**Robert Blair Lutz, MD MPH**

**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**

* 1. Integrative Medicine Fellowship

University of Arizona, Program in Integrative Medicine. Tucson, AZ.

1995-1996 Sports Medicine Fellowship

Bayfront Medical Center. St. Petersburg, FL.

* 1. Family Medicine Residency

Bayfront Medical Center. St. Petersburg, FL.

1988-1989 General Surgery Internship

Oakland Naval Hospital. Oakland, CA.

**Chronology of Employment**

May 2017-present Spokane County Health Officer.

January 2018 Asotin County Health Officer.

2017-present Adjunct Faculty, Nutrition and Exercise Physiology, Elson S. Floyd College of Medicine. Spokane, WA.

2017 – present Clinical Associate Professor, Clinical Track, Medical Education Clinical Sciences, Elson S. Floyd College of Medicine. Spokane, WA.

2016-2018 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

First*Care* 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 1st 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**

2018 – present Washington State Board of Health

2016-2018 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**

2019 – present Smile Spokane, Board member

2018 Board member, Spokane YMCA

2017-present *ex-officio* Board member, Spokane County Medical Society

2017-present Health Industry Development Group, Greater Spokane Incorporated

2016-present Gonzaga University IRB

2015-present SmileSpokane

2015-present Better Health Together

2016-2017 Tobacco Task Force, Spokane Regional Health District

2013 & 2016 Chair, Public Health Accreditation Board site evaluation

2010-2015 Public Health Accreditation Board site visitor

2014 *ex-officio* Board member Public Health Accreditation Board

2011 &2014 Community Indicators Initiative Focus Group

2013 Board Member National Association of Local Boards of Health

2013 Co-Chair, Washington State Local Boards of Health Alliance

2010-2013 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 Safe Routes to School Spokane Regional Health District

2004-2008 Spokane Institutional Review Board

2004-2005 Task Force for Spokane Public Schools Wellness Policy

**Research**

**Past**

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

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)

* 1. 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**

Amram, O., Amiri, S., Lutz, R. B., Rajan, B., & Monsivais, P. Development of a vulnerability index for diagnosis with the novel coronavirus, COVID-19, in Washington State, USA. Health & Place. 2020.

Amram O, Amiri S, Lutz R, Crowley A, Monsivais P. The Association between obesity, socio-economic status and neighborhood environment: a multi-level analysis of Spokane Public Schools. Journal of Community. Aug 2019.

Amiri S, Lutz R, Socías E, McDonell MG, Roll JM, Amram O. Increased distance was associated with lower daily attendance to an opioid treatment program in Spokane County Washington. J Subst Abuse Treat. 2018 Oct; 93:26-30.

Amiri S, Hirchak K, Lutz R, McDonell MG, McPherson SM, Roll JM, Amram O. Three-year retention in methadone opioid agonist treatment: A survival analysis of clients by dose, area deprivation, and availability of alcohol and cannabis outlets. Drug Alcohol Dependence; 2018. 193, 63-68.

Amiri, S., Lutz, R. B., McDonell, M. G., Roll, J. M., & Amram, O. Spatial access to opioid treatment program and alcohol and cannabis outlets: analysis of missed doses of methadone during the first, second, and third 90 days of treatment. The American Journal of Drug and Alcohol Abuse; 2019. 1-10.

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**

Opioid Crisis 2019. Spokane Regional Opioid Task Force Conference. Spokane, WA.

Opioid Crisis 2019. WSU Nursing Practitioner Conference. Spokane, WA.

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.