

James Hill, MD

Dr. James Hill is one of the world's foremost experts in obesity and weight management. He is Professor of Medicine and Pediatrics and Director of the Colorado Nutrition Obesity Research Center (NORC) at the University of Colorado. He was the Founding Executive Director of the Anschutz Health and Wellness Center. Dr. Hill served as President of ASN in 2008-9. He was also President of The Obesity Society (TOS) in 1997-8. He was Chair of the first World Health Organization Consultation on Obesity in 1997. He was a member of the NIH Expert Panel on Obesity that developed first U.S guidelines for the treatment and prevention of obesity. Dr. Hill has published more than 600 scientific articles and book chapters. Many of these focus on the importance of healthy eating and physical activity in weight management. He has been continuously funded from NIH since 1981 and in 1998 received a prestigious MERIT Award from NIH. He is the recipient of several ASN awards, including the Centrum Center Science Award, the McCollum Award, and the David Kritchevsky Career Achievement Award in Nutrition. He has received the TOPS award and the George Bray Founder's Award from the Obesity Society. He was the 2012 Atwater Lecturer for the US Department of Agriculture. He received the Joseph Sewall Award for Distinguished Service from the University of Colorado in 2014. Dr. Hill was elected to the National Academy of Medicine in 2014. Dr. Hill is a cofounder of the National Weight Control Registry, a registry of individuals who have been successful in maintenance of a reduced body weight. He is co-founder of America on the Move, a national weight gain prevention initiative that aims to inspire Americans to make small changes to prevent weight gain. His current work focuses on understanding the interaction of physiological, behavioral and environmental factors that contribute to obesity. He is also working on innovate interventions to prevent and treat obesity with emphasis on factors contributing to successful weight loss maintenance. He is the author of the *Step Diet Book*, published in June 2004 and the *State of Slim* published in August 2013.