



Balance Your Plate Advisory Board



James O. Hill, Ph.D. is Anschutz Professor and Founding Executive Director of the Anschutz Health and Wellness Center at the University of Colorado. He holds a B.S. degree from the University of Tennessee and M.S. and Ph.D. degrees from the University of New Hampshire in Physiological Psychology. He was Chair of the first World Health Organization Consultation on Obesity in 1997. He was President of The Obesity Society (TOS) 1997-8 and the American Society for Nutrition (ASN) 2008-9. 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 500 scientific articles and book chapters. Many of these focus on the importance of healthy eating and physical activity in weight management. He is the recipient of the 2007 TOPS award and the 2012 George Bray Founders Award from TOS. He has received the Centrum Center, McCollum and Kritchevsky awards from the ASN. He is the 2012 Atwater Lecturer for the US Department of Agriculture. 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. He is the author of the Step Diet Book, published in June 2004 and the State of Slim published in August 2013.



Robert Kushner, MD, MS is Professor of Medicine at Northwestern University Feinberg School of Medicine, Clinical Director of the Northwestern Comprehensive Center on Obesity, and Medical Director for the Center for Lifestyle Medicine in Chicago. He received his medical degree from the University of Illinois. After finishing a residency in Internal Medicine at Northwestern University, he went on to complete a post-graduate fellowship in Clinical Nutrition and earned a Masters degree in Clinical Nutrition and Nutritional Biology from the University of Chicago. Dr. Kushner is past president of The Obesity Society (TOS), past president of the American Society for Parenteral and Enteral Nutrition (ASPEN), past president of the American Board of Physician Nutrition Specialists (ABPNS), and fellow of the American College of Physicians (FACP) and The Obesity Society (FTOS). Dr. Kushner is currently serving as the first Chair of the American Board of Obesity Medicine (ABOM). He is on the editorial board for Journal of the Academy of Nutrition and Dietetics.

In 2002, Dr. Kushner was the recipient of the distinguished Dannon Institute Award for Excellence in Medical/Dental Nutrition Education presented by the American Society for Clinical Nutrition, inducted as an Honorary member of the American Dietetic Association in 2010, and recipient of the Atkinson-Stern Award for Public Service by The Obesity Society in 2011. Dr. Kushner has authored over 190 original articles, reviews, books and book chapters covering medical nutrition, medical nutrition education, and obesity, and is an internationally recognized expert on the care of the overweight and obese patient. He is author/editor of multiple books including Dr. Kushner's Personality Type Diet (St. Martin's Griffin Press, 2003; iuniverse, 2008), Fitness Unleashed (Three Rivers Press, 2006), Counseling Overweight Adults: The Lifestyle Patterns Approach and Tool Kit, (Academy of Nutrition and Dietetics, 2009) and editor of the American Medical Association's (AMA) Assessment and Management of Adult Obesity: A Primer for Physicians (2003), Treatment of the Obese Patient (Humana Press, 2007), and his most recent book, Practical Manual of Clinical Obesity (Wiley-Blackwell, 2013).



Elizabeth Pivonka, Ph.D., R.D. is President of the Produce for Better Health Foundation, a nonprofit 501(c)(3) foundation devoted to increasing consumption of fruits and vegetables.

A passionate advocate of greater consumption of fruits and vegetables for America's better health, Dr. Pivonka has been integrally involved with the Foundation's efforts since it was incorporated in 1991. She served as Director of Nutrition and Science and then as Deputy Executive Director before she was selected as President in 1997. She guides the Foundation's efforts to work through industry members and government partners to advance the overall effort of increasing fruit and vegetable consumption through past implementation of the 5 A Day program and now through the Fruits & Veggies—More Matters health initiative.

Dr. Pivonka plays a critical role as co-chair, together with CDC, of the National Fruit & Vegetable Alliance. The Alliance is a network of federal and state government agencies, non-profit organizations, and fruit and vegetable industry members who work collaboratively to achieve increased nationwide access and demand for all forms of fruits and vegetables for improved public health.

Dr. Pivonka was recognized in 2007 as one of the "Top Women in Grocery" by Progressive Grocer. She was recognized as one of the "Top 25" produce industry leaders in 2005 and as the 2001 Marketer of the Year, both by a leading produce publication, The Packer. Kansas State University selected her as one of their 2005 Alumni Fellows. Under Pivonka's leadership, the Foundation has also received a Centers for Disease Control and Prevention 2009 Pioneering Innovation Award and Secretary Tommy Thompson's Health & Human Services 2004 Innovation in Prevention Award.

Dr. Pivonka is a Registered Dietitian, and holds a doctorate in food and nutrition science from Kansas State University. She is married and has two children in college.