

BIOGRAPHICAL SKETCH

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NAME John Paul Foreyt, Ph.D.		POSITION TITLE Professor, Department of Medicine	
eRA COMMONS USER NAME Jforeyt			
EDUCATION/TRAINING (Begin with baccalaureate or other initial professional education, such as nursing, and include postdoctoral training.)			
INSTITUTION AND LOCATION	DEGREE (if applicable)	YEAR(s)	FIELD OF STUDY
University of Wisconsin, Madison	B.S.	1965	Psychology
Florida State University, Tallahassee	M.S.	1967	Psychology
Florida State University, Tallahassee	Ph.D.	1969	Clinical Psych.
USC School of Medicine, Los Angeles		1968-1969	Clinical Intrnshp.

A. Positions and Honors**Positions and Employment**Positions and Employment

1969-1974 Assistant Professor, Department of Psychology, Florida State University
 1974-1980 Assistant Professor, Department of Medicine, Baylor College of Medicine
 1980-1991 Associate Professor, Department of Medicine, Baylor College of Medicine
 1991-present Professor, Department of Medicine, Baylor College of Medicine
 1991-present Professor, Department of Psychiatry & Behavioral Sciences, Baylor College of Medicine
 2004-present Professor, Department of Pediatrics, Baylor College of Medicine

B. Selected peer-reviewed publications (in chronological order). (Selected from 270+ publications).

Foreyt, J.P., & Kennedy, W.A. (1971). Treatment of overweight by aversion therapy. Behaviour Research and Therapy, 9, 29-34.
 Foreyt, J.P., & Hagen, R.L. (1973). Covert sensitization: Conditioning or suggestion? Journal of Abnormal Psychology, 82, 17-23.
 Foreyt, J.P., & Parks, J.T. (1975). Behavioral controls for achieving weight loss in the severely retarded. Journal of Behavior Therapy and Experimental Psychiatry, 6, 27-29.
 Hagen, R.L., Foreyt, J.P., & Durham, T. (1976). The dropout problem: Reducing attrition in obesity research. Behav Ther, 6, 463-471.
 Gotto, A.M., Jr., DeBakey, M.E., Foreyt, J.P., et al. (1977). Dietary treatment of type IV hyperlipoproteinemia. Journal of the American Medical Association, 237, 1212-1215.
 Frohwrth, R.A., & Foreyt, J.P. (1978). Aversive conditioning treatment of overweight. Behavior Therapy, 9, 861-872.
 Foreyt, J.P., Scott, L.W., Mitchell, R.E., & Gotto, A.M., Jr. (1979). Plasma lipid changes in the normal population following behavioral treatment. Journal of Consulting and Clinical Psychology, 47, 440-452.
 Hartung, G.H., Foreyt, J.P., Mitchell, R.E., et al. (1980). Relation of diet to high-density-lipoprotein cholesterol in middle-aged marathon runners, joggers and inactive men. New England Journal of Medicine, 302, 357-361.
 Foreyt, J.P., Goodrick, G.K., & Gotto, A.M. (1981). Limitations of behavioral treatment of obesity: Review and analysis. Journal of Behavioral Medicine, 4, 159-174.
 Gotto, A.M., Jr., Foreyt, J.P., & Goodrick, G.K. (1982). Evaluating commercial weight loss clinics. Archives of Internal Medicine, 142, 682-683.
 Hartung, G.H., Foreyt, J.P., Mitchell, R.E., et al. (1983). Effect of alcohol intake on high-density lipoprotein cholesterol in runners and inactive men. Journal of the American Medical Association, 249, 747-750.
 Reeves, R.S., Foreyt, J.P., Scott, L.W., et al. (1983). Effects of a low cholesterol eating plan on plasma lipids: Results of a three-year community study. American Journal of Public Health, 73, 873-877.
 Archambault, C.M., Czyzewski, D., Cordua, G.D., Foreyt, J.P., & Mariotto, M.J. (1989). Effects of weight cycling in female rats. Physiology and Behavior, 46, 417-421.
 Hartung, G.H., Foreyt, J.P., Reeves, R.S., et al. (1990). Effect of alcohol dose on plasma lipoprotein subfractions and lipolytic enzyme activity in active and inactive men. Metabolism, 39, 81-86.
 Foreyt, J.P. & Goodrick, G.K. (1991). Factors common to successful therapy of the obese patient. Medicine and Science in Sports and Exercise, 23, 292-297.

- Cousins, J.H., Rubovits, D.R., Dunn, J.K., Reeves, R., Ramirez, A.G., & Foreyt, J.P. (1992). Family versus individual oriented weight loss in Mexican Americans. Public Health Reports, *107*, 549-555.
- Hartung, G.H., Lawrence, S.J., Reeves, R.S., & Foreyt, J.P. (1993). Effect of alcohol and exercise on postprandial lipemia and triglyceride clearance in men. Atherosclerosis, *100*, 33-40.
- Foreyt, J.P., Goodrick, G.K., Reeves, R.S., et al. (1993). Response of free-living adults to behavioral treatment of obesity: Attrition and compliance to exercise. Behavior Therapy, *24*, 659-669.
- Black, H.S., Herd, J.A., Goldberg, L.H., Wolf, J.E., Thornby, J.I., Rosen, T., Bruce, S., Tschen, J.A., Foreyt, J.P., et al. (1994). Effect of a low fat diet on the incidence of actinic keratosis. New England Journal of Medicine, *330*, 1272-1275.
- Nicolosi, R., Becker, D., Elmer, P., Foreyt, J.P., et al. (1994). American Heart Association guidelines for weight management programs for healthy adults. Heart Disease and Stroke, *3*, 221-228.
- Foreyt, J.P., Brunner, R.L., Goodrick, G.K., Cutter, G.L., Brownell, K.D., & St. Jeor, S.T. (1995). Psychological correlates of weight fluctuation. International Journal of Eating Disorders, *17*, 263-275.
- Foreyt, J.P., & Goodrick, G.K. (1995). The ultimate triumph of obesity. The Lancet, *246*, 134-135.
- Black, H.S., Thornby, J.I., Wolf, J.E., Goldberg, L.H., Herd, J.A., Rosen, T., Bruce, S., Tschen, J.A., Scott, L.W., Jaax, S., Foreyt, J., et al. (1995). Evidence that a low-fat diet reduces the occurrence of non-melanoma skin cancer. Int J of Cancer, *62*, 165-169.
- St. Jeor, S.T., Brunner, R.L., Harrington, M.E., Scott, B.J., Cutter, G.R., Brownell, K.D., Dyer, A.R., & Foreyt, J.P. (1995). Who are the weight maintainers? Obesity Research, *3*, 249s-259s.
- Ho, K.S.I., Nichaman, M.Z., Taylor, W.C., Lee, E.S., & Foreyt, J.P. (1995). Binge eating disorder, retention, and dropout in an adult obesity program. International Journal of Eating Disorders, *18*, 291-294.
- Foreyt, J.P., Brunner, R.L., Goodrick, G.K., et al. (1995). Psychological correlates of reported physical activity in normal-weight and obese adults: The Reno diet-heart study. International Journal of Obesity, *19*, S69-S72.
- Foreyt, J.P., & Goodrick, G.K. (1995). Behavioral interventions in the management of obesity. Clinical Diabetes, *13*, 11-15.
- Foreyt, J.P., Poston, W.S.C., & Goodrick, G.K. (1996). Future directions in obesity and eating disorders. Addictive Behav, *21*, 767-778.
- Foreyt, J.P., & Poston, W.S.C. (1997). Diet, genetics, and obesity. Food Technology, *51*, 70-73.
- Goodrick, G.K., Poston, W.S.C., Kimball, K.T., Reeves, R.S., & Foreyt, J.P. (1998). Nondietering versus dieting for overweight binge-eating women. Journal of Consulting and Clinical Psychology, *66*, 363-368.
- Foreyt, J.P., & Poston, W.S.C. (1998). Obesity: A never-ending cycle. International Journal of Fertility, *43*, 111-116.
- Foreyt, J.P., & Poston, W.S.C. (1998). What is the role of cognitive behavior therapy in patient management? Obesity Res, *6*, 18S-22S.
- Foreyt, J.P., & Poston, W.S.C. (1998). The role of the behavioral counselor in obesity treatment. Journal of the American Dietetic Association, *98*, S27-S30.
- Bar-Or, O., Foreyt, J.P., Bouchard, C., et al. (1998). Physical activity, genetic, and nutritional considerations in childhood weight management. Medicine & Science in Sports & Exercise, *30*, 2-10.
- Davidson, M.H., Hauptman, J., DiGirolamo, M., Foreyt, J.P., et al. (1999). Weight control and risk factor reduction in obese subjects treated for 2 years with orlistat: A randomized controlled trial. Journal of the American Medical Association, *281*, 235-242.
- Poston W.S.C. & Foreyt J.P. (1999). Obesity is an environmental issue. Atherosclerosis, *146*, 201-209.
- Foreyt J.P. & Pendleton V.R. (2000). Management of obesity. Primary Care Report, *6*, 19-30.
- Wier, L.T., Ayers, G.W., Jackson, A.S., Rossum, A.C., Poston, W.S.C. & Foreyt, J.P. (2001). Determining the amount of physical activity needed for long-term weight control. International Journal of Obesity, *25*, 613-621.
- Shinn, E.H., Poston, W.S.C., Kimball, K.T., St. Jeor, S.T., & Foreyt, J.P. (2001). Blood pressure and symptoms of depression and anxiety: A prospective study. American Journal of Hypertension, *14*, 660-664.
- Poston, W.S.C., Haddock, C.K., Olvera, N.E., Suminski, R.R., Reeves, R.S., Dunn, J.K., Hanis, C.L., & Foreyt, J.P. (2001). Evaluation of a culturally-appropriate intervention to increase physical activity. American Journal of Health Behavior, *25*, 396-406.
- Poston, W.S.C., Pavlik, V.N., Hyman, D.J., Ogbonnaya, K., Hanis, C.L., Haddock, C.K., Hyder, M.L., & Foreyt, J.P. (2001). Genetic bottlenecks, perceived racism, and hypertension risk among African Americans and first generation African immigrants. Journal of Human Hypertension, *15*, 341-351.
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- Manson, J.E., Lewis, C.E., Kotchen, J.M., Allen, C., Johnson, K.C., Stafanick, M., Foreyt, J.P., Klesges, R., Tinker, J., Noonan, E., Perri, M.G. & Hall, W. D. (2001). Ethnic, socioeconomic, and lifestyle correlates of obesity in U.S. women: The women's health initiative. Clinical Journal of Women's Health, *1*, 225-234.
- Jakicic, J.M., Clark, K., Coleman, E., Donnelly, J.E., Foreyt, J.P., Melanson, E., Volek, J., & Volpe, S. (2001). American College of Sports Medicine Position Stand on appropriate intervention strategies for weight loss and prevention of weight regain for adults. Medicine and Science in Sports and Exercise, *33*:2145-2156.
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- Miles, J.M., Leiter, L., Hollander, P., Wadden, T., Anderson J., Doyle M., Foreyt J., Aronne, L., & Klein, S. (2002). Effect of orlistat in overweight and obese patients with type 2 diabetes treated with metformin. Diabetes Care, *25*, 1123-1128.

Principal Investigator/Program Director (Last, First, Middle): **Foreyt, John P.**

- St. Jeor, S.T., Peruman-Chaney, S., Sigman-Grant, M., Williams, C., & Foreyt, J.P. (2002). Family-based interventions for the treatment of childhood obesity. Journal of the American Dietetic Association, *102*, 640-644.
- Poston, W.S.C., Reeves, R.S., Haddock, C.K., Stormer, S., Balasubramanian, A., Satterwhite, O., Taylor, J., & Foreyt, J.P. (2003). Weight loss in obese Mexican-Americans treated for 1-year with orlistat and lifestyle modification. Int J of Obesity, *27*, 1486-1493.
- Terre, L., Poston, W.S.C., Foreyt, J.P., St. Jeor, S.T. & Horrigan, K. (2004). Does family of origin functioning predict adult somatic complaints? Psychology and Health, *19*, 507-514.
- Berkel, L.A., Poston, W.S.C., Reeves, R.S., & Foreyt, J.P. (2005). Behavioral interventions for obesity. Journal of the American Dietetic Association *105*, S35-S43.
- Pritchett, A.M., Foreyt, J.P., & Mann, D.L. (2005). Treatment of the metabolic syndrome: The impact of lifestyle modification. Current Atherosclerosis Reports, *7*, 95-102.
- Foreyt, J.P. (2005). The critical need for lifestyle intervention: How to begin. American Journal of Cardiology, *96*, 11e-14e.
- Cobain, M.R. & Foreyt, J.P. (2005) Designing "lifestyle interventions" with the brain in mind. Neurobiology of Aging, *26S*, S85-S87.
- Tyler, C., Johnston, C.A., Madhukar, M., Foreyt, J.P. (2005) Practical strategies for treating obesity in Mexican Americans. Obesity Management, *1*, 247-250.
- Poston, W.S.C., Haddock, C.K., Pinkston, M.M., Pace, P., Karakoc, N.D., Reeves, R.S., & Foreyt, J.P. (2005). Weight loss with meal replacement and meal replacement plus snacks: A randomized trial. International Journal of Obesity, *29*, 1107-1114.
- Pinkston, M.M., Poston, W.S.C., Reeves, R.S., Haddock, C.K., Taylor, J.E., & Foreyt, J.P. (2006). Does metabolic syndrome mitigate weight loss in overweight Mexican American women treated for 1-year with orlistat and lifestyle modification? Eating and Weight Disorders, *11*, e35-e41.
- Tyler, C., Johnston, C.A., Fullerton, G., & Foreyt, J.P. (2007). Reduced quality of life in very overweight Mexican American adolescents. Journal of Adolescent Health, *40*, 366-368.

C. Research Support

"Study of Health Outcomes of Weight-Loss (Look AHEAD) Trial"

Principal Investigator: John P. Foreyt, Ph.D.

Agency: NIH/NIDDK
Type: UDK57177A, Period: 9/99-9/11

The protocol is designed to determine the relative effectiveness of two approaches to weight management in type 2 diabetes, and to assess over an extended period the alterations in the progression of atherosclerosis and other health indicators.

"Biomarkers of Oxidative Stress"

Principal Investigator: John P. Foreyt, Ph.D.

Agency: NIH/NIDDK
Type: R01 HL70300-02, Period: 09/01/02-08/31/07

The objective of this study is to investigate how weight loss influences oxidative stress and antioxidants status in persons with diabetes who need to lose weight.

"Preventing Overweight in Children "

Principal Investigator: John P. Foreyt, Ph.D.

Agency: USDA
Period: 10/01/03 – 08/31/08

The objective of this study is to prevent overweight in children.

Principal Investigator/Program Director (Last, First, Middle): Foreyt, John P.

“A Randomized, Double-Blind, Placebo-Controlled, Parallel-Group, Multicenter Study To Assess The Efficacy and Safety of Long-Term Administration of Rimonabant in the Prevention of Type 2 Diabetes in Patients With Prediabetic Status (i.e., Impaired Fasting Glucose (IFG), Impaired Glucose Tolerance (IGT) or Both.”

Principal Investigator: John P. Foreyt

Agency: Sanofi-Aventis

Period: 09/01/06 – 10/31/07

The objective of the study is to see if the investigational drug as compared to placebo can prevent the progression onto diabetes during the course of this study.

“A Multicenter, Randomized, Double Blind Placebo Controlled Study Comparing the Safety and Efficacy of Orexigen.”

Principal Investigator: John P. Foreyt, PhD

Agency: Orexigen

Period: 01/01/2007 – 12/31/08

The objective of the study is to compare the safety and efficacy of Orexigen for weight loss in obese adults.