



James O. Hill, Ph.D.

James O. Hill, Ph.D. is the Founding Executive Director of the Anschutz Health and Wellness Center at the University of Colorado Anschutz Medical Campus. He also holds the Anschutz Endowed Chair in Health and Wellness. He is Professor of Pediatrics and Medicine. 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 served as Chair of the first World Health Organization Consultation on Obesity in 1997. He was President of The Obesity Society (TOS) 1997-8 and President of 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 in how much they eat and how much they move to prevent weight gain. He is the author of the *Step Diet Book*, published in June 2004 and the *State of Slim* to be published in August 2013. He lectures widely throughout the world on obesity, health and wellness. His current work focuses on developing science-based strategies to reduce obesity rates.