

Robert Blair Lutz, MD MPH

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Chronology of Education

- 2000-2002 Master of Public Health
Concentration Epidemiology, minor Medical Anthropology
University of Arizona College of Public Health. Tucson, AZ.
- 1984-1988 Doctor of Medicine
Temple University. Philadelphia, PA.
- 1980-1984 Bachelor of Science in Biology, Minor in English, *cum laude*
Villanova University. Villanova, PA.

Chronology of Residency and Fellowship Training

- 1998-2000 Integrative Medicine Fellowship
University of Arizona, Program in Integrative Medicine. Tucson, AZ.
- 1995-1996 Sports Medicine Fellowship
Bayfront Medical Center. St. Petersburg, FL.
- 1993-1995 Family Medicine Residency
Bayfront Medical Center. St. Petersburg, FL.
- 1988-1989 General Surgery Internship
Oakland Naval Hospital. Oakland, CA.

Chronology of Employment

- May 2017 Spokane County Health Officer.
- 2016-present Medical Director, Urgent Care, Rockwood Clinic. Spokane, WA.
- 2015-present Urgent Care Physician, Rockwood Clinic. Spokane, WA.
- 2005-present Qualitative Program Evaluation for recipients of Carol M. White PEP
Grants
- 2014 Adjunct Professor, College of Business and Public Administration, Master
of Public Health. Eastern Washington University, Spokane, WA.
- 2006-2010 Adjunct Professor, School of Professional Studies,
Department of Nursing, Gonzaga University. Spokane, WA.
- 2004-2009 Physician, FirstCare Urgent Care. Spokane, WA.
- 2003-2004 Research Assistant Professor
Nutritional Sciences, University of Arizona. Tucson, AZ.

2002-2004	Research Assistant Professor College of Medicine, University of Arizona. Tucson, AZ.
2002-2004	Assistant Professor Division of Health Promotion, Mel & Enid Zuckerman College of Public Health, University of Arizona. Tucson, AZ.
2000-2004	Medical Editor, Integrative Medicine On-line Education Program University of Arizona, Program in Integrative Medicine. Tucson, AZ.
1996-1998	Family Medicine & Urgent Care Physician FirstCare Physicians. Albany, OR.
1995-1996	Medical Director, Student Health Eckerd College. St. Petersburg, FL.
1994-1996	FastTrak Urgent Care Physician Bayfront Medical Center. St. Petersburg, FL.
1992-1993	Urgent Care Physician, Sharp-Rees Steely. San Diego, CA.
1989-1992	General Medical Officer 1st Marine Division. Camp Pendleton, CA.
1989-1991	Urgent Care Physician, Kaiser Permanente. San Diego, CA.

Licensure & Certification

2004-present	Washington Physician & Surgery Licensure
2016-present	Diplomate, American Board of Family Medicine

Membership

2015-present	American Academy of Family Physicians
2015-present	American Public Health Association
2016-present	Wilderness Medical Society

Honors & Awards

2002	Drachman Prevention Fund Fellow - University of Arizona
2002	Roy P. Drachman Institute 1 st place award-"Aging in the Community" University of Arizona
1995	Society of Teachers of Family Medicine -Teaching Resident Award
1995	M.A. Barton Award for best clinical research, Bayfront Medical Center

Service & Citizenship

Intramural

2016-present Physician Leadership Committee, Rockwood Clinic
2008-2017 Board Member Spokane Regional Board of Health
2012-2017 Spokane Regional Board of Health Executive Team
2010-2017 Spokane Regional Board of Health Education Sub-committee, Chair

Extramural/Outreach

2016-present Gonzaga University IRB member
2015-present SmileSpokane
2015-present Better Health Together
2016-present Tobacco Task Force, Spokane Regional Health District
2013 & 2016 Chair, Public Health Accreditation Board site evaluation
2015 Public Health Accreditation Board site visitor
2014 *ex-officio* Board Member Public Health Accreditation Board
2011 & 2014 Community Indicators Initiative Focus Group member
2013 Board Member National Association of Local Boards of Health
2013 Co-Chair, Washington State Local Boards of Health Alliance
2013 Chair, Public Health Accreditation Board site evaluation
2010 Public Health Accreditation Board Beta-site reviewer
2010-present Founder, Friends of Comstock Park
2008-2010 Medical Director & Board Member, SpokeFest
2008-2010 Chair, SpokeFest Educational subcommittee
2007-2009 Center for Occupational Health Advisor and Instructor
2007-present Medical Director, Bloomsday
2007-2013 Health & fitness writer, Out There Monthly
2006-2010 Chair, Spokane Bicycle Advisory Board
2006-2009 Medical missions - Vietnam and Ecuador
2006-2007 Nutrition & Fitness Health Advisory Committee, Spokane Public Schools
2006-2010 Team Physician, Gonzaga University. Spokane, WA
2005-2006 Task Force member Safe Routes to School Spokane Regional Health District
2004-2008 Board Member Spokane Institutional Review Board
2004-2005 Task Force member for Spokane Public Schools Wellness Policy

**Research
Present**

2005-2017 Qualitative Evaluation of Carol M. White Physical Education Programs

Past

2006-2007 Comparison of Changes in the School Environment to Individual and Family Interventions as Methods for Reducing Obesity in Adolescence.
National Research Initiative Grant no. 2006-04637 from the USDA Cooperative State Research, Education, and Extension Service Human Nutrition and Obesity Program.

Co-investigator 8%

2006-2009 Policy Legislation and Nutrition (PLAN & PLAN-PLUS): What Works to Improve Student Health?

Robert Wood Johnson Foundation.

Co-investigator 10% (in-kind funded)

2002-2004 Integrative Medicine Distance Learning Program
Award No. DAMD17-02-2-0033, Proposal No. 01032001,
HSRRB Log No. A-11643

US Department of Defense \$690,000

Principle Investigator 25%

2003 The Effect of Tai Chi & Yogic Breathing on Hypertension
University of Arizona Honors Student Program

Mentored project \$1000

Mentor

2001-2004 Trial of Activity in Adolescent Girls (TAAG) University of Arizona
NHLBI IU01HL66858-01 \$4.2 million

Co-investigator 10%

2001-2002 Formative Assessment of 4th & 5th Graders Perceptions of Physical Activity in a Tucson-area School District

Drachman Prevention Fellowship \$1500

Principle Investigator

2002 Master Plan for a "Senior Village" in East Tucson
City of Tucson

Co-investigator

Publications

Journals

Grow HM, Johnson D, Lund AE, Lutz A, Lutz R, Colman V. School Wellness Policy Development and Impact: A Case Study Using the Advocacy Coalition Framework. *Washington State Journal of Public Health Practice*; 2013.

Arnett MG & Lutz RB. Measurement of moderate-to-vigorous physical activity in middle school girls using TriTrac activity monitors during small-sided game-based lessons. *Measurement in Physical Education and Exercise Science*; Nov 2003; Vol 7(3):149-159.

Arnett MG & Lutz B. The Effects of Rope Jump Training on the Os Calcis Stiffness Index of Postpubescent Girls. *Med Sci Sports Exerc* 2002; 34(12):1913-1919.

Caspi O, Lutz RB, Criddle MW. Integrative medicine: Implications for the practice of healing-oriented gastroenterology. *Clin Perspectives in Gastroenterology* 2001; 4(6):359-362.

Grant KL, Lutz RB. Ginger. *Am J of Health-System Pharm* 2000; 57:945-946.

Caspi O, Lutz RB, Greenfield RH. Letters to the Editor: Alternative Medicine-the Case of Herbal Remedies. *NEJM* 1999; 340(7):564.

Books

Lutz RB. Integrative Approach to Physical Activity and Mental Health. In: *Complementary and Alternative Treatments in Mental Health Care* Lake, J. & Lerner M. (eds.). American Psychiatric Publications; 2007.

Lutz, RB. Exercise & Cancer-Prevention and Treatment. In: *Integrative Oncology: Principles and Practice*, ed. Matt Mumber, MD, Taylor & Francis publisher, 2006.

Thomson CA, Chen Z, Lutz RB. The Role of Diet, Physical Activity and Body Composition in Cancer Prevention. In: *Alberts DS, Hess LM (eds.). Fundamentals of Cancer Prevention*. New York, NY: Springer; 2005.

Lutz RB. Physical Activity & Exercise. In: *Kligler B, Lee R (eds.). Integrative Medicine*. New York, NY: McGraw-Hill Professional; 2004.

Lutz RB. Gastroesophageal Disease. In: *Rakel D (ed.). Integrative Medicine*. Philadelphia, PA. W.B. Saunders. 2002.

Lutz RB. Peptic Ulcer Disease. In: *Rakel D (ed.). Integrative Medicine*. Philadelphia, PA. W.B. Saunders. 2002.

Lutz RB. Inflammatory Bowel Disease. In: *Rakel D (ed.). Integrative Medicine*. Philadelphia, PA. W.B. Saunders. 2002.

Lutz RB. Irritable Bowel Syndrome. In: *Rakel D (ed.). Integrative Medicine*. Philadelphia, PA. W.B. Saunders. 2002.

Thomson C, Lutz RB. Herbs and Botanical Supplements: Principles and Concepts. In: Coulston AM, Rock CO, Monsen ER (eds.). Nutrition in the Prevention and Treatment of Disease. San Diego, CA. Academic Press. 2001.

Other

Lutz RB, Huntoon L, Johnson L, Arnett MG. Active Living Environments for Youth: A Transdisciplinary Collaboration. (unpublished)

Lutz RB. Integrative Medicine. Spokesman Review, Health & Wellness Guide. October 2004.

Lutz RB. Colorectal Cancer: Alternative Therapies. MicroMedex (Internet) 2001.

Lutz RB. Surgical Intervention for Cardiac Salvage in the Myocardial Infarction Patient; Acute Myocardial Infarction. AAFP Monograph, 1995.

Selected Invited Presentations for Healthcare & Research Professionals

Creating a School System. SHAPE America National Convention. Seattle, WA 2015.

Are We Making A Difference? AAHPERD National Convention. San Diego, CA 2011.

Data-driven Quality Physical Education. Keynote, Summer Institute. Spokane, WA 2011.

Mixed Method Evaluation of a Multi-district Physical Education Curriculum Intervention. American Evaluation Association National Convention. San Antonio, TX 2010.

The Effect of Jump Rope on Bone Mineral Content and Fitness-related Parameters in High School Girls. ISBNPA Annual Meeting. Washington, DC. June 2004.

Keynote presentation for Southwest AAHPERD. Albuquerque, NM. February 2004.

Effect of a School-based Physical Activity Intervention on Health-related Physical Fitness Outcomes. American Public Health Association Annual Conference; Philadelphia, PA. November 2002.

The Effect of Jump Rope on Bone Mineral Content in High School Girls. AAHPERD National Convention Research Consortium. San Diego, CA. March 2002.

Selected Presentations for the Public

Active Living-A Public Health Priority. Active Communities Conference. Spokane, WA. 2007.

Lifestyle Approaches for Cardiovascular Health. Deaconess Medical Center. Spokane, WA. February 2005.

INHS Worksite Wellness Educational Series-Health & Lifestyle Behavior Choices. Spokane, WA. 2005.

Health Matters. KSPS panel discussion on Health Behavior Change. Spokane, WA. January 2005.

Health Promotion for Seniors. Green Valley, AZ. January 2003.