Mihalopoulos, N.L. (2010). "The Heart Truth", *UMA Bulletin*, February-March.
7. Tristani-Firouzi, B, Rolls JA, Mihalopoulos N.L., Agarwal CA. (2021) "Experiences with Primary Care in the State of Utah for Gender Diverse People: Surveying the Difficulties in Accessing Healthcare", *medRxiv*.

## **REVIEW ARTICLES**

1. Mihalopoulos NL, Spigarelli MG. Comanagement of Pediatric Depression and Obesity: A Clear Need for Evidence. *Clin Ther*. 2015 Sep 1;37(9):1933-7. doi: 10.1016/j.clinthera.2015.08.009. Epub 2015 Aug 29. Review. PMID: 26321691. PMCID: PMC4607257.

## **BOOKS**

None

## **EDITED BOOKS**

### **BOOK CHAPTERS**

1. Mihalopoulos, N.L. (2007). Section 1: Disease and Disorders. *Mosby's PEDIATRIC CLINICAL ADVISOR, 2e, Endometriosis*. Elsevier Science, St. Louis, MO, USA.
2. Mihalopoulos, N.L. (2007). Section 1: Disease and Disorders. *Mosby's PEDIATRIC CLINICAL ADVISOR, 2e, Trichomoniasis*. Elsevier Science, St. Louis, MO, USA.
3. Mihalopoulos, N.L. (2014). Chapter 47: Obesity, Cardiovascular Disease and Diabetes in *Children's Environmental Health*. Oxford University Press, Inc, New York, NY, USA.
4. Mihalopoulos NL, Kepka D, Reddy D, Woodruff K, Digre KB. Physical Health (non-reproductive), pp 124-146. *The 7 Domains of Health: Multidisciplinary Considerations of Women's Health in the 21<sup>st</sup> Century*. Frost, C.J. & Digre, K.B., eds. (release date August 2016) Dubuque, Iowa: Kendall Hunt Publishers.
5. Dell AW, Mihalopolous NL. (2018) Caring for Transgender Youth, A Medical Home Module. Medical Home Portal. [www.medicalhomeportal.org/diagnoses-and-conditions/transgender-and-gender-diverse-youth-dm2](http://www.medicalhomeportal.org/diagnoses-and-conditions/transgender-and-gender-diverse-youth-dm2)
6. Barker A, Mihalopoulos NL. (2018) Pediatric Obesity, A Medical Home Module. Medical Home Portal. <https://www.medicalhomeportal.org/living-with-child/diagnoses-and-conditions--faqs/childhood-obesity>

## **CONFERENCE PROCEEDINGS**

2018 Sex and Gender Health Education Summit, Salt Lake City, UT, USA,  
[https://issuu.com/amwadoctors/docs/proceedings\\_final\\_jan\\_2020](https://issuu.com/amwadoctors/docs/proceedings_final_jan_2020)

## **OTHER (Commentary/Letters/Editorials/Case Reports/Video/Film)**

1. Pediatric Obesity Care Process Model, Intermountain Healthcare (2015); <https://intermountainhealthcare.org/ckr-ext/Dcmnt?ncid=520289819>
2. Pediatrics teleECHO Adolescent Health Series; General Adolescent Health – Parts 1 and 2: I don't want to talk to you, but I need..." (2019) [physicians.utah.edu/echo/pdfs/2019-10-02-general-adolescent-medicine-pt-1.pdf](https://physicians.utah.edu/echo/pdfs/2019-10-02-general-adolescent-medicine-pt-1.pdf)
3. Development of Transgender Health teleECHO collaborative with Intermountain Healthcare (in development; implementation delayed due to COVID-19)
4. Pride, Not Prejudice Conference: Gender Identity and Social Transition in Adolescence <https://pride-not-prejudice-an-lgbtqia-conference-for-u.heysummit.com/talks/gender-identity-and-social-transition-in-adolescents/?preview=1>

## **PENDING PUBLICATIONS**

### **Journal Articles**

1. Traci A. Bekelman, Emily Knapp, PhD, Yanan Dong, Dana Dabelea, Tracy Bastain, Carrie Breton, Kecia N. Carroll, Carlos A. Camargo, Ann Davis, Anne L. Dunlop, Amy J. Elliott, Assiamira Ferrara, Rebecca Fry, Jody M. Ganiban, Diane Gilbert-Diamond, Frank D. Gilliland, Monique Hedderson, Alison Hipwell, Christine Hockett, Kathi C. Huddleston,

- Margaret R. Karagas, Nichole Kelly, Jin-Shei Lai, Barry Lester, Maristella Lucchini, Nicole L. Mihalopoulos, Mike O'Shea, Andrew Rundle, Joseph Stanford, Sara VanBronkhorst, Rosalind J. Wright, Katherine A. Sauder, on behalf of program collaborators for Environmental influences on Child Health Outcomes (ECHO). "Sociodemographic Variation in Children's Lifestyle Behaviors during the COVID-19 Pandemic". *In Review*. Pediatrics.
2. Byun W, Burns RD, Fu Y, Mihalopoulos NL. "Objectively Measured Physical Activity and Sedentary Behavior in Transgender Youth". *In Preparation*.
  3. Staab A, Cizik A, Geist, C, Muns-Aponte S, Malave-Ramos S, Strenn Q, Dell AW, Mihalopoulos NL. "Transgender Adolescents Have High Prevalence Of Atherosclerotic Cardiovascular Disease Risk Factors Before And After Taking Hormone Therapy For 1 Year". *In preparation*. Journal of the American Heart Association.
  4. Mihalopoulos NL, Kirby AV, Docherty AR, Staley M, Bakian A, Coon H. "Suicidal behavior among transgender adolescents and young adults in Utah". *In preparation*. Journal of Adolescent Health.
  5. Malave Ramos SR, Wilkes J, Dell AW, Mihalopoulos NL. "Common Health Disparities in the Transgender Population Using the KID Database". *In preparation*. Pediatrics.

### **Review Articles**

1. Grimshaw ME, Cizik A, Baines H, Moyer D, Dy G, Dell AW, Mihalopoulos NL. "Qualitative Study of Fertility Preservation in Transgender Youth: Scoping Review". *In preparation*. Quality of Life Research.

### **Books**

1. Dell AW, Mihalopoulos NL, Johns D, Robnett J, McLaughlin H, Imber L. Springer Briefs in Child Health: Care of Transgender Children and Adolescents. Series Ed: Giardino, Angelo P. *In Review*.
2. Dell AW, Mihalopoulos NL. Adolescent questions. *Rudolph's Pediatrics 23<sup>rd</sup> Edition Self-Assessment and Board Review*. Kline MW (editor-in-chief). New York: McGraw-Hill Education Publishers.

### **RECENTLY PUBLISHED ABSTRACTS FOR ORAL OR POSTER PRESENTATION --- (Last 3 years)**

1. Geist C, Russell T, Muns-Aponte S, Dell AW, Mihalopoulos NL. Perception of Gender and Mental Health in Transgender and Cisgender Adolescents and Young adults. *JAH*, 2019;64(2):S106-S107.
2. Muns-Aponte S, Dell AW, Mihalopoulos NL. Mental Health Profiles Among Transgender Adolescents and Young Adults. *JAH*, 2019;64(2):S99.
3. Malave Ramos SR, Wilkes J, Dell AW, Mihalopoulos NL. Common Health Disparities in the Transgender Population Using the KID Database. *JAH*, 2020;66(2S):S30-S31.
4. Staab A, Cizik A, Mihalopoulos NL. Transgender Adolescents Have High Prevalence Of Atherosclerotic Cardiovascular Disease Risk Factors Before And After Taking Hormone Therapy For 1 Year. *Circulation*, 2021;143(Suppl\_1).
5. Nguyen CM, Lanier NE, Mihalopoulos NL. Assessing the Effects of 2 Years of Hormone Therapy on Atherosclerotic Cardiovascular Risk in Transgender Adolescents. *JAH*, 2022;70(4S):S28-S29.
6. Lanier NE, Nguyen CM, Mihalopoulos NL. Adolescent Transgender Boys: Effects of 2 Years of Testosterone Therapy. *JAH*, 2022;70(4S):S29.

### **UNPUBLISHED POSTER PRESENTATIONS**

1. Childhood Obesity in the NIH Environmental Influences on Child Health Outcomes (ECHO) Initiative. ECHO Obesity Working Group (Tylavsky FA, Ferrara A, Catellier D, Li X, Dabelea D, Oken E, Rundle A, Gilbert-Diamond D, Hivert MF, Hua AL, Breton C, Cassidy-Bushrow AE, Mueller NT, Hunt KJ, Arteaga S, Lombo T, Mahabir S, Ruden D, Sauder K, Hedderson M, Zhu Y, Polk S, Mihalopoulos N, Vos M, Pyles L, Roary M, Mpoti M, Aschner J, Trasande L. *The Obesity Society/Obesity Week 2018*.

## **ORAL PRESENTATIONS**

### **Keynote/Plenary Lectures**

#### International

- 2015 Mihalopoulos, N.L. Global Congress on Medicine and Health in Sport. Keynote Speaker and Moderator: "The Global Obesity Epidemic". Long Beach, CA, USA

#### National

#### Regional/Local

- 2008 Mihalopoulos, N.L. ACCESS Orientation. College of Science, University of Utah, Salt Lake City, UT, USA
- 2011 Mihalopoulos, N.L. ACCESS 20<sup>th</sup> Anniversary Celebration. College of Science, University of Utah, Salt Lake City, UT, USA
- 2014 Mihalopoulos, N.L. Immunize Nevada. "You Are the Key to HPV Cancer Prevention", Reno, NV, USA

### **Meeting Presentations**

#### International

None

#### National

- 2005 Mihalopoulos, N.L., Auinger, P., Klein, J.D. The Freshman 15: Is it real? Cardiovascular Epidemiology, Biostatistics, and Behavioral Medicine Trainee Session, Cardiovascular Disease Epidemiology and Prevention in association with the Council on Nutrition, Physical Activity and Metabolism, Washington, D.C., USA
- 2006 De La O, A., Clarke, K., Mihalopoulos, N., Stoddard, G., Friedrichs, M., Cox, R., Ortiz, K. Accuracy of Parental Perception of Child's Weight Status. Pediatric Academic Societies. San Francisco, CA, USA.
- 2006 Moderator, The Challenges of Adolescent Violence: Finding Solutions, Stemming the Tide, American College of Preventive Medicine Annual Conference, Reno, NV, USA.
- 2007 Mihalopoulos, N.L., Holubkov, R., Young, P. Measures of Adiposity During Puberty. Pediatric Academic Societies. (poster symposium) Toronto, Ontario, Canada.

- 2007 Mihalopoulos, N.L. “So Many Adolescent Problems, So Few Adolescent Health Centers”, Society for Adolescent Medicine Annual Meeting, Institute presentation, Denver, CO, USA
- 2009 Mihalopoulos, N.L., Young, P., Holubkov, R., Hoffman, J.M. Brown Adipose Tissue, Body Mass Index, and Glucose in Humans. American Heart Association Council on Nutrition, Physical Activity and Metabolism. Tarpon Springs, FL, USA.
- 2010 Panelist, “Impact and Burden of Research on Families”, QUEST for Research Excellence: The Intersection of Standards, Culture and Ethics in Pediatric Obesity, Region VIII, US Department of Health and Human Services, Denver, CO, USA
- 2010 Invited Speaker, “Innovative Health Education Programs: BodyWorks and SNAP”, Ages and Stages in Women’s Health: Solutions at Work, National Office on Women’s Health, US Department of Health and Human Services, Bristol, TN, USA
- 2011 Mihalopoulos, NL, Nanjee, MN, Skidmore, J and Young, P. Adiponectin:Leptin Ratio Reflects Insulin Resistance in Obese Adolescents. The Obesity Society. Orlando, FL, USA.
- 2011 Mihalopoulos, NL, Hoffman, JM, Nanjee, MN, Skidmore, J, Butterfield, R, Young P. Brown adipose tissue does not protect obese adults from metabolic dysregulation. The Obesity Society. Orlando, FL, USA.
- 2011 Dai, S., Steffen, L.M., Mihalopoulos, N.L., Labarthe, D.R. Non-HDL Cholesterol in Children: Age-Related Patterns and Association with Body Fat Indices, Project Heartbeat! American Heart Association. Orlando, FL, USA. (platform presentation)
- 2012 Bell, P.A., Nanjee, M.N., Holubkov, R., Skidmore, J., Tak, C.R., Holly, K.S., Mihalopoulos, N.L. Is Wrist Circumference a Predictor of Metabolic Syndrome? American Federation for Medical Research, Western Regional Meeting. Carmel, CA, USA. January 2012. (platform presentation)
- 2014 Borzutsky C, Mihalopoulos NL, and Woolford S. “Adolescent Nutrition and Obesity” Special Interest Group Presentation, Society for Adolescent Health and Medicine annual meeting. Denver, CO, USA
- 2016 Dixon Docter A, Hastings K, Mihalopoulos NL. “It’s Much More than Changing Eating and Exercise: Psychosocial Factors Affecting Obese Adolescents in Medical and Surgical Settings” Nutrition and Obesity Special Interest Group presentation, Society for Adolescent Health and Medicine annual meeting. Washington, D.C., USA
- 2018 Strenn Q, Mihalopoulos NL. Cardiovascular Disease Risk in Transgender Youth. Society for Adolescent Health and Medicine annual meeting. Seattle, WA, USA.

- 2018 Panelist, “Trans Healthcare Panel”, 2018 Sex & Gender Health Education Summit, Salt Lake City, UT, USA
- 2019 Muns-Aponte S, Geist C, Russell T, Dell A, Mihalopoulos NL. Perception of Gender and Mental Health in Transgender and Cisgender Adolescents and Young Adults. Society for Adolescent Health and Medicine annual meeting. Washington, D.C., USA
- 2019 Muns-Aponte S, Dell AW, Mihalopoulos NL. Mental health profiles among transgender adolescents and young adults. Society for Adolescent Health and Medicine annual meeting. Washington, D.C., USA
- 2019 Sullivan E, Mihalopoulos NL, Rolls J, Walzer N, Agarwal C. “Creating a Transgender Health Program (That Isn’t in NYC, Boston or San Francisco) The University of Utah Experience. Mini Symposium. United States Professional Association for Transgender Health bi-annual meeting. Washington, D.C., USA
- 2020 Malave Ramos SR, Wilkes J, Dell AW, Mihalopoulos NL. Common Health Disparities in the Transgender Population Using the KID Database. Society for Adolescent Health and Medicine annual meeting. San Diego, CA, USA.(cancelled due to COVID-19 pandemic)
- 2020 Weber D, Mehringer J, Greenberg K, Roberts S, Chen D, Mihalopoulos NL. Taking the Next Steps in Transgender Care: Clinical Challenges and Research Gaps (Hot Topic Symposia). Pediatric Academic Societies annual meeting. Philadelphia, PA, USA.(cancelled due to COVID-19 pandemic)
- 2021 Staab A, Cizik A, Mihalopoulos NL. “Gender Affirming Hormone Therapy and Cardiovascular Disease Risk in Transgender Adolescents” American College of Physicians Utah Chapter Virtual Scientific Meeting. (finalist in abstract competition)
- 2021 Staab A, Cizik A, Mihalopoulos NL. “Transgender Adolescents Have High Prevalence Of Atherosclerotic Cardiovascular Disease Risk Factors Before And After Taking Hormone Therapy For 1 Year” American Heart Association Epidemiology, Prevention, Lifestyle & Cardiometabolic Health virtual meeting. (moderated poster session)
- 2021 Weber D, Mehringer J, Greenberg K, Roberts S, Chen D, Mihalopoulos NL. Taking the Next Steps in Transgender Care: Clinical Challenges and Research Gaps (Hot Topic Symposia). Pediatric Academic Societies Virtual Meeting: Phase I
- Regional/Local
- 2006 Mihalopoulos, N.L. “Adipocytokines and Puberty”, Utah Primary Care Research and Resource Conference, Salt Lake City, UT, USA
- 2006 De La O, A., Clarke, K., Mihalopoulos, N., Stoddard, G., Friedrichs, M., Cox, R., Ortiz, K. Accuracy of Parental Perception of Child’s Weight Status. Utah Health Services Research Conference, Salt Lake City, UT, USA.



- 2010 – 2011 “Change Your Lifestyle!!! Using Motivational Interviewing with Obese Patients”, Utah Chapter of the American Academy of Pediatrics Invited Speaker, physicians and nurses, two 1 hour, one 1-1/2 hour presentations, 15-20 participants per presentation, Jordan Valley Medical Center, Altaview Hospital, McKay-Dee Hospital, Utah, USA
- 2011 Invited Speaker, “Tired of Banging Your Head Against the Wall? Strategies to Combat Obesity for Families”, PANO Forum, Utah Department of Health, Salt Lake City, UT, USA
- 2014 “Tips for Interviewing Adolescent Patients”, Invited Speaker, Common Problems in Pediatrics, physicians, 1 hour presentation, Westminster College, Salt Lake City, UT, USA
- 2016 “Adolescent Medicine: I don’t want to talk to you, but I need...”, Invited Speaker, Utah Academy of Physician Assistants annual conference, 1 hour presentation, St. George, UT, USA
- 2017 “Adolescent Obesity”, 41st Annual Utah PA/NP “Snowbird CME” conference, 1 hour presentation, Snowbird, UT, USA
- 2018 “Creating a Welcoming Clinic for Transgender Youth”, Annual Utah LGBT Health Provider Summit, 1-1/2 hour workshop, 20 participants, Salt Lake City, UT, USA
- 2019 “Hot Topics in Adolescent Gynecology and Transgender Health”, Sex & Gender in Women’s Health Research Symposium. Sponsored by Center of Excellence in Women’s Health and Obstetrics & Gynecology Research Network, University of Utah
- 2019 “Trans 201: Beyond the Basics”, 1st Annual HIV Prevention in Primary Care Conference, Transgender Medicine Pre-Conference, Sandy, Utah, USA
- 2020 Moderator, “Sex, Gender and Women’s Health Across the Lifespan” Virtual Symposium, Center of Excellence in Women’s Health and the Eccles Health Sciences Library, University of Utah, Salt Lake City, UT, USA
- 2020 “Transgender Healthcare for Adolescents”, Genderrevolution 2020: Shattering Binaries, Utah Pride Center, Salt Lake City, Utah, USA
- 2020 “Adolescent Transgender Health”, Rocky Mountain LGBT Health Summit, Salt Lake City, UT, USA
- 2021 “Gender Identity and Social Transition in Adolescents”, Pride, Not Prejudice: LGBTQIA+ Conference for Utah Educators, Students, and Caregivers, Utah Pride Center, Salt Lake City, Utah, USA

#### **Invited/Visiting Professor Presentations**

- 2003 “Popular Substances of Abuse Among Pregnant Women: How do we get them to quit?”, Louisiana Public Health Association Annual Conference, New Orleans, LA, USA

- 2005 Kreipe, R., Tantillo, M., Mihalopoulos, N., “Motivational Interviewing: Helping Adolescents With Eating Disorders Get ‘Unstuck’”, First New York State Conference on Eating Disorders, physicians, nurses, mental health providers, dietitians, 300 registrants, Syracuse, NY, USA
- 2005 “Adolescent Medicine”, Women in Medicine Interest Group, medical students, 20 students, University of Utah, Salt Lake City, UT, USA
- 2006 “HPV: Who’s Got It, Who’s Getting It, and How to Get Rid of It”, Utah Medical Association Women Physician’s Section, 6 annually, physicians, medical students, 30 participants, Salt Lake City, UT, USA
- 2006 “STD”, Granite Park Jr. High School, daily, 8<sup>th</sup> grade health class, 60 students, Salt Lake City, UT, USA
- 2006 “Healthy Lifestyles”, Granite Park Jr. High School 8<sup>th</sup> grade health class, 60 students, Salt Lake City, UT, USA
- 2007 “Pediatric Obesity, Pediatric Heart Disease Science Symposium, Utah Chapter, American Heart Association, once annually, physicians, 100 registrants, Salt Lake City, UT, USA
- 2007 “Pediatric Obesity in Utah”, Research Summit: Revisiting the Call to Action on Obesity, Siciliano Forum, once annually, University of Utah community, 100 registrants, Salt Lake City, UT, USA
- 2007 Jackson, D. Mihalopoulos, N.L. “Thriving to Fail: The Roots of the Obesity Epidemic”, Critical Issues Facing Children, nurses, mental health providers, dietitians, physicians, once annually, 300 registrants, Salt Lake City, UT, USA
- 2008 “AAP Lipid Screening Guidelines”, UPIQ Conference Call, 10 annually, 10 participants, Salt Lake City, UT, USA
- 2008 Firmage, R., Hawkins, N., Mihalopoulos, N.L. “Eating Disorders and Weight Issues in Children & Adolescents”, Critical Issues Facing Children, annual meeting, nurses, social workers, mental health providers, 200 registrants, Salt Lake City, UT, USA
- 2008 “Childhood Obesity: Effects on Physical and Mental Health”, Early Childhood Mental Health symposium, mental health therapists, 50 registrants, Salt Lake City, UT, USA
- 2008 “Childhood Obesity”, Ogden Surgical Medical Society, annual meeting, physicians, nurses, physician assistants, 400 registrants, Ogden, UT, USA
- 2010 “The Physician as Advocate for Adolescent Reproductive Health”, Ob/Gyn Special Interest Group, medical students, 15 participants, University of Utah, Salt Lake City, UT, USA

- 2010 “Pediatric Obesity: An Update”, Newborn-Pediatric Critical Care Conference, Utah Valley Regional Medical Center, nurses, social workers, physicians assistants, physicians, 100 registrants, Provo, UT, USA
- 2010 “Best Bones Forever, The Power of Choice, and Media Smart Youth”, Utah Family and Consumer Sciences Education, Nutrition and Food Science Conference, Brigham Young University, dietitians, nurses, community educators, 50 registrants, Provo, UT, USA
- 2010 “Adolescent Obesity”, Department of Medicine Annual Update & Clinical Learning Day, Intermountain Medical Center, physicians, nurses, 220 registrants, Salt Lake City, UT, USA
- 2010 “CHANGE YOUR LIFESTYLE!!!: Using Motivational Interviewing with Obese Patients”, CME Pediatric Partnership, Jordan Valley Medical Center, nurses, physicians, 50 registrants, West Jordan, UT, USA
- 2016 “Brown Adipose Tissue and Metabolic Syndrome in Obese Young Adults”, Diabetes and Metabolism Retreat, March 17, Jewish Community Center, 60 registrants, Salt Lake City, UT, USA
- 2018 “Transgender Healthcare”, panelist, Sex and Gender Health Education Summit, April 9, University of Utah Health, 200 registrants, Salt Lake City, UT, USA
- 2018 “The Adolescent and Young Adult in the Hospital”, American College of Physicians Annual Meeting. New Orleans, LA, USA
- 2020 Hot Topics Workshop: Taking the Next Steps in Transgender Care: Clinical Challenges and Research Gaps. Session ID#:345966. Pediatric Academic Societies Annual meeting May 2020 (cancelled due to COVID-19 pandemic)
- 2020 “Primary Care of the Twenty-Something: The Young and the Restless”, American College of Physicians Annual Meeting April 2020. (cancelled due to COVID-19 pandemic)
- 2021 “Hormonal Strategies in the Pediatric Transgender Patient”, Sexual Medicine Society of North America, October 2021, Scottsdale, AZ, USA

### **Grand Rounds Presentations**

- 2006 “HPV: Who’s Got It, Who’s Getting It, and How to Get Rid of It”, Primary Children’s Medical Center/University of Utah Pediatrics, Salt Lake City, UT, USA
- 2006 “HPV: Who’s Got It, Who’s Getting It, and How to Talk About It”, Utah Valley Regional Medical Center Pediatrics, Provo, UT, USA
- 2007 “Pediatric Obesity: The Vital Role of the Pediatrician”, Lakeview Hospital Pediatrics, Bountiful, UT, USA
- 2007 “Pediatric Obesity: What’s in Store for Children if We Don’t Act Now”, Utah Valley Regional Medical Center Pediatrics, Provo, UT, USA

- 2009 "Lipid Disorders", Pediatrics Grand Rounds, Utah Valley Regional Medical Center, physicians, Provo, UT, USA
- 2010 "The Heart Truth: Heart Disease in Women", Family Medicine Grand Rounds, Salt Lake Regional Medical Center, Salt Lake City, UT, USA
- 2012 "BMI  $\geq$  95<sup>th</sup> Percentile, Now what?", Pediatrics Grand Rounds, Primary Children's Medical Center/University of Utah Pediatrics, Salt Lake City, UT, USA
- 2014 "Statin Use in the Dyslipidemia of Obesity", Pediatrics Grand Rounds, Primary Children's Hospital/University of Utah Pediatrics, Salt Lake City, UT, USA
- 2018 "Adolescent Health: 3 Case Discussions", Utah Valley Pediatrics Grand Rounds, Payson, UT, USA
- 2021 "Culture humility enhancing our approach to person-centered care: a look into 3 cultures - LGBTQIA+", Neurology Grand Rounds, University of Utah, Salt Lake City, UT, USA

**Industrial Presentations**

None

**Outreach Presentations**

- 2006 "Coping with Chronic Illness as a Teen", Utah Hemophilia Foundation Teen Retreat, Salt Lake City, UT, USA
- 2007 "Adult Wellness: Nutrition and Physical Activity to Prevent Heart Disease", Utah Hemophilia Society, Heber City, UT, USA
- 2009 "Adolescent Health", Salt Lake City Greek Orthodox Philoptochos Retreat for Moms and Daughters, Salt Lake City, UT, USA
- 2016 Panel member, "Standards of Care for Transgender Youth", Utah Division of Occupational and Professional Licensing, 1 hour presentation, Salt Lake City, UT, USA
- 2016 "Universal Lipid Screening Guidelines for Children and Adolescents", Sandy Pediatrics, 1 hour presentation, Sandy, UT, USA
- 2016 "Adolescent Transgender Basics", Salt Lake City School District Nurses and Administrators, 1 hour presentation, Salt Lake City, UT, USA
- 2018 "Motivating Patients to Change Behavior", Salt Lake Medical Society Women Physicians Section, 1 hour presentation, Salt Lake City, UT, USA
- 2019 "Child and Adolescent Transgender Health", Primary Children's Hospital Ethics Committee Meeting, 2 hour presentation and discussion, Salt Lake City, UT, USA
- 2020 Utah Pride Center Adolescent Transgender Health Panel, Salt Lake City, UT, USA

2021 Adolescent Transgender Health Seminar, Utah Pride Center, Salt Lake City, UT, USA

**ADVOCACY ACTIVITIES**

2015 Attendee, Advocacy Training Seminar, Utah Chapter American Academy of Pediatrics, June, Salt Lake City, UT, USA

2015 Delegate, Utah Medical Association House of Delegates Meeting, September, Park City, UT, USA

2015 Sent emails to Senator Orrin Hatch and Representative Mia Love in support of continued federal funding for Planned Parenthood

2020 Met with Utah House Representative Brad Daw to discuss use of puberty blockers in transgender youth  
Provided independent testimony at House Health and Human Services Committee (Opposition for HB449) – bill was voted down in full house

2021 Met with Utah House Representative Rex Shipp to discuss evidence-based medical treatment of transgender youth (January)

Provided independent testimony at House Health and Human Services Committee (Opposition for HB92 – makes illegal [with penalty to healthcare provider] to provide standard of care of care to transgender youth younger than 18 years) – bill was voted down in committee (February)

Provided independent testimony at Senate Health and Human Services Committee (Opposition for HB302 – excludes transgender girls from female sports in K-12 schools) – bill was detained in committee (February)

Invited to provide expert testimony at a combined meeting of the House and Senate Health and Human Services Committee during the interim session of the Utah State Legislature (June)