

**CURRICULUM VITAE**  
**LISA A. HARK, PhD, RD**  
*Family Nutrition Expert*

**Office Address:**

University of Pennsylvania School of Medicine  
Nutrition Education and Prevention Program  
Stemmler Hall, Suite 100 Philadelphia, PA 19104  
[www.lisahark.com](http://www.lisahark.com)

**Citizenship:**

U.S.A.

**Education:**

1980-84                    B.S. Drexel University  
                                 Nutrition & Biology  
                                 Philadelphia, Pennsylvania

1986-87                    R.D. Emory University  
                                 School of Medicine  
                                 Clinical Dietetic Internship  
                                 Atlanta, Georgia

1988-89                    M.S. Columbia University  
                                 College of Physicians & Surgeons  
                                 Institute of Human Nutrition  
                                 New York, New York

1990-95                    Ph.D. University of Pennsylvania  
                                 Graduate School of Education  
                                 Evaluation and Research major  
                                 Philadelphia, Pennsylvania

**Experience:**

1983                        Diabetic Nutritionist  
                                 Hebrew University Hadassah Hospital  
                                 Jerusalem, Israel

1983-84                    Pediatric Nutritionist  
                                 Albert Einstein Medical Center  
                                 Philadelphia, Pennsylvania

1984-85                    Research Technologist  
                                 University of Pennsylvania  
                                 Department of Endocrinology  
                                 Philadelphia, Pennsylvania

**Experience cont:**

1985-86	Research Nutritionist Children's Hospital National Medical Center Washington, D.C.
1987-88	Lipid Nutritionist, Atherosclerosis Center Columbia University New York, New York
1988-89	Nutrition Educator, Nutrition Learning Center New York, New York
1989-91	Diabetic Nutritionist, Rodebaugh Diabetes University of Pennsylvania Medical Center Philadelphia, Pennsylvania
1989-93	Clinical Trial Study Coordinator Lipid Evaluation Center University of Pennsylvania Health System Philadelphia, Pennsylvania
1995-1996	Managing Editor Personal Weight Management Newsletter Institute of Weight Management , Narberth, PA
1996-1999	Managing Health and Nutrition Editor Diet Central Web Site New York, New York
1997-1999	Director, Nutrition Guide Heart Info Web Site ( <a href="http://www.heartinfo.org">www.heartinfo.org</a> ) Center for Cardiovascular Education New Providence, New Jersey
2002-2005	Consultant, Nutrition Educator and Advisor Healthy Children, Healthy Futures Project Strang Cancer Prevention Center New York, New York
2004-Present	Consultant, Nutrition Educator and Advisor Healthy Start For Children, Health Education New York, New York
1991-Present	Director, Nutrition Education Program University of Pennsylvania School of Medicine Philadelphia, Pennsylvania
2005-Present	Host, TLC's Honey We're Killing the Kids Discovery Communications, Inc.

**Authored Books:**

*The Whole Grain Diet Miracle*, (DK Publishing) 2006  
*Nutrition For Life*, (DK Publishing) 2005

**Editorial Positions:**

Editor-in-Chief: *The Complete Guide to Nutrition in Primary Care*, (Blackwell Publishing) *in press*  
Editor-in-Chief: *Cardiovascular Nutrition: Disease Management and Prevention*, (ADA) 2004  
Editor-in-Chief: *Medical Nutrition and Disease*, (Blackwell Publishing) 1996, 1999, 2003  
Co-Chair: *Nutrition Curriculum Guide for Training Physician*, (NIH/NHLBI) 2003  
Co-Editor: *Nutricion Clinica. Latin American Nutrition Journal. Education Supplement* 2003  
Editor, Healthy Children, Healthy Futures Project, Strang Cancer Prevention Center, NY 2002-2003  
Editorial Board: *Nutrition in Clinical Care Journal* (Blackwell Publishing): 1999-2004  
Editorial Board: *Nutrition Research Journal* (Elsevier Science Inc.): 2001-2004  
Medical Editor: *Healthy Heart Cookbook*, (DK Publishing and American College of Physicians): 2000  
Managing Editor: *Educator's Resource: Nutrition Educators of Health Professionals*: 1995-Present  
Nutrition For Healthy Living Editor: *EducateMD.com* Web Site: 1999-2002  
Nutrition Guide Editorial Director: *Heartinfo.org* Web Site: 1997-1999  
Editor-in-Chief: *Personal Weight Management Newsletter*: 1997-1998  
Nutrition Editor: *Diet Central.com* Web Site: 1996-1997

**Co-Principal Investigator/Project Director for Grants:**

Nutrition Education Program: Howard Heinz Endowment 1991-1995 (\$750,000).  
Nutrition and Cancer Prevention Program for Medical Education: National Cancer Institute, National Institutes of Health. 1994 to 1997 (\$450,000).  
Nutrition and Cardiovascular Disease Prevention Medical Education Program. National Heart, Lung, and Blood Institute. National Institutes of Health. 1998 to 2003 (\$750,000).  
Cultural Competence and Health Disparities Training Program. National Heart, Lung, and Blood Institute. National Institutes of Health. 2004 to 2009 (\$650,000).

**Teaching Responsibilities: University of Pennsylvania School of Medicine:**

Co-Course Director: Frontiers in Medicine: Preventive Medicine. 4<sup>th</sup> year elective (2001-2003)  
Co-Course Director: Frontiers in Medicine: CAM. 4<sup>th</sup> year elective (2001-2003)  
Preceptor: Family Practice and Community Medicine Residency Program (2001- Present)  
Course Director: ID 190 Introduction to Clinical Nutrition I (1991-1998)  
Course Director: ID 166 Current Concepts in Nutrition & Health (1991-1998)  
Course Director: ID 204 Introduction to Clinical Nutrition II (1991-1998)  
Course Director: ID 304 Introduction to Clinical Nutrition III (1991-1998)  
Co course Director: GI and Nutrition Black, Module 2, 2<sup>nd</sup> year medical students (1998-Present)  
Preceptor: Chestnut Hill Family Practice Residency Program (1998- 2002)  
Preceptor: Ambulatory Medicine Residency Program (2000- Present)

### **National Awards and Scholarships:**

2005: American Society of Clinical Nutrition/Dannon Institute Nutrition in Medical Education Award	
1994: American Dietetic Association Kraft General Foods Fellowship	(\$10,000)
1994: American Dietetic Association ADA Educational Scholarship	(\$ 1,000)
1993: American Dietetic Association Frances Fischer Memorial Scholarship	(\$ 1,000)
1992: American Dietetic Association Mary Abbot Hess Past President's Scholarship	(\$ 1,000)
1991: American Dietetic Association Bristol Myers/Mead Johnson Scholarship	(\$ 1,000)

### **Memberships in Professional Societies:**

1980-Present	American Dietetic Association
1990-Present	Nutrition Educators of Health Professionals
1990-Present	Philadelphia Dietetic Association
2002-Present	American Academy of Family Physicians, Society of Teachers in Family Medicine

### **American Dietetic Association Dietetic Practice Group Activities:**

Newsletter Editor: Nutrition Entrepreneurs (1990-1992)  
Newsletter Editor: Nutrition Educators of Health Professionals (1993-1995)  
Chair-elect: Nutrition Educators of Health Professionals (1993-1995)  
Chair: Nutrition Educators of Health Professionals (March 1996-June 1997)  
Managing Editor: Educator's Resource: Nutrition Educators of Health Professionals (1998-2005)

### **Publications:**

Hark LA. Expanding Your Role as Educators of Health Professional. *Clinical Nutrition Management ADA Dietetic Practice Group Newsletter*. 1994;13: 1-2.

Hark LA. Restructuring Medical Curricula. *Nutrition Educators of Health Professionals ADA Dietetic Practice Group Newsletter*. 1996;21: 1-2.

Hark LA. Designing Your Own Home Page on the World Wide Web. *Nutrition Educators of Health Professionals ADA Dietetic Practice Group Newsletter*. 1996;22: 1-2.

*Medical Nutrition and Disease*. (Editor-in Chief with Gail Morrison, MD) 1st Edition. Blackwell Science, Cambridge MA. 1996.

Hark LA and Stallings G. Nutrition Assessment in Medical Practice. In *Medical Nutrition and Disease*. (Eds. Morrison and Hark) 1st Edition. Blackwell Science, Cambridge MA. 1996.

Hark LA and Seigler G. Older Adults. In *Medical Nutrition and Disease*. (Eds. Morrison and Hark) 1st Edition. Blackwell Science, Cambridge MA. 1996.

Hark LA, Rader D, and Burke F. Cardiovascular Pathophysiology. In *Medical Nutrition and Disease*. (Eds. Morrison and Hark) 1st Edition. Blackwell Science, Cambridge MA. 1996.

Hark LA, MacGregor R, and Langan, M. AIDS with Esophagitis and Diarrhea. In *Medical Nutrition and Disease*. (Eds. Morrison and Hark) 1st Edition. Blackwell Science, Cambridge MA. 1996.

Hark LA. The Joys of Finding a Publisher. *Nutrition Educators of Health Professionals ADA Dietetic Practice Group Newsletter*. 1997;23: 1-2.

Hark LA. Nutrition Content on the National Board of Medical Examiners. *Nutrition Educators of Health Professionals ADA Dietetic Practice Group Newsletter*. 1997;24: 1-2.

Hark LA. Spreading the Word: Review of the Overseas Dietetic Association Meeting. *Nutrition Educators of Health Professionals ADA Dietetic Practice Group Newsletter*. 1997;24: 1-2.

Hark LA. Iwamoto C, Melnick D, Kushner R, Young E. Nutrition Coverage on Medical Licensing Examinations. *Am J Clin Nutrition*. 1997;65:568-71.

Hark LA. One Programs' Experiences in Nutrition in Medical Education. *Topics in Clinical Nutrition*. 1997;12:42-8.

Hark LA and Deen D. Taking a Nutrition History. A Practical Approach for Clinicians. *American Family Physician*. 1999;59:1521-28.

Hark LA. Interpreting Recent Research and Controversies to Improve Dietary Management of Patients with Hypercholesterolemia. *Post Graduate Medicine* 1998;12(suppl):S76-S87.

Hark LA, Bowman M and Bellini L. Nutrition Assessment in Medical Practice. In *Medical Nutrition and Disease*. (Eds. Morrison and Hark) 2nd Edition. Blackwell Science, Malden, MA. 1999.

Hark LA and Marder S. Obese Pregnant Women. In *Medical Nutrition and Disease*. (Eds. Morrison and Hark) 2nd Edition. Blackwell Science, Malden, MA. 1999.

Hark LA. The development of a case-based, integrated curriculum for medical students. *Am J Clin Nutrition*. 2000;72(suppl):890S-97S.

Shapiro M, Hark LA, and Rombeau J. Proposed association between ileoanal J-pouch perforation and rapid consumption of a high calorie, high fiber meal. Report of two cases. *Dis Colon Rectum*. 2000;43:1008-1011.

Tobin BM, Smith M, Kushner RL, Hark, LA and Eaton C. Nutrition curriculum guide for training physicians. *FASEB J*. 2001;15(4):A1095.

Hark LA and Kornely KM. Heart-healthy web site resources. *Nutrition in Clinical Care*. 2001;4(6):338-341.

Hark LA and Kornely KM. Heart Healthy Web Resources. *Nutrition in Clin Care*. 2001;4:338-341.

Pearson TA, Stone EJ, Grundy SM et. al. Translation of nutritional sciences into medical education: The Nutrition Academic Award Program. *Am J Clin Nutr.* 2001;74:164-70.

Hark LA. Medical nutrition education initiatives in the US. *Nutricion Clinica.* Editorial Medical Panamericana. 2002.

Hark LA. Nutrition education curriculum for University of Pennsylvania medical students. *Nutricion Clinica.* Editorial Medical Panamericana. 2002.

Hark LA. Nutrition education web-based and text resources. *Nutricion Clinica.* Editorial Medical Panamericana. 2002.

Hark LA, Bowman M and Bellini L. Overview of nutrition in clinical practice. In *Medical Nutrition and Disease.* (Eds. Morrison and Hark) 3rd Edition. Blackwell Science, Malden, MA. 2003.

Hark LA and Ross E. Iron deficiency anemia in women. In *Medical Nutrition and Disease.* (Eds. Morrison and Hark) 3rd Edition. Blackwell Science, Malden, MA. 2003.

Tershakovec A and Hark LA. Overweight child with insulin resistance. In *Medical Nutrition and Disease.* (Eds. Morrison and Hark) 3rd Edition. Blackwell Science, Malden, MA. 2003.

Szapary P, Hark LA and Burke F. Metabolic Syndrome: A new focus on lifestyle modification. *Patient Care.* 2002;36,13:75-88.

Wylie-Rosett J and Hark L. Nutrition Assessment for Cardiovascular Disease. In *Cardiovascular Nutrition: Disease Management and Prevention.* American Dietetic Association, Chicago, IL. 2004.

Hark L, Parker R, Deen D, and Pi-Sunyer FX. *Metabolic Syndrome: A Time for Action.* In *Cardiovascular Nutrition: Disease Management and Prevention.* American Dietetic Association. Chicago, IL. 2004.

Hark L. Nutrition Digestion, and Absorption. In *Gastrointestinal Physiology.* Seifter J, Ratner A and Sloane D (Eds). Lippincott, Williams and Wilkins, Baltimore, MD. 2005.

### **Medical School and Residency Invited Presentations**

#### **University of Pennsylvania School of Medicine and Affiliates**

1991-1992 Medical Nutritional Therapy  
1991 Clinical Nutrition in the Medical Patient  
1992 Hyperlipidemia and Niacin Therapy  
1992-2005 Nutritional Management of the Elderly  
1992-2005 Nutritional Management of Hyperlipidemia  
1992-2005 Nutritional Management of Diabetes Mellitus  
1992-2005 Nutrition Assessment in Clinical Practice  
1994-2005 Vitamins and Minerals in Health and Disease  
1997-2005 Pediatric and Adolescent Nutrition  
2000-2005 Pulmonary Nutrition Case Sessions: COPD and CF

### **Medical School and Residency Invited Presentations cont.**

- 1999-2005 Nutritional Management of GI Disease
- 1997-2006 Nutrition in Pregnancy and Lactation
- 1999-2005 Overview of Nutrition in Clinical Practice: Internal Medicine Residents on Ambulatory
- 1998, 2005 Nutrition Assessment in Clinical Practice: Penn Family Practice Residency Program

### **University of Pennsylvania School of Medicine and Affiliates**

- 1997 Nutritional Management of Obesity: Chestnut Hill Family Practice Residency Program
- 1997 Vitamins and Minerals as Antioxidants: Chestnut Hill Family Practice Residency Program
- 1998 Nutrition of Older Adults: Chestnut Hill Family Practice Residency Program
- 1998 Nutritional Management of CVD: Chestnut Hill Family Practice Residency Program
- 1999 Pediatric Nutrition: Chestnut Hill Family Practice Residency Program
- 2000 Obesity and Cardiovascular Nutrition: Chestnut Hill Family Practice Residency Program
- 2002 Obesity and Metabolic Syndrome: UPenn Family Practice Residency Program
- 2003: Overview of Nutrition in Clinical Medicine: UPenn Family Practice Residency Program

### **Philadelphia College of Osteopathic Medicine**

- 1991-2000 Nutritional Management of Diabetes
- 1993 Nutrition and Metabolic Disorders
- 1993-2000 Nutritional Management of the Elderly
- 1991-2002 Nutritional Issues in Primary Care (6 times per year for 4<sup>th</sup> year students)
- 2000-2001 Managing the Breast Feeding Woman: OB/GYN Grand Rounds
- 2000-2001 Nutrition in Women's Health: OB/GYN CME Grand Rounds
- 2000-2004 Nutrition Assessment: Obesity and Malnutrition (Physician Assistant Nutrition Course)
- 2000-2004 Protein (Physician Assistant Nutrition Course)
- 2000-2004 Carbohydrates (Physician Assistant Nutrition Course)
- 2000-2004 Lipids (Physician Assistant Nutrition Course)
- 2000-2004 Water and Fat soluble Vitamins (Physician Assistant Nutrition Course)
- 2000-2004 Minerals in Health and Disease (Physician Assistant Nutrition Course)
- 2000-2004 Surgical Nutrition Support (Physician Assistant Nutrition Course)
- 2000-2004 Pediatric Nutrition (Physician Assistant Nutrition Course)
- 2000-2004 Nutritional Management of CVD (Physician Assistant Nutrition Course)
- 2000-2004 Nutritional Management of Diabetes (Physician Assistant Nutrition Course)

### **Other Medical School Presentations**

- 1995 Nutrition Coverage on US Medical Licensing Exams. U. of Chicago School of Medicine
- 1996 Nutritional Issues in Primary Care: Board Review Course for Primary Care Physicians
- 1995-2000 Nutritional Management of the Elderly: Allegheny University Medical School
- 2000 Nutrition Assessment in Clinical Practice: Medical College of Pennsylvania
- 2003 Nutrition in the Ambulatory Setting: Albert Einstein College of Medicine, New York

### **Abstracts and Invited Presentations**

1. Nutrition and Cancer Prevention Integrated Approach Across A 4 Year Medical Curriculum., Mechanisms of Nutrition and Cancer Prevention Conference, Venice, Italy, October 1992.
2. Clinical Nutrition Clerkships: A Requirement For Third Year Medical Students To Nutritionally Assess Patients., Clerkship Directors in Internal Medicine Conference, New Orleans, November 1992 and November 1993.
3. Nutrition: An Integrated Approach Across A 4 Year Medical Curriculum., Association of American Medical Colleges Annual Meeting, New Orleans, November 1992 - 1996.
4. Nutrition Screening Initiative: An Integrated Case-Based Approach For Medical School Curriculum, Nutrition Screening Initiative 2 Conference, Washington, D. C. May 1993.
5. Using The Nutrition Screening Checklist At Senior Centers In West Philadelphia., The Ralston House Wellness Resource Center. Nutrition Screening Initiative 2 Conference, Washington, D.C. May 1993.
6. Nutrition Cases In Medical Education, Philadelphia Dietetic Association Clinical Nutrition Update, September 1993.
7. Nutrition In Medical Education: Utilizing Case-Based Team Teaching With Registered Dietitians and Physicians, American Dietetic Association Annual Meeting, October 1993, and 1994.
8. Integrating Nutrition In The Third Year Clerkships, Pennsylvania Interurban Nutrition Club Meeting, June 1994.
9. Teaching Nutrition To Residents Involved In Medical Education, New York Academy of Medicine, Regional Center for Clinical Nutrition, June 1995.
10. Nutrition In Medical Education: Utilizing Case-Based Team Teaching With Registered Dietitians And Physicians. American Dietetic Association Annual Meeting, 1993 and 1994.
11. Nutrition Coverage on Medical Licensing Examinations in the United States. Federation of Experimental Biology. American Society of Clinical Nutrition. Washington, DC. April 1996.
12. Nutrition Coverage on Medical Licensing Examinations in the United States. Northeastern Group on Educational Affairs. Philadelphia, PA. April 1996.
13. Nutrition Coverage on Medical Licensing Examinations in the United States. National Board of Medicine Examiners. Philadelphia, PA. May 1996.
14. Nutrition Coverage on Medical Licensing Examinations in the United States. New York Academy of Medicine, Regional Center for Clinical Nutrition, October 1996.

### **Abstracts and Invited Presentations cont.**

15. Keynote Address: Nutrition in Cyberspace: Opportunities for Dietitians Worldwide. Delaware Dietetic Association. November 1996.
16. Keynote Address: Nutrition in Cyberspace: Opportunities for Dietitians Worldwide. American Overseas Dietetic Association. Windsor, England. March 1997.
17. What Doctors Need to Know About Nutrition: Views From Doctors and Dietitians, British and American. American Overseas Dietetic Association. Windsor, England. March 1997.
18. Utilizing the Internet to Access Vitamin and Mineral Information. Delaware Valley Chapter, Society for Nutrition Education. Philadelphia, PA. April 1997.
19. Utilizing the Internet Maximize Clinical Practice. Philadelphia Dietetic Association Second Annual Clinical Research Conference. Philadelphia, PA. September 1997.
20. Essentials of Nutrition Education in Medical Schools. American Osteopathic Association Annual Research Convention. San Antonio, Texas. October 1997.
21. Utilizing Teams for Curricula Development. American Dietetic Association Annual Meeting. Boston, MA. October 1997.
22. Educating Future Doctors About Nutrition. How Students Can Play a Significant Role and Change History. American Medical Student Association Conference. Philadelphia. November 1997.
23. Integrating Health Promotion and Disease Prevention into Medical Education. Association of American Medical Colleges Annual Meeting. Washington, DC. November 1997.
24. Recent Advances in the Treatment and Management of Cholesterol. Pennsylvania Dietetic Association Annual Meeting. May 1999.
25. Plant Stanol Esters, A New Tool in the Dietary Management of Cholesterol. University of Massachusetts Endocrine Grand Rounds. November 1999.
26. Educating Medical Students About Nutrition: Frontier Sciences Nutrition Symposium. University of Massachusetts School of Medicine Curriculum Committee. November 1999.
27. Educating Medical Students About Nutrition: Harvard Medical School Curriculum Committee. March 2000.
28. Improving the Nutrition Content of Physician Training Programs. The Dietitian's Critical Role. International Congress of Dietetics. Edinburgh, Scotland, UK. July 2000.

### **Abstracts and Invited Presentations cont.**

29. Educating Medical Students About Nutrition” One Key to the Future. Temple University Center for Frontier Sciences Nutrition Symposium. October 2000.
30. Controversies in Diet Therapy; From Ornish to Atkins. Mini Lipid Symposium. Cardiac Risk Intervention Program. Philadelphia Heart Institute. December 2000.
31. Medical Nutrition Education Initiatives in the US. Mexican Health Foundation International Medical Education Seminar. Mexico City, Mexico. September 2001.
32. Hark LA. Nutrition Education Curriculum for University of Pennsylvania Medical Students. Mexican Health Foundation International Medical Education Seminar. Mexico City, Mexico. September 2001.
33. Hark LA. Nutrition Education Web-Based and Text Resources. Mexican Health Foundation International Medical Education Seminar. Mexico City, Mexico. September 2001.
34. Development of an Integrated Complementary and Alternative Medical Education Curriculum for Medical Students. American Dietetic Association Food and Nutrition Conference. St. Louis, MO. October 2001.
35. Utilizing a Case-Based Approach to Teaching Nutrition. American Dietetic Association Food and Nutrition Conference. Philadelphia, PA. October 2002.
36. Implementing Nutrition Curriculum for Physician Assistant Students. American Physician Assistant Program Educational Forum. Miami, Fla. November 2002.
37. Development of an Integrated CAM Education Curriculum. Connecticut Hospital Association: Integrated Medicine: A Holistic System of Wellness and Healthcare Excellence. Wallingford, CT. April 2003.
38. Grand Rounds in Nutrition: Chestnut Hill Hospital Department of Medicine. Chestnut Hill, PA. June, 2003.
39. Proteins and Amino Acids: Structure, Function and the Role in Health and Disease. Columbia College of Physicians and Surgeons. Institute of Human Nutrition. April, 2004.
40. Nutrition on the NBME Step Exams. American College of Nutrition Annual Meeting. Long Beach, California. October 2004.
41. Complementary and Alternative Medicine in Medical Education. American College of Nutrition Annual Meeting. Long Beach, California. October 2004.
42. Overweight Children and Teenagers: An International Crisis: World Congress of Family Doctors (WONCA) and American Academy of Family Physicians Annual Meeting. Orlando, Florida. October 2004.

43. Nutrition Coverage on the USMLE Step 1, 2 and 3 for Medical Students and Residents. American Society for Clinical Nutrition FASEB Meeting. San Diego, CA. April 2005.
44. Lessons Learned From Curriculum Enhancements in Nutrition. American Society for Clinical Nutrition FASEB Meeting. San Diego, CA. April 2005.
45. Educating Future Health Professionals About Nutrition: How to Stay in the Game. American Society for Clinical Nutrition FASEB Meeting. San Diego, CA. April 2005.

#### **University of Pennsylvania Health System Presentations**

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|-----------|---|
| 1989-1991 | Lite for Life: Group Weight Loss Program (Weekly classes )                    |
| 1991      | Quick Healthy Snacks When Eating on the Run (Employee Wellness Workshop)      |
| 1991      | Nutritional Management of Nephrolithiasis (Registered Dietitian In-service)   |
| 1991      | Nutrition and Cancer Prevention (Employee Wellness Workshop)                  |
| 1991      | Lowfat Meals for the Working Parent (Wistar Institute)                        |
| 1992      | Nutritional Management of Hyperlipidemia (Nurse Practitioner In-service)      |
| 1992      | Nutrition for Prevention (Women Trustees of the University of Pennsylvania)   |
| 1992      | US Dietary Guidelines, Food Guide Pyramid (Employee Wellness Workshop)        |
| 1992      | Weight Reduction Programs: Pros and Cons (University Counseling Center)       |
| 1992      | Nutrition Curriculum Development (Delaware Valley Institute on Aging Seminar) |
| 1991-1993 | Nutrition for Older Adults (Ralston House at the University of Pennsylvania)  |
| 1995      | Quick Lowfat Meals for the Working Parent (Employee Open Enrollment Week)     |
| 1996      | Quick Lowfat Meals for the Working Parent (Employee Open Enrollment Week)     |
| 1997      | Eating for Prevention (Employee Open Enrollment Week)                         |

#### **Community Setting Presentations**

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|------|---|
| 1990 | Fast Paced Nutrition: Morgan, Lewis and Bockius Law Firm                    |
| 1991 | Women and Heart Disease: Haddonfield Women's Health Day                     |
| 1991 | Osteoporosis and Nutrition: Philadelphia Teachers Association               |
| 1992 | Wellness and Fitness: Federal Executive Board Interagency Managers          |
| 1992 | Women's Health and Nutrition: International Women Executives                |
| 1993 | Nutrition for Energy: Wellness Community Support Center for cancer patients |

#### **Invited Consumer Related Publications:**

1. Hark LA, The Love of Good Eating, *HUPDATE*, September 1990.
2. Hark LA, Low Cholesterol Passover Ideas, *Jewish Exponent*, April 1991.
3. Hark LA, New Revised Weight Tables, *Philadelphia Inquirer*, September 1991.
4. Hark LA, Low Fat Breakfasts, *Philadelphia Inquirer*, May 1992.
5. Hark LA, The Cafeteria Goes Low-fat for National Nutrition Month, *HUPDATE*, March 1992.
6. Hark LA, Healthy Holiday Eating, *HUPDATE*, December 1992.
7. Hark LA, Label Reading For the Future, *HUPDATE*, September 1993.
8. Hark LA, Nutrition Education Underpins High Quality Health Care, *PENN PULSE*, Sept. 1993.
9. Hark LA, Eating Well on Campus, *Daily Pennsylvania Newspaper*, September 1993.
10. Hark LA, Chinese Food in Perspective, *HUPDATE*, April 1994.

## **TV APPEARANCES, RADIO INTERVIEWS, PRINT ARTICLES**

### **Publications and web sites that have interviewed Lisa Hark, PhD, RD about how nutrition can improve your health:**

All You, American Dietetic Association Times, Better Homes and Gardens, BHG.com, Bucks County Courier, Coastal Living, Cooking Light, Cosmopolitan, Cottage Living, Country Living, Detroit Free Press, eDiets.com, Essence, Family Circle, Famous, First For Women, Fitness, Good Housekeeping, GrantparentsMagazine.com, Health, HealthNewsDigest.com, iParenting.com, Ladies' Home Journal, LHJ.com, Let's Live, London Guardian, Marie Claire, MORE.com, Outside, Oxygen, Parenting, Penn Current, Philly Style, Philadelphia Weddings, Real Simple, Conshohocken Recorder, Red (UK), Redbook, Philadelphia Inquirer, Southern Living, Supermarket Sampler, WebMD.com, Top Sante (UK), Women's World.

### **EVENTS COMPLETED IN 2005**

March 1: KYW News Radio. Interview with Mike DeNardo. Philadelphia, PA  
March 11: NBC "10" Show. Habits of Healthy Families. Philadelphia, PA  
April 19: ABC News with Anita Brickman. The USDA Food Pyramid. Philadelphia, PA  
April 20: CN8 Morning Show. The USDA Food Pyramid. Philadelphia, PA  
May 13: NBC "10" Show. Nutrition During and After Exercise. Philadelphia, PA  
May 18: NBC "10" Show. Nutrition When Your Have Cancer. Philadelphia, PA  
May 20: NBC "10" Show. The Health Benefits of Chocolate. Philadelphia, PA  
May 20: NBC News. Healthy Eating to Get Fit. Philadelphia, PA

### **SATELLITE MEDIA TOUR: TV AND RADIO (March 9, 2005):**

WWBT/NBC "12 News Today" Richmond, VA  
WGHP/Fox "Fox 8 Morning News" Greensboro, NC  
WITI/FOX "FOX 8 Morning News" Milwaukee, WI  
KSFY/ABC "Good Morning Dakota" Sioux Falls, SD  
KTEN/NBC "Morning Show" Sherman, TX  
KDVR/FOX "Morning Show" Denver, CO  
WYLE/independent "The Beat" Huntsville, TN  
KFTY/independent "Morning North Bay News" San Francisco/Oakland, CA  
WCYB/NBC "Noon Magazine" Tri-Cities, TN, VA  
FNR/FOX "News" National  
WHKY/independent "Newscast" Charlotte, NC  
KTVO/ABC "Newscast" Ottumwa, IA  
WTVF/CBS "Talk of the Town" Nashville, TN  
KWLM/AM "Morning Show" Minneapolis, MN  
KDVR "Good Day Colorado" Denver, CO  
KUSI/independent "News" San Diego, CA  
KDBC/CBS "News" El Paso, TX  
KEYB-FM/AP "Morning Show" Wichita Falls, TX  
WXVT/CBS "Delta Daybreak" Greenwood, NC  
KTVO/ABC "News" Ottumwa, IA  
WIRY-AM/CNN "Morning Show" Plattsburg, MO  
KSMA-AM/CBS "News" Santa Barbara, CA  
CABLE/Independent "Get Hooked on Health" St. Louis, MO