

PROMOTION RECOMMENDATION
THE UNIVERSITY OF MICHIGAN
MEDICAL SCHOOL
DEPARTMENT OF FAMILY MEDICINE

Caroline R. Richardson, M.D., associate professor of family medicine, with tenure, Department of Family Medicine, Medical School, is recommended for promotion to professor of family medicine, with tenure, Department of Family Medicine, Medical School.

Academic Degrees:

M.D.	1994	Harvard Medical School
B.S.	1986	Massachusetts Institute of Technology

Professional Record:

2009-present	Associate Professor of Family Medicine, University of Michigan
2003-2009	Assistant Professor of Family Medicine, University of Michigan
1998-2003	Clinical Lecturer, Department of Family Medicine, University of Michigan

Summary of Evaluation:

Teaching: Dr. Richardson has developed a tremendous reputation as a teacher. She has demonstrated a high level of quality as a clinical teacher of medical students in the outpatient family medicine setting during their third-year clerkships (average quality scores are above the department average for medical student teaching – very impressive as family medicine has been the highest rated clerkship by medical students for most 17 of the last 19 years). She also has served as a mentor to six medical students in the past three years for research such as with the Summer Biomedical Research Program. She has received two Token of Appreciation from Medical Students awards over the years, attesting to the high regard her teaching has garnered from medical students. She has mentored three undergraduate students, three masters students, eight Ph.D. candidates, 15 medical students, nine family medicine residents, 11 post-doctoral fellows, 14 Robert Wood Johnson clinical scholars and ten junior faculty members including two VA Career Development awardees. Over the years, she has given several major Grand Rounds presentations to the Department, continuing medical education programs and presentations to the residents, though more recently she has focused on the fellowship level. She has made major professional presentations at the Society of Teachers of Family Medicine (STFM) as well as the Society of Behavioral Medicine, both competitive venues. She precepts residents and is highly rated, with a 4.75 average on a 5 point scale. She also has taught internal medicine residents at the VA Ann Arbor Health Care System on women's health issues.

Research: Dr. Richardson's research training has been particularly rigorous, with a high level of expertise in complex quantitative and qualitative methods. Her work has focused on developing and testing low cost and scalable approaches to health behavior change that can alter population level prevalence of obesity-related chronic diseases. Her work builds on advances in information

technology, health behavior change theory and implementation science to guide intervention development and testing. This is an area of considerable need and importance, but in the past often fraught with weak study design, poor mathematical modeling, and a lack of rigorous measurement methods. She has focused on the promotion of exercise, weight loss and diabetes. Earlier, she was recruited and appointed to the VA Health Services Research and Development unit, a particularly well-regarded health services research unit. Her influence has progressed as she has developed a large and successful research team that has tackled a wide range of projects and grants.

Dr. Richardson's growth as an independent investigator is attested to by her success in securing numerous types of grant funding to support her work, the large number of invited presentations she has made, her commitment to manuscript review and service on editorial boards for several major journals, and her involvement in a range of national scientific committees. Since her last promotion in 2009, she has fifteen extramural invited presentations, including three in New Delhi, India (separate from her research presentations).

As the past director of the VA Diabetes QUERI, Dr. Richardson coordinated the diabetes prevention implementation research efforts for the VA nationally, and has been working closely with implementation science experts and clinical experts from across the country to develop a portfolio of research that is having a direct and measurable impact on patient outcomes over the next five years. For example, her work has informed the Diabetes Prevention Program which is currently being rolled out nationally. She also is currently funded and working on multiple grants, including NIH and VA grants, as both a principal investigator and a co-principal investigator. She has made fifteen major national invited presentations since her last promotion. She reviews manuscripts for well over 20 peer-reviewed scientific journals and was the guest editor for an edition of the *Annals of Internal Medicine*, Clinical Scholars special issue. She currently serves as the associate editor for the *American Journal of Preventive Health*. As a result of this significant success in both her research and its dissemination, Dr. Richardson is considered a leading national expert on the measurement and promotion of lifestyle behavior such as incorporating physical activity patients with chronic disease, as well as a resource for complex methodological approaches to study these and related topics.

Recent and Significant Publications:

Richardson CR, Buis LR, Janney AW, Goodrich DE, Sen A, Hess ML, Fortlage LA, Resnick PJ, Zikmund-Fisher BJ, Strecher VJ, Piette JD: An online community improves adherence in an internet-mediated walking program. Part 1: results of a randomized controlled trial. *J Med Internet Res* 12(4):e71, 2010.

Krein SL, Kadri R, Hughes M, Kerr EA, Piette JD, Holleman R, Hyungjin MK, Richardson CR: Pedometer-based Internet-mediated intervention for adults with chronic low back pain: A randomized controlled trial. *JMIR* 15(8):e181, 2013.

Zulman DM, Damschroder LJ, Smith RG, Resnick PJ, Sen A, Krupka EL, Richardson CR: Implementation and evaluation of an incentivized Internet-mediated walking program for obese adults. *Transl Behav Med* 3:357-369, 2013.

Damschroder LJ, Lutes LD, Kirsh S, Kim HM, Gillon L, Holleman RG, Goodrich DE, Lowery JC, Richardson CR: Small-changes obesity treatment among veterans: 12-month outcomes. *Am J Prev Med* 47:541-553, 2014.

Moy ML, Collins RJ, Martinez CH, Kadri R, Roman P, Holleman RG, Kim HM, Nguyen HQ, Cohen MD, Goodrich DE, Giardino ND, Richardson CR: An internet-mediated pedometer-based program improves health-related quality of life domains and daily step counts in COPD: a randomized controlled trial. *Chest* 2015 Mar 26. [Epub ahead of print]

Service: Dr. Richardson has been involved in much service over her career, both locally as well as nationally. Locally, she served on the department's Advisory Committee on Promotion and Tenure for a two-year term and later as the chair of the Medical School's Advisory Committee on Promotions and Tenure from 2012 to 2013. In addition, she has served on a number of University-wide committees including the MHealthy Scientific Advisory Committee, the Advisory Board to the ADVANCE Program, Committee for Student Biomedical Research and the Leadership Council for the Institute for Health Policy and Innovation. She also serves as a core faculty member for the RWJ Clinical Scholars Program and has been a member of the Behavioral Core of the Michigan Diabetes Research and Training Center. Nationally, she served as a past director of the Diabetes QUERI at the VA Ann Arbor Health Care System. Currently, she is the chair of the Society of Behavioral Medicine's Diabetes Special Interest Group and serves on a standing VA Merit Award Review Committee for Health Services Research. Moreover, she was selected as a fellow in the very competitive ELAM program to begin in 2016. Dr. Richardson is the founder and editor of the Family Medicine Digital Resources Library Resources Wiki, an open access resource for the Society of Teachers of Family Medicine to improve teaching of research in family medicine residencies and an electronic library resource of high impact and national sponsorship. She also is the medical director of the Ypsilanti Family Medicine Center, where she has made significant improvements in the workflow and function of the clinic. Dr. Richardson has an active continuity practice at the Ypsilanti Family Medicine Center for one to two sessions per week.

External Reviewers:

Reviewer A: "She has an outstanding record of obtaining external funding for her research, and is an important co-investigator on several other important projects. Dr. Richardson has a splendid publication record. She is publishing papers on important current topics in leading journals in her area of investigation. Her work also is highly cited."

Reviewer B: "Her work has been consistently funded by NIH and VA grants. This niche is novel and her body of work has clearly been impactful....There is no question that Dr. Caroline Richardson is an extremely talented and productive health services investigator who has made superb contributions in service, teaching, clinical care and scholarship."

Reviewer C: "Dr. Richardson is a nationally and internationally respected researcher and educator who has made important contributions to her field. I am very impressed with her creativity and productivity, her contributions to the field of promoting physical activity and

healthy eating to reduce obesity and chronic disease, her creative methods of delivering the interventions through eHealth, her teaching and mentoring...”

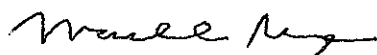
Reviewer D: “Research is clearly Dr. Richardson’s area of expertise. She has developed a national reputation for the assessment and promotion of physical activity, especially in chronic disease and with the use of internet-based programs. Dr. Richardson has been successful in obtaining significant grant funding. By my review, she is currently PI on five ongoing grants; one a Merit Award from the VA, three other VA supported initiatives, and an additional one from Blue Cross/Blue Shield.”

Reviewer E: “Dr. Richardson is a prominent and productive researcher on cost-effective, technology-based approaches to promoting physical activity and improving health. Her work on the development and use of internet-mediated behavior change interventions is cutting-edge and serves to enhance the care and management of chronic illnesses such as obesity, COPD, heart disease, and diabetes....I consider her at the very top of her professional peer group.”

Reviewer F: “Dr. Richardson’s work has been published in a number of prominent journals and has had substantial impact on patient care, especially those with diabetes.”

Summary of Recommendation:

Dr. Richardson is an outstanding academic family physician whose rigorous research training and methodological expertise have led to significant success as an independent investigator in the field of physical activity promotion. I am very pleased to recommend Caroline R. Richardson, M.D. for promotion to professor of family medicine, with tenure, Department of Family Medicine, Medical School.



Marschall S. Runge, M.D., Ph.D.
Executive Vice President for Medical Affairs
Dean, Medical School

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