

## CURRICULUM VITAE

**NAME:** Nicolaas P. Pronk, Ph.D., M.A., B.S., FACSM, FAWHP

President  
**HealthPartners Institute**  
Minneapolis, Minnesota

Chief Science Officer  
**HealthPartners, Inc.**  
Minneapolis, Minnesota

Adjunct Professor of Social and Behavioral Sciences  
**Harvard University T.H. Chan School of Public Health**  
Boston, Massachusetts

Senior Research Investigator  
**HealthPartners Institute**  
Minneapolis, Minnesota

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### EDUCATION:

<i>Date</i>	<i>Discipline</i>	<i>Degree</i>	<i>Institution</i>
1980	Language Arts; Russian	Associates	Verenigd Particulier Onderwijs Amsterdam, the Netherlands
1986	Health & Physical Education	B.S.	Davis & Elkins College Elkins, WV
1988	Exercise Physiology	M.A.	Kearney State College Kearney, NE
1992	Exercise Physiology	Ph.D.	Texas A&M University College Station, TX

### POSTDOCTORAL TRAINING:

Research Fellowships

<i>Date</i>	<i>Field of Research</i>	<i>Place</i>	<i>Title</i>
1992-1994	Behavioral Medicine	University of Pittsburgh School of Medicine Department of Psychiatry Western Psychiatric Institute and Clinic	Senior Research Fellow

**ACADEMIC APPOINTMENTS:**

<i>Date</i>	<i>Title</i>	<i>Department</i>	<i>Institution</i>
1995-2004	Research Investigator	Population Health	<b>HealthPartners Research Foundation</b>
2004-to date	Senior Research Investigator	Population Health	<b>HealthPartners Institute</b>
2009-to date	Adjunct Professor	Social and Behavioral Sciences	<b>Harvard University, T.H. Chan School of Public Health</b>
2012-2017	Visiting Research Professor	Environmental Health Sciences	<b>University of Minnesota, School of Public Health</b>

**OTHER ACADEMIC APPOINTMENTS and MAJOR VISITING APPOINTMENTS:**

<i>Date</i>	<i>Title</i>	<i>Department</i>	<i>Institution</i>
2001-2003	Dissertation Committee Member	Department of Social Health	EMGO Institute of Extramural Research, Vrije Universteit, Amsterdam, The Netherlands
2003-2006	Dissertation Committee Member (Advisory; Dr. L. Anderson)	School of Public Health, Department of Health Services Research	University of Minnesota
2009-2012	Visiting Faculty	WHO NCD Prevention Course	Ministry of Health and Welfare, Helsinki, Finland
2012-2015	Dissertation Committee Member (Dr. A. Briggs)	School of Public Health, Department of Occupational and Environmental Health	University of Minnesota, School of Public Health
2013	External Examiner of dissertation (Dr. T. Kolbe-Alexander)	Faculty of Health Sciences; Department of Public Health & Family Medicine	University of Cape Town, South Africa
2013-2014	Member of the Thesis Committee for the doctoral thesis (Dr. L. Koopmans)	Department of Public and Occupational Health	Vrije Universiteit Amsterdam; Amsterdam, The Netherlands
2015	Dissertation reviewer (Dr. M. Neuhaus)		University of Queensland, Australia
2015-2017	Faculty mentor (Emily Sparer)	Department of Social and Behavioral Sciences	Harvard University T.H. Chan School of Public Health
2017-2018	External Examiner; Dissertation thesis (Priya Sury, MD)	Balliol College; Department of Theology	University of Oxford, Oxford, United Kingdom

## HONORS AND DISTINCTIONS (Year and name of award):

<i>Year</i>	<i>Program Awards</i>	<i>Award</i>
1996		Crystal Clarion Communications Award - Discover Worksite Health Kits
1997		National Health Information Merit Award - Discover Worksite Health Kit on <i>Family Health</i>
1997		National Health Information Gold Award - Discover Worksite Health Kit on <i>Nutrition</i>
1997		National Health Information Silver Award - “A Call to Change...” phone-based behavior modification program on <i>Weight Management</i>
1997		National Health Information Silver Award - “A Call to Change...” phone-based behavior modification program on <i>Smoking Cessation</i>
1998		Minnesota Council on Physical Activity and Sports Award of Excellence - <i>Partners for Better Health Phone Line Activity Counseling</i> ”
1998		Minnesota Council on Physical Activity and Sports Award of Excellence - “ <i>Discover Worksite Health Physical Activity Kit</i> ”
1998		Dannon Award – Community health promotion program “Restaurant Challenge”
1998		Health Care Coalition on Violence. Violence Prevention: An Achievement Award for Health Care Organizations
1999		Minnesota Council on Physical Activity and Sports Award of Excellence - “ <i>10,000 Steps</i> ” physical activity program
1999		1999 C. Everett Koop National Health Award (Honorable Mention) for the Partners for Better Health Employer Initiative (PBHEI)
1999		National Health Information Merit Award – “10,000 Steps” physical activity program
2000		Dannon Award – Worksite health promotion nutrition education program “5-A-Day”
2001		American Public Health Association (APHA) National Print Information Award for “ <i>Totally Teen,</i> ” an adolescent health education resource
2002		American Association of Health Plans (AAHP) Community Leadership Award. “ <i>Nutrition for All</i> ”
2003		Accreditation of the Center for Health Promotion’s telephone-based diabetes self-management program by the American Diabetes Association Diabetes Education Standards Committee
2004		Innovation in Prevention Award, Department of Health and Human Services and the NIH Foundation for the HealthPartners 10,000 Steps® program
2005		Rise, Inc.'s Business Partner of the Year for 2004
2006-2011		National Business Coalition on Health (NBCH) <i>eValue8</i> National Best Practice in Health and Wellness and Disease Management for PPO and HMO plans (2006; 2007; 2008; 2009; 2010; 2011)
2009		URAC National Best Practices Award for employer-sponsored health and wellness programs—recipient of the URAC Platinum Award in Consumer Decision-Making
2009		National Commission on Quality Assurance (NCQA) Accreditation for Health and Wellness programs
2016		WebAward for the <i>Healthy Workplaces Healthy Community</i> website created as part of the Health Enhancement Research Organization (HERO) Employer-Community Committee, co-chaired by Dr. Cathy Baase and Dr. Nico Pronk

***Individual Awards***

- 1985 Academic Athlete of the Year
- 1986 Academic All-American
- 1988 Student Research Award, Texas Chapter of American College Sports Medicine
- 1992 Student Research Award, Association for Fitness in Business
- 1998 **President’s Award** recipient, HealthPartners
- 1999 Excellence in Diabetes Care recognition, HealthPartners
- 2000 **“Forty Under 40”** – Minneapolis/St. Paul Business and Community Leadership
- 2000 **Fellow**, Association for Worksite Health Promotion (*FAWHP*)
- 2001 **Fellow**, American College of Sports Medicine (*FACSM*)
- 2004 Concept Mapping Achievement Award
- 2005 Community Partners Star Award, **University of Minnesota School of Public Health**
- 2005 Distinguished Service Award, Be Active Minnesota
- 2007 Service Recognition Award, **Defense Health Board** (formerly the Armed Forces Epidemiological Board)
- 2011 Service Recognition Award, **Clinical Obesity Research Panel** (CORP), National Institutes of Health-National Heart, Lung, and Blood Institute (NHLBI), for service to the CORP from 2004-2011.
- 2012 **NIH Merit Award**—for outstanding leadership in the development and implementation of a nationally representative assessment of primary care physicians’ practices related to energy balance.
- 2013 Mark Dundon **Research Award**. Health Enhancement Research Organization (**HERO**) in recognition of efforts to enhance and promote research that advances the science of employee health management and to facilitate research by other health management professionals.
- 2014 **Outstanding Alumni Honoree**. College of Education and Human Development. **Texas A&M University**.
- 2016 Recipient of the 2016 **Harvard TH Chan School of Public Health "Excellence in Teaching Award** for Executive and Continuing Professional Education."

**MAJOR PROFESSIONAL SERVICE**

<i>National</i>	<i>Service</i>	<i>Date(s)</i>
National Coalition for Promotion of Physical Activity (NCPA)	Communications Committee	1998-2000
Health Enhancement Research Organization (HERO)	Board of Directors	1996-1999
	Research Committee	1996-2000
	Research Advisory Committee	-To date
Association for Worksite Health Promotion (AWHP)	Long-range Strategic Plan	1997
	Development Task Force	
American Heart Association, National Center (AHA)	Member of the AHA Prioritization Project - Behavioral Component	1997
	Centers for Disease Control and Prevention (CDC)	Nutrition and Physical Activity
Communications Project		
American Heart Association, National	Member of the Advisory Board for	1997-1998

Center (AHA)	Secondary Prevention of Heart Disease	
Center for the Advancement of Health	Advisory Committee on behavior change in managed care	1998-1999
Partnership for the Promotion of Healthy Eating and Active Living	Working Group on Individually Oriented Interventions	1998-1999
Association for Worksite Health Promotion (AWHP)	Board of Directors; VP of Finance and Treasurer	1999-2001
Robert Wood Johnson Foundation (RWJF)	Diabetes Self-Management Education Demonstration Program funding stream review of grant applications	2001-2002
Robert Wood Johnson Foundation (RWJF)	National Advisory Committee for the <i>Increasing Physical Activity in Adults 50+</i> Program	2001-2003
Centers for Disease Control and Prevention (CDC)	Diabetes Translation Advisory Committee (appointed by Secretary of DHHS, Dr. Tommy Thompson)	2001-2003
National Institutes of Health (NIH)/Centers for Disease Control and Prevention (CDC)	Member of the National Diabetes Education Program—Health Systems Workgroup	2001-2003
National Commission on Quality Assurance (NCQA)	Geriatric Physical Activity Technical Subgroup	2002
Robert Wood Johnson Foundation (RWJF)	Addressing Multiple Health Risk Behaviors in Primary Care	2002-2004
American College of Sports Medicine (ACSM)	Task Force on Worksite Health Promotion Committee	2001-2003
American College of Sports Medicine (ACSM)	Chair, Worksite Health Promotion Special Interest Group	2001-2008
American Association of Health Plans (AHIP)	Subcommittee on Prevention and Public Health	2003-2005
Institute of Medicine (IOM); National Academy of Sciences (NAS)	Committee to Assess Worksite Preventive Health Program Needs for NASA Employees	2004-2005
University of North Carolina at Chapel Hill	National Advisory Board of the Center of Excellence for Training and Research Translation	2005-2008
University of Iowa, College of Public Health	NIOSH Center of Excellence External Advisory Board Member	2005-2015
National Institutes of Health (NHLBI)	Chair, Review Panel for Epidemiology and Clinical Applications—Long-term Maintenance Trials	2006
American College of Sports Medicine (ACSM)	Behavioral Strategies Committee	2002-2009
Association of Health Insurance Plans	Obesity Initiative Advisory Board	2005-to date

(AHIP)

Defense Health Board (DHB)	DHB was formerly known as the Armed Forces Epidemiological Board (AFEB; until 2007). Nominated by the Armed Forces Surgeon's General and confirmed by the White House	2006-2007
National Commission on Quality Assurance (NCQA)	Health Promotion Advisory Panel and Measurement Advisory Panel	2007-2008
Community Preventive Services Task Force (The "Task Force")	Member (Appointed by the Director of CDC)	2004-to date
National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) at NIH	Clinical Obesity Research Panel	2006-2011
Community Preventive Services Task Force (The "Task Force")	Chair, Prioritization Subcommittee	2007-to date
American College of Sports Medicine (ACSM)	Activity & Health Policy Network Leadership Team	2008-2012
Harvard University, School of Public Health	External Advisory Board Member, NIOSH Center of Excellence	2009-2010
Carter Center	Mental Health Program – Medical Home Summit Initiative	2009
Carter Center	Mental Health Program – Health Education Summit Initiative	2010
Institute of Medicine (IOM); National Academy of Sciences (NAS)	Planning Group on "Can we Measure the Value of Non-Clinical Interventions for Disease Prevention?"	2009
Alliance to Make US Healthiest (USH)	Expert Panel member for the US Healthiest Workplace Certification program	2010-2012
Harvard University, School of Public Health	Internal Advisory Board Member, NIOSH Center of Excellence	2009-2010
Institute of Medicine (IOM); National Academy of Sciences (NAS)	Member of the "Valuation of Non-Clinical Community-Based Preventive Services and Wellness Programs"	2010-2012
Exercise is Medicine (ACSM)	Member, Education Committee	2011-to date
Use of Health Risk Assessments in Primary Care (AHRQ)	Expert panelist	2011-2013
Institute of Medicine (IOM); National Academy of Sciences (NAS)	Member of the "Evaluating Progress of Obesity Prevention Efforts" Committee	2012-2013
Congressional Briefings (one for the Senate and for the House side)	Annual Report to Congress for the Community Preventive Services Task Force (House and Senate)	June, 2013

Congressional Briefing	IOM report on “Evaluating Progress of Obesity Prevention Efforts”	August, 2013
Institute of Medicine (IOM); National Academy of Sciences (NAS)	Member of the Obesity Prevention Roundtable	2013-2017
Institute of Medicine (IOM); National Academy of Sciences (NAS)	Member of the Planning Committee for a Workshop on Total Worker Health	2014
Institute of Medicine (IOM); National Academy of Sciences (NAS)	Co-Chair of the CEO Innovation Collaborative of the Obesity Prevention Roundtable	2014-2017
Institute of Medicine (IOM); National Academy of Sciences (NAS)	Chair of the Planning Committee for a Workshop on Obesity Solutions “Cross-Sector Work on Obesity Prevention, Treatment, and Weight Maintenance: Model for Change”	2015
Alliance to Make US Healthiest (USH)	<ul style="list-style-type: none"> <li>• Member of the Board of Directors;</li> <li>• Member of the Executive Committee</li> </ul>	2014-2016
American Heart Association (AHA)	AHA Workplace Health Steering Committee	2015-2017
National Institutes of Health (NIH)	Member of the Content Expert Group for the NIH Pathways to Prevention Workshop: Integrated Worker Health	2015
National Academy of Medicine (NAM)	Member of the Planning Committee on Assessing Relationships between Access to Standardized Nutritional Care and Health Outcomes and Cost-Effectiveness of Care in Outpatient Cancer Centers	2016
National Academy of Medicine (NAM)	Member of the Planning Committee for a workshop on the role of business in multisector obesity solutions	2016
National Academy of Sciences (NAS)	Member of the Committee to Review the Process to Update the Dietary Guidelines for Americans (DGA)	2016-2017
Robert Wood Johnson Foundation	Reviewer for the “Engaging Business for Health” funding portfolio	2016
National Institute for Occupational	Member of the Organizing	2016-2017



Safety and Health (NIOSH)	committee for a workshop on Research Methods for TWH	
Harvard T.H. Chan School of Public Health and Harvard Business School	Member, Culture of Health Advisory Board	2017-2019
Health Care Systems Research Network (HCSRN)	<ul style="list-style-type: none"> <li>Member of the Governing Board of Directors</li> </ul>	2017-to date
National Academy of Sciences, Engineering, and Medicine (NASEM)	Member of the Food and Nutrition Board	2017-2020
Department of Health and Human Services	Co-Chair of the Secretary's Advisory Committee on National Health Promotion and Disease Prevention Objectives for 2030 ("Healthy People 2030"); nominated by the Secretary of Health and Human Services; Appointed by the White House; sworn in November, 2016	2016-to date
National Academy of Medicine (NAM)	Member of the Workgroup on Standardizing Questions on Physical Activity, Physical Fitness, and Sedentary Behavior in Health Risk Assessments	2017-to date
American College of Sports Medicine (ACSM)	Presidential Task Force on National Healthcare Policy	2018-to date
	<i>International</i>	<i>Service</i>
International Association for Worksite Health Promotion (IAWHP)	<ul style="list-style-type: none"> <li>[Founding] President</li> <li>Immediate Past-President</li> <li>Chair, Evaluation Committee</li> <li>Advisor to the Int'l BOD</li> </ul>	<i>Date(s)</i> 2008-2012 2012-2014 2014-2017 2017-to date
World Health Organization (WHO)	Visiting Faculty, Non-Communicable Disease Training Workshop, Helsinki, Finland	2009-2011
Global Healthy Workplaces Award	Advisory Board Member and member of the Judges Panel	2011-2016
Global Alliance for Workplace Health and Performance (GHWA)	Board Member	2012-2016
Ministry of Health, Israel	Consultant to the creation of a national worksite health promotion agenda and workshop presenter	2010-to date
Global Alliance for Healthy Workplaces (Coordinated by SESI/FIESC, Brazil)	Founding Member	2015-to date
Ministry of Science, Technology & Space, Israel	Reviewer of scientific proposals for funding	2015



Global Chief Medical Officer Network	Member	2016-to date
Ministry of Health, Israel	Consultant to the Healthy Israel 2030 initiative	2017-to date

**PROFESSIONAL SOCIETIES:**

1984-1994	American Alliance of Health, Physical Education, Recreation and Dance (AAHPERD)
1985-1996	National Strength and Conditioning Association (NSCA)
1990-1992	Association for Fitness in Business (AFB)
1995-2001	Association for Worksite Health Promotion (AWHP)
1986-to date	American College of Sports Medicine (ACSM)
1992-2014	North American Association for the Study of Obesity (NAASO)
1992-2014	International Association for the Study of Obesity (IASO)
2000-2010	Society of Behavioral Medicine (SBM)
2005-to date	International Society of Behavioral Nutrition and Physical Activity (ISBNPA)
2008-to date	International Association for Worksite Health Promotion (IAWHP)
2011-to date	National Society of Physical Activity Practitioners in Public Health (NSPAPPH)
2017-to date	Academy Health

**OTHER PUBLIC SERVICE:**

1996 - 1998	Executive Committee, Governor’s Council on Physical Fitness and Sports, Minnesota Department of Health
1995 – 1998	Institute for Clinical Systems Integration (ICSI). Medical Practice Guidelines development team member
1996 – 1999	Governor’s Council on Physical Fitness and Sports, Minnesota Department of Health
1998	Centre for Generative Leadership <i>Forum on Institutional Renewal—The Heart of True Leadership</i> . Mohonk Mountain House New Paltz, NY.
1998-1999	Population Health Assessment Work Group. Population health measurement issues for the State of Minnesota.
1998-1999	MPAAT – Minnesota Partnership for Action Against Tobacco. Evaluation Advisory Committee
1999-2000	Consultant to the <i>Diabetes</i> chapter of the Community Guide to Preventive Services, U.S. Department of Health and Human Services and Centers for Disease Control and Prevention
1998-1999	Partnership for the Promotion of Healthy Eating and Active Living (PPHEAL) working group on individually oriented interventions
1998	Expert Working Group on “Setting Priorities for Public Health Intervention Research in Physical Activity” for Centers for Disease Control and Prevention (January, 2000)
1999	Economic Summit on Behavior Change in Managed Care. Robert Wood Johnson Foundation and Center for Advancement of Health. Princeton, NJ

- 1999-2000 Planning Committee member for the “Promoting Physical Activity in Older Americans” meeting conducted by the Centers for Disease Control and Prevention (CDC) and the Alliance of Community Health Plans (ACHP)
- 1999 Centre for Generative Leadership *Forum on Institutional Renewal—Crossing the Threshold*. Mohonk Mountain House New Paltz, NY.
- 2000 Designed, developed and led community dialogue sessions on health improvement and care delivery.
- Osceola, WI; Community Café
  - Hudson, WI; Community Café “Building a Health Campus”
  - Hudson, WI; Community Conversation with Health Care Leaders (including Earl E. Bakken, Founder MedTronic)
- 2000-2003 Center for Public Health Education and Outreach (CPHEO) Advisory Board member, Inaugural Board (3-year commitment).
- 2001 Participant/Reviewer in the 33<sup>rd</sup> Bethesda Conference: Preventive Cardiology: How Can We Do Better? Proceedings published as: Preventive Cardiology: How can we do better? Presented at the 33<sup>rd</sup> Bethesda Conference, Bethesda, MD, December 18, 2001. (See *Journal of the American College of Cardiology* 2002;40:579-651.)
- 2001-2003 Advisory Board, HealthCare Dimensions, Inc. National healthcare company located in Tempe, AZ.
- 2002-2005 “Be Active Minnesota” Foundation Board Member.
- 2002-2009 Chair, ACSM Worksite Health Promotion Special Interest Group.
- 2006 ACSM Policy Solutions for Physical Inactivity meeting at the National Press Club in Washington, DC, April 26-27, 2006.
- 2006 Facilitator, Health risk appraisal workshop. NBCH and CDC, Atlanta, October, 2006.
- 2009 Carter Center Medical Home Initiative. Integration of prevention and behavioral health and substance abuse into national Medical Home initiatives.
- 2009 Partnership for Prevention; Worksite Health Index Advisory Panel
- 2009 Congressional Briefing Speaker: Integrating evidence-based approaches to health promotion and disease prevention in the patient-centered medical home. Organized by The Campaign for Mental Health Reform and The Carter Center Mental Health Program, Washington, D.C.
- 2009 25<sup>th</sup> Anniversary of the Rosalyn Carter Symposium on Mental Health Policy. Speaker, Panelist and Respondent to Dr. Carolyn Clancy (AHRQ) on Comparative Effectiveness Research. The Carter Center, Atlanta, GA.
- 2010 Invited expert for statewide plan development for public health for the State of Hawaii—Healthy Hawaii Initiative for physical activity, nutrition, and obesity. Honolulu, HI.
- 2011 Health Risk Appraisal Guidance Expert Work Group. Centers for Disease Control and Prevention and Department of Health and Human Services.
- 2011 NIOSH National Expert Colloquium on Total Worker Health, Washington, DC
- 2012 Arthritis Foundation. Environmental and policy strategies to increase physical activity among adults with arthritis. Washington, DC: Arthritis Foundation, 2012. Expert Panel Reviewer. ([www.arthritis.org/physical-activity](http://www.arthritis.org/physical-activity))

2013	Gustavus Wellbeing National Advisory Board Member. Gustavus Adolphus College, St. Peter, MN
2015	Robert Wood Johnson Foundation; External Reviewer for the <i>Evidence for Action</i> portfolio—investigator-initiated research to build a culture of health
2016	Veterans Health Administration; Department of Veterans Affairs. Weight Management State of the Art (SOTA) Conference participant.
2016	Robert Wood Johnson Foundation; External Reviewer for the <i>Engaging Businesses for Health</i> portfolio—research focus on business investment in community health.

**MAJOR ADMINISTRATIVE RESPONSIBILITIES (Title and place of responsibility):**

Director, Health Risk Measurement and Worksite Programs, Center for Health Promotion	HealthPartners, Minneapolis, MN
Senior Director, Center for Health Promotion	HealthPartners, Minneapolis, MN
Vice President, Center for Health Promotion	HealthPartners, Minneapolis, MN
Executive Director, Health Behavior Group	HealthPartners, Minneapolis, MN
Vice President, Health & Disease Management	HealthPartners, Minneapolis, MN
Vice President, Health Management	HealthPartners, Minneapolis, MN
VP & Health Science Officer	JourneyWell by HealthPartners, Minneapolis, MN
VP & Chief Science Officer	HealthPartners, Minneapolis, MN
President HealthPartners Institute & Chief Science Officer, HealthPartners, Inc.	HealthPartners, Minneapolis, MN

**BUSINESS EXPERIENCE:**

- From 1994 until 2005, directed the Center for Health Promotion at HealthPartners, the nation’s largest non-profit integrated health care delivery system serving approximately 1 million members.
- Led the development of the HealthPartners Disease Management program in 2002-2004.
- Starting in 2004, led the creation of a new national product line for health and wellness services at HealthPartners as Executive Director of the Health Behavior Group. Since 2008, this became a national brand called *JourneyWell by HealthPartners* with its own profit and loss statements.
- In 2011, co-led the successful reintegration of *JourneyWell by HealthPartners* bringing market innovation and business solutions back into the integrated products and services solutions of the overall HealthPartners enterprise.
- In January, 2017, appointed President of the HealthPartners Institute leading all research, health professional education, and patient education for HealthPartners.

**MAJOR RESEARCH INTERESTS:**

- The role of business in community health and well-being
- The role of prevention, health and well-being in business performance
- Systems approaches to health promotion and disease prevention
- Translation of research into practical solutions (connecting practice and research)
- Integration of occupational safety and worksite health promotion
- Health promotion integration into clinical care delivery

- Population health improvement
- Physical activity
- Obesity

**SCIENTIFIC EDITORIAL BOARDS (Associate Editor):**

***Journals***

- 2003-2007 *Disease Management & Health Outcomes*  
 2002-to date *Preventing Chronic Disease: Public Health Research, Practice, and Policy*  
 2003-to date *ACSM's Health & Fitness Journal*  
 2003-to date *American Journal of Health Promotion*  
 2011-to date *Worksite Health International*

***Books and Special Journal Projects***

- 1999-2003 Section Editor. *ACSM's Worksite Health Promotion Manual*, Human Kinetics, 2003  
 2009-2010 Guest Editor. What Works in Worksite Health Promotion? Recommendations for worksite-based interventions to improve worker health from the Task Force on Community Preventive Services. *American Journal of Preventive Medicine* 2010;38(Supplement 2)  
 2009 Editor. *ACSM's Worksite Health Handbook, 2<sup>nd</sup> Edition*, Human Kinetics, 2009  
 2010-2011 Section Editor. Business and Industry Sector. *Implementing Physical Activity Strategies*, Human Kinetics, 2014.

**Reviewer (Scientific Journals/Funding Agencies)**

- *ACSM's Health & Fitness Journal* (ACSM)
- *Alcohol*
- *American Journal of Health Promotion* (AJHP)
- *American Journal of Lifestyle Medicine* (AJLM)
- *American Journal of Managed Care* (AJMC)
- *American Journal of Preventive Medicine* (AJPM)
- *Annals of Behavioral Medicine* (ABM)
- *Bentham Science Publishers*
- *BMC Public Health* (BioMed Central)
- *British Journal of Sports Medicine* (BJSM)
- *Diabetes Care* (American Diabetes Association)
- *Disease Management and Health Outcomes* (DMHO)
- *EES Population Health*
- *Effective Clinical Practice* (formerly HMO Practice)
- *Ergonomics in Design* (EID)
- *Health Affairs*
- *IEEE Intelligent Systems*
- *International Journal of Behavioral Nutrition and Physical Activity* (IJBNPA)
- *International Journal of Behavioral Medicine*
- *Journal of the American Board of Family Physicians* (JABFP)

- *Journal of the American Medical Association (JAMA)*
- *Journal of General Internal Medicine (JGIM)*
- *Journal of Men's Health*
- *Journal of Physical Activity and Health (JPAH)*
- *Medicine and Science in Sports and Exercise (MSSE)*
- *Obesity Research* (North American Association for the Study of Obesity)
- *PLOS ONE Public Library of Science open access scientific journal*
- *Preventing Chronic Disease (PCD)*
- *Research Quarterly in Exercise and Science* (American Alliance for Health, Physical Education, Recreation and Dance)
- *Sports Medicine*
- *SSM – Population Health*
- *The Lancet*
  
- National Institutes of Health (NIDDK, NCI, NHLBI)
- Institute of Medicine (IOM)
- Robert Wood Johnson Foundation
- Agency for Health Care Research and Quality (AHRQ)
- Centers for Disease Control and Prevention (CDC)
- National Institute of Occupational Safety and Health (NIOSH)
- National Occupational Research Agenda (NORA)
- Arthritis Foundation
- American Cancer Society
- Ministry of Health, Singapore
- Ministry of Health, The Netherlands (ZonMW)
- Vrije Universiteit, Amsterdam, The Netherlands
- University of Cape Town, South Africa
- University of Queensland, Brisbane, Australia
- Ministry of Science, Technology & Space, Israel

**RESEARCH SUPPORT (as PI or Co-PI only):**

*Past Funding (last 10 years):*

<i>Year(s)</i>	<i>Funding Source</i>	<i>PI/ Co-PI</i>	<i>Grant Title</i>
1998-2001	John D. and Catherine T. MacArthur Foundation	Site PI	Workplace Depression Initiative
2000-2002	Hoffman-LaRoche	PI	Partners for Healthy Weight
2001-2003	Alliance of Community Health Plans (ACHP) and Robert Wood Johnson Foundation (RWJF)	PI	Advancing Tobacco Control Using a Dental Provider Network
2001-2002	American Cancer Society	PI	The Real Fountain of Youth for Low Income Workers
2001-2002	Robert Wood Johnson Foundation (RWJF)	PI	Partners for Better Health 2005 Baseline Lifestyle Survey

2002-2006	ZorgOnderzoek Nederland (ZON) and Nederlandse Hartstichting (Dutch Heart Foundation)	Co-PI	De effectiviteit van een via de post, telefoon of e-mail aangeboden leefstijlprogramma op de leefstijl en ervaren gezondheid bij een werkende niet-actieve populatie met overgewicht. Een gerandomiseerd gecontroleerd onderzoek. (Weight Management by Phone, Mail, or Internet: A randomized controlled trial on the preventive effects of a physical activity enhancing or healthy eating program)
2003-2005	National Institutes of Health (NIH)	Core PI	Minnesota Obesity Center (MNOC) Health Systems CORE
2002-2004	Robert Wood Johnson Foundation (RWJF)	PI	Creating Capacity for Integrated Telephone-based Behavioral Counseling
2005-2008	HealthPartners Research Foundation (HPRF)	PI	Pilot Effectiveness Trial of a Continuous Feedback Weight-Loss Intervention among Obese Employees of HealthPartners
2005	Kaiser Permanente Care Management Institute	PI	Evidence-Informed Health Promotion Protocol for Weight Management
2005-2006	America's Health Insurance Plans (AHIP)	PI	Presenting translated findings from evidence-based reviews and application to weight management solutions
2008	Centers for Medicare and Medicaid Services (CMS) Senior Risk Reduction Demonstration	PI	Partners in Healthy Aging
2011-2016	National Institute for Occupational Safety and Health (NIOSH)	Site-PI	Center for Work, Health and Wellbeing
2013	Institute of Medicine (IOM) Population Health Roundtable	PI	Environmental scan of employer initiatives designed to improve community health
2014	Robert Wood Johnson Foundation	Co-PI	Building and disseminating to employers the work of an employer-community collaboration to improve community health

**Current Funding:**

<i>Year(s)</i>	<i>Funding Source</i>	<i>PI/Co-PI</i>	<i>Grant Title</i>
2011-2016	National Institute for Occupational Safety and Health (NIOSH)	Co-I and Site-PI	Center for Work, Health and Wellbeing

2014-2016	Robert Wood Johnson Foundation	Co-PI	Building and disseminating to employers the work of an employer-community collaboration to improve community health
2015-2016	Center for Work, Health and Well-Being	PI	Exploring relationships between work organization, worker behaviors, and productivity indicators in smaller manufacturing companies
2016-2021	National Institute for Occupational Safety and Health (NIOSH)	Sr. Advisor	Center for Work, Health and Wellbeing at the Harvard T.H. Chan School of Public Health

***Pending:***

**INVENTIONS/PATENTS:**

<i>Achieve Your Health Potential</i> <sup>®</sup> Health Assessment Survey Tool	HealthPartners copyright
Health Potential Score metric and predictive algorithm	HealthPartners trademark
10,000 Steps <sup>®</sup> pedometer walking program	HealthPartners copyright

**TEACHING EXPERIENCE:**

<i>Date</i>	<i>Title</i>	<i>Department</i>	<i>Institution</i>
1986-1988	Health and Physical Education Instructor	Health and Physical Education	Kearney State College
1988-1991	Adult Fitness Program Instructor	Health and Kinesiology	Texas A&M University
1988-1991	Laboratory Technician	Health and Kinesiology	Texas A&M University
1991-1992	Assistant Lecturer	Health and Kinesiology	Texas A&M University
2009-2011	Visiting faculty for the WHO Workshop on Non-Communicable Disease Prevention		Ministry of Health, Finland
2010-2012	Evidence-based Worksite Health	Society, Human Development, and Health	Harvard University, T.H. Chan School of Public Health
2012-to date	Work, Health, and Wellbeing: Strategic Solutions for Integrating Wellness and Occupational Health and Safety	Executive and Continuing Professional Education	Harvard University, T.H. Chan School of Public Health



## **INVITED PRESENTATIONS:**

1. Pronk, N.P. The physiology and psychology of dieting. Seminar. Westinghouse EAP plant, College Station, TX. 1989.
2. Pronk, N.P. Very-low-calorie diets and exercise. Invited lecture presented to the Mid-East Texas Dietetic Association (METDA), College Station, TX, 1990.
3. Pronk, N.P. Role of exercise in daily living. Invited lecture presented at the Annual Department of Food Services 1990 Management Seminar, College Station, TX, 1990.
4. Pronk, N.P. Measurement of body composition in man: Methodology and validity. Invited lecture for the Animal Science Department, Texas A&M University, TX, 1990.
5. Pronk, N.P. Weight loss options. Invited lecture as part of an open panel discussion on medical, nutritional, and behavioral aspects of weight control. Westinghouse EAP Wellness Task Force Lecture Series, College Station, TX, 1991.
6. Pronk, N.P. Exercise and Obesity. Introduction to the Clinical Exercise Physiology Seminar. University of Pittsburgh Medical Center, Pittsburgh, PA, 1993.
7. Pronk, N.P. Health Promotion for Targeted Populations. Seminar at Ramsey Hospital, St. Paul, MN, January, 1995.
8. Pronk, N.P. Diabetes and Exercise - Basic Tips for Exercise. Invited lecture at the Annual American Diabetes Association, MN Affiliate Meeting, January, 1995.
9. Pronk, N.P., Exercise and Obesity. Continuing education for registered dietitians, HealthPartners, MN, June, 1995.
10. Pronk, N.P. Applying Data to Program Implementation: Building a Patient Registry for Health Promotion. From Managed Care to Managed Health Conference, Park Nicollet Medical Foundation, Minneapolis, MN, September, 1995.
11. Pronk, N.P. Linking Care Management to Health Risk Assessment. Group Health Association of America (GHAA), Washington, DC, October, 1995.
12. Pronk, N.P. Health Promotion Initiatives via the Internet: Enhancing Patient Interaction. Providing Patient Education via the Internet Conference, Institute for International Research, Miami, FL, February, 1996.
13. Pronk, N.P. & Isham, G.J. Forming Partnerships that Work: Patient, Provider, and Purchaser. State-of-the-art Health Outcomes Conference, Medical Outcomes Trust, Boston, MA, May, 1996.
14. Pronk, N.P. Overcoming the challenges of managing high risk patients. Advanced Approaches in Health Care Operations. American Association of Health Plans (AAHP), Orlando, FL, October, 1996.
15. Pronk, N.P. Proactive member assessment: Finding those at-risk in a population. Research in Medical Group Practice - Center for Research in Ambulatory Health Care Administration Annual Conference (MGMA), Minneapolis, MN October, 1996.
16. Pronk, N.P. Utilizing Internet technology to improve the flow of information and link the member with appropriate resources. Technology to Support Demand Management Conference, Institute for International Research, San Diego, CA, January, 1997.
17. Pronk, N.P. How managed care can support prevention and treatment efforts for obese children and adolescents. Childhood and Adolescent Obesity: Prevention and Intervention Conference. University of Minnesota, Minneapolis, MN, May, 1997.

18. Pronk, N.P. Population health improvement strategy in a Managed Care setting: Intervention and assessment design. The Disease Management Congress Meeting on Disease Prevention and Health Management. The National Managed Health Care Congress (NMHCC). New York, NY, June, 1997.
19. Pronk, N.P. Selected biological and behavioral risk factor associations with clinical and financial outcomes. The Disease Management Congress Meeting, The National Managed Health Care Congress (NMHCC). New York, NY, June, 1997.
20. Pronk, N.P. Many Things New in Diabetes Type 2: New drugs, Screening Recommendations, and Diagnostic Criteria. Panel Discussion on Screening & Prevention of Type 2 Diabetes with Drs. Engelgau, Kendall, O'Connor, Pronk, and Pearson. HealthPartners, Minneapolis, MN, November, 1997.
21. Pronk, N.P. Fitting fitness into a systems approach to population health improvement. The Personalized Health Management Conference, 1997. Beverly Hills, CA, November, 1997.
22. Pronk, N.P. Why Health Improvement? HealthPartners PBH Physician Conference on Behavior Change, December, 1997.
23. Pronk, N.P. Behavior change and health promotion: Bridging the gap between theory and application. Lecture presented at the quarterly Minnesota AWHP Education Meeting, Minneapolis, MN, 1997.
24. Pronk, N.P. Population Health: Through the Eyes of the employer. Discover Worksite Health Management Symposium, January, 1998
25. Pronk, N.P. The future of health promotion panel: Leaders address the trends and issues -- Health promotion in the 21st century. Panel presentation with Terry, P. and McCabe, M. at the International AWHP Meeting, Anaheim, CA, 1998.
26. Pronk, N.P. Systems approach to population health improvement: A model and results. Best practice lecture presented at the International AWHP Meeting, Anaheim, CA, 1998.
27. Pronk, N.P. Population health improvement and Managed Care: Where and how do dietary supplements fit? Lecture presented at the 25<sup>th</sup> Annual Conference of the Council for Responsible Nutrition. October, 1998.
28. Pronk, N.P. Forum on Community Health Renewal. Osceola Medical Center, Osceola, WI. Facilitation of Forum and Dialogue Session Leader, April, 1999.
29. Pronk, N.P. Show Me The Money!—The need for economic consciousness in worksite health promotion. American Heart Association, Minnesota Affiliate, Heart-At-Work Conference, April, 1999.
30. Pronk, N.P. 1999 Childhood Obesity: Partnerships for Research and Prevention. International Conference Series on Health Promotion, International Life Sciences Institute (ILSI), Atlanta, GA, May, 1999.
31. Pronk, N.P. Show Me the Money!—Economic justification and model approach to population health improvement. Centers for Disease Control and Prevention, Division of Nutrition and Physical Activity Seminar, May, 1999.
32. Pronk, N.P. Show Me the Money!—Economic justification of physical activity programs in worksite settings. Breakfast Seminar, Hennepin County Community Health Department, Health Promotion Division. June, 1999.
33. Pronk, N.P. Depression and Workplace Performance. Employer Summit on Health and Productivity. San Francisco. CA, September, 1999.

34. Pronk, N.P. HRAs and system connectedness: Activation of health improvement systems using health assessment and the invitation of people to partner for health. Society of Prospective Medicine (SPM) Conference, Colorado Springs, CO, September, 1999.
35. Pronk, N.P. Overview of targeted interventions. Association for Worksite Health Promotion, Minnesota Chapter. Minneapolis, MN, March 2000.
36. Pronk, N.P. Economic aspects of obesity: A managed care perspective. American College of Sports Medicine Conference, Indianapolis, IN, May 2000.
37. Pronk, N.P. Systems approach to population health improvement: Models, measurement, and implementation. All-day workshop at the 25<sup>th</sup> Annual National Wellness Conference. Stevens Point, WI, July 2000.
38. Pronk, N.P. Data collection for health improvement. 25<sup>th</sup> Annual National Wellness Conference. Stevens Point, WI, July 2000.
39. Pronk, N.P. Economic aspects of modifiable health risks. Broker and Sales Training Seminar. HealthPartners, Minneapolis, MN, September, 2000
40. Pronk, N.P. Return on health investment: Economic aspects of health promotion. Workforce 2001 Conference & Expo. Minneapolis, MN, September, 2000
41. Pronk, N.P. Obesity and Managed Care: A Systems Perspective. University of Kansas 2<sup>nd</sup> Annual Conference on the Prevention and Treatment of Obesity. Kansas City, MO, September, 2000.
42. Pronk, N.P. Community Intervention: 10,000 Steps and Restaurant Challenge/Network. Engaging in Population-Based Programs to Improve Cardiovascular Health meeting. CDC and ACHP. Atlanta, GA, October, 2000.
43. Pronk, N.P. and Pronk, S.J. Improving Worker Health: A Strategic Business Investment. International Society of Certified Employee Benefits Specialists (ISCEBS). Minneapolis, MN, November, 2000.
44. Pronk, N.P. The Current Status and Future of Health and Productivity Research. Panel Presentation, 1<sup>st</sup> Annual International Health & Productivity Conference, HERO, Washington, D.C., February, 2001.
45. Pronk, N.P. Economic Opportunity for Health Promotion in Managed Care. American Journal of Health Promotion: Art and Science of Health Promotion Conference, Washington, D.C., February, 2001.
46. Pronk, N.P. Evidence-based behavioral medicine opportunities for prevention and management of chronic disease. Society of Behavioral Medicine (SBM) Symposium presentation. Seattle, WA, March, 2001.
47. Pronk, N.P. Doing Better with Chronic Disease: Translating Behavioral Research in Diabetes into Practice. “Work, Learn, Relax: Systematic translation of good ideas into scalable and sustainable programs.” Society of Behavioral Medicine (SBM) Symposium presentation. Seattle, WA, March 2001.
48. Pronk, N.P. Economic Opportunity for Health Promotion in Managed Care. Drury University Convocation Lecture. Drury University, Springfield, MO, April 2001.
49. Pronk, N.P. Approaches to population health improvement. Institute of Medical Education, Partnership for Quality Education. University of Minneapolis, Saint Paul, MN, May 2001.
50. Pronk, N.P. Integrating behavioral interventions into health care delivery. American Diabetes Association Scientific Sessions, Philadelphia, 2001.
51. Pronk, N.P., & Strecher, V.J. Behavior Change and Population Health. Disease Management Association of America (DMAA). New Orleans, LO, October 2001.



52. Pronk, N.P. Promoting patient adherence to behavior change interventions: Illuminating the blind spot. Keynote Lecture at the annual Society of Behavioral Medicine (SBM) Symposium. Washington, DC, March 2002.
53. Pronk, N.P. On Transformation: Creating a new “David” in health care. Presentation to the Committee on Identifying Priority Areas for Quality Improvement. Institute of Medicine, Washington, DC, May 2002.
54. Pronk, N.P. Dilemmas in diabetes education: Outcomes measurement. American Association of Diabetes Educators, Philadelphia, August, 2002.
55. Pronk, N.P. Accelerating the Adoption of Preventive Care Services: Building New Partnerships and Community Commitment. Keynote Lecture at the National Institute for Health Care Management Research and Educational Foundation meeting (NIHCMF), Washington, DC, September, 2002.
56. Pronk, N.P. and Hedin, L. Health Care Interventions for Obesity Prevention and Treatment. 3<sup>rd</sup> Annual University of Minnesota School of Public Health Roundtable. November, 2002.
57. Pronk, N.P. Are lifestyle interventions an OHS-product? Keynote Lecture at the International Conference on Occupational Health Services, Academic Medical Centre (AMC) Amsterdam, The Netherlands, November 2002.
58. Pronk, N.P. Impact of obesity on employee productivity and absenteeism. Presentation at the Washington Business Group on Health (WBGH) Summit on Obesity, Cardiovascular Disease, and Diabetes. Washington, DC, December, 2002.
59. Pronk, N.P. Health plan-based health promotion strategies: Rationale, products, and services. National Health Policy Conference. Washington, DC, January, 2003.
60. Pronk, N.P. Identification of high risk individuals through self-report. ACHP’s Population-Based Care Conference. Alliance of Community Health Plans, New Orleans, LO, February, 2003.
61. Pronk, N.P. Demonstrating health plan value through integrated health promotion. Invited lecture and dialogue. Tufts Health Plan, Cambridge, MA, February, 2003.
62. Pronk, N.P. The business case for health promotion in managed care. The Art and Science of Health Promotion Conference, Washington, DC, February, 2003.
63. Pronk, N.P. Doing nothing is not an option. HealthPartners Institute of Medical Education Biannual Conference on Obesity, March, 2003.
64. Pronk, N.P. Obesity research in integrated health systems: Translation efforts. National Institutes of Health, NHLBI Think Tank on Enhancing NHLBI Obesity Research, March, 2003.
65. Pronk, N.P. & Wegleitner, T. Worksite health promotion. Invited lecture at the Northland Chapter ACSM Spring Tutorial, St. Cloud, MN, March 2003.
66. Pronk, N.P. Creating the business case for investment in health promotion programs. ACSM’s Health & Fitness Summit, Reno, NV, April, 2003.
67. Heath, G.W. and Pronk, N.P. Using Healthy People 2010 to Empower Worksite and Community-based Physical Activity Programs. ACSM’s Health & Fitness Summit, Reno, NV, April, 2003.
68. Pronk, N.P. Worksite Health Promotion: What is Best for Your Organization? Steps to a Healthier U.S.: Putting Prevention first Conference. Baltimore, April, 2003.
69. Pronk, N.P. Addressing tobacco control in dental networks. 2003 Addressing Tobacco in Managed Care Conference, Atlanta, GA, April, 2003.

70. Pronk, N.P. and O'Connor P.J. Readiness to change: Improving health and functional outcomes. Invited lecture at the ING-ROSE Annual Conference, Minneapolis, MN, July, 2003.
71. Pronk, N.P. The chronic care model as a framework for comprehensive prevention and treatment strategies. Roundtable on the Prevention and Treatment of Overweight and Obesity: Toward a Roadmap for Advocacy and Action. Washington, DC, August, 2003.
72. Pronk, N.P. Health promotion in occupational health care. Invited lecture for the First Annual Body@Work Seminar, Amsterdam, The Netherlands, September, 2003.
73. Pronk, N.P. Steps to Healthy Living: Impact of Lifestyle-related Risk Factors on Health, Disability, Medical Expenditures, and Work Performance. The Food Industry Center Conference, University of Minnesota, Minneapolis, MN, October, 2003.
74. Pronk, N.P. Addressing obesity in Health Systems. Presentation to the NIDDK Clinical Obesity Research Panel (CORP) at NIH. Bethesda, MD, February, 2004.
75. Pronk, N.P. Integrating health promotion into health insurance products. ACSM's Health & Fitness Summit, Orlando, FL, April, 2004.
76. Pronk, N.P. Considerations for program design: The quest for simplicity. ACSM's Health & Fitness Summit Pre-conference lecture, Orlando, FL, April, 2004.
77. Pronk, N.P. Why invest in prevention? 2<sup>nd</sup> National Steps to a Healthier US Summit, Baltimore, MD, April, 2004.
78. Pronk, N.P. Addressing the impact of the obesity epidemic on the U.S. health care system, IIR Obesity Conference, Houston, TX, May, 2004.
79. Pronk, N.P. Economic incentives for health behavior change. The National Occupational Research Agenda (NORA): Health and Safety Priorities for the 21st Century, Minneapolis, MN, May, 2004.
80. Pronk, N.P. Improving the Promotion of a Physically Active Lifestyle: Thinking Outside the Box. American College of Sports Medicine 51<sup>st</sup> Annual Conference Keynote Address, Indianapolis, IN, June, 2004.
81. Pronk, N.P. Identification of Predictors of Weight Gain among Health Plan members - A Preliminary Analysis. Workshop on Predictors of Obesity, Weight Gain, Diet and Physical Activity. National Institutes of Health, National Heart, Lung and Blood Institute, Bethesda, MD, August, 2004.
82. Pronk, N.P. Addressing the impact of the obesity epidemic on the U.S. health care system. Shaping the Future: *Strategies to Addressing Obesity*, Minnesota SOPHE Conference, Minneapolis, MN August, 2004.
83. Pronk, N.P. Why Invest in Prevention? A Focus on Health is a Wise Business Strategy. Rochester Area Chamber of Commerce, Rochester, MN, October, 2004.
84. Pronk, N.P. Why Invest in Prevention? A Focus on Health is a Wise Business Strategy. Simpósio de Prevenção – Resultados e Benefícios (Prevention Event), Care Plus, São Paulo, Brazil, October, 2004.
85. Pronk, N.P. Practical application of systematic reviews and evidence-based recommendations in physical activity and obesity for worksite settings. ACSM's Health & Fitness Summit, Las Vegas, NV, March, 2005.
86. Pronk, N.P. Moving from Evidence-Based Recommendations to Practice-Based Realities: Addressing Obesity in the Care Setting. HMO Research Network Annual Meeting, Santa Fé, NM, April, 2005.


87. Pronk, N.P. Evidence-based solutions applied to practice: Addressing obesity in worksites. Midwest Business Group on Health Learning Network Meeting. Chicago, IL, May, 2005.
88. Pronk, N.P. Innovations in translation between health behavior research and practice: Approach, process, and results. American College of Sports Medicine 52<sup>nd</sup> Annual Conference Keynote Address, Nashville, TN, June 2005.
89. Pronk, N.P. Physical activity and productivity. American College of Sports Medicine 52<sup>nd</sup> Annual Conference Symposium, Nashville, TN, June 2005.
90. Pronk, N.P. Addressing obesity in health systems: Evidence-based solutions. Institute 2005, AHIP's Annual Meeting. Las Vegas, NV, June 2005.
91. Pronk, N.P. Addressing physical activity and nutrition at the worksite. International Society on Behavioral Nutrition and Physical Activity (ISBNPA), Annual Conference, Amsterdam, The Netherlands, June 16-17, 2005.
92. Pronk, N.P. Cost-effectiveness of worksite interventions to promote healthy diets and physical activity. International Society on Behavioral Nutrition and Physical Activity (ISBNPA), Annual Conference, Amsterdam, The Netherlands, June 16-17, 2005.
93. Pronk, N.P. Value of Wellness: Improving Health, Addressing Costs. Canadian Institute of Actuaries (CIA) Annual Meeting, St. John's Newfoundland, Canada, June 28-29, 2005.
94. Pronk, N.P. Obesity and its impact on workplace performance. SEAK National Worker's Compensation and Occupational Medicine Conference. Hyannis, Cape Cod, MA, July 19-21, 2005.
95. Pronk, N.P. Connecting health risk assessment and participation through incentives to drive outcomes in changing health behaviors. World Research Group: Rewarding Healthy Behaviors for Health Plans. Boston, MA, July 27-28, 2005.
96. Pronk, N.P. Economic Evidence of Health Promotion and Disease Prevention – Show Me The Money. Fairview Southdale Hospital, Minneapolis, MN, October 4, 2005.
97. Pronk, N.P. Addressing obesity in health systems: Evidence-based solutions. Presentation to AHIP's Medical Leadership Forum. Chicago, IL, October 20, 2005.
98. Pronk, N.P. Obesity and Productivity. Presentation for the Institute on the Costs and Health Effects of Obesity from the National Business Group on Health. Washington, DC, October 26, 2005.
99. Pronk, N.P. Connecting health risk assessment and participation through incentives to drive outcomes in changing health behaviors. World Research Group: Rewarding Healthy Behaviors for Health Plans. San Francisco, January 24-26, 2006.
100. Pronk, N.P. Evidence-based health promotion: Translating what we know into what we do (and showing that it works). Minnesota Board on Aging/Minnesota Dept. of Human Services Workshop. January 28, 2006
101. Pronk, N.P. Evaluation in the applied worksite setting. ACSM Deskside Learning Webinar. January 26, 2006
102. Pronk, N.P. Quantifying disease management for diabetes care. World Research Group. Phoenix, AZ, February 2-3, 2006.
103. Pronk, N.P. Wellness: Where we Live, Work and Learn. Healthy America Meeting. Winter Conference of the National Governors Association, Washington, DC, February 26, 2006.
104. Pronk, N.P. Addressing obesity in health systems: Evidence-based solutions. National Managed Health Care Congress (NMHCC), Washington DC, April 24, 2006.
105. Pronk, N.P. Optimizing Practice through Research. Research Symposium at the ACSM Annual Meeting, Denver, CO, May/June 2006.

106. Pronk, N.P. Addressing obesity on health systems. World congress Leadership Summit. Washington, DC. June, 2006.
107. Pronk, N.P. Addressing obesity at the worksite—Promising practices. NBGH Leadership Summit. Washington DC, June 2006.
108. Hymel, P., Pronk, N.P., Yaktine, A., & Darling, H. Improving Health: An Employer's Toolkit. NBGH Webinar. June 19 and 23, 2006
109. Pronk, N.P. Addressing obesity at the worksite. HERO conference, Chicago, 2006
110. Pronk, N.P. Ancillary interventions for risk factor control. 28<sup>th</sup> Annual Cardiovascular Risk Factor Conference, Institute for Medical Education, Saint Paul, MN, December 2006.
111. Pronk, N.P. Health: Aligning people, business, and environment. Buffalo County Community Partners, Kearney, NE, January 2007.
112. Pronk, N.P. Health as a business imperative: How prevention saves and disease costs. Buffalo County Community Partners, Kearney, NE, January 2007.
113. Pronk, N.P. Comprehensive worksite health promotion programs that reduce health risks and costs. Achieving Return on Investment for Wellness, World Research Group, Orlando, FL, January 2007.
114. Pronk, N.P. Population Health Management Using Integrated Benefit Design Solutions to Support Worksite Health Promotion Objectives. ACSM's Health and Fitness Summit, Dallas, TX, March 2007.
115. Pronk, N.P. Health is what we do! Keynote presentation at the HealthPartners Annual Meeting. Saint Paul, MN, April, 2007.
116. Pronk, N.P. ROI of a Worksite Health Promotion Program. Research Symposium at the ACSM Annual Meeting, New Orleans, LO, May/June 2007.
117. Pronk, N.P. Integration of worksite health promotion into health benefit design: concept description and case study. World Congress, Atlanta, GA, July 2007.
118. Pronk, N.P. Population health management. University of Pittsburgh Medical Center Health Plan (UPMC). Pittsburgh, PA July 2007.
119. Pronk, N.P. Translating community guide recommendations into practical solutions. CDC Cancer Conference. Atlanta, GA, August, 2007.
120. Pronk, N.P. Measuring health outcomes: From concept to reality. In: Workshop: Practical Approaches to Evaluation: Promoting and Protecting the Health of the Workforce while Addressing Business Needs. NIOSH/CDC WorkLife 2007 National Symposium, Bethesda, MD, September, 2007.
121. Pronk, N.P. Addressing obesity at the workplace. NIOSH/CDC WorkLife 2007 National Symposium, Bethesda, MD, September, 2007.
122. Pronk, N.P. and Marr, T. Addressing obesity: A health plan perspective. National Institutes of Health, NIDDK Clinical Obesity Research Panel, Bethesda, MD, September, 2007.
123. Pronk, N.P. EHM: What Really Works? Health Impact of EHM Programs. HERO Forum for Employee Health Management Solutions. October, 2007, New Orleans, LA
124. Pronk, N.P. Culture of Wellness Summit. Keynote presentation. University of Illinois at Urbana/Champaign, IL, October, 2007.
125. Pronk, N.P. Employee health management: Who's responsibility is it? Midwest Worksite Health Promotion Conference, Saint Paul, MN October, 2007.
126. Pronk, N.P., Marr, T. J. Addressing Obesity: A Health Plan Perspective. Presentation to the NIH CORP, Washington, D.C., September, 2007.



127. Pronk, N.P. Practice and Research Connected: A Process Model to Optimize ROI. The Art of Health Promotion Conference, San Diego, March, 2008.
128. Pronk, N.P. Financial Impact of Obesity. Obesity Solutions Forum. HealthPartners Specialty Care. Bloomington, MN, May, 2008.
129. Pronk, N.P. HealthPartners Solutions. Obesity Solutions Forum. HealthPartners Specialty Care. Bloomington, MN, May, 2008.
130. Pronk, N.P. Adult obesity prevention and treatment. Academy Health Annual Research Meeting. Washington, DC, June 2008.
131. Pronk, N.P. Program Design to Achieve Financial Outcome. ROI for Wellness Conference, Washington, D.C., July, 2008.
132. Pronk, N.P. Getting to ROI: From Process to Outcome. Wellness Works: Cutting Health Care Costs. Carver County Public Health. Minnesota Landscape Arboretum, Chanhassen, MN, September, 2008
133. Pronk, N.P. Changing Behavior: Individuals, Settings, and Environment. Park Dental Annual Seminar. Minneapolis, Minnesota, September, 2008.
134. Pronk, N.P. Health Impact of EHM Programs—Panel Member. HERO Forum for Employee Health Management Solutions. New Orleans, LA, September, 2008.
135. Pronk, N.P. & Gallagher, J. Approaches to Estimating ROI. Midwest Conference on Worksite Health Promotion. Saint Paul, MN, November, 2008.
136. Pronk, N.P. Health Promotion and Disease Prevention for Seniors: Opportunity and Approach. WRG Chronic Care Keynote San Diego, November, 2008.
137. Pronk, N.P. Benefits-Integrated Incentives Drive Improvements in Health, Productivity, and Generate Positive ROI. 4<sup>th</sup> Health and Human Capital Congress, February, 2009, Washington, DC.
138. Pronk, N.P. Demonstrating Cost Savings and Sustainable Value in Health and Wellness. Global Media Dynamics, February, Phoenix, AZ, February, 2009
139. Pronk, N.P. Proven Success Strategies for Integrating Health Promotion into Your Organizational Culture. Global Media Dynamics, February, Phoenix, AZ, February, 2009
140. Pronk, N.P. Strengthening integrated prevention in health systems: An introduction to the Guide on Community Preventive Services and the Task Force on Community Preventive Services. WHO Non-Communicable Disease Training Workshop, Helsinki, Finland, March, 2009. 
141. Pronk, N.P. Systematic support for health promotion implementation: The case of the worksite. WHO Non-Communicable Disease Training Workshop, Helsinki, Finland, March, 2009. 
142. Pronk, N.P. ACSM's Worksite Health Handbook, 2nd Edition: A Guide to Building Healthy and Productive Companies. ACSM's Health & Fitness Summit, Atlanta, GA, March, 2009.
143. Pronk, N.P. Improving health through behavior change: A case study. Best Practices In Health Care Consumer Empowerment and Protection. URAC Conference and Banquet, Orlando, Florida, April 1-2, 2009. (Recipient of the URAC Platinum Award in Consumer Decision-Making).
144. Pronk, N.P. An experience analysis of an employer-health plan partnership for health improvement and cost reduction. Society of Behavioral Medicine, April, 2009, Montreal, Canada.

145. Pronk, N.P., Gallagher, J., Kottke, T., Lowry, M., & Katz, A. Optimal lifestyle adherence and 2-year incidence of chronic conditions. A Celebration of Research 2009! HealthPartners Research Foundation, Bloomington, MN May, 2009
146. Pronk, N.P. & van Mechelen, W. Physical Activity Promotion at the Worksite: What Matters? ACSM's Annual Scientific Meeting, Seattle, WA, May, 2009
147. Pronk, N.P. The economics of disease prevention. AHIP Forum, San Diego, CA, June, 2009.
148. Pronk, N.P. Symposium Respondent for Mental Health Section at the Carter Center's Medical Home Summit. Carter Center, Atlanta, GA, July, 2009.
149. Pronk, N.P. Improving Health at the Worksite. Brokers CEU Event, Bloomington, MN, August, 2009.
150. Pronk, N.P. Living Healthy, Wealthy, and Wise... The "Simple Rules" of Preserving Health. Blackbox CME Event, Minneapolis, MN, August, 2009.
151. Pronk, N.P. and Fabius, R. Optimal lifestyle adherence: 2-Year incidence of chronic conditions. Disease Management Association of America (DMAA), San Diego, September, 2009.
152. Pronk, N.P. et al. Congressional Briefing on the integration of primary care, mental health, and health promotion/disease prevention in the medical home. Capitol Hill, Washington DC, September, 2009
153. Pronk, N.P. Health improvement and ROI-Featured Case Study. World Congress on Consumer Engagement. Alexandria, VA, October, 2009.
154. Pronk, N.P. Health and Sustainability. Andersen Windows Annual Leadership Series. Stillwater, MN, October, 2009.
155. Pronk, N.P. Simple Health Behaviors and their Impact on Business: Health, Cost, and Productivity. Occupational Health Seminar, University of Minnesota, October, 2009.
156. Pronk, N.P. Health as a Strategic Business Priority. Seminar at the Harvard School of Public Health, Center for Health, Work and Wellbeing. October, 2009.
157. Katz, A. & Pronk, N.P. Optimal lifestyle adherence and emotional health. APA and NIOSH Work and Stress Conference, Puerto Rico, November, 2009.
158. Pronk, N.P. Comparative Effectiveness and Prevention. Rosalyn Carter's 25<sup>th</sup> Mental Health Summit, Carter Center, Atlanta, GA, November, 2009.
159. Pronk, N.P. Community Health Action. St. Croix County, WI, Community health plan strategy for 2009-2014. Hudson, WI, February, 2010.
160. Pronk, N.P. Physical activity as a strategic business priority: Implications for leadership, workforce, and policy. Southeast Chapter of the American College of Sports Medicine (SEACSM). Greenville, SC, February, 2010
161. Pronk, N.P. Community Health Case Studies. St. Croix County, WI, Community health plan strategy workshops. Hudson, WI, March, 2010.
162. Pronk, N.P. Worksite health promotion program design: Focus on what matters. Pre-conference workshop. American Psychological Association, Psychologically Healthy Workplace Conference, Washington, DC, March, 2010.
163. Pronk, N.P. Panel on the Future of the HMO Research Network. HMORN Annual Meeting, Austin, TX, March, 2010
164. Pronk, N.P. Emerging Trends: Making the business case for Worksite Health Promotion. IAWHP Annual Meeting, Austin, TX, April, 2010.

165. Pronk, N.P. Optimal Lifestyle Adherence and Health and Cost Impact: The Power of Simplicity. Global Media Dynamics, 2<sup>nd</sup> Annual Wellness Rewards Congress, Orlando, FL, 2010.
166. Pronk, N.P. Associations between physicians' knowledge of physical activity guidelines and their physical activity counseling practices in primary care settings. Exercise is Medicine World congress. Annual ACSM Conference, Baltimore, MD, June, 2010.
167. Pronk, N.P. Exercise is Medicine: The preventive power of exercise interventions at work. Exercise is Medicine World congress. Annual ACSM Conference, Baltimore, MD, June, 2010.
168. Pronk, N.P. Evidence-informed physical activity promotion at the worksite: Practical design principles and a global resources network. Exercise is Medicine World congress. Annual ACSM Conference, Baltimore, MD, June, 2010.
169. Pronk, N.P. Combating the obesity pandemic: Preventing undesirable gradual weight gain in adults. Annual Conference of the International Society of Behavioral Nutrition and Physical Activity. Minneapolis, MN, June, 2010.
170. Pronk, N.P. Relationship of 4 simple behaviors to disease incidence, emotional health, health care costs, and workplace productivity. Regions Hospital Grand Rounds, Saint Paul, MN, June, 2010.
171. Pronk, N.P. Employee Health Management Research in the Workplace – Where are we now – Where do we need to go? Panel presentation at the 2010 HERO Forum for Employee Health Management Solutions. Orlando, FL, September, 2010.
172. Pronk, N.P. Keynote Presentation: Effectiveness of Worksite Wellness Programs. 10<sup>th</sup> Brazilian Quality of Life Conference. São Paulo, Brazil, October, 2010.
173. Pronk, N.P. Getting a Return on Your Investment in Worksite Wellness. University of Minnesota Working Well Research Project Event. Chanhassen, MN October, 2010.
174. Pronk, N.P. Building Confidence through Measurement: ROI Follows Health and Productivity. Building a Healthier Workforce and a Healthier Iowa Conference, Des Moines, IA, November, 2010.
175. Pronk, N.P. Healthy Should Be Simple: an Optimal Lifestyle Metric. Relationship of 4 Simple Behaviors on Disease Incidence, Emotional Health, Health Care Costs, and Workplace Productivity. 6<sup>th</sup> Annual Employer Health & Human Capital Congress, Washington DC, February 2011.
176. Pronk, N.P. What works in worksite health promotion: Findings and recommendations from the Task Force on Community Preventive Services. WHO Prevention of Noncommunicable Diseases Seminar. Finland Ministry of Health and Welfare, Helsinki, Finland, March 14-18, 2011. 
177. Pronk, N.P. Connecting Worksite Health and Public Health. Metro Health Educator Meeting, Saint Paul, MN, March 29, 2011.
178. Pronk, N.P. Introduction to the Executive Summit. International Association for Worksite Health Promotion (IAWHP) Annual Meeting, Anaheim, CA, April 13, 2011.
179. Pronk, N.P. and Baum, B. Question that Matter—Our Own Role in Creating and Sustaining a Healthy Culture at Work and in Our Communities. International Association for Worksite Health Promotion (IAWHP) Annual Meeting, Anaheim, CA, April 13, 2011.
180. Pronk, N.P. Preventing Diabetes at the Worksite. ACSM's Health & fitness Summit. Anaheim, CA, April 13-16, 2011.

181. Pronk, N.P. Physical Activity and Health Promotion through Health Systems. Annual ACSM Conference and Exercise is Medicine World Congress, Denver, CO, June, 2011.
182. Pronk NP. Making Worksite Wellness Work. American Cancer Society Impact Conference, Minneapolis, MN June, 2011.
183. Pronk, N.P. Moderator; Keys to Engagement Panel. HERO Forum, Phoenix, AZ, September, 2011.
184. Pronk, N.P. The Occupational Athlete: Protecting and promoting health in the workplace improves worker performance, optimizes productivity, and reduces health care costs. Your Worker as an Occupational Athlete Symposium, Workforce Productivity Solutions, HealthPartners, Bloomington, MN, September 2011.
185. Pronk, N.P. Connecting Worksite with Clinic for Health Outcomes. Strategies in Primary Care Medicine, Minneapolis, MN, September, 2011.
186. Pronk, N.P. Overview of corporate health and well-being services. Seminar for Norwegian delegates at the HealthPartners Occupational Medicine Clinic, Saint Paul, MN, October, 2011.
187. Pronk, N.P. What works in worksite health promotion? Faculty and student seminar. University of North Dakota, Grand Forks, ND, October, 2011.
188. Pronk, N.P. Evidence-based worksite health. Student seminar at the Harvard School of Public Health, Dept. of Society, Human Development, and Health. Boston, MA, November, 2011.
189. Pronk, N.P. Addressing physical inactivity at the workplace: Issues and solutions. American Heart Association Regional Meeting, Bloomington, MN, November, 2011.
190. Pronk, N.P. Making worksite health promotion work. HealthPartners Occupational Medicine Ground Rounds, Saint Paul, MN, November, 2011.
191. Pronk, N.P. Evidence-Based Worksite Health. World Congress, 8<sup>th</sup> Annual Executive Forum on Rewarding Healthy Behaviors. San Diego, California, January, 2012.
192. Pronk, N.P. Simple moves to change the game. HealthPartners Employer Symposium, Minneapolis, MN, March, 2012.
193. Pronk, N.P. Connecting clinic with worksite: Extending reach, improving health. HealthPartners Institute of Medical Education; Family Medicine Today Conference, Minneapolis, MN, March 2012.
194. Pronk, N.P. Why and how: changing the way we think about generating health among individuals and populations. Alliance of Community Health Plans Annual Meeting of the Boards, March, 2012.
195. Pronk, N.P., van Mechelen W. A pain in the rear: Addressing back, neck, and shoulder pain on the workplace. ACSM's Health & Fitness Summit, Las Vegas, NV, March, 2012.
196. Pronk, N.P. Determinants of health and health care: considerations and relationships. HealthPartners/Regions Hospital Advocacy and Ethics Day, Capitol Building, Saint Paul, MN, April, 2012.
197. Pronk, N.P. Context and measurement considerations for worksite health promotion. St. Thomas University, Saint Paul, MN, April, 2012.
198. Pronk, N.P. Is *Exercise is Medicine* (EIM) good business? Annual ACSM Conference and Exercise is Medicine World Congress, San Francisco, May, 2012.
199. Pronk, N.P. Reducing Prolonged Sitting Time in the Office with Sit-to-Stand Workstations: Impact on Health and Productivity. Marconi Conference, Holland, MI, June, 2012.

200. Pronk, N.P. Reducing Prolonged Sitting Time in the Office with Sit-to-Stand Workstations: Impact on Health and Productivity. 2<sup>nd</sup> Annual JustStand Wellness Summit, Ergotron, Saint Paul, MN July, 2012.
201. Pronk NP. PowerUP for Health. Stillwater, MN, August, 2012.
202. Pronk NP. PowerUP for Health. Sommerset WI, August, 2012.
203. Pronk, NP. Gaming, social media, and other technologies. KP Total Health Behavior Change Summit Advisory Committee Meeting, Oakland, CA, September, 2012.
204. Pronk NP. Protecting and promoting health at the worksite: An evidence-informed approach. Central States Occupational and Environmental Medicine Conference, Bloomington, MN, September, 2012.
205. Pronk NP. Promoting health at the workplace. Harvard School of Public Health: Executive and Continuing Professional Education. Harvard University, Boston, MA, September, 2012.
206. Pronk NP. Connecting practice and research: A model for translation. Harvard School of Public Health: Executive and Continuing Professional Education. Harvard University, Boston, MA, September, 2012.
207. Pronk NP. Essential elements of effective workplace programs. Harvard School of Public Health: Executive and Continuing Professional Education. Harvard University, Boston, MA, September, 2012.
208. Pronk NP. Putting guidelines into practice I: The Take-a-Stand Project. Harvard School of Public Health: Executive and Continuing Professional Education. Harvard University, Boston, MA, September, 2012.
209. Pronk NP. Research Update: Reducing prolonged sitting time in the workplace. HERO Forum, Minneapolis, MN, October, 2012.
210. Pronk NP. Integrated worker health programs, outcomes, and return on investment. Total Worker Health Symposium – From Research to Practice. Coralville, IA, November, 2012.
211. Lawrence R, White C, Teutsch S, Pronk NP. Public Briefing on “*An Integrated Framework for Assessing the Value of Community-Based Prevention.*” IOM (Institute of Medicine; National Academies of Sciences), Washington, DC, December, 2012.
212. Pronk NP. Protecting and promoting health at the worksite is good business. The New Age of Health Care Conference. JA Counter, New Richmond, WI, January, 2013.
213. Pronk NP. Resiliency in the workplace: The resilient employer. HealthPartners Employer Symposium, 2013. Minneapolis, MN, March, 2013.
214. Pronk NP. Building a business case for worksite health promotion. IAWHP Global Symposium, Las Vegas, NV, March 2013
215. Pronk NP, Estey C. Trends and opportunities in worksite health promotion. ACSM’s Health & Fitness summit. Las Vegas, NV, March 2013.
216. Pronk NP. Behavior, health, and work performance: A simple metric. C3 Collaborating for Health Breakfast Seminar. London, United Kingdom. April, 2013.
217. Pronk NP. Good health is good business: Perspectives on ROI estimation for workplace health and well-being programs. Global Healthy Workplace Health Awards & Summit. London, United Kingdom. April, 2013.
218. Pronk NP. The value of health: Perspectives on productivity, cost, and the value proposition for workplace health and well-being programs. Gallagher Benefits Services Productivity and Cost Containment Seminar. Minneapolis, MN. April 2013.

219. Pronk NP. Healthy Community = Healthy Company: Perspectives on the Value of Connecting Workplace and Community Health Initiative. Community Health Charities Seminar. May, 2013.
220. Pronk NP. Optimal lifestyle behaviors and employee productivity. The 10<sup>th</sup> International Conference on Occupational Stress and Health. Los Angeles, CA, May 2013.
221. Pronk NP. Well-being and life satisfaction. Associations observed in an employed population. The 10<sup>th</sup> International Conference on Occupational Stress and Health. Los Angeles, CA, May 2013.
222. McLellan D, Dennerlein J, Sorensen G, Pronk NP. From the field: Developing integrated measurement tools. The 10<sup>th</sup> International Conference on Occupational Stress and Health. Los Angeles, CA, May 2013.
223. Pronk NP. Sit-Stand presentation. International Society of Behavioral Nutrition and Physical Activity (ISBNPA). Ghent, Belgium, May 2013.
224. Pronk, N.P. Cost effectiveness: Comparing exercise to pills and procedures. Annual ACSM Conference and Exercise is Medicine World Congress, Indianapolis, IN, May, 2013.
225. Pronk, N.P. Move more, sit less: Worksite-based perspectives. Annual ACSM Conference and Exercise is Medicine World Congress, Indianapolis, IN, May, 2013.
226. Pronk, N.P. Cardiorespiratory fitness as a primary risk factor: Implications, opportunities, and challenges within managed care. Annual ACSM Conference and Exercise is Medicine World Congress, Indianapolis, IN, May, 2013.
227. Pronk, N.P. Addressing sedentary behavior at the worksite. American Cancer Society Corporate Impact Conference, Denver, CO, June, 2013.
228. Pronk, N.P. Making the business case for healthy lifestyle behaviors to prevent non-communicable diseases. C3 Collaborating for Health expert roundtable. New York Academy of Medicine, New York, NY, June, 2013.
229. Pronk, N.P. The value of health. ISD 728 - Elk River School District. Annual Faculty and Staff meeting. Presentation. Rogers, MN, August, 2013.
230. Pronk, N.P. The value of health: Perspectives on the rationale and value proposition for workplace health and well-being programs. HealthLead Forum, Minneapolis, MN, September, 2013.
231. Pronk, N.P. Increasing engagement through organizational-level influence. University Summit for Faculty and Staff Health & Wellness. Pre-conference to the HERO Forum. Orlando, FL, September, 2013
232. Pronk, N.P., Baase, C., Orme, H. Creating the business case for employee health management. Opening Panel to the HERO Forum, 2013. Orlando, FL, September, 2013.
233. Pronk, N.P., Geiger, L., Walsh, A. Innovations to build a culture of health and performance. National Business Group on Health, Institute on Health Productivity, and Human Capital. 27<sup>th</sup> National Conference on Health, Productivity, and Human Capital. Washington, D.C., September, 2013.
234. Pronk, N.P. Biomarkers as indicators of health. Institute of Medicine; Food Forum Workshop. Washington, D.C., October, 2013.
235. Pronk, N.P. The Value of Worksite Health and Wellness: Context, Perspectives, and Contemporary Viewpoints. Presentation to the University of Wisconsin – Madison, Health and Wellness management Program External Advisory Board. Madison, WI, October, 2013.

236. Pronk, N.P. Getting to value: The role of workplace health and well-being programs in corporate success. Society of Human Resources Managers – Minnesota. Duluth, MN, October, 2013.
237. Pronk, N.P. The value of health. Perspectives on productivity, cost, and the value proposition for workplace health and well-being programs. Human Resources Executive Forum, Minneapolis, MN, October, 2013.
238. Pronk, N.P. The wellness factor: How providers, payors, and corporations are pushing patient responsibility. Panel presentation at the University of St. Thomas Executive Conference on the Future of Health Care. University of St. Thomas, Minneapolis, MN, November, 2013.
239. Pronk, N.P. Evidence-based worksite health promotion: Key features for successful programs. Ministry of Health Conference, Shefayim, Israel, November, 2013.
240. Pronk, N.P. Health promoting technology in the workplace. Ministry of Health Conference, Shefayim, Israel, November, 2013.
241. Pronk, N.P., Pronk, S.,J. The WHO Healthy Workplace model: From strategy to action. Workshop for the Ministry of Health, Israel. Jerusalem, Israel, November, 2013.
242. Pronk, N.P. Prioritizing obesity solutions at the workplace. Panel presentation at the IOM Roundtable for Obesity Solutions Workshop, National Academies of Science, Washington, DC, January, 2014.
243. Pronk, N.P. Employee health management. Panel discussion at the Clinton Foundation Health Matters Conference, Palm Springs, CA, January 2014.
244. Pronk, N.P. Integration of worker health protection and promotion: A review of the literature on health and economic outcomes. Marconi Conference, Austin, TX, January, 2014.
245. Pronk, N.P., Baase, C. Employer-Community Collaboration Initiative: Update to the HERO Think Tank. Dallas, TX, February, 2014.
246. Pronk, N.P. Best practices as building blocks of best programs. IAWHP Webinar, March, 2014.
247. Pronk, N.P. The value of worksite health. IAWHP Executive Summit, Atlanta, GA, April, 2014.
248. Pronk, N.P. Reactor to presentation of the Total Worker Health™: Promising and Best Practices in the Integration of Occupational Safety and Health Protection with health Promotion in the Workplace—A workshop meeting at the Institute of Medicine. Washington, DC, May, 2014.
249. Pronk, N.P. Addressing Prolonged Sitting Time at Work: Connecting Practice and Research. Faculty and Staff Scientific Lecture. Oregon Institute of Occupational Health Science at the Oregon Health Sciences University, Portland, OR, June, 2014.
250. Pronk, N.P. Sit Less, Move Often, Move More: *Addressing Prolonged Sitting Time at Work as Part of a Total Worker Health Agenda*. Symposium on Sedentary, Stationary and Physically Demanding Work. Hosted by the Oregon Institute of Occupational Health Science, Portland, OR, June, 2014.
251. Pronk, N.P. Engaging business and industry in population health efforts. Institute of Medicine Population Health Improvement Roundtable. Business Engagement and Population Health Workshop. New York City, New York, July, 2014.
252. Pronk, N.P. Planning the future of physical activity surveillance for public health: Worksite Setting. CDC/ACSM Roundtable. Atlanta, Georgia, August, 2014.



253. Pronk, N.P. Sit-stand workstations to address prolonged sitting time: A total worker health approach. Occupational Medicine Residency program, HealthPartners St. Paul Clinic, Saint Paul, MN, August, 2014.
254. IOM Roundtable on Obesity Solutions. Workshop on cross-sector work on obesity prevention, treatment, and weight maintenance: Models for change. Introduction to the workshop. Washington, DC, September 30, 2014.
255. Pronk NP, Noyce J. Healthy Workplaces – Healthy Communities. HERO Forum, San Diego, CA, October 1, 2014.
256. Pronk NP. Putting guidelines into practice: Integrating a health promotion vendor’s product in small-to-medium sized businesses. NIOSH TWH Symposium, Bethesda, MD, October, 2014.
257. Pronk NP, McLellan D, McGrail M, Olson S. Practical tools for assessing and reporting Total Worker Health. NIOSH TWH Symposium, Bethesda, MD, October, 2014.
258. Pronk NP. TWH panel discussion on education and professional preparation. NIOSH TWH Symposium, Bethesda, MD, October, 2014.
259. Pronk, N.P. Putting the National Physical Activity Plan into Action: Business & Industry Sector. Webinar. October, 2014.
260. Pronk, N.P. Context matters: Exploring the unexplained variation in health and well-being. Texas A&M University, Department of health and Kinesiology, Graduate Seminar. November, 2014.
261. Pronk NP, Baase C. Engaging business and industry in population health efforts. Vitality Institute Webinar, December 2, 2014.
262. Pronk NP, Noyce J. Healthy Workplaces – Healthy Communities. Population Health Alliance, Phoenix, AZ, December 15, 2014.
263. Pronk NP. Addressing obesity at the workplace. George Washington University Milken School of Public Health Lecture. Washington, DC. January, 2015.
264. Pronk NP, Noyce J. Healthy Workplaces – Healthy Communities. HERO Think Tank, Phoenix, AZ, February, 2015.
265. Pronk NP. Introduction of the National Physical Activity Plan, Business and Industry Sector. NPAP Congress. Washington, DC, February, 20-15.
266. Pronk, NP. Culture matters: Improving workforce health, safety, function, and performance. Hanford Health & Productivity Symposium. Pasco, WA, March, 2015.
267. Pronk NP. Engaging members and driving improvement in population health: A panel discussion. World Health Care Congress. Washington, DC. March, 2015.
268. Pronk NP. Design matters: Well-designed programs can improve health as well as save money. IAWHP Pre-conference at the ACSM’s Health & Fitness Summit. Phoenix, March, 2015.
269. Pronk NP. Physical activity promotion at the workplace: Design matters. “Physical Activity: Moving Toward Obesity Solutions” workshop, Institute of Medicine, Washington, DC, April 2015.
270. Pronk NP. Session Chair on the Value of Investing in a Healthy Workplace and Workforce; Dr. Ray Fabius from HealthNEXT and Ms. Susana Peñarrubia Fraguas from Deutsche Bank AG. Global Healthy Workplace Awards and Summit. Florianopolis, Santa Catarina, Brazil. May, 2015.
271. Pronk NP. Exercise is Medicine at the Workplace. Tutorial Lecture at the Annual Meeting of the ACSM 2015 World Congress on Exercise is Medicine, San Diego, May, 2015.

272. Pronk NP. Nudging workplaces toward physical activity. Symposium on Behavioral Economics and Physical Activity (CDC Session): Moving Passion to Practice: Nudging Workplaces toward Physical Activity. Presented at the Annual Meeting of the ACSM 2015, San Diego, May, 2015.
273. National Public Radio (NPR) interview on “All Things Considered.” When are employee wellness incentives no longer voluntary? (Yuki Noguchi). May 29, 2015.  
<http://www.npr.org/sections/health-shots/2015/05/29/410334545/when-are-employee-wellness-incentives-no-longer-voluntary>
274. The value of workplace health. Lecture at the University of Minnesota Public Health Institute, Integrating worker health protection and promotion course. Minneapolis, MN, June 2015.
275. Pronk NP. From research to roadmap: Frameworks to connect knowing and doing. Data gathering workshop for the Committee on Evaluating Approaches to assessing Prevalence and Trends in Obesity. IOM, Washington, DC, July, 2015.
276. Pronk NP, Baase C. Employer-Community Committee Update to HERO Think Tank. Chicago, IL, September, 2015.
277. Pronk NP, Noyce J, Moseley K. Healthy Workplaces, Healthy Communities. HERO Forum, Chicago, IL, September, 2015.
278. Pronk NP. A systems approach to workplace integration of safety and health. HSPH Ergonomics Course. Harvard School of Public Health Executive Continuing Professional Education. Boston, MA, October, 2015.
279. Pronk NP. Workplace wellness in flux: Making wellness work. Modern Healthcare Workplace of the Future Conference. Nashville, TN. October 14, 2015.
280. Pronk NP. Sedentary behavior and worksite interventions. Lecture at the Sedentary Behavior and Health Conference. Champaign, IL. October 17, 2015
281. Pronk NP. Optimal lifestyle: A simple metric for employee health, costs, and productivity. Webex with General Motors International Medical Team – Southeast Asia/Russia/Middle-East/Africa team. October 2015.
282. Pronk NP, Haws J, Kottke, T. HealthPartners and Kaiser Permanente health initiatives dialogue and exchange meeting. Oakland, CA, November, 2015.
283. Pronk NP. Healthy workplaces, Healthy communities: Leveraging health beyond the workplace. Las Vegas Ergonomics Expo; Ergotron. Las Vegas, NV. November, 2015.
284. Pronk NP. Diabetes Prevention. IHI Minicourse on diabetes prevention. IHI Forum, Orlando, FL. December, 2015.
285. Pronk NP. Employer outcomes of Total Worker Health® initiatives. National Institutes of Health Pathways to Prevention conference, Bethesda, MD. December 2015.
286. Pronk NP. Functional movement and workplace health promotion. ESPN Wide World of Sports at Disney World; Orlando, FL, December, 2015. A joint presentation with the International Association for Worksite Health Promotion (IAWHP) and the American College of Sports Medicine (ACSM) to Disney executive leadership.
287. Pronk NP. Introduction to the HealthLead Data Coordinating Center at HealthPartners Institute. HealthLead Forum, Atlanta, GA, January 2016.
288. Yach D, Pronk NP. Employee health as a proxy for good management. Webinar on “Reporting on Health: A Roadmap for Investors, Companies and Reporting Platforms.” Vitality Institute, February, 2016.

289. Pronk NP. The synergistic effects of business and community on health and well-being: Part I. Health Action Council Annual Conference, Columbus, OH, January 2016.
290. Pronk NP. The synergistic effects of business and community on health and well-being: Part II. Health Action Council Annual Conference, Cleveland, OH, February 2016.
291. Pronk NP. Corporate America and community well-being. Health Action Council Thought-Leadership Roundtable. Health Action Council Annual Conference, Cleveland, OH, February 2016.
292. Pronk NP, Ronneberg K. The Well@Work experience: 2003-2016. The American College of Preventive Medicine Annual Meeting, Washington DC, February 2016.
293. Pronk NP. Employer Perspectives panel facilitator. National Academy of Medicine: The Role of Nutrition in Outpatient Oncology Services Workshop. Washington DC, March 2016.
294. Pronk NP. Cross-Sector Solutions for Obesity Prevention and Treatment. National Academy of Medicine, Health and Medicine Division (NAM HMD), Food and Nutrition Board Update. Nutrition and Public Health Policy: Progress, Opportunities, and Challenges. Experimental Biology Conference, San Diego, CA, April 2016
295. Pronk NP. Evaluation Approaches. International Association for Worksite Health Promotion (IAWHP) pre-conference workshop. Orlando, FL, March 2016.
296. Pronk NP. YouPower. Employer Symposium, HealthPartners. St. Paul, MN, April, 2016.
297. Pronk NP. Building corporate cultures of health and safety: Creating synergy between business performance and community vitality. Occupational Health and Safety Conference, the University of Iowa, Cedar Rapids, IA, April, 2016.
298. Pronk NP. Building corporate cultures of health and safety: Creating synergy between business performance and community vitality. Carl V. Gisolfi Seminar, the University of Iowa, Iowa City, IA, April, 2016.
299. Pronk NP. Obesity and the workplace: Who owns the problem? Who is responsible for the solution? Invited lecture at Wageningen University. Studievereniging Voeding en Gezondheid. Wageningen, The Netherlands, June 2016.
300. Pronk NP. Worksite Health: Best practices overview. Presentation to the 3M Corporate Occupational Medicine Department. Saint Paul, MN. July, 2016.
301. Pronk NP. Connecting workplace with community: A new imperative for Business. Saint Paul Chamber of Commerce Leadership St. Paul Program. Saint Paul, MN, July 2016.
302. Pronk NP. Keynote lecture at the Work Disability and Prevention and Integration Conference, Amsterdam, The Netherlands. September, 2016.
303. Pronk NP. Clarkson Keynote Lecture at the Annual New England ACSM Conference, Providence, RI, October, 2016.
304. Pronk NP. Creating a culture of well-being. Keynote Lecture at the 32<sup>nd</sup> Rosalyn Carter Mental Health Symposium. Carter Center, Atlanta, GA, November, 2016.
305. Pronk NP. Design and measurement of health improvement programs: Practical tools, metrics, and models. Webinar for the VA Educational System, Veterans Health Administration, December, 2016.
306. Pronk NP. Case study methodology for Total Worker Health research. NIOSH Total Worker Health Methods meeting, Iowa City, IA, march 2017.
307. Pronk NP. Integration of worker health promotion and protection: Past, present, and future. Occupational Medicine Grand Rounds. HealthPartners Occupational Medicine, Saint Paul, MN. March, 2017.

308. Pronk NP. The role of organizational values in building a culture of health and well-being. Keynote at the Harvard Business School, Harvard Advanced Leadership Initiative. March, 2017.
309. Pronk NP. Design Matters: Well-designed programs can generate health as well as save money. International Association for Worksite Health Promotion Annual International Conference. San Diego, CA. April, 2017.
310. Pronk NP. Climate change and health. CleanMed Conference. Minneapolis, MN May, 2017.
311. Pronk NP, Katz A, McLellan D, Dennerlein J, Katz J. Associations between conditions of work and worker health and productivity indicators in small manufacturing companies. Work, Stress, and Health Conference. Minneapolis, MN, June, 2017.
312. Pronk NP. Secretary's Advisory Committee on National Health Promotion and Disease Prevention Objectives for 2030. Healthy People 2030 Development: An Informational Webinar. Coordinated by the American Public Health Association (APHA). June, 2017.
313. Pronk NP. Willem and the Workplace: A Perspective from the Land of 10,000 Lakes. Last Lecture event celebrating the career of Professor Dr. Willem van Mechelen at the Vrije Universiteit in Amsterdam, The Netherlands, September, 2017.
314. Pronk NP. The value proposition for health and well-being in the corporate setting. Seminar at the Lee Kum Sheung Center for Health and Happiness at the Harvard T.H. Chan School of Public Health. Boston, MA, September, 2017.
315. Pronk NP. Well-being as a clinical goal: Addressing how people evaluate their life. 31<sup>st</sup> Annual Primary Care Update. Terry C. Shackelford, MD, Memorial Lecture Keynote Speaker. Minneapolis, MN, November, 2017.
316. Pronk NP. Health and Well-Being: Addressing how people evaluate their life. Invited Seminar at the University of Pennsylvania, Leonard Davis Institute for Economic Policy. Philadelphia, PA, January 2018.
317. Pronk NP. The Pursuit of Health and Well-Being in the Organizational Setting. The Conference Board. Health Leadership Council. Jacksonville, FL, January 2018.
318. Pronk NP. The U.S. Healthy People Initiative and the measurement of health and well-being. 2018 Health Care Systems Research Network Annual Conference, Minneapolis, MN, April, 2018.
319. Pronk NP. Diabetes prevention, complexity science, and health and well-being. Keynote presentation at the *International Diabetes Center's* Annual Symposium for Advanced Diabetes Educators: Exploring the Many Facets of Diabetes Care. Minneapolis, MN April, 2018.
320. Pronk NP. Partnering in practice: Multi-level measurement in Total Worker Health. NIOSH 2<sup>nd</sup> International Symposium to Advance Total Worker Health. Washington DC, National Institute of Health, May 2018.
321. Pronk NP. The role of evidence-based policy for health and well-being: Total Worker Health related research in a broader context. NIOSH 2<sup>nd</sup> International Symposium to Advance Total Worker Health. Washington DC, National Institute of Health, May 2018.
322. Pronk NP. Context matters for physical activity promotion. Morris/Paffenbarger Exercise is Medicine Keynote Lecture. American College of Sports Medicine World Congress on Exercise is Medicine. Minneapolis, MN, May, 2018.

## **BIBLIOGRAPHY**

### *Peer-reviewed publications*

1. **Pronk**, N.P., Donnelly, J.E., Jacobsen, D.J., & Pronk, S.J. Accuracy of predicted oxygen consumption during treadmill walking with obese females. *Journal of Obesity and Weight Regulation*, 1989, 8 (2), 137-144.
2. **Pronk**, N.P. The soccer push-pass. *National Strength and Conditioning Association Journal*, 1991, 13 (2), 6-8 cont. 77-82.
3. Donnelly, J.E., **Pronk**, N.P., Jacobsen, D.J., Pronk, S.J., Jakicic, J.J. Effects of very-low-calorie diet and physical training regimens on body composition and resting metabolic rate in obese females. *American Journal of Clinical Nutrition*, 1991, 54, 56-61.
4. **Pronk**, N.P., Donnelly, J.E., & Pronk, S.J. Strength changes induced by extreme dieting and exercise in severely obese females. *Journal of the American College of Nutrition*, 1992, 11 (2), 152-158.
5. **Pronk**, N.P. Short-term effects of exercise on plasma lipids and lipoproteins in humans. *Sports Medicine*, 1993, 16 (6), 431-448.
6. Jacobsen, D.J. Crouse, S.F., Lowe, R.C., & **Pronk**, N.P. Hematological status of female basketball players. *Clinical Journal of Sports Medicine*, 1993, 3, 82-85.
7. **Pronk**, N.P., Jawad, A.F., Crouse, S.F., & Rohack, J.J. Acute effects of walking on mood profiles in women. Preliminary findings in postmenopausal women. *Medicine, Exercise Nutrition, and Health*, 1994, 3 (3), 148-155.
8. **Pronk**, N.P. & Wing, R.R. Physical activity and maintenance of long-term weight loss. *Obesity Research*, 1994, 2 (6), 587-599.
9. **Pronk**, N.P., Pronk, S.J. & Sisco, A.W. Accuracy of the palpation technique to assess exercise heart rate during aerobic bench stepping. *Journal of Strength and Conditioning Research*, 1995, 9 (1), 27-31.
10. **Pronk**, N.P., Crouse, S.F., & Rohack, J.J. Maximal exercise and acute mood response in women. *Physiology and Behavior*, 1995, 57 (5), 1-4.
11. Pronk, S.J., **Pronk**, N.P., Sisco, A., Schiller-Ingles, D., & Ochoa, C. Impact of a daily 10-minute strength and flexibility program in a manufacturing plant. *American Journal of Health Promotion*, 1995, 9 (3), 175-178.
12. Jakicic, J.M., Donnelly, D.J., Jawad, A.F., **Pronk**, N.P., & Jacobsen, D.J. Prescription of exercise intensity for the obese patient: The relationship between heart rate, VO<sub>2</sub>, and perceived exertion. *International Journal of Obesity*, 1995, 19 (6), 382-387.
13. **Pronk**, N.P., Crouse, S.F., O'Brien, B.C., & Rohack, J.J. Acute effects of walking on serum lipids and lipoproteins in women. *Journal of Sports Medicine and Physical Fitness*, 1995, 35 (1), 50-58.
14. Wing, R.R., Jeffery, R.W., **Pronk**, N.P., & Hellerstedt, W.L. Effects of a personal trainer and financial incentives on exercise adherence in overweight women in a behavior weight loss program. *Obesity Research*, 1996, 4(5), 457-462.
15. **Pronk**, N.P., O'Connor, P., Isham, G., & Hawkins, C. Building a patient registry for implementation of health promotion initiatives in a managed care setting. *HMO Practice*, 1997, 11(1), 43-46.
16. **Pronk**, N.P., & O'Connor, P. Systems approach to population health improvement. *Journal of Ambulatory Care Management*, 1997, 20(4), 24-31.

17. O'Connor, P. & **Pronk**, N.P. Database system to identify biological risk in managed care organizations: Implications for clinical care. *Journal of Ambulatory Care Management*, 1997, 20(4), 17-23.
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