

**PROMOTION RECOMMENDATION**  
The University of Michigan  
School of Public Health  
Department of Health Behavior and Health Education

Approved by the Regents  
May 20, 2010

Mary Ellen M. Heisler, MD, MPA, assistant professor of health behavior and health education, Department of Health Behavior and Health Education, School of Public Health, is recommended for promotion to associate professor of health behavior and health education, without tenure, Department of Health Behavior and Health Education, School of Public Health [also associate professor of internal medicine, with tenure, Medical School].

**Academic Degrees:**

M.D.	1997	Harvard Medical School
M.P.A.	1987	Princeton University
B.A.	1983	Amherst College

**Professional Record:**

Sep. 2008 - present	Associate Professor of Internal Medicine, Division of General Medicine, University of Michigan
Sep. 2008 - present	Assistant Professor of Health Behavior and Health Education, University of Michigan, School of Public Health
June 2007 - present	Associate Director, Robert Wood Johnson Clinical Scholars Program, University of Michigan
July 2004 - 2008	Assistant Professor of Internal Medicine, Division of General Medicine, University of Michigan
Dec. 2003 - present	Core Faculty, Robert Wood Johnson Clinical Scholars Program, University of Michigan
July 2002 - present	Research Scientist, Veterans Affairs Center for Practice Management & Outcomes Research
July 2002 - present	Core Investigator, Michigan Diabetes Research and Training Center, Measurement Core
July 2002 - present	Investigator, VA Quality Enhancement Research Initiative for Diabetes Mellitus (QUERI-DM), National Research Coordinating Center
July 2002 - June 2004	Lecturer, Internal Medicine, Division of General Medicine, University of Michigan
July 2000 - July 2002	VA Fellow/Robert Wood Johnson Clinical Scholar, Robert Wood Johnson Clinical Scholars Program, Department of Internal Medicine, University of Michigan
July 1997 - July 2000	Internship & Residency, Department of Internal Medicine, University of Michigan Health System

Teaching: Dr. Heisler has made important educational contributions through curriculum development, didactic teaching, and mentoring activities within the Medical School. In 2006, she was appointed as an associate director of the Robert Wood Johnson Clinical Scholars Program, and assumed responsibility for coordinating the matching of first-year CSP Scholars with appropriate researchers and potential mentors. In this role, she helped connect CSP Scholars to several research projects in the Department of Health Behavior and Health Education (HBHE). Dr. Heisler is also actively involved in clinical mentoring of trainees at all levels (medical students, residents, fellows, and nurse practitioners) in the outpatient

general medicine clinic at the VA, and serves as research mentor to medical students, residents and fellows as well. Her teaching evaluations have been outstanding, and it is notable that she has devoted considerable effort to her own training in order to be an effective educator.

Research: Dr. Heisler is a nationally recognized scholar in self-management of chronic disease and patient-physician communication. Her research focuses on patient, clinician, and health system factors that influence patients' chronic disease self-management, including medication adherence. She has particular expertise in developing and evaluating health system and behavioral interventions to enhance self-management support for patients with chronic diseases. She is PI on several federally funded interventions testing different models and practice changes to improve support for patients' diabetes and heart failure self-management, leading to improved health outcomes. Dr. Heisler is PI on two studies that use peer support and peer counseling to reduce morbidity and mortality from diabetes and CHF. A faculty member in the Department of HBHE is the intervention consultant on these grants. Dr. Heisler has also served as the on-screen host for the HBHE pediatric MI DVD series. Her reputation as a leader in the field is also evident in her numerous national and international presentations, and service on the editorial board of two journals as well as extensive service as a reviewer for several additional journals.

#### Recent and Significant Publications:

Heisler M, Langa K, Eby EL, Fendrick AM, Kabeto, M, Piette JD. The health effects of restricting prescription medication use because of cost. *Med Care* 42:626-634, 2004.

• *With accompanying editorial by Arlene S. Bierman, MD, MS and Chaim Bell, MD, PhD*

Heisler M, Piette JD, Spencer MS, Kieffer E, Vijan S. The relationship between knowledge of recent HbA<sub>1c</sub> values and diabetes care understanding and self-management. *Diabetes Care* 28:816-822, 2005.

Heisler M, Faul, JD, Hayward RA, Langa K, Blaum C, Weir D. Mechanisms for racial and ethnic disparities in glycemic control among middle-aged and older Americans in the Health and Retirement Study (HRS). *Archives of Internal Medicine* 167(17):1853-1860, 2007.

Heisler M, Resnicow K. Helping patients make and sustain healthy changes: A brief introduction to the use of motivational interviewing approaches in clinical diabetes care. *Clinical Diabetes* 23(12): 1992-1999, 2008.

Engel KG, Heisler M, Smith DM, Robinson CH, Forman J, Ubel PA. Patient comprehension of emergency department care and instructions; Are patients aware of when they do not understand? *Annals of Emergency Med* 53(4):454-461, 2009.

Service: At the University of Michigan, Dr. Heisler is a member of the Patient Education Oversight Committee and the Diabetes Quality Improvement Initiative. Externally, she serves on the editorial boards of *Diabetes Care* and *Journal of Clinical Outcomes*, as well as on the Society of General Internal Medicine's national Clinical Practice Task Force, the American College of Physicians' Diabetes Team-Based Care CME Curriculum Development Committee, and as Self-Management Consultant for the American Association of Medical College Academic Medical Center Collaborative working to improve diabetes care. Since 2004, Dr. Heisler has also served as an advisor to the California Health Care Foundation's Chronic Disease Program, and is continuing her international human rights work, serving on the International Advisory Board of Physicians for Human Rights (PHR) and spearheading several PHR projects addressing health and human rights issues.

#### External Reviewers:

Reviewer A: "I tried (unsuccessfully) to recruit [Dr. Heisler] to [my institution] in 2002 from the University of Michigan. Our search committee believed she was the leading general medicine research

candidate nationally that year, and her subsequent successes are no surprise to me... She is clearly a national leader in the area of chronic disease management... Regarding national peer organizational service, she is well-recognized and highly regarded within the Society of General Internal Medicine, the leading general medicine society... [Dr. Heisler] is clearly a rising star in general internal medicine."

Reviewer B: "Dr. Heisler seeks to develop and evaluate innovative strategies to improve clinical and patient-centered outcomes among individuals with chronic disease... Dr. Heisler has one of the most impressive curriculum vitae I have ever seen for someone being considered for Associate Professor... I have been at three Schools of Medicine during my career... I am completely confident that she would sail through the promotion process at any of these institutions."

Reviewer C: "I would rank [Dr. Heisler] as one of the most productive and influential researchers among her peers... Given her scholarly productivity, evidence of independence in funding and creativity, and her mentorship and teaching abilities, I can say with confidence that I believe she would achieve a similar faculty position and rank at my own institution."

Reviewer D: "Dr. Heisler has established a strong national reputation for very high quality scholarship on care for diabetes mellitus... Simply put, she is a shining star who would be promoted to Associate Professor in any medical school in the U.S."

Reviewer E: "I believe Dr. Heisler represents the pinnacle of academic achievement in general internal medicine. Her contributions to scholarship in the area of self-management in diabetes, and disparities, have had tremendous impact in the field, both nationally and internationally. In this field, I would estimate that she ranks in the top 5 nationally, with broad impact in terms of productivity, scope, reach and depth."

Reviewer F: "Dr. Heisler's innovative research program in patient self-management is remarkable for its focus on important understudied elements within self-management, as well as its appreciation for the breadth of factors and contextual elements that affect patient management... Dr. Heisler's combination of intellectual prowess, interpersonal skills, and drive make it highly likely that she will continue on her impressive trajectory as a successful health services researcher."

Summary of Recommendation:

Dr. Heisler has earned a national reputation as a leading scholar on self-management of chronic disease. She collaborates with several faculty in the Department of Health Behavior and Health Education, works with our students, and has done guest lecturing in the Department. Her expertise as a researcher along with being a practicing physician, is of great value to the research and teaching missions of the Department of Health Behavior and Health Education. Thus, we enthusiastically recommend Mary Ellen Michele Heisler, MD, MPA for promotion to associate professor of health behavior and health education, without tenure, in the Department of Health Behavior and Health Education, School of Public Health.



Kenneth E. Warner, Ph.D.  
Dean, School of Public Health



James O. Woolliscroft, M.D.  
Dean, Medical School