BIOGRAPHICAL SKETCH

Provide the following information for the key personnel and other significant contributors in the order listed on Form Page 2.
Follow this format for each person. DO NOT EXCEED FOUR PAGES.

<table>
<thead>
<tr>
<th>NAME</th>
<th>POSITION TITLE</th>
<th>eRA COMMONS USER NAME (credential, e.g., agency login)</th>
<th>Division of General Internal Medicine University of Colorado School of Medicine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adam Gilden Tsai</td>
<td>Assistant Professor of Medicine</td>
<td>gildentsai</td>
<td></td>
</tr>
</tbody>
</table>

EDUCATION/TRAINING (Begin with baccalaureate or other initial professional education, such as nursing, and include postdoctoral training.)

<table>
<thead>
<tr>
<th>INSTITUTION AND LOCATION</th>
<th>DEGREE (if applicable)</th>
<th>YEAR(s)</th>
<th>FIELD OF STUDY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Middlebury College, Middlebury, VT</td>
<td>BA</td>
<td>1990-1994</td>
<td>Biology/Psychology</td>
</tr>
<tr>
<td>University of Pennsylvania, Philadelphia, PA</td>
<td>MD</td>
<td>1994-1999</td>
<td>Medicine</td>
</tr>
<tr>
<td>University of Pennsylvania, Philadelphia, PA</td>
<td>Internship</td>
<td>1999-2000</td>
<td>Internal Medicine</td>
</tr>
<tr>
<td>University of Pennsylvania, Philadelphia, PA</td>
<td>Residency</td>
<td>2000-2002</td>
<td>Internal Medicine</td>
</tr>
<tr>
<td>University of Pennsylvania, Philadelphia, PA</td>
<td>MSCE</td>
<td>2002-2004</td>
<td>Clinical Epidemiology</td>
</tr>
</tbody>
</table>

A. Personal Statement

The goal of this R21 proposal is to: 1) test the effectiveness of weight loss in a health care setting, as compared to a commercial program; and 2) to test two levels of reimbursement for participation in a weight loss program. The study will recruit 200 patients from primary care practices at the University of Colorado Denver and randomize them to: 1) intensive lifestyle modification, based on the Diabetes Prevention Program, with the addition of weight loss medication or of meal replacements; 2) Weight Watchers, with 100% of cost reimbursed; or 3) Weight Watchers, with 25% of cost reimbursed. The study will provide evidence on the comparative effectiveness of weight loss approaches and of the effect of reimbursement. Cost-effectiveness analysis of the three groups will be conducted. The study builds logically on my prior experience in: 1) the treatment of obesity in primary care settings; 2) the role of meal replacements and pharmacotherapy in weight management; and 3) the economic evaluation of weight loss interventions. The University of Colorado School of Medicine is a leading institution in obesity research. The proposed study will facilitate my development as a national leader in the field of obesity research. More broadly, the study will add to the evidence base for how the U.S. health care system should approach the problem of obesity.

B. Positions and Honors

Employment

2002-2008 Physician, Philadelphia Veterans Affairs Medical Center, Philadelphia, PA
2004-05 Physician, Mercy Hospital of Philadelphia, Philadelphia, PA
2004-06 Instructor of Medicine in Psychiatry and Associate Medical Director, Center for Weight and Eating, University of Pennsylvania, Philadelphia, PA
2006-08 Instructor of Medicine, Division of General Internal Medicine, and Medical Director, Center for Weight and Eating Disorders, University of Pennsylvania, Philadelphia, PA
2008- Assistant Professor of Medicine, University of Colorado Denver, Denver, CO
2008- Physician, Westside Clinic, Denver Health Medical Center, Denver, CO

Awards and Honors

1991 Charles A. Dana Scholar, Middlebury College
2002-2012 Diplomate, American Board of Internal Medicine
2007 Best Junior Faculty Research Project, Society of General Internal Medicine, mid-Atlantic meeting
2009-2011 Clinical Faculty Scholars Program, University of Colorado Denver

Professional Memberships

American College of Physicians, 2001-
Society of General Internal Medicine, 2002-
The Obesity Society, 2005-
National Physicians Alliance, 2006-

Peer Review
• Department of Veterans Affairs, Obesity Merit Review, 2006

Service
• American College of Physicians: Colorado Young Physicians Section Steering Committee, 2009-present
• Society of General Internal Medicine: 1) Health Policy Committee, 2007-present; and 2) Mountain West Region Treasurer-Secretary, 2009-2010
• Look AHEAD (Action for Health in Diabetes) Study: Economic Evaluation Committee, 2008-present
• The Obesity Society (TOS): 1) Advocacy Task Force, 2007-present; and 2) Public Affairs Committee, 2009-present
• Colorado Medical Society: Patient-Centered Medical Home Steering Committee, 2009-present
• University of Colorado Hospital: Quality Improvement Committee, 2008-present

C. Peer-Reviewed Publications (selected from 20 peer-reviewed publications)

Most relevant to the current application
5. Tsai AG, Williamson DW, Glick HA. Direct medical cost of overweight and obesity in the USA: a quantitative systematic review. Obesity Reviews. 2010; doi 10.1111/j.1467-789X.2009.00708.x. PMID 20059703

Additional recent publications of importance to the field (chronological order)
10. Tsai AG, Mitchell NS. Mr. Jones, can we talk about your weight for a few minutes? Role of the PCP in obesity management. *Virtual Mentor*. 2010; in press. PMC Journal - In Process.

D. Research Support

**GSK**

PI: Adam Tsai, MD  12/01/08 – 6/30/2009
GlaxoSmithKline
Obesity-Attributable Time Burden in Primary Care Practice
This grant will analyze the National Ambulatory Care Medical Survey to estimate the time burden to primary care providers of treating the obesity-attributable component of weight-related conditions such as diabetes and hypertension.

**5-K12-HD043459-04**

PI: Ellen Freeman, PhD  01/01/04 – 01/01/08
NIH
A Primary Care Intervention for Weight Management
The goal of this project is to conduct a pilot randomized trial of brief counseling visits for weight loss at two primary care sites in the University of Pennsylvania Health System.
Role: Faculty Grantee

**U01-HL087072**

PI: Thomas Wadden, PhD  9/30/06-6/30/11
NIH
Practice-Based Opportunities for Weight Reduction (POWER) Trial at Penn
The goal of this project is to assess the effectiveness of weight loss counseling conducted by primary care physicians and medical assistants, with or without the addition of meal replacements and weight loss medication. The study will take place in 6 primary care practices affiliated with the University of Pennsylvania Health System.
Role: Co-Investigator

**RFA 04-07-15**

PI: Shiriki Kumanyika, PhD  6/1/06-5/31/10
Pennsylvania Department of Health
Think Health! Study
This application supports a trial of weight management services delivered through primary care practices serving high proportions of African Americans and Latinos, and related training activities in partnership with the Cheyney University of Pennsylvania.
Role: Co-Investigator (Acting Principal Investigator, 9/1/2007-3/1/2008)

**IDOM**

PI: Adam Tsai, MD  7/1/2006 – 7/1/2007
Institute for Diabetes, Obesity, and Metabolism, University of Pennsylvania
A Primary Care Intervention for Weight Management
This grant provided supplementary support for the pilot randomized trial of brief counseling visits for weight loss in at two primary care sites in the University of Pennsylvania Health System.
Role: Principal Investigator

**U01-DK57135-03**

PI: Thomas Wadden, PhD  09/30/99 – 07/31/12
NIH
Study of Outcomes of Weight Loss (SHOW); renamed “Look AHEAD: Action for Health in Diabetes”
The goal of this study is to demonstrate the health benefits of sustained weight loss in obese type 2 diabetics; and to compare short- and long-term changes in weight associated with a comprehensive behavioral weight loss program to the same program combined with weight loss medication.
Role: Co-Investigator

**1-R01-AT01103**

PI: Gary Foster, PhD  03/01/02-02/28/07
NIH
The Safety and Efficacy of Low and High Carbohydrate Diets.
The major goal of this project is to evaluate, in a randomized controlled trial the safety and efficacy of the low-carbohydrate Atkins diet compared to a USDA-recommended low-calorie, low-fat diet.
Role: Co-Investigator

**Merck**  
**PI:** Henry Glick, PhD  
**1/1/2008 – 6/30/2008**

Merck  
A quantitative systematic review of the economic costs of obesity  
The goal of this project is to conduct a systematic review of the literature on cost of obesity studies from the United States and to summarize  
Role: Co-Investigator

**Merck 015-02**  
**PI:** Thomas Wadden, PhD  
**8/14/03 – 2/28/08**

Merck  
A 2-Year Study to Assess the Efficacy, Safety and Tolerability of L-000899055 in Obese Patients  
The goal of this study is to test, in a two-year randomized trial, the safety and efficacy of the investigational drug L-000899055 as compared to a placebo. L-000899055 is an antagonist of the endogenous cannabinoid receptor CB-1.  
Role: Co-Investigator

**Pfizer A5351025**  
**PI:** Thomas Wadden, PhD  
**12/4/06 - 11/5/09**

Pfizer  
A 2-Year Study to Evaluate the Efficacy and Safety of CP-945,598 in the Treatment of Obese Subjects  
The goal of this study is to test, in a two-year randomized trial, the safety and efficacy of the investigational drug CP-945,598 as compared to a placebo. CP-945,598 is an antagonist of the endogenous cannabinoid receptor CB-1.  
Role: Co-Investigator

**Orexigen NB-302**  
**PI:** Thomas Wadden, PhD  
**2/6/07 - 1/31/09**

Orexigen  
A Multicenter Randomized Trial Comparing the Safety and Efficacy of Naltrexone Sustained Release (SR)/Buproprion Sustained Release (SR) and Placebo in Subjects with Obesity  
The goal of this study is to test, in a 1-year randomized trial, the safety and efficacy of Naltrexone SR/Buproprion SR in the treatment of obesity. All participants also receive intensive behavior modification. Naltrexone is an antagonist of the mu opioid receptor, and Buproprion is an anti-depressant (dopamine-norepinephrine reuptake inhibitor) that is also approved as a treatment for smoking cessation.  
Role: Co-Investigator