

Richard Jonathan Elias Joseph

Education & Training

- 06/2016 – 06/2019 Resident physician, Boston, MA
Department of Internal Medicine, Brigham and Women's Hospital
Atrius Health
Department of Population Health at Harvard Medical School
- 08/2011 – 06/2016 Stanford University School of Medicine, Stanford, CA
Doctor of Medicine
- 09/2014—06/2016 Stanford University Graduate School of Business, Stanford, CA
Masters in Business Administration
- 09/2005 – 06/2009 Yale University, New Haven, CT
Bachelor of Science – Molecular Cellular and Developmental Biology,
GPA: 3.75 with Honors
Concentration – Neurobiology

Honors and Awards

- 2020 – The H. Richard Nesson Fellowship at Brigham and Women's Hospital
2012 – Medical Scholars Research Grant Recipient, Stanford University School of Medicine
2011 – Community Health Mini-Grant Recipient (Healthy Lifestyle Curriculum), The Valley Foundation
2008 – Yale School of Medicine Research Grant Recipient for Undergraduates, Yale University

Research Experience

- 01/2012 – 09/2012 Functional Imaging in Neuropsychiatric Disorders (FIND) Lab, Stanford Hospital and Clinics, Stanford, CA
Used functional MRI in conjunction with behavioral instruments and other imaging modalities to detect and characterize the neural networks in patients with Parkinson's disease. The main research objective was to develop novel imaging biomarkers to enhance the understanding, diagnosis, and treatment of Parkinson's disease.
Advisor: Michael Grecius, MD, MPH
- 07/2010 – 07/2011 The Center for the Study of Nutrition Medicine at Harvard, Beth Israel Deaconess Medical Center Medical Center, Boston, MA
Conducted an ongoing clinical trial investigating the neurocognitive benefits of exercise and published an extensive review article. Organized the Annual Harvard Nutrition Symposium with a focus on the neurocognitive underpinnings of eating behavior.
Advisor: George Blackburn, MD, MS
- 09/2008 – 05/2009 Brady Memorial Laboratory, Department of Gastrointestinal/General Surgery, Yale University School of Medicine, New Haven, CT
Investigated the effect of small-molecule calcimimetics to activate the calcium-sensing receptor and reduce the osmotic swelling of rat ileum tissue. The calcimimetics are potential therapies for osmotic and secretory diarrhea, a major cause of death throughout the developing world.
Advisor: John Geibel

- 06/2008 – 09/2008 Yale-Griffin Prevention Research Center, Derby CT
Designed assessment instruments and conducted research on the efficacy of The Nutrition Detectives Program in the New Haven Public School System.
Advisor: David Katz
- 06/2007—09/2007 Gastrointestinal Pathology Laboratory, Department of Surgery, Yale University School of Medicine, New Haven, CT
Conducted bench research to elucidate cellular signaling pathways, biomarkers, and the effect of novel therapeutics on neuroendocrine tumor cells.
Advisors: Irvin Modlin and Mark Kidd

Academic Publications

Chun, E.; Crete, A.; Neal, C.; Joseph, R.; Pojednic, R. The Healthspan Project: A Retrospective Pilot of Biomarkers and Biometric Outcomes after a 6-Month Multi-Modal Wellness Intervention. *Healthcare* 2024, 12, 676. <https://doi.org/10.3390/healthcare12060676>

Thornton M, Sim M, Kennedy MA, Blodgett K, Joseph R, Pojednic R. Nutrition Interventions on Muscle-Related Components of Sarcopenia in Females: A Systematic Review of Randomized Controlled Trials. *Calcif Tissue Int.* 2023 Dec 3. doi: 10.1007/s00223-023-01157-1.

Joseph RJ, Pojednic RM. Performance Medicine: a novel and needed paradigm for proactive health care. *Front Sports Act Living.* 2023 Jul 21;5:1156645. doi: 10.3389/fspor.2023.1156645.

Harry, E., Joseph, R. (2022). Strategies & Tactics to Support a High Performing Healthcare Workforce. In: Louie, P.K., McCarthy, M.H., Albert, T.J. (eds) *The Successful Health Care Professional's Guide*. Springer, Cham. https://doi.org/10.1007/978-3-030-95950-0_8

Joseph R, Berkowitz L. A Wellness Roadmap for Medical Trainees: What a Program Director Should Know. In: *Wellness in Training: Obstetrics and Gynecology* [online]. Toronto (ON): Decker Medicine; March 2019.

Frates, B; Bonnet, J; Joseph, R; Peterson, J. *The Lifestyle Medicine Handbook: An Introduction to the Power of Healthy Habits*. Monterey, CA: Healthy Learning; 2019.

Veeravagu A, Joseph R, Jiang B, Lober RM, Ludwig C, Torres R, Singh H. Traumatic epistaxis: Skull base defects, intracranial complications and neurosurgical considerations. *Int J Surg Case Rep.* 2013;4(8):656-61

Aronis KN, Joseph RJ, Blackburn GL, Mantzoros C. trans-Fatty acids, insulin resistance/diabetes, and cardiovascular disease risk: should policy decisions be based on observational cohort studies, or should we be waiting for results from randomized placebo-controlled trials? *Metabolism.* 2011;60:901-5.

Joseph RJ, Alonso-Alonso M, Bond DS, Pascual-Leone A, Blackburn GL. The neurocognitive connection between physical activity and eating behaviour. *Obes Rev.* 2011;12:800-12

Drozdov I, Kidd M, Gustafsson BI, Svejda B, Joseph R, Pfragner R, Modlin IM. Autoregulatory effects of serotonin on proliferation and signaling pathways in lung and small intestine neuroendocrine tumor cell lines. *Cancer.* 2009;115:4934-45

Kidd M, Drozdov I, Joseph R, Pfragner R, Culler M, Modlin I. Differential cytotoxicity of novel somatostatin and dopamine chimeric compounds on bronchopulmonary and small intestinal neuroendocrine tumor cell lines. *Cancer*. 2008 Aug 15; 113(4):690-700.

Articles and Other Publications

- “[A New Balance Sheet for Doctors](#).” *LA Times*, December 23, 2015.
- “[Performance Training and Public Health for Physician Burnout](#).” *NEJM Catalyst*, March 15, 2017.
- “[The Real Danger of Increasing Resident Work Hours](#).” *NEJM Catalyst*, August 7, 2017.
- “[A Look in the Mirror: The Role of Medical Training in Physician Burnout](#).” *NEJM Catalyst*, January 9, 2018.
- “[Doctors, Revolt!](#)” *New York Times*, February 23, 2018.
- “[Designing Hospitals That Heal as Well as Treat](#).” *NEJM Catalyst*, June 11, 2018.
- “[Getting to the guts of physician burnout: a resident’s perspective](#).” *Medical Economics*, August 1, 2018.
- “[In the crusade against physician burnout, some preach ‘resilience.’ It’s not that simple](#).” *STAT News*, November 1, 2018.
- “[After training in primary care, we aren’t becoming primary care doctors](#).” *STAT News*, June 20, 2019.
- “[Mental mayhem: the peril of multitasking in medicine](#).” *Medical Economics*, June 27, 2019.
- “[What is a successful mindset for weight loss maintenance?](#)” *Harvard Health Blog*, May 11, 2022.
- “[Should you try intermittent fasting for weight loss?](#)” *Harvard Health Blog*, July 28, 2022.
- “[Redesigning Health Equity Philanthropy](#).” *Health Affairs*, December 12, 2022.
- “[How to separate sound wellness solutions from seductive snake oil](#).” *STAT News*, June 19, 2023.

Presentations and Abstracts

Joseph R, Geibel JP. Small-Molecule Calcimimetics Activate the Calcium-Sensing Receptor (CaSR) and Reduce the Osmotic Swelling of Rat Ileum Tissue. Presenter at the Yale University Biomedical Research Symposium. May, 2009.

Features

Joseph RJ, Katz DL. Select chapters: “Ergogenic Effects of Foods and Nutrients: Diet and Athletic Performance & Sports Nutrition”; “Hunger, Appetite, Taste, and Satiety”; “Macronutrient Food Substitutes” Featured in *Nutrition in Clinical Practice*. Third Edition. London: Cambridge University Press, 2014.

Other

- 01/2012 Introduction to Lifestyle Medicine (ORTHO 220), Course at Stanford School of Medicine, *Founder*
An interdisciplinary course for Stanford clinicians, medical students, and other graduate students. The course empowers practicing clinicians and aspiring physicians to facilitate behavioral change and promote a culture of health and wellness in patients. Focus is on both concrete, evidence-based findings and tangible, practical tools to readily translate into everyday clinical practice. A series of leading experts and guest lectures guide students through interactive, patient-focused activities in topics including, but not limited to: nutrition, exercise, sleep, motivational interviewing, meditation, and acupuncture.

Work Experience

09/2020—present Founder of VIM Medicine, LLC

- VIM Medicine is an independent clinic that provides proactive health and medical services including lifestyle behavior change, cardiometabolic risk assessment and reduction, physical fitness plans & training, and integrated services for clients' health and wellness needs.

12/2020—present Co-Founder and Founding Director of Vital CxNs

- Vital CxNs is a Boston-based nonprofit that takes a grassroots approach to forging partnerships that advance equitable health outcomes. With expertise in community organizing, medicine, and cross-sector public health initiatives we take a multi-pronged approach to improving Boston's community health ecosystem through tackling persistent health inequities.

01/2023—present Research Faculty, Division of Preventive Medicine, Brigham and Women's Hospital

9/2022—2/2024 Chief Medical Officer, Restore Hyper Wellness

- Restore Hyperwellness is a 200+ location national franchise that delivers expert guidance on an extensive array of cutting-edge wellness modalities including IV drip therapy, hyperbaric oxygen therapy, cryotherapy, infrared sauna, and compression.
- CMO responsibilities focus on setting the strategic vision and managing a team to execute Restore's overarching narrative, clinical research agenda, innovation process, and provider education
- Developed and implemented a national weight management program leveraging body composition analysis, metabolic health biomarkers, ongoing clinical support, and GLP-1 receptor agonist therapy.

07/2019—01/2023 Brigham and Women's Hospital Center for Weight Management and Metabolic Surgery, *Attending Physician*

09/2017—12/2020 Brigham and Women's Community Wellness Center at Sportsmen's Tennis and Enrichment Center in Dorchester, MA, *Medical Director*

- Organized bimonthly, resident-led workshops on various health and wellness topics for the Dorchester community; now in its second year
- Helped put on a health fair for children in the Dorchester community that included stations on nutrition, mindfulness, and biomechanics
- Secured increased support from BWH and other grant funding mechanisms for continued development

03/2018—06/2019 Partners Graduate Medical Education Council on Resident and Fellow Wellbeing, *Co-Chair*

- Assembled a council of residents and fellows representing the major training programs at both Brigham and Women's Hospital and Massachusetts General Hospital
- Organize and host monthly meetings to push forward an agenda to enhance the mental and physical wellbeing of trainees
- Secured increased and equitable policies for parental leave, disability insurance, and vacation available to all Partners trainees

06/2009—07/2016 Doctors for America, *Advocate and Regional Chapter Founder*

- National movement of physicians and medical students advocating for access to affordable, high quality health care

- Created Docs Run at Stanford School of Medicine, an initiative that organizes physicians and medical students to fundraise on behalf of our local free clinics and participate in the Palo Alto Moonlight Run. The annual event now involves over 100 participants, raises nearly \$5,000 per year and serves as a model for the nationwide initiative Race for Coverage
- Organized town hall events in Boston to build public awareness about health reform, culminating in a 500-person event with the Governor and the Surgeon General.
- Published monthly blog posts on topics surrounding preventive health and public policy

04/2015—06/2016 10X Wellness at Stanford Graduate School of Business, *co-Founder*

- Working with the Student Life office to design a comprehensive curriculum consisting of speakers, workshops, and intensive group sessions to provide the necessary training and tools for MBA students to implement behavior design strategies to combat stress and boost performance

01/2015—04/2015 Stanford Healthcare Consulting Group, *Consultant*

- Worked on project investigating the process of provider scheduling in the transition from inpatient to outpatient care at Stanford Hospital and Clinics
- Focused on how the schedulers function and how they compare to other departments and how this changes with medical coverage by patient
- Process mapped patient flow during discharge, identified barriers to discharge and PCP scheduling, and provided recommendations to ensure more timely and informed outpatient schedule following discharge

02/2010 – 07/2010 STRIDE Community Program, *Founder*

- Enrolled over 10 students during the first year of the program
- Raised grant funding and donations to provide healthy snacks and educational resources
- Collectively raised awareness of the importance of physical activity in schools, culminating with participation in a local 5K run

06/2009 – 02/2010 The Center for American Progress, Washington DC, *Health Policy Intern*

- Developed analyses and talking points explaining the intricacies of the Affordable Care Act
- Wrote weekly columns and op-ed pieces
- Interned with Doctors for America and helped further outreach efforts to medical students across the nation

Teaching Experience

08/2012 – 03/2013 Clinical Anatomy (SURG 203), Stanford, CA
Teaching Assistant

01/2013 – 03/2013 Introduction to Lifestyle Medicine (ORTHO 220), Stanford, CA
Teaching Assistant

Other Activities

09/2011 – 2016 Stanford Club Tennis

2005—present Certified Strength and Conditioning Specialist (CSCS)
Personal Trainer, National Academy of Sports Medicine (NASM) Certified