

# Curriculum Vitae

## Deborah Bade Horn, DO

### PRESENT TITLE:

Medical Director, Center for Obesity Medicine and Metabolic Performance.

UT Health. 2013-Present.

Program Director, Allison Family Foundation Clinical Fellowship in Obesity Medicine and Metabolism

Clinical Assistant Professor, Department of Surgery, University of Texas Medical School.  
2013-Present.

### ADDRESS:

The University of Texas Medical School at Houston

Center for Obesity Medicine and Metabolic Performance

Department of General Surgery, Division Minimally Invasive Surgery

6700 W. Loop So., Suite 500, Bellaire, TX 77401

**BIRTHDATE:** 3/15/1968

### CITIZENSHIP:

United States

### UNDERGRADUATE EDUCATION:

B.A. English/Liberal Arts, University of Texas at Austin, 1986-1992

Master of Science, University of Colorado, Department of Exercise Science & Physiology,  
1993-1995

### GRADUATE EDUCATION:

Doctor of Osteopathy, Kirksville College of Osteopathic Medicine, 1996-2001

Family Medicine Internship St Joseph's Hospital Houston, Texas, 2001-2002

MPH-Public Health and Physical Activity, University of South Carolina, 2002-2003

Chief Resident/Resident, Preventive Medicine Program. University of South Carolina,  
2002-2004

CHESPR Research Fellow, University of South Carolina, 2004-2006

Chief Resident, Methodist/Cornell Family Medicine Program, Houston, Texas, 2005-2006

### PROFESSIONAL EXPERIENCE:

Assistant Professor, Duke Diet and Fitness Center. Dept. of Community and Family  
Medicine. Duke University School of Medicine, 2007-2009

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Duties: 80% Clinical, 20% administrative. Fulltime physician, group lecturer, supervision of mid-level providers, clinic staff manager, emergency response team leader

### BOARD CERTIFICATIONS:

ABPM – American Board of Preventive Medicine  
ABFM – American Board of Family Medicine  
Diplomat of the American Board of Obesity Medicine

### OTHER CERTIFICATIONS:

Specialist Certification of Obesity Professional Education (SCOPE), IASO educational program, in progress.  
ACE – American Council on Exercise Certified Group Exercise Leader  
Polestar Education – Rehabilitation and Post-Rehabilitation Pilates Certified Instructor

### HONORS AND AWARDS:

Who's Who of American Colleges and Universities, 2001  
FM Bucky Walter "Living Tribute" Scholarship for Outstanding leadership in student organizations, high academic success, and assisting fellow medical students in need, 2001  
USC Dept of Preventive Medicine, "Outstanding Research Resident Award," 2001, 2004  
Senior Resident Award, The Methodist Hospital Family Medicine Program, 2006  
The Arnold P. Gold Foundation Humanism and Excellence in Teaching Award, University of Texas Medical School at Houston, 2006  
Program Director's Award, The Methodist Hospital Family Medicine Program, 2006  
Deans Writing Award: Scheuermann's Disease - A comparison case presentation  
Bariatrician of the Year, American Society of Bariatric Physicians, 2011  
Raymond E. Dietz Meritorious Service Award, American Society of Bariatric Physicians, 2014  
Master Fellow Obesity Medicine Association, Obesity Medicine Association, 2016  
Health Care Provider of the Year, Obesity Action Coalition, 2016

### OTHERS:

Still-Well Outstanding Contribution Award. L Linton Budd Outstanding Member Award - OB/GYN President Award, University of Colorado Graduate Student Fellowship Award, University of Texas, Undergraduate Academic Scholarship 1987-1988

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### TEACHING EXPERIENCE:

Student Recreation Center Teaching Assistant Program, (Lecture, Practicals, and Evaluation) 1992- 1996

Instructor Trainer: University of Colorado, Boulder Instruction Program Office, CU

Academic Teaching Assistant: University of Colorado, Boulder Department of Kinesiology. Exercise Physiology. Prof: David A. Roth PhD, 1994-1995

Instructor, University of Colorado, Boulder, Department of Kinesiology, "Theory and Practical Application of Resistance and Conditioning Training," Undergraduate Level, 1995

Instructor and Lab Coordinator, Arapahoe Community College Department of Biology, Anatomy and Physiology, Undergraduate level Spring Semester, 1998

Teaching Mentor, Collegiate Athletes Premedical Experience, CAPE, a shadowing program for undergraduate female athletes interested in medicine as a career choice, Duke University ½ day/week, Spring, 2009

Duke University School of Medicine. Resident, medical student, and physician assistant student rotations teaching experiences, 2007-2010

Fellowship Instructor, American Society of Bariatric Physicians Advanced Training Fellowship Program. Modules: Exercise Physiology for the Obesity Medicine Specialist, and Exercise Prescription for the Overweight and Obese Population

University of Texas Medical School, Resident and Fellow teaching faculty. 2014-Present

### RESEARCH PROJECTS:

Resting Metabolic Rate and Outcome measures of Obesity related co-morbid conditions in overweight and obese

Co-PI w/ Elisabetta Politi, Director of Nutrition Division of Duke Diet and Fitness Center, Duke University

Physical Activity and Gastric Bypass: Optimizing post-surgical care

Co-PI w/ Dr. Sue Haddock PhD, Dorn VA. Columbia, SC

### MPH PRACTICUM:

"SEPP Sumter Exercise Prescription Project" Faculty Advisor – Barbara Ainsworth PhD

### MASTERS THESIS:

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"Alterations in Key Gluconeogenic Enzymes with Endurance Training and Aging."  
Graduate Advisor: Professor Robert Mazzeo, Ph.D., FACSM

### MAJOR AREAS OF CLINICAL/RESEARCH INTEREST:

Preventive healthcare with emphasis on Obesity, overweight and obesity related Co-morbidities, nutrition, exercise physiology, and sports/physical medicine.

The relationship between obesity, health biomarkers, and lifestyle choices including predictors for weight loss, methods of behavioral change, nutritional changes, pharmacological intervention, and benefits/barriers to physical activity.

Physical Activity and Chronic disease – Specifically, obesity, hypertension, hyperlipidemia, diabetes, and musculoskeletal disorders like arthritis or injury. Stress and its relationship to health and disease especially weight management. Musculoskeletal development, energy metabolism, body composition changes and endocrine responses to nutritional changes and long term endurance and resistance physical activity.

### MEMBERSHIPS:

Obesity Medicine Association 2003-present  
The Obesity Society 2007-present  
American Society of Bariatric and Metabolic Surgeons 2015-present  
International Association for the Study of Obesity 2010-present  
American Academy of Family Physicians  
Sigma Sigma Phi Academic Honor Society Member

### SERVICE:

Health and Education Committee Chairperson, 1998-1999  
Still-Well Class Representative and Research Volunteer, Aug 1996-Aug 2000, President, L Linton Budd Ob/Gyn Society, 1998-1999  
Medical Team Volunteer Houston Marathon, January 2000, 2001, 2005, 2010  
Chief Resident, University of South Carolina Preventive Medicine Department, 2003-2004  
Chief Resident, Methodist/St. Joseph Family Medicine Department. 2005-2006  
Board of Trustee, American Society of Bariatric Physicians. 2007-2009  
Duke AHL Team, Team Physician. Duke Durham Partnership planning grant, 2008-2009  
Secretary/Treasurer, American Society of Bariatric Physicians, 2009-2011

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American Board of Obesity Medicine – Invited Reviewer for Patient Care Reviews, 2009 – present

Education Management Task Force Member, World Obesity Federation. 2012 to present.

ASBP's International Outreach Project, Committee/Director, ASBP, 2011-present

Vice President, American Society of Bariatric Physicians, 2011-2013

President Elect, American Society of Bariatric Physicians 2013-2015

President, Obesity Medicine Association (Formerly ASBP) 2015-present

### PUBLICATIONS:

#### A. Abstracts

1. Grubb, J., Horn D, Dowda M, Pfeiffer K, and Pate R. Predictors of Physical Activity in the Transition after High School. Abstract and Poster Presentation. NASPEM Fall Meeting 2006
2. Horn, D.B., D. A. Podolin, and R S. Mazzeo. Alterations in key Gluconeogenic Enzymes with Endurance Training and Aging. Med. Sci. Sports and Ex., Vol 27 Suppl No.5, May 1995

#### B. Chapters

1. Cianca JC, Roberts WO, and **Horn DB**. Chapter 39 "Distance Running: Organization of the Medical Team, Textbook of Running Medicine. McGraw-Hill, 2001
2. **Horn DB**, "The Role of Physical Activity in the Treatment of the Obese Individual" Obesity: Evaluation and Treatment Essentials. Ed: Westman, E and Steelman, GM. Informa Healthcare, New York 2010

#### C. Refereed Original Articles in Journals

1. **Horn DB**, and D. Belz. M.O.V.E. I.T. - Motivation, Orientation, Variation, and Education in Instructor Training. NIRSA Journal. Winter 1995 Edition
2. **Horn, D.B.**, Podolin DA, Friedman JR, Scholnick DA, Mazzeo RS. Alteration in Key gluconeogenic regulators with age and training. Metabolism, Apr 46(4) 414-419, 1997

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3. **Horn DB**, O'Neill JR, Pfeiffer KA, Dowda M, Pate RR. Predictors of physical activity in the transition after high school among young women, *J Phys Act Health*, Mar;5(2):275-285. 2008
4. Bays H, Kothari SN, Azagury DE, Morton JM, Nguyen NT, Jones PH, Jacobson TA, Cohen DE, Orringer C, Westman EC, **Horn DB**, Scinta W, Primack C. Lipids and bariatric procedures Part 2 of 2: scientific statement from the American Society for Metabolic and Bariatric Surgery (ASMBS), the National Lipid Association (NLA), and Obesity Medicine Association (OMA). *Surg Obes Relat Dis*. 2016 MarApr;12(MarApr;12)(3):46895
5. Bays HE, Jones PH, Jacobson TA, Cohen DE, Orringer CE, Kothari S, Azagury DE, Morton J, Nguyen NT, Westman EC, **Horn DB**, Scinta W, Primack C. Lipids and bariatric procedures part 1 of 2: Scientific statement from the National Lipid Association, American Society for Metabolic and Bariatric Surgery, and Obesity Medicine Association: FULL REPORT. *J Clin Lipidol*. 2016 JanFeb;10(1):3357.
6. Bays HE, Jones PH, Jacobson TA, Cohen DE, Orringer CE, Kothari S, Azagury DE, Morton J, Nguyen NT, Westman EC, **Horn DB**, Scinta W, Primack C. Lipids and bariatric procedures part 1 of 2: Scientific statement from the National Lipid Association, American Society for Metabolic and Bariatric Surgery, and Obesity Medicine Association: EXECUTIVE SUMMARY. *J Clin Lipidol*. 2016 JanFeb;10(1):1532.
7. **Horn DB**, Ryan D. Answers to Clinical Questions in the Primary Care Management of People with Obesity: Principles of Patient Management. *J Fam Pract*. 2016 Jul;65(7 Suppl):S9S13.
8. BravermanPanza J, Kuritzky L, **Horn DB**. Answers to Clinical Questions in the Primary Care Management of People with Obesity: Practice Redesign and Reimbursement. *J Fam Pract*. 2016 Jul;65(7 Suppl):S257.
9. BravermanPanza J, **Horn DB**. Answers to Clinical Questions in the Primary Care Management of People with Obesity: Bariatric Surgery. *J Fam Pract*. 2016 Jul;65(7 Suppl):S235.
10. Skolnik NS, **Horn DB**. Answers to Clinical Questions in the Primary Care Management of People with Obesity: Lifestyle Management. *J Fam Pract*. 2016 Jul;65(7 Suppl):S136.

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11. Rebello CJ, O'Neil PM, **Horn DB**, Greenway FL. Timing the discussion of antiobesity medications during obesity treatment. *Obesity* (Silver Spring). 2016 Oct;24(10):20278.

#### **D. PRESENTATIONS:**

1. New South Whales Fitness Council Workshop, PACE Athletic Club, Sydney Australia: "Sizzling Step" and "Creative HI/Lo" January 1993
2. American Council on Exercise (ACE) CEC Workshop, Lakewood Athletic Club, Colorado "Break Point Step" "New Heights in Exercise" and other multiple locations, March 1994
3. 5th Annual Convention Overview, Cherry Creek Athletic Club, Colorado, "Abdominal Training Research Review," July 1994
4. American College of Sports Medicine: Annual Rocky Mountain Regional Meeting and National meeting, Poster Presentation: "Alterations in Key Gluconeogenic Training and Aging," January 1995
5. IDEA, International Association of Fitness Professionals: World Convention, "Break Point Step," San Diego, CA, August, 1995
6. Non-Medical Physical Activity, Fitness, and Wellness: National Intramural and Recreational Sports Association: National Meeting, "M.O.V.E. I.T. - Motivation, Orientation, Variation, and Education in Instructor Training," April 1995
7. University of Colorado Dept. of Kinesiology: "Physiology and the Female Athlete. Playing with a Different Set of Blocks," 1994-1996
8. American Council on Exercise - CEC Workshop, "The Search 4 Research," Bally's Total Fitness, Denver, CO, January 1998
9. American College of Sports Medicine: Texas regional meeting, poster presentation: "Generalized Muscle Stiffness and a "Frankenstein- Like" Gait - Myotonia Congenita," February 2000

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10. Physical Activity and Metabolic Syndrome, Dorn VA, Metabolic Syndrome Study, 2003
11. "Obesity and the Dose Response to Physical Activity," USC Family Practice Program, and Methodist/St. Joseph's Family Medicine Program, 2004
12. "Supersizing America," Methodist Ob/Gyn Residency guest lecture, November 2005 and repeated for Methodist Family Medicine, January 2006
13. "Nutrition and Work/Life Balance," Price Waterhouse Cooper, invited lecturer for Methodist Family Medicine Residency Program, Houston, TX, March 2006 "Weight Loss in a Pill? Obesity Medications: Past, Present, and Future," Duke Community and Family Medicine Department, August 2007 "Exercise Physiology and Exercise Prescription for the New Bariatrician," American Society of Bariatric Physicians: Annual Obesity and Associated Conditions Symposium, invited CME guest lecturer, Las Vegas, NV, September 2007
14. "Physical Activity and Exercise Rx in Overweight and Obese Patients: Starting the Conversation," Gaston Memorial Hospital: Invited CME Guest Lecturer, April 2008
15. "Supersizing America: The Obesity Epidemic" Duke Physical Therapy Department, July 2007, 2008, and 2009
16. "Basic Medical Weight Loss Techniques" Invited CME Lecturer, American Society of Bariatric Physicians, San Antonio, TX, "Obesity in Women: Current Treatment and Resulting Chronic Diseases" 56th Annual Mountaintop Medical Assembly, invited CME guest lecturer, August 2009
17. Physical Activity: Preparing your Overweight and Obese Patients to participate for Life," invited CME lecturer, American Society of Bariatric Physicians 60th Annual Symposium, New Orleans, LA, November 2010
18. "Walk with the Doc" and "Patient Centered Physical Activity" demonstration workshop/workout to facilitate increased healthcare provider directed use of physical activity in Obesity Centered Practices, American Society of Bariatric Physicians 60th Annual Symposium, New Orleans, LA, November 12-13, 2010
19. "Preventive Medicine: Creating Health for You and Your Family," West University Methodist Church Mother's Group, invited lecturer, March 2011

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20. "Physical Activity: Preparing your Overweight and Obese Patients to participate for Life," invited CME lecturer, American Society of Bariatric Physicians Regional Symposium, April 2011
21. "Walk with the Doc" and "Patient Centered Physical Activity" Demonstration workshop/workout to facilitate increased healthcare provider directed use of physical activity in Obesity Centered Practices, American Society of Bariatric Physicians Regional Symposium, Baltimore, Maryland, April 2011
22. Obesity/Sports Medicine/Exercise Physiology: "Writing an Exercise Prescription," the pre-participation assessment, prescription, monitoring, and resources needed to help this unique population overcome their barriers and discover/rediscover the joy of moving," invited CME lecturer, ASBP's 61st Annual Obesity and Associated Conditions Symposium, Las Vegas Nevada, October 2011
23. "Walk with the Doc" and "Patient Centered Physical Activity: Level I The Basics, Level II A Progressive Circuit, and Elliptical Trainers Insider and Out," four separate but progressive demonstration workshops to facilitate increased healthcare provider directed use of physical activity in overweight and obese patients, invited CME lecturer
24. American Society of Bariatric Physicians Obesity and Associated Conditions Course, October 2011
25. Baltimore, Maryland and ASBP 61st Annual Obesity and Associated Conditions Symposium, Las Vegas, October 2011
26. "Basic Medical Weight Loss Techniques" Invited CME Lecturer, American Society of Bariatric Physicians, January 14, 2012, Houston; March 5th, 2011, New York, New York; September 2011, Las Vegas, Nevada; September 2011, La Jolla, California
27. "Patient Centered Physical Activity: A Practical Approach." Invited CME speaker. International Association for the Study of Obesity's 4<sup>th</sup> Annual SCOPE Summer School. August 2012. Cambridge, England.
28. "Advanced Physical Activity Prescription: Removing barriers in the complex patient with obesity." Invited CME Lecturer. ISORAM: International School for Obesity Research and Management "Winter Boot Camp 2012." March 2012, Alberta Canada.

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29. “The Successful Loser: The essential role of nutrition and lifestyle modifications for weight loss and weight loss maintenance.” Invited CME Lecturer. Carolinas Education Institute: Defining Best Practices for Obesity and Co-morbidity Management. March 2012, Charlotte, North Carolina.