

# Jun Ma, M.D., Ph.D.

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## I. PERSONAL INFORMATION

**Place of Birth** Guiyang, Guizhou, P.R. China  
**Citizenship** P.R. China  
**Visa status** U.S. permanent resident

## II. EDUCATION AND TRAINING

### Education

1989-94	M.D.	West China University of Medical Sciences (Preventive Medicine)
1996-97	M.S.	University of Nebraska at Lincoln (Nutritional Sciences)
1998-02	Ph.D.	University of Nebraska at Lincoln (Major: Nutritional Sciences; Minor: Biometry)

### Postdoctoral Training

1993-94	Intern in Medicine, West China University of Medical Sciences
2000-01	Intern in Dietetics, University of Nebraska at Lincoln

## III. AREAS OF RESEARCH INTEREST

The overall goal of my research is to contribute evidence on the development, evaluation and dissemination of health care innovation as a means to promote evidence-based practices by patients, their care providers, and health care systems. Specifically, my research aims to:

1. Study translation of evidence-based medicine to clinical practice;
2. Understand the forces influencing physician and patient behavior;
3. Design interventions to improve the quality of health care and health outcomes.

My research portfolio spans preventive medicine and health services research, with a particular emphasis on the prevention and control of obesity and co-morbidities, such as cardiovascular disease, diabetes, asthma, and depression. The burden of these chronic diseases is increasing rapidly worldwide. These diseases are largely preventable, non-communicable conditions associated with lifestyle and behaviors. Primary prevention is considered the most cost-effective, affordable and sustainable course of action to cope with the epidemic of chronic diseases. However, the current health care system in the United States remains overly oriented towards acute care, causing many missed opportunities for preventive and chronic care and leaving the majority of chronically ill patients inadequately treated. My research focuses on identifying gaps in preventive and chronic care in primary care settings, evaluating patient, physician, and system factors contributing to those gaps, and designing interventions to ameliorate or eliminate those gaps and thus improve health care and patient outcomes.

**IV. PROFESSIONAL POSITIONS AND APPOINTMENTS**

- 1996-02      Doctoral Research Assistant, Department of Nutrition and Health Sciences, University of Nebraska at Lincoln
- 2002          Social Science Research Assistant II, Stanford Prevention Research Center
- 2002-03      Social Science Research Assistant III, Stanford Prevention Research Center
- 2003-06      Research Associate, Stanford Prevention Research Center
- 2003-06      Research Director, Program on Prevention Outcomes and Practices, Stanford Prevention Research Center
- 2006-          Associate Staff Scientist, Department of Health Services Research, Palo Alto Medical Foundation Research Institute

**V. AWARDS AND HONORS**

West China University of Medical Sciences

- 1991-94      Annual Outstanding Student Scholarship
- 1994          Distinguished Graduate Student Scholarship

University of Nebraska at Lincoln

- 1999          Twila Herman Claybaugh Human Resources and Family Sciences Food Science and Technology Fellowship
- 1999-00      Widaman Trust Distinguished Graduate Assistant Award
- 2000-01      Department of Nutritional Science and Dietetics Graduate Fellowship
- 2000-01      University Graduate Fellowship
- 2001          Margaret S. Fedde Fellowship
- 2001-02      Presidential Fellowship

Post-degree honors

- 2006          Travel scholarship, Office of Behavioral and Social Sciences Research (OBSSR) 10<sup>th</sup> Anniversary – Celebrating a Decade of Progress and Promise, National Institutes of Health,

- 2008 Fellow, First Summer Cohort Study Data Workshop Sponsored by the NHLBI and Northwestern University
- 2008 Appreciation award for outstanding achievement in support of the American Heart Association's efforts in cardiovascular science, education and community programs

## VI. SCHOLARLY PUBLICATIONS

### Peer-reviewed original articles

1. **Ma J**, Hampl J, Betts NM. Smoking status and antioxidant intakes in today's Americans: Data from 1994-1996 CSFII. *Am J Clin Nutr* 2000;71:774-780.
2. **Ma J**, Betts NM. Zinc and copper intake and the major food sources for older adults in the 1994-96 Continuing Survey of Food Intakes by Individuals. *J Nutr* 2000;130:2838-2843.
3. **Ma J**, Betts NM, Hampl JS. Clustering of lifestyle behaviors: the relationship between cigarette smoking, alcohol consumption and dietary intake. *Am J Health Promot* 2000;15:107-117.
4. **Ma J**, Betts NM, Horacek T. Measuring stage of change for assessing readiness to increase fruit and vegetable intake among 18-24-year-olds. *Am J Health Promot* 2001;16:88-97.
5. **Ma J**, Betts NM, Horacek T, Georgiou C, White A, Nitzek S. The Importance of decisional balance and self-efficacy in relation to stages of change for fruit and vegetable intakes by young adults. *Am J Health Promot* 2002;16:157-166.
6. Horacek T, White A, Betts N, Hoerrs S, Georgiou C, Nitzke S, **Ma J**, Greene G. Self-efficacy, perceived benefits and weight satisfaction discriminate among Stages of Change for fruit and vegetable intake for young men and women. *J Am Diet Assoc* 2002;102:1466-1470.
7. Horacek T, Greene G, Georgiou C, White A, **Ma J**. Comparison of Three Methods for Assessing Fruit, Vegetable, and Grain Stages of Change for Young Adults. *Topics Clin Nutr* 2002;17:36-61.
8. **Ma J**, Betts NM, Horacek T, Georgiou C, White A. Assessing stages of change for fruit and vegetable intake in young adults: A combination of traditional staging algorithms and food frequency questionnaires. *Health Educ Res* 2003;18:101-113.

9. Greene G, Horacek TM, White A, **Ma J**. Use of a diet interview method to define stages of change in young adults for fruit, vegetable and grain Intake. *Topics Clin Nutr* 2003;18:35-44.
10. Stafford RS, **Ma J**, Finkelstein SN, Haver K, Cockburn IM. National trends in asthma visits and asthma pharmacotherapy, 1978-2002. *J Allergy Clin Immun* 2003;111:729-735.
11. **Ma J**, Stafford RS, Cockburn IM, Finkelstein SN. The Magnitude and Composition of Drug Promotion in the U.S. *Clin Ther* 2003;25:1503-1517.
12. **Ma J**, Stafford RS. U.S. physician adherence to standards in asthma pharmacotherapy varies by patient and physician characteristics. *J Allergy Clin Immun* 2003;112:633-635.
13. Stafford RS, Furberg CD, Finkelstein SN, Cockburn IM, Alehegn T, **Ma J**. The impact of clinical trial results on national trends in alpha-blocker prescribing, 1996-2002. *JAMA* 2004;291:54-62.
14. **Ma J**, Urizar GG, Jr., Alehegn T, Stafford RS. Diet and physical activity counseling during ambulatory care visits in the U.S. *Prev Med* 2004;39:815-822.
15. **Ma J**, Wang Y, Stafford RS. US adolescents receive suboptimal preventive counseling during ambulatory care. *J Adolesc Health* 2005;36:441.e1-441.e7.
16. **Ma J**, Sehgal NL, Ayanian JZ, Stafford RS. National trends in statin use by coronary heart disease risk category. *PLoS Med* 2005;2(5):e123.
17. **Ma J**, Stafford RS. The quality of outpatient care in the U.S.: temporal changes and racial/ethnic disparities. *Arch Intern Med* 2005;165:1354-1361.
18. **Ma J**, Lee K-V, Stafford RS. Depression treatment during outpatient visits by U.S. children and adolescents. *J Adolesc Health* 2005;37(6):434-442.
19. Stafford RS, Monti V, **Ma J**. Underutilization of aspirin persists in U.S. ambulatory care for the secondary and primary prevention of cardiovascular disease. *PLoS Med* 2005;2(12):e353.
20. Stafford RS, Drieling R, Johns R, **Ma J**. National patterns of calcium use in osteoporosis. *J Reprod Med* 2005;11:885S-895S.

21. **Ma J**, Monti V, Stafford RS. Are evidence-based cardiovascular prevention therapies being used? A review of aspirin and statin therapies. *Prev Contr* 2005;1:285-295.
22. **Ma J**, Drieling RC, Stafford RS. U.S. women desire greater professional guidance on alternative therapies for relief of menopause symptoms. *Menopause* 2006;3:506-516.
23. Stafford RS, Monti V, **Ma J**. Long-term and short-term changes in antihypertensive prescribing by office-based physicians in the U.S. *Hypertension* 2006;48:213-218.
24. **Ma J**, Lee K-V, Stafford RS. Changes in antihypertensive prescribing during U.S. outpatient visits for uncomplicated hypertension between 1993 and 2004. *Hypertension* 2006;48:1-7.
25. **Ma J**, Lee K-V, Berra K, Stafford RS. Implementation of case management to reduce cardiovascular disease risk in Stanford and San Mateo Heart to Heart Trial: Study protocol and baseline characteristics. *Implementation Sci* 2006;1:21.
26. **Ma J**, Johns RA, Stafford RS. Americans are not meeting current calcium recommendations. *Am J Clin Nutr* 2007;85:1361-1366.
27. Rigby AJ, **Ma J**, Stafford RS. Women's awareness and knowledge of hormone therapy post Women's Health Initiative. *Menopause* 2007;14:1-6.
28. Linder JA, **Ma J**, Bates DW, Middleton B, Stafford RS. Electronic health record use and the quality of ambulatory care in the United States. *Arch Intern Med* 2007;167:1400-1405.
29. Berra K, **Ma J**, Klieman L, Hyde S, Monti V, Guardado A, Rivera S, Stafford RS. Implementing cardiac risk-factor case-management: lessons learned in a county health system. *Crit Pathw Cardiol* 2007;6:173-179.
30. **Ma J**, Stafford RS. Screening, treatment and control of hypertension in U.S. private physician offices, 2003-2004. *Hypertension* 2008;51:1275-1281.
31. **Ma J**, Xiao L, Stafford RS. Under-diagnosis of obesity in adults in outpatient settings [Research Letter]. *Arch Intern Med* 2008;169:313-314.
32. **Ma J**, Xiao L. Assessment of body mass index and association with adolescent preventive care in U.S. outpatient settings. *J Adolesc Health* 2008; in press.

33. **Ma J**, Xiao L, Stafford RS. Adult obesity and office-based quality of care in the U.S. *Obesity* 2008; in press.

### **Reviews, Chapters and Editorials**

1. **Ma J**, Betts NM. Chapter 10: Hydration and regulation of cell size. In Antonio J, Stout JR, eds: *Sports Supplements*. Lippincott Williams and Wilkins: Baltimore, MD. 2001. pp. 210-226.
2. **Ma J**, Knowles SB, Wilson SR. Diabetes management. In Cucciare MA, Weingardt KR, eds: *Using Technology to Support Evidence-Based Behavioral Health Practices: A Clinician's Guide*. Routledge: New York, NY. 2009 (in press).
3. **Ma J**. Introductory Editorial. *Prim Prev Insights* 2008;1:1

### **Theses**

1. **Ma J**. Nutrition Knowledge, Attitudes, and Needs of Blacks, Asians, Hispanics, and American Indians. [Master of Science Thesis]. University of Nebraska, Lincoln, 1997. (Advisor: Nancy M. Betts)
2. **Ma J**. Examination of the Transtheoretical Model (TTM) on Fruit and Vegetable Intake [Doctor of Philosophy Dissertation]. University of Nebraska, Lincoln, 2002. (Advisor: Nancy M. Betts)

### **Recent original research abstracts (not yet published as articles)**

1. Stafford RS, **Ma J**, Lee K, Berra K. Case-management of multiple CHD risk factors is effective in a low-income, ethnically diverse population. American Heart Association: Scientific Sessions 2006. Chicago, IL; 2006.
2. Drieling RL, **Ma J**, Stafford RS. African American Women's Experience of Menopausal Transition, Use of Conventional and Alternative Therapies, and Physician Interaction. Bay Area Clinical Research Symposium, 2007; 1 (Abstract): 70.
3. Drieling RL, **Ma J**, Stafford RS. Development of a Web-based Intervention to Reduce Women's Risk for Osteoporotic Fractures through Risk Assessment, Education, and Behavior Change. Bay Area Clinical Research Symposium, 2007; 1 (Abstract): 74.

### **Non-peer reviewed scientific publications**

1. **Ma J**, Drieling RL, Nguyen Q, Stafford RS. *Use and Perceptions of Hormonal and Alternative Therapies in the Post-WHI Era: Results from the Women's Health Survey*. GlaxoSmithKline INC., Research Triangle Park, NC, U.S.A. 2004.
2. Stafford RS, Monti V, **Ma J**. Other studies show aspirin use is high: Authors' reply. *PLoS Med* 2006; 3(2):e109.
3. Drieling RL, **Ma J**, Johns R, Stafford RS. *Women's Bone Health Knowledge and Beliefs and Use of Internet for Health Information: Results from Focus Groups for A Bone Health Improvement Website Development Project*. Procter and Gamble Pharmaceuticals, U.S.A. 2006.
4. **Ma J**, Lee K-V, Stafford RS. Target Blood Pressure Level before Antihypertensive Class to Improve Outcomes More Quickly in Uncomplicated Hypertension: Authors' reply. *Hypertension* 2007;49:e17.
5. **Ma J**. Be Part of the Solution.  
<http://www.annfammed.org/cgi/eletters/4/4/327> [Invited commentary]. *Ann Fam Med*. July 27, 2006.

## VII. EDITORIAL SERVICES

- 2003- Peer reviewer, *Archives of Internal Medicine*  
*Annals of Internal Medicine*  
*Hypertension*  
*American Journal of Public Health*  
*American Heart Journal*  
*Menopause*  
*American Journal of Managed Care*  
*Journal of the American Board of Family Medicine*  
*International Journal for Quality in Health Care*  
*Journal of Health Care for the Poor and Underserved*  
*BMC Family Practice*

- 2008- Editor in Chief, *Primary Prevention Insights*

## VIII. SPONSORED RESEARCH

### Current Funding

- 2003-09 NHLBI (R01 HL70781; PI Randall S. Stafford); Co-I/Project Director  
Improving Coronary Prevention in a County Health System

- 2007-09 Stanford Comprehensive Cancer Center Seed Grant (PI Randall S. Stafford); Sub-award PI  
Is Bone Health Being Neglected among Breast Cancer Survivors?: A Web-based Pilot Study
- 2008-11 AHA Scientist Development Grant; PI  
Feasibility and Efficacy of an Online Self-Management Intervention in Adults with the Metabolic Syndrome in a Randomized Control Trial
- 2008-13 NHLBI (R01 HL089448; PI Randall S. Stafford); Sub-award PI  
Case Management & Environmental Support to Sustain Weight Loss & Reduce CHD Risk
- 2009-10 NIDDK (R34 DK080878); PI  
A Pilot of Customized Continuous Care Management of Obesity in Pre-Diabetics
- 2009-14 NHLBI (R01 HL093273); PI  
Can diet- & exercise-induced weight loss improve asthma control in obese adults?

### **Pending Funding**

- 2009-11 NCCAM (R21 AT005248); PI  
Effect of Dietary Fatty Acid Supplements on Asthma Control in Adults
- 2009-14 NIAAA (R01 AA 018319); Co-I  
Evaluation of an Adaptive Brief Alcohol Risk Reduction Strategy in Older Adults

### **Prior Funding**

- 1998-99 University of Nebraska at Lincoln Dissertation Improvement Grant; PI  
Examination of Fruit and Vegetable Intakes Using the Trans-theoretical Model (Advisor: Nancy M. Betts)
- 2002-05 AHRQ (R01 HS013405; PI Randall S. Stafford); Lead Research Analyst  
Time Series Modeling in Medication Prescribing Scientific vs. Promotional Influences
- 2002-05 AHRQ (R01 HS11313; PI Randall S. Stafford); Research Director  
National Trends in Outpatient Quality Indicators

- 2003-04 Bayer Pharmaceutical (PI Randall S. Stafford); Co-I/Project Director  
Aspirin Use in High-risk Primary Prevention Patients
- 2003-04 Merck & Co., Inc. (PI Randall S. Stafford); Co-I/Project Director  
Patterns of Statin Use in Moderate Risk Patients
- 2003-06 NHLBI ALLHAT Ancillary Study (PI Randall S. Stafford); Co-I  
Impact on Antihypertensive Medication Prescribing
- 2004-05 GlaxoSmithKline (PI Randall S. Stafford); Co-I/Project Director  
Complementary and Alternative Therapies for Menopausal Symptoms
- 2004-06 National Institute on Aging Seed Grant through Stanford Center on the  
Demography and Economics of Health and Aging (CDEHA) (P30  
AG017253-06); PI  
National Trends and Practice Patterns of Detection and Treatment of  
Hypertension during Ambulatory Visits in the U.S.
- 2005-06 Procter and Gamble Pharmaceuticals (PI Randall S. Stafford); Co-I/Project  
Director  
Assessing Gaps in Calcium Intake and Medication use among U.S. Men  
and Women of Differing Bone Mineral Status
- 2005-07 Procter and Gamble Pharmaceuticals (PI Randall S. Stafford); Co-I  
A Stage-tailored Online Intervention to Reduce Women's Risk for  
Osteoporotic Fractures
- 2006-07 Toyo Shinyaku, Japan (PI Randall S. Stafford); Co-I  
The Cardiovascular Effects of Pine Bark Extract
- 2007-08 AHRQ (R18 HS017179); Co-I/Project Director  
Patient Centered Online Disease Management Using a Personal Health  
Record System

**Service as Grant Reviewer**

- 2006- *Ad hoc* reviewer, Georgian National Science Foundation, Georgia

**IX. PROFESSIONAL AND PUBLIC SERVICE**

**Professional Societies**

- 1999-02 Society of Nutrition Education

- 2000-04 American Dietetic Association
- 2003-07 American Society for Nutritional Sciences
- 2005- American Heart Association (fellow), Council on Epidemiology and Prevention
- 2006 American Society of Health Economics
- 2007- American Diabetes Association
- 2007- American Medical Informatics Association

### **Major Committee Assignments**

#### Regional, National and International

- 2002 Expert panelist, A Delphi study with experts on Stages of Change, Department of Health Education and Health Promotion, Maastricht University; Department of Clinical and Health Psychology, Leiden University, the Netherlands
- 2006-07 Faculty, Network for Continuing Medical Education, U.S.A.
- 2009- Member, Quality and Availability of Care Workgroup, Greater Bay Area Division, Western States Affiliate, American Heart Association

#### Community Service Related to Professional Work

- 2005- Participant in numerous print and radio programs about health
  - Print (e.g., NY Times, AP, Reuters, O, the Oprah magazine, other major newspapers/magazines & wire services)
  - Radio (e.g., NPR, numerous local/national shows - live & recorded)
- 2007- Advocate, Greater Bay Area Division, Western States Affiliate, American Heart Association
- 2008 Participant in California government hearing, Sacramento
  - Senate, No. 1420 (Nutrition Labeling at Chain Restaurants)
  - California State Assembly Committee on Health; 3/26/08

### **X. PRESENTATIONS**

#### **Selected Invited Presentations**

- 2001 Invited Speaker - Cigarette smoking: Why should dietitians care?  
Annual Food and Nutrition Conference and Exhibitions  
Arizona Dietetic Association, Mesa, AZ
- 2006 Invited Speaker - A Novel Approach to Cardiometabolic Risk Reduction: Role of the Endocannabinoid System  
Sharp Chula Vista Cardiology Conference; San Diego, CA

- 2007 Medical Grand Rounds - A Novel Approach to Cardiometabolic Risk Reduction:  
Role of the Endocannabinoid System  
Watsonville Hospital, Watsonville, CA  
Community Hospital and Rehabilitation, Los Gatos, CA  
St. Helena Hospital, St. Helena, CA  
Garfield Medical Center, Monterey Park, CA
- Medical Grand Rounds - Current and Emerging Strategies for Reducing  
Cardiometabolic Risk  
Encino-Tarzana Regional Medical Center, Tarzana, CA
- 2008 Invited Speaker - Translational Research: From Treatment Gaps to Treatment  
Improvement  
Center for Health Care Evaluation Forum  
VA Palo Alto Health Care System, Menlo Park, CA