

## Curriculum Vitae

D. W. EDINGTON

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### DEGREES

Ph.D. Physical Education, Michigan State University, 1968

M.S. Physical Education, Florida State University, 1963

B.S. Mathematics, Michigan State University, 1959

### ACADEMIC POSITIONS

- 1976- Professor  
The University of Michigan Division of Kinesiology
- 1988- Advisory and Visiting Committees Chinese University of Hong Kong Department of  
Physical Education
- 1984- Research Scientist  
The University of Michigan School of Public Health
- 1984-1998 Professor, Director  
The University of Michigan Division of Kinesiology (Physical Education)
- 1976-1984 Professor, Department Head  
The University of Michigan Department of Physical Education
- 1978 spring Visiting Professor  
The University of California-Los Angeles Department of Kinesiology
- 1973-1976 Associate Professor, Department Head  
University of Massachusetts Exercise Science
- 1969-1973 Assistant Professor  
University of Massachusetts Exercise Science
- 1968-1969 Post-Doctoral Scholar  
University of Toronto

## **AFFILIATIONS**

American Academy of Kinesiology and Physical Education

Society of the Sigma X

## **AWARDS, HONORS**

Distinguished Contribution to the Science of Health Risk Appraisal, Society of Prospective Medicine. 1987

One-Hundred Health Industry Leaders, VIP Award, International Racquet Sports Association. 1988

Michigan State University Distinguished Alumnus, School of Education. 1989

Lifetime Achievement Award. Governors Award. State of Michigan. 2001

Distinguished Career Award. Woodward Lecture. US Navy Medical. 2004. Population Health Improvement: The Readiness Challenge. 23<sup>rd</sup> Annual US Navy Medical and Safety Worldwide Conference. Norfolk. 2004.

Michigan State University Distinguished Alumni Career Award Kinesiology, 2008

National Business Group on Health. Excellence and Innovation in Value Purchasing, 2008

## **PUBLICATIONS, BOOKS**

1. Edington, D. W. Championship Age Group Swimming. Plantation Printers, Louisville, KY, 1965.
2. Edington, D. W. and L. Cunningham. Biological Awareness: Statements for Self-Discovery. Prentice-Hall Co., Inc., Englewood Cliffs, NJ, 1975.
3. Edington, D. W. and V. R. Edgerton. Biology of Physical Activity. Houghton-Mifflin Co., Boston, MA, 1976.
4. Frontiers in Exercise Biology (K. T. Borer, D. W. Edington and T. P. White, editors). Human Kinetics Press, Champaign, IL, 1984.
5. Blanchard, Kenneth, D. W. Edington, and Marjorie Blanchard. The One Minute Manager Gets Fit. William Morrow and Company, 1986. Ten languages plus paperback edition (1986).
6. Blanchard, Kenneth, D. W. Edington, Marjorie Blanchard, and Marilyn P. Edington. The One Minute Manager Gets Fit Action Plan Book. Gets Fit, Inc., Escondido, CA, 1986.
7. Edington, D. W. (editor). Capstone Knowledge in Kinesiology Proceedings of a Symposium. Ann Arbor, November, 1992.
8. Blanchard, Kenneth, D. W. Edington, and Marjorie Blanchard. The One Minute Manager Balances Work and Life. William Morrow and Company, 1999 (revision of The One Minute Manager Gets Fit).

## **PUBLICATIONS, ARTICLES, CHAPTERS, PROCEEDINGS**

1. Edington, D. W. Pyridine Nucleotide Oxidized to Reduced Ratio as a Regulator of Skeletal Muscle Performance. Experientia, 26:601, 1970.
2. Edington, D. W., A. C. Cosmas and W. B. McCafferty. Exercise and Longevity: Evidence for a Threshold Age. Journal of Gerontology, 27:341-343, 1972.
3. Edington, D. W. and A. C. Cosmas. Size Distribution Analysis of the Mitochondrial Population in the Hearts from Immature, Mature-physically Trained Rats. Journal of Applied Physiology, 33:715-718, 1972.
4. Edington, D. W. New World of Exercise Physiology. Proceedings of the National College Physical Education Association for Men, 75:151-162, 1972.
5. Edington, D. W. and G. R. Ward. Changes in Selected Biochemical Concentration Profiles During Exercise. Federation Proceedings, 31:719, 1972 (abstract).
6. Cosmas, A. C. and D. W. Edington. Mitochondrial Distributions from Hearts of Trained, Non-trained and Immature Rats. Medicine and Science in Sports, 4:64, 1972 (abstract).
7. Edington, D. W., G. R. Ward and W. A. Saville. Energy Metabolism of Working Muscle: Concentration Profiles of 24 Selected Metabolites. American Journal of Physiology, 224:1375-1380, 1973.
8. Edington, D. W. and W. B. McCafferty. Mitochondrial Size Distributions Analysis Within Soleus Muscle of Trained Rats. Experientia, 29:692-693, 1973.
9. McCafferty, W. B. and D. W. Edington. Mitochondrial Distributions from Soleus Muscle in Trained and Non-trained Rats. Medicine and Science in Sports, 5:58, 1973 (abstract)
10. Edington, D. W. and L. Cunningham. Applied Physiology of Exercise: A Biological Awareness Concept for the Schools. Journal of Health, Physical Education and Recreation, 4:30-31, 1974.
11. Edington, D. W. and L. Cunningham. More on Biological Awareness. Journal of Health, Physical Education and Recreation, 45:18, 1974.
12. McCafferty, W. B. and D. W. Edington. Subcellular Basis of Competitive Swimming. Swimming Technique, 10:109-111, 1974.
13. McCafferty, W. B. and D. W. Edington. Skeletal Muscle and Organ Weights of Aged and Trained Male Rats. Gerontologia, 20:44-50, 1974.
14. Morris, A. F., W. B. McCafferty and D. W. Edington. Tapping Energy Sources of Track Athletes. Track Technique, 57:1825, 1974.
15. Edington, D. W. and D. R. Simpson. Methodology in Electron and Light Microscopy. Exercise and Sport Science Review, Volume 3 (H. Wilmore and J. F. Keogh, editors), Academic Press, New York, 1975, pp. 371-400.
16. McCafferty, W. B., A. C. Cosmas and D. W. Edington. Does a 'Threshold Age' Cancel Longevity Hope of Exercisers? Physician and Sports Medicine, 3:70, 1975.

17. Welch, M. J., P. M. Clarkson, T. N. Pearce and D. W. Edington. Levels of RNA in Response to Exercise. Science and Medicine in Sports, 7:64, 1975 (abstract).
18. McCafferty, W. B., R. P. Farrar, N. P. Pearce and D. W. Edington. Measurement of Selected Glycolytic Intermediates During Early Recovery From Electrical Stimulation of Skeletal Muscle in the Male Rat. Science and Medicine in Sports, 7:64, 1975 (abstract).
19. Cosmas, A. C. and D. W. Edington. Mitochondrial Distributions in Hearts of Male Rats as a Function of Long Term Physical Training. Metabolic Adaptations to Prolonged Physical Exercise, (H. Howald and J. R. Poortmans, editors), Birkhauser Verlag, Basal, 1975, pp. 390-396.
20. Koziol, B. J. and D. W. Edington. The Effects of Prolonged Direct Muscle Stimulation on Biochemicals Associated with the Malate-aspartate Shuttle in Rat Skeletal Muscle. Metabolic Adaptations to Prolonged Physical Exercise (H. Howald and J. R. Poortmans, editors), Birkhauser Verlag, Basal, 1975, pp. 139-143.
21. McCafferty, W. B. and D. W. Edington. The Effects of Prolonged Direct Muscle Stimulation and Recovery on Biochemicals Associated with Glycolysis in Rat Skeletal Muscle. Metabolic Adaptations to Prolonged Physical Exercise (H. Howald and J. R. Poortmans, editors). Birkhauser Verlag, Basal, 1975, pp. 135-138.
22. Saville, W. A. and D. W. Edington. The Effects of Prolonged Direct Electrical Stimulation Upon Blood Fatty Acids and Selected Enzymes Associated with Fatty Acid Oxidation in Rat Skeletal Muscles. Metabolic Adaptations to Prolonged Physical Exercise (H. Howald and J. R. Poortmans, editors), Birkhauser Verlag, Basal, 1975, pp. 466-470.
23. Manfredi, T. W., M. Welch and D. W. Edington. Electron Microscopic Measurements in Capillaries of Control and Stimulated Slow and Fast-twitch Muscle. Science and Medicine in Sports, 9:71, 1977 (abstract).
24. Farrar, R. P., L. Mayer and D. W. Edington. Selected Biochemical Parameters of Two Sizes of Skeletal Muscle Mitochondria. Science and Medicine in Sports, 9:71, 1977 (abstract).
25. Welch, M. J., T. G. Manfredi and D. W. Edington. Morphological Changes in the Rat Myocardium as a Function of Long Term Physical Training. Medicine and Science in Sports, 10:57, 1978 (abstract).
26. Starnes, J. W., D. W. Edington and R. E. Beyer. Mitochondrial Protein Synthesis and Oxidative Phosphorylation in Control and Overloaded Hearts of 5- 10- and 15-month Old Rats. Medicine and Science in Sports, 10:69, 1978 (abstract)
27. Edington, D. W. Biological Awareness: The General Physical Education Program. Second Mid-American College and University Physical Education Program. Invited Paper. Chicago, IL, January 19-22, 1978, Educational Resources in Education, SPO12174.
28. McCafferty, W. B., D. W. Edington, R. P. Farrar, T. N. Pearce and M. J. Welch. Metabolite Profile of Skeletal Muscle During Recovery. Biochemistry of Exercise (F. Landry and W. Orban, editors). Symposia Specialist, Miami, FL, pp. 233-242, 1978.
29. Edington, D. W. Grantmanship in America (Gerry Glassford, Dick Moriarty and Gerry Redford, editors). Canadian Association of Health, Physical Education and Recreation. Toronto 1980.
30. Starnes, J. W., R. E. Beyer and D. W. Edington. Effects of Age and Cardiac Work In Vitro on Mitochondrial Oxidative Phosphorylation and (<sup>3</sup>H)- Leucine Incorporation. Journal of Gerontology, 36:130-135, 1981.

31. Welch, M. J. and D. W. Edington. The Interaction of Age and Exercise on the Cellular Structure of the Rat Myocardium. Gerontologia.
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38. Berlin, Jesse and D. W. Edington. Correlates of Selected CDC Input Questions with General Biological and Psychological Indicators. Proceedings Society of Prospective Medicine, 18:351-360, 1982.
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40. Edington, D. W. Models of Validity. Corporate Fitness and Recreation, 2:44, 1983.
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44. Edington, D. W. Constructive Criticism (editorial). Corporate Fitness and Recreation, 2:12, 1984.
45. Beyer, R. E., J. W. Starnes, D. W. Edington, R. J. Lipton, R. T. Compton, III and A. Kwasman. Exercise-induced Reversal of Age-related Declines of Oxidative Reactions, Mitochondrial Yield, and Flavins in Skeletal Muscle of the Rat. Mechanisms of Aging and Development, 24:309-323, 1984.
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47. Beyer, R. E., B. Barnett, K. J. Cartwright, D. W. Edington, M J. Falzon, K. R. Kreitman, T. W. Kuhn, B J. Ramp, S. Y. S. Rhee, M. J. Rosenwasser, M. Stein and L. C-I. An. Tissue Coenzyme Q (Ubiquinone) and Protein Concentrations Over the Lifespan of the Laboratory Rat. Mechanisms of Aging and Development, 32:267-281, 1985.

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49. Edington, D. W. Fitness Research: It's a Game of Numbers. Athletic Business, 9:14-25, 1985.
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51. Edington, D. W. and Louis Yen. The Association Between Education and Lifestyle Habits in Selected Working Populations. Proceedings of the Society of Prospective Medicine, 21:54-58, 1985.
52. Edington, D. W. Research Update. Optimal Health, 1(4) Health Promotion: Is It Good Business? 34; (5) Blood Pressure Control, 30-31; (6) Physical Activity and Health, 33-34; 2(1) Health Promotion Evaluation, 30-31; (2) Fitness Research: It's a Game of Numbers, 42-47; 1985.
53. Pfeiffer, G. and D. W. Edington. Health Risk and Occupational Category. Employee Assistance Quarterly, 1:25-34, 1986.
54. Blackburn, R. T., S. M. Horowitz, D. W. Edington and D. M. Klos. University and Administrator Responses to Job Stress. Research in Higher Education, 25:31-41, 1986.
55. Horowitz, S. M., R. T. Blackburn and D. W. Edington. Effects of Wellness Intervention Program on Lifestyle, Attitudes and Stress. Fitness in Business, 1:18-24, 1986.
56. Golaszewski, T., D. Vickery, D. W. Edington and L. Yen. Utilizing Health Risk Appraisals as Program Evaluation Tools: Issues of Reliability. Proceedings of the Society of Prospective Medicine, 22:71-77, 1986.
57. Yen, L. and D. W. Edington. The Association Between Personal Health Behaviors and Parental History of Heart Attack. Proceedings of the Society of Prospective Medicine, 22:23-30, 1986.
58. Goldenhar, L. M. and D. W. Edington. Fitness Programs for Worksite Health Promotion. Chapter in: Worksite Health Promotion, Michigan Department of Public Health, 1986.
59. Edington, D. W. Research Update. Optimal Health 2:(3) Health Promotion Programs and Health Care Expenditures, 33-34; (4) New Report Shows Impressive Gains in Life Expectancy, 40-41; (5) Health Behaviors Tied to Education Level, 60; (6) The Exercise/Benefit Equation, 52-53; 3:(1) Mounting Evidence Gives Wellness Credibility, 58-59; (2) Cholesterol Reduction Still an Ambitious Goal 48-49, 1986.
60. Horowitz, S. M., R. T. Blackburn, D. W. Edington and J. A. Berlin. Predicting Fitness Parameters from the Health Risk Appraisal. Health Education, 18:14-16, 1987.
61. Hildebrandt, H. W., E. L. Miller, D. W. Edington and F. A. Bond, The Newly Promoted Executive, A Study in Corporate Leadership, 1986-87, Division of Research, The University of Michigan, School of Business Administration, 1987.
62. Edington, D. W. Health Promotion: Health Care Cost Containment or Human Resource Development. Chapter in: Health Evaluation and Fitness in the Workplace (S. H. Klarreich, editor), Praeger Press, 1987.
63. Hildebrandt, H. W., E. L. Miller and D. W. Edington. A Review of Managers in U.S. Industries. Michigan Management and Executive Development Studies, Division of Research, The University of Michigan, 1987.

64. Foxman, B. and D. W. Edington. The Accuracy of Health Risk Appraisal in Predicting Mortality. American Journal of Public Health, 77(8), pp. 971-974, 1987.
65. Starnes, J. W., R. E. Beyer, R. P. Farrar and D. W. Edington. Protein Synthesis in Skeletal Muscles from Normal and Diabetic Rats Following Increased Contractile Activity *In Situ*. Research Communications in Chemical Pathology and Pharmacology, 58:339-353, 1987.
66. Edington, D. W. Research Update. Optimal Health 3:(3) Effectiveness and Ethical Issues in Health Screening, 20-21; (4) How Do Your Clients Compare? 21-22; (5) Health Employees, Health Bottom Line, 21; (6) 1990 Objectives: So Close, Yet So Far, 25: 4(1) Cholesterol Control, A High Priority, 17; (2) Defining Healthy Work Environments, 25, 1987.
67. Edington, D. W. Corporate Wellness. Club Business, 8:57-58, 1987.
68. Yen, Louis and D. W. Edington. The Similarities of Health Behaviors and Risks Between Husbands and Wives. Proceedings of the Society of Prospective Medicine, 23:50-55, 1987.
69. Edington, D. W. From Healthy People to Healthy Worksites. Proceedings of the Society of Prospective Medicine, 23:19-24, 1987.
70. Edington, Marilyn P., L. Yen and D. W. Edington. The Association of Age, Sex and Education to Health Behaviors of Worksite HRA Participants. Proceedings of the Society of Prospective Medicine, 23:87-91, 1987.
71. Hildebrandt, H. W. and D. W. Edington. A Managerial Profile: The Asian Manager. Michigan Management and Executive Development Studies, Division of Research, The University of Michigan, 1988.
72. Horowitz, S. M. and D. W. Edington. Association Between Job Stress and Perceived Quality of Life. Journal of American College of Health, 37:29-35, 1988.
73. Edington, D. W. Program Justification: Developing a Strategy. Employee Services Management, 31:11-16, 1988.
74. Edington, Marilyn P., Louis Yen and D. W. Edington. A Comparison of HRA Participants: School Worksite Versus Non-school Worksite. Proceedings of the Society of Prospective Medicine, 24:68-72, 1988.
75. Yen, Louis and D. W. Edington. HRA as a Predictor of Health Care Utilization. Proceedings of the Society of Prospective Medicine, 24:251-256, 1988.
76. Edington, D. W. Research Update. Optimal Health 4:(3) Taking the Risk out of Risk Appraisals, 46; (4) Tapping America's Best Kept HRA Secret, 38:(5) Worksite Survey Required Reading, 19;(6) Worksite Wellness Goes to School, 11; 5(1) Deciding Where Employees Exercise, 11; (2) Future of HRAs Looks Bright, 35; (3) Study Sheds Light on Dieting/Exercise, 13, 1989.
77. Edington, D. W., Marilyn P. Edington and Louis Yen. The Formula for Proving Your Program's Worth. Employee Services Management, 32:12-17, 1989.
78. Edington, D. W., Louis Tze-ching Yen, Halley Faust, and Doug Vilnius. Benefits and Cost of Health Promotion Programs at the Worksite. Proceedings of the Society of Prospective Medicine. 25:162-175, 1989.
79. Miller, Richard E., Thomas J. Golaszewski, George J. Pfeiffer and D. W. Edington. Significance of the Lifestyle System to Employee Health and Assistance. Health Values. 14:41-49, 1990.

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81. Yen, Louis Tze-ching, D. W. Edington and Pam Witting. Associations Between Employee Health-related Measures and Prospective Medical Insurance Costs in a Manufacturing Company. American Journal of Health Promotion, 6:46-54, 1991.
82. Gazmararian, Julie A., Betsy Foxman, Louis Tze-ching Yen, Hall Morgenstern, and D. W. Edington. Comparing the Predictive Accuracy of the Health Risk Appraisal: The Centers for Disease Control versus the Carter Center Program American Journal of Public Health, 81:1296-1301, 1991.
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84. Yen, Louis Tze-ching and D. W. Edington. Prediction of Prospective Medical Claims and Absenteeism. Costs for 1,284 Hourly Workers from a Manufacturing Company. Journal of Occupational Medicine, 34:428-435, 1992.
85. Edington, D. W. and Louis Yen. Is it Possible to Simultaneously Reduce Risk Factors and Excess Health Care Costs? American Journal of Health Promotion, 6(6): 403-406, 1992.
86. Edington, D. W. Cost-Benefit of Worksite Wellness Programs III, Annual Review. Fitness Research Center, University of Michigan, 1992.
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88. Yen, Louis, D. W. Edington and Pam Witting. Health Risk Appraisal: A Predictive Tool for Health Care Cost Management. Proceedings of the Society of Prospective Medicine, 28:18-28, 1992.
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93. Yen, Louis Tze-ching, D. W. Edington, and Pamela Witting. Corporate Medical Claims Cost Distribution and Factors Associated with High-Cost Status. Journal of Occupational Medicine. 36:505-515, 1994.
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101. Edington, D. W., M. P. Edington, L. Yen. Ten Research Studies You Can't Afford to Ignore II. Worksite Health. 3 (2):23-26, 1996.
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103. Edington, D. W. and Louis Yen. Reliability, Validity and Effectiveness of Health Risk Appraisals II. Chapter in SPM Directory of Health Risk Appraisals. Society of Prospective Medicine. Indianapolis, p 44-55, 1996.
104. Musich, Shirley, Laura Adams, Joanna Broder, Alyssa Belaire, Louis Yen, Chi-Fung Lu, Irwin Moore, Dee W. Edington. Preliminary Evaluation of a Worksite Influenza Vaccination Program: The Experience of the Progressive Corporation. Worksite Health. 3 (4): 27-34, 1996.
105. Edington, D. W. and Alexandra Braunstein. Ten Research Studies You Can't Afford to Ignore III. Worksite Health. 4 (3): 23-26, 1997.
106. Edington, Marilyn, Mary Ann Sharp, Kelley Vreeken, Louis Yen, D.W. Edington. Worksite Health Program Preferences by Gender and Health Risk. American Journal of Health Behavior. 21 (3): 207-215, 1997.
107. Edington, Dee W., Louis Tze-ching Yen, Pamela Witting. The Financial Impact of Changes in Personal Health Practices. Journal of Occupational and Environmental Medicine. 39 (11): 1037-1046, 1997.
108. Edington, D. W. Use of AWHP's Worksite Health for Your Professional Development. Worksite Health. 5(1): 46-47, 1998.
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110. Burton, Wayne N., Chin-Yu Chen, Alyssa B. Schultz, D. W. Edington. The Economic Costs Associated with Body Mass Index in a Workplace. Journal of Occupational and Environmental Medicine. 40 (9): 786-792, 1998.
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#### **PRESENTATIONS (UNPUBLISHED)**

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98. Edington, D. W. The Healthy Personality. Presbyterian Church, Ann Arbor, Michigan, September, 1988.
99. Edington, D. W. Lifestyle of the Chinese, Working Conference. University of Michigan, Ann Arbor, Michigan, October, 1988.
100. Edington, D. W. Benefits of a Healthy Lifestyle. Ann Arbor Litho Club, Ann Arbor, Michigan, November, 1988.
101. Edington, D. W. Executive Health. The Executive Committee, Detroit, Michigan, November, 1988.
102. Edington, D. W. Studying Physical Activity in Context: Health. Leadership Conference, Big Ten/AAPE Physical Education, Chicago, Illinois, December, 1988.
103. Edington, D. W. and Marilyn P. Edington. How to Be Fit and In Shape the Rest of Your Life. Washtenaw Community College, Ann Arbor, Michigan, February, 1989.
104. Edington, D. W. Personal Health Management for the Corporate Executive. The Cleveland Clinic, Cleveland, Ohio, February, 1989.
105. Edington, D. W. Evaluating the Effects of a Worksite Wellness Program. The Cleveland Clinic, Cleveland, Ohio, February, 1989.
106. Edington, D. W. Investing in Wellness. University of Michigan Alumni Club, Atlanta, Georgia (February 20); Macon, Georgia (March 1); and Charlotte, North Carolina (March 2), 1989.
107. Edington, D. W. FRC Data Bases for Children and Adults. Kellogg Company, Battle Creek, Michigan, March, 1989.
108. Edington, D. W. Worksite Health Promotion. Flint Rotary Club, Flint, Michigan, March, 1989.
109. Edington, D. W. Medical Costs of Health Club Members. Hong Kong Sports Medicine Conference, Hong Kong, March, 1989.
110. Edington, D. W. Lifestyle of the Chinese. Second Medical College of Shanghai, Shanghai, China, March, 1989.

111. Edington, D. W. Relationship of Absenteeism, Health Behaviors, and Health Care Costs. Presenter and organizer of four-person panel, Risk and Insurance Management Society, Atlanta, Georgia, April, 1989.
112. Edington, D. W. Trends in Health Care Costs. Wellness in the Workplace VII, Ann Arbor, Michigan, April, 1989.
113. Edington, D. W. Wellness as a Viable Corporate Strategy. American Occupational Health Conference, Boston, Massachusetts, May, 1989.
114. Edington, D. W. Present Your Case (Justifying your Program with Management). National Employee Services and Recreation Association, Dallas, Texas, May, 1989.
115. Edington, D. W. A Healthy Workforce: A Priceless Asset. American Heart Association of Michigan, Dearborn, Michigan, May, 1989.
116. Edington, D. W. Emeritus Alumni: What You've Taught Us About Life and Health. Michigan Alumni Association, Ann Arbor, Michigan, June, 1989.
117. Manfredi, Tom and D. W. Edington. Capillary Endothelial Morphometric Profiles in Fast and Slow Twitch Muscle: Alterations in Response to Anesthesia and Electrical Stimulation. Electron Microscopy Society of America, San Antonio, Texas, April, 1989.
118. Edington, D. W. A Healthy, Productive You. Ann Arbor Rotary Club, Ann Arbor, Michigan, August, 1989.
119. Edington, D. W. Outstanding Alumni Award Address. School of Education, Michigan State University, East Lansing, Michigan, September, 1989.
120. Edington, D. W. Health Care Costs: Is Wellness A Viable Corporate Strategy? Society for Public Health Education-Great Lakes Chapter, Mt. Pleasant, Michigan, September, 1989.
121. Edington, D. W. Initiating the Planning Stages: Bridging the Gap. Weaving the Net: Strategies for Health Promotion Dissemination, Michigan State University, East Lansing, Michigan, October, 1989.
122. Edington, D. W. Health Promotion in the Workplace: Is it Worth It? Bronson Healthcare Community Health Forum, Kalamazoo, Michigan, October, 1989.
123. Foxman, Betsy, Julie Gazmararian, D. W. Edington and Louis Tze-Ching Yen. Comparing the Centers for Disease Control Health Risk Appraisal Program (CDC/HRA) with the Carter Center HRA: Which One More Accurately Predicts Mortality? American Association for Public Health, Chicago, Illinois, October, 1989.
124. Edington, D. W. Health Promotion in the Workplace: Is it Worth It? Monroe Chamber of Commerce, Monroe, Michigan, February, 1990.
125. Edington, D. W. Lifestyle Behaviors as Predictors of Health and Vitality. Conference on Development of Sports Culture and Primary Care of the Athlete, Hong Kong, March, 1990.
126. Yen, Louis and D. W. Edington. Prediction of Prospective Medical Insurance Costs. Society of Behavioral Medicine, Chicago, Illinois, April, 1990.
127. Edington, D. W. The Future of Worksite Wellness. Michigan School of Public Relations Association, Ypsilanti, Michigan, May, 1990.

128. Edington, D. W. Considerations of Wellness Programs. Eaton Corporation, Cleveland, Ohio, June, 1990.
129. Edington, D. W. Staying Well at Work. Toledo Rotary Club, Toledo, Ohio, August, 1990.
130. Edington, D. W. Personal Wellness. Big Ten Editors, Ann Arbor, Michigan, September, 1990.
131. Yen, Louis Tze-ching and D. W. Edington. Association Between Employee Health-related Measures and Prospective Medical Insurance Costs in a Manufacturing Company. Hilton Head, South Carolina, February, 1991.
132. Edington, D. W., Louis Yen and Pam Witting. Cost Reduction or Risk Reduction. Wellness in the Workplace, Baltimore, Maryland, April, 1991.
133. Edington, D. W. Reducing Health Risks or Health Care Costs: Where to Focus Wellness. Wellness in the Workplace, Baltimore, Maryland, April, 1991.
134. Edington, D. W. Fitness: A Cardiovascular Benefit for All. American Heart Association, Ypsilanti, Michigan, May, 1991.
135. Edington, D. W. Physical Fitness and Quality of Life. Academy of Denture Prosthetics, Wintergreen, Virginia, May, 1991.
136. Edington, D. W. Emeritus Alumni: What You Have Taught Us About Life and Health, Ann Arbor, Michigan, June, 1991.
137. Edington, D. W., Louis Yen, and Molly Gong. Health Risk Profile of Michigan Workers. Michigan Department of Public Health. Lansing, Michigan, September, 1991.
138. Edington, D. W. and Pam Witting. Risk Factors or Excess Health Care Costs. American Association for Fitness in Business, Phoenix, Arizona, September, 1991.
139. Edington, D. W. and Louis Yen. Health Risk Reduction or Reduction in Health Care Costs. Society for Prospective Medicine, Knoxville, Tennessee, October, 1991.
140. Edington, D. W. The Value of Health. University of Michigan, Alumni Club, Pontiac, Michigan, October, 1991
141. Edington, D. W., Louis Yen and Pam Witting. Health Risks and Health Care Costs. Michigan Association for Fitness in Business, Farmington Hills, Michigan, October, 1991.
142. Edington, D. W. Ethics from the Viewpoint of Organized Agencies: A Reaction. American Academy of Physical Education, Indianapolis, Indiana, April, 1992.
143. Lindeman, Joyce and D. W. Edington. Curriculum for the 1990s. American Association for Health, Physical Education, Recreation and Dance, Indianapolis, Indiana, April, 1992.
144. Yen, Louis, and D. W. Edington. Interrelationship between Physical Activity Levels and Other Health-Related Activities. International Conference on Physical Activity and Health, May, 1992.
145. Edington, D. W. Healthy Lifestyles: The Benefits to Individuals and Organizations. The Institute of Internal Auditors, Dearborn, Michigan, May, 1992.
146. Edington, D. W. Walking for Your Health. Federal Reserve Bank, Detroit, Michigan, May, 1992.

147. Edington, D. W. Emeritus Alumni: What You Have Taught Us About Health and Life. Ann Arbor, Michigan, June, 1992.
148. Edington, D. W. The Manager Role in Stress and Wellness at the Workplace. Vice President for Financial Affairs, University of Michigan, July, 1992.
149. Edington, D. W. Vitality: Maintaining Your Energy Level. University of Michigan Alumni, Ann Arbor, Michigan, July, 1992.
150. Edington, D. W. Prevention in Health Care. Celebrate Michigan, Ann Arbor, Michigan, September, 1992.
151. Edington, D. W. Economic Impact of Worksite Health Promotion (panel). Association for Fitness in Business, San Diego, California, September, 1992.
152. Edington, D. W. Does Wellness Make a Difference at the Worksite? Capstone Knowledge in Kinesiology, Ann Arbor, Michigan, November, 1992.
153. Edington, D. W. Update on Wellness. International Business Machines, Purchase, New York, January, 1993.
154. Edington, D. W. Update on Wellness. Ohio State University, Columbus, Ohio, January, 1993.
155. Edington, D. W. Wellness in the Workplace XII. Ann Arbor, Michigan, March, 1993.
156. Edington, D. W., Yen, Louis, Lu, Chi-Fung. Integrated Wellness Data Management Systems, Ann Arbor, Michigan, March, 1993.
157. Edington, D. W. Maintaining Your Vitality Throughout Your Professional Life. University of Detroit Dentistry School, Detroit, Michigan, April, 1993.
158. Edington, D. W. Health Behaviors, Risks and Costs. Symposium on Economic Benefits of Health Promotion at the Worksite, Buffalo, New York, May, 1993.
159. Edington, D. W. What You Have Taught Us About Health and Life. Emeritus Alumni Weekend, Ann Arbor, Michigan, June, 1993.
160. Orso, Camille, D. W. Edington and Mary Hoeneke. Apple a Day: ZA Family-Oriented Incentive-Driven Wellness Program. Group Health Conference, San Francisco, California, July, 1993.
161. Edington, D. W. Some examples of Excellence from Michigan Worksites. Getting Michigan Moving. Governor's Council on Physical Fitness, Health and Sports, Lansing, Michigan, September, 1993.
162. Edington, D. W. Health Behaviors, Health Risks, Health Costs. Association of Worksite Health Promotion, New Orleans, Louisiana, September, 1993.
163. Edington, D. W. Unhealthy Behaviors and Health Care Costs: The Formula for Change. Association of Worksite Health Promotion, New Orleans, Louisiana, September, 1993.
164. Edington, D. W. Lifestyle Behaviors and Health Care Utilization and Costs. University Seminar, University of Michigan, Ann Arbor, Michigan, October, 1993.
165. Christopherson, Diane, J., Bonnie L. Metzger and D. W. Edington. Effect of Weightload on Walking Programs in Middle-aged Women. American Heart Association, Atlanta, Georgia, November, 1993.

166. Edington, D. W. What is the Relationship of Lifestyle and Health Risk Behaviors to Health Care Utilization and Costs? Washtenaw Area Health Care Alliance, Ann Arbor, Michigan, January, 1994.
167. Edington, D. W. Impact of Health Promotion Program at Steelcase. American Journal of Health Promotion Conference, Colorado Springs, Colorado, February, 1994.
168. Edington, D. W. Cost Savings Associated with Employee Adopting Low-Risk Lifestyles. Mobile Medical Director Annual Meeting. San Diego, California, March, 1994.
169. Edington, D. W. Wellness and the Workplace XIII. Ann Arbor, Michigan, March, 1994
170. Edington, D. W. Risk Reduction Versus Cost Reduction American Occupational Health Conference, Chicago, Illinois, April, 1994.
171. Edington, D. W. Should We Track Health Risks and Costs? American Occupational Health Conference, Chicago, Illinois, April, 1994.
172. Edington, D. W. Kinesiology. Kalamazoo Alumni Association. Kalamazoo, Michigan, April, 1994.
173. Edington, D. W. Steelcase Data Demonstrates That Change in Risk Equals Change in Cost. Wellness in the Workplace, Baltimore, Maryland, May, 1994.
174. Edington, D. W. Money talks: Building an Integrated Wellness Management System. Wellness in the Workplace, Baltimore, Maryland, May, 1994.
175. Edington, D. W. Steelcase Workers Study. U.S. Army Surgeon General Conference on Health Promotion, Baltimore, Maryland, June, 1994.
176. Edington, D. W. What You Have Taught Us About Health and Life. Emeritus Alumni Weekend, Ann Arbor, Michigan, June, 1994.
177. Edington, D. W. A Health Management Program for M-CARE. Lessons from the Steelcase Study. M-CARE Conference, Ann Arbor, Michigan, September, 1994.
178. Edington, D. W. Employee Lifestyle and Health Expenditures. Jackson Health Alliance. Jackson MI October, 1994.
179. Edington, D. W. Steelcase Data Demonstrates that Change in Risk Equals Change in Cost. Central Iowa Wellness Council. Des Moines, IA. October, 1994.
180. Edington, D. W. Money Talks: Building an Integrated Wellness Management System. Central Iowa Wellness Council Des Moines IA. October, 1994.
181. Edington, D. W. Steelcase Data Demonstrates that Change in Risk Equals Change in Cost. Wellness Council of Wisconsin. Milwaukee WI October, 1994.
182. Edington, D. W. Money Talks: Building an Integrated Wellness Management System. Wellness Council of Wisconsin. Milwaukee WI October, 1994.
183. Edington, D. W. Change in Risk Equals Change in Cost: The Steelcase Study. The Wellness Councils of West Virginia. Charleston, WV October, 1994.
184. Cosmas, A., D. W. Edington, T. Manfredi. Mitochondrial Distributions in Hearts of Male Rats as a Function of Aging. American Aging Association. Washington D.C. October 1994.

185. Edington, D. W. Steelcase Data Demonstrates the Change in Risk Equals Change in Cost. United States Air Force Worldwide Health Promotion Conference. Denver CO. November, 1994.
186. Edington, D. W. Data Management Strategies to Improve Appropriate Utilization and the Overall Health and Quality of Life of the Members of the Managed Care Organization. Institute for International Research:Health Promotion and Preventive Medicine. Philadelphia, PA November 1994.
187. Edington, D. W. Data Management Strategies to Improve Appropriate Utilization and the Overall Health and Quality of Life of the Members of the Managed Care Organization. Institute for International Research:Health Promotion and Preventive Medicine. San Francisco, CA. December 1994.
188. Edington, D. W. Wellness in the Workplace. University of Michigan 1995 Business and Finance Management Institute. Ann Arbor MI January, 1995.
189. Edington, D. W. Vitality: Maintaining Your Energy Levels. Jackson Area Sales and Marketing Executives Association. Jackson, MI January 1995.
190. Edington, D. W. Worksite Wellness: A Case Study at Steelcase, Inc. Wellness Council of Northern Michigan. Shanty Creek MI April, 1995.
191. Edington, D. W. Risk Analysis and Trend Management. M-CARE Corporate Symposium. Flint MI April, 1995.
192. Christopherson, D.J., Metzger, B.L., Edington, D.W. Effect of a 6 Kg Weightload on Oxygen Consumption and Lipid Profile in Middle-aged Women During a Walking Program. (Abstract) *Medicine and Science in Sport and Exercise*. 27:(5 Suppl): S74. 1995.
193. Edington, D. W. Containing Health Care Costs. Southeast Michigan Hospital Council. Troy, MI, May, 1995.
194. Edington, D. W. Health Management Program for a HMO. Group Health Association of America Annual Meeting. San Diego June, 1995.
195. Edington, D. W. What you have taught us about life, health and vitality. Emeritis Reunion Weekend, University of Michigan. Ann Arbor, MI, June, 1995.
196. Edington, D. W. Healthy Employees Equals Profits. Aerobic Fitness and Health Association of the Republic of China. Taiwan, September, 1995.
197. Edington, D. W. The Key Role of Fitness in the New Lifestyle of the Nineties and into the Next Century. Aerobic Fitness and Health Association of the Republic of China. Taiwan, September, 1995.
198. Edington, D. W. Economics of Worksite Wellness Programs: Ten Year Steelcase Study. The American Heart Association. Chicago, October, 1995.
199. Edington, D. W. Trend Management for Managed Care: The Third Generation. Controlling Utilization through Demand-Side Management. Global Business Research. Orlando, FA. November, 1995.
200. Edington, D. W. Worker Health as it Relates to Worker Productivity. The Economic Club. Central Macomb County Chamber of Commerce. Mt. Clemons, MI. November, 1995.
201. Edington, D. W. Economic Benefits of Risk Reduction. Genesys Regional Medical Center. Flint, MI February, 1996.

202. Edington, D. W. Economic Benefits of Risk Reduction. Kinesiology Day. Ann Arbor, Mi. February, 1996.
203. Edington, D. W. Health Risk Appraisals in Managed Care: The M-CARE Experience. The Society of Prospective Medicine 32nd Annual Meeting. Dallas, TX. March 1996.
204. Edington, D. W. Working Partnerships in Health Promotion. Wellness in the Workplace XV. Ann Arbor, MI. March, 1996.
205. Edington, D. W. Sports Medicine/Fitness/Kinesiology. The 2nd Annual Sports Symposium. Ann Arbor, MI. April, 1996.
206. Edington, D. W. Faculty Work in Progress. Division of Kinesiology. Ann Arbor, MI. April, 1996.
207. Edington, D. W. Economics of Worksite Wellness. Ann Arbor Rotary Club-North. Ann Arbor, MI. April, 1996.
208. Edington, D. W. Lifestyles and Cost Containment: The Steelcase Experience. Hospital Council Foundation of East Central Michigan. May, 1996.
209. Edington, D. W. The Economic Benefits of Worksite Health Promotion. Worksite Wellness State Awards for Rhode Island. Providence, RI. May, 1996
210. Edington, D. W. Emerging Issues in Worksite Health Promotion. Michigan Conference on Heart Disease and Stroke Prevention. Lansing, MI. May, 1996.
211. Edington, D. W. Managing Outside the Arena. Michigan School of Ice Arena Management. Ann Arbor, MI. June, 1996.
212. Edington, D. W. What You Have Taught us about Life, Health, and Vitality. University of Michigan Emeritus Reunion Weekend. Ann Arbor, MI. June 1996.
213. Edington, D.W. Update on Research in Health Management. Corporate Consortium Meetings. Ann Arbor. December, 1996.
214. Edington, D. W., Elaine Schneuringer. Health Risk Appraisal. American Association of Retiree Persons Senior Staff Workshop. Washington D.C., February, 1997.
215. Edington, D. W. Consumer Empowerment Strategies for the 21<sup>st</sup> Century. Midwest Business Group on Health. Chicago. March, 1997.
216. Edington, D. W. Health Promotion and Disease Management: What are the Links? Worksite Wellness Council of Illinois. Chicago. June, 1997.
217. Edington, D. W. Economics of Worksite Health Promotion. National Association of Public Sector Health Promotion. Chicago. September, 1997.
218. Edington, D. W. Update on Research in Health Management . Corporate Consortium Meetings. Ann Arbor. December, 1997.
219. Edington, D. W. Changes in Health Care Costs follow Changes in Health Risks. American Journal of Health Promotion Conference. Monterey, CA. March, 1998.
220. Edington, D. W. Economics of Corporate Wellness Programs. Institute for Health Improvement in Southeast Michigan. Detroit April, 1998.

221. Edington, D. W. Economics and Health Status of a Health Lifestyle. Hurley Medical Staff. Flint, Michigan May, 1998.
222. Edington, D. W. Do Changes in Costs follow Changes in Risks? 1998 Annual International Conference of Association of Worksite Health Promotion. Anaheim, California. September, 1998.
223. Edington, D. W. Do Changes in Costs follow Changes in Risks? Health People in a Health Oakland Annual Conference. Farmington Hills, Michigan. October, 1998.
224. Edington, D. W. Resource Optimization: Tying Health Risk to Future Health Care Costs. Crossing the Health Behavior Chasem: Solutions for Health, Performance, and Profit. NewSof Group and GlaxoWellcome Conference. Seattle. October, 1999.
225. Edington, D. W. Health and Productivity Management: Moving from Theory to Practice. South Central Michigan Health Alliance. Ann Arbor. October, 1998.
226. Yen, Louis, Yi Li, Marilyn P. Edington, Chi-Fung Lu, D. W. Edington. Stratification of Health Risks and Behaviors. Society of Prospective Medicine 34<sup>th</sup> Annual Meeting. Rhode Island. October, 1998.
227. Edington, D. W., Louis Yen, Yi Li, Ji Li, Shirley Musich. The Relative Importance of Low-Risk Maintenance Versus High-Risk Reduction. Society of Prospective Medicine 34<sup>th</sup> Annual Meeting. Rhode Island, October, 1998.
228. Edington, D.W. Update on Research in Health Management. Corporate Consortium 3<sup>th</sup> Annual Meeting. Ann Arbor. December, 1998
229. Edington, D. W. Cost Effectiveness of Worksite Health Promotion Programs. Department of Management and Budget, State of Michigan. Lansing. January, 1999.
230. Edington, D. W. Early Evaluation of the UAW-GM LifeSteps Program. 10<sup>th</sup> Annual Art and Science of Health Promotion Conference. Florida. March, 1999.
231. Edington, D. W. United States' Trends in Health Management. 1999 Chinese Taipei University Conference on Sport Science and Physical Education. Taiwan. June, 1999
232. Edington, D. W. Exercise and Wellness. Graham Kerr's Gathering Place. Toronto. June, 1999.
233. Edington, D. W. Value of Wellness and Results of Research. Bank One Human Resource Directors. Chicago. June 1999.
234. Edington, D. W., Shirley Musich, Marilyn Edington, Elaine Schnueringer. The Maintenance of Low-Risk as an Important Worksite Strategy. Association of Worksite Health Promotion International Conference. Nashville. September 1999.
235. Edington, D. W. Recent Trends in the Development of Health Management. 2<sup>nd</sup> Congreeeo Brasileiro de Autogestao em Saude. Associacao Brasileira dos Servicos Assistenciais de Saude Proprios de Empresas. Sao Paulo. September 1999.
236. Edington, D. W. Health Management as a New Tool for Preventive Medicine. Micelli and Associates. Sao Paulo. September 1999.
237. Edington, D. W. Using the HRA to Identify Low-Risk/Low-Cost Individuals: The Health Care Champions. 35<sup>th</sup> Annual Meeting of the Society of Prospective Medicine. Colorado Springs. September 1999.

238. Edington, D. W., Shirley Musich, Elaine Schnueringer, Marilyn Edington. The Maintenance of Low-Risk as an Important Healthcare Strategy. 35<sup>th</sup> Annual Meeting of the Society of Prospective Medicine. Colorado Springs. September 1999.
239. Edington, D. W. Health Management as a Solution for Health, Performance and Profit. Glaxo Wellcome Conference. Seattle. November 1999.
240. Edington, D. W. The Economics of Worksite Health Management: Risk Management. The Academic Medicine and Managed Care Forum. Washington D.C. November 1999.
241. Edington, D.W. Update on Research in Health Management. Corporate Consortium 4<sup>th</sup> Annual Meeting. Ann Arbor. December 1999.
242. Edington, D. W. Health Management in the United States and Potential for France. Normandy Consortium of Health Care Practitioners. Paris. December 1999.
243. Edington, D. W. Health and Productivity Management—What is it and Why is it Important to Health promotion Professionals. Panel presentation. Art and Science of Health Promotion International Conference. Colorado Springs. March 2000.
244. Edington, D.W. Financial Implications of Health Promotion Programs. Art and Science of Health Promotion International Conference. Colorado Springs, March 2000.
245. Edington, D. W. An Investment in Employee Health and the Research. Health Secrets for Business Survival. Bay Health. Bay City, MI. March, 2000.
246. Edington, D. W. Health Management. Y2000 HSE&R Conference, Honeywell. Phoenix March, 2000.
247. Edington, D. W. Economic Benefits of Health Management. Michigan Universities Coalition on Health. Lansing, Mi. April, 2000.
248. Edington, D. W. Benefits of Health Management Programs for the Individual and for the Corporation. International Management Council. Buffalo, NY, May, 2000.
249. Edington, D. W. Health Management: Benefits in Health and Productivity Outcomes. Michigan Universities Coalition on Health. Kalamazoo. September 2000.
250. Edington, D. W. Use of Health People 2010 by Large Corporations. Secretary Health and Human Services Advisory Committee. Washington D. C. September 2000.
251. Edington, D. W. A Worker's Productivity Index. Association for Worksite Health Promotion. Orlando, September 2000.
252. Edington, D. W. The Economic Cost of Obesity in the Workplace. Michigan Occupational and Environmental Medicine Association. Mt Pleasant, Michigan. September 2000.
253. Yen, Louis, KuKu Li, Dee W. Edington. Research Findings from the Health Management Research Center. First China-U.S. Sports Symposium. Beijing, PRC. October, 2000.
254. Edington, D. W. Validation of the Health Risk Appraisal. Society of Prospective Medicine. Pittsburgh. October 2000.
255. Edington, D. W. Wellness in On-Site Clinics. State of the Art Conference for American Society of Occupational and Environmental Medicine. Nashville. October 2000.

256. Edington, D. W. Changes in Costs are Related to Changes in Health Risks and Behaviors. Wellness Council of West Virginia. Charleston, WV. October 2000.
257. Edington, D. W. Recent Findings in Health Management. State of the Art Conference, Shenzhen China. November 2000.
258. Edington, D. W. Trends and Issues in Health Promotion. Damiler-Chrysler Staywell Annual Meeting. Auburn Hills, MI. November, 2000.
259. Edington, D. W. The Role of Health Risk Factors and Disease on Worker Productivity. International Health and Productivity Conference. Washington D. C. February 2001.
260. Edington, D. W. Emerging Research for the Health Management Research Center. Art and Science of Health Promotion Conference. Washington D. C. February, 2001.
261. Edington, D. W. Wellness Advisory Board. Roche Pharmaceuticals. Nutley, N.J. April 2001
262. Edington, D. W. Cholesterol and Cardiac Disease. Business and Health Rountable. Boston, MA. June 2001.
263. Edington, D. W. Worksite Health Management as a Serious Business Strategy. Governor's Council on Worksite Wellness. Salt Lake City. September, 2001.
264. Edington, D. W. Worksite Wellness Benefits. North Carolina Nurses Association. Wilmington, NC. October, 2001.
265. Edington, D. W. Using the Corporate Experience to Build a Case for Wellness at Eastern Michigan University. Presidential Speaker Series. Ypsilanti, MI. February, 2002.
266. Edington, D. W. and Shirley Musich. The Healthy Company. The Art and Science of Health Promotion. Lake Tahoe, February 2002.
267. Edington, D. W. and Ron Goetzel. The Financial Outcomes from Worksite Health Promotion. The Art and Science of Health Promotion. Lake Tahoe, February 2002.
268. Goetzel, Ron and Dee W. Edington. Productivity Outcomes from Worksite Health Promotion. The Art and Science of Health Promotion. Lake Tahoe, NV. February 2002.
269. Edington, D. W. Maintaining Healthy Companies, The Basis for a Serious Business Strategy. Lawrence University. Appleton,WI. March 2002.
270. Edington, D. W. Cost-Effective Worksite Health Management: Making it Work. Workers' Compensation and Occupational Medicine Seminar. San Diego, CA. March 2002.
271. Edington, D. W. Occupational Medicine Conference. Occupational and Environmental Medicine: The Year in Review. Chicago, IL. April 2002
272. Edington, D. W. Occupational Medicine Conference. Health and Productivity. Chicago, IL. April 2002.
273. Edington, D. W. Impact of Health and Productivity in the Workplace. Employers Health Coalition. St. Petersburg, Fl. May 2002
274. Edington, D. W. Organization Resources Counselors. The Impact of Health and Productivity in the Workplace—The New Horizon. Washington D. C. August, 2002

275. Edington, D. W. Improving the Health of Populations. Second Annual Department of Defense Population Health and Health Promotion Conference. Baltimore. August 2002.
276. Edington, D. W. Maintaining Healthy Companies, The Basis for a Serious Business Strategy. Employer Summit. Washington D.C. September 2002
277. Edington, D. W. Maintaining Healthy Companies, The Basis for a Serious Business Strategy. Wellness. Coalition. Kalamazoo. September 2002.
278. Edington, D. W. Employer Strategies for Healthy Companies. Pfizer Employer Advisory Group. Miami, FL. September 2002.
279. Edington, D. W. Wellness as a Serious Business Strategy, Iowa Wellness Council. Ames IA. September 2002
280. Edington, D. W. Health of the Early Retiree Population. Association of Retired Persons. Washington D.C. October 2002.
281. Edington, D. W. Corporate Health Management Programs in the United States. VieLife Corporation. London England. November, 2002.
282. Edington, D. W. Evidence Based Health Management for Corporate Populations. Partnerships for Prevention. Washington, D. C., December, 2002.
283. Edington, D. W. The Business Case for Worksite Health Management. Honeywell Corporation, Morristown NJ., December, 2002.
284. Edington, D. W. The Business Case for Worksite Health Management. Dow Chemical Midland, MI. December, 2002.
285. Edington, D. W. The Business Case for Worksite Health Promotion at General Motors. GM Medical Directors Palm Springs January 2003.
286. Edington, D. W. The Business Case for Health Promotion in Australia. MediBank Private. Melbourne Australia, February 2003
287. Edington, D. W. The Business Case for Worksite Health Promotion at Metro Health. MetroHealth Health System. Cleveland, February 2003
288. Edington, D. W. New Way to do Health Management in America. Tianjin Medical School. March 2003
289. Edington, D. W. Disease Management as a Serious Business Strategy. National Managed Health Care Congress, Washington D.C. March 2003.
290. Edington, D. W. Disease Management as a Serious Business Strategy. AAHP. Chicago. September 2003
291. Edington, D. W. Health Management as a Serious Economic Strategy for the State of Michigan. State of Michigan Sub-Committee on Health Care Costs. Troy, MI. September 2003
292. Edington, D. W. Health Management as a Serious Business Strategy Employer Summit. Tampa. September 2003.
293. Edington, D. W. Health Management as a Serious Business Strategy. Employer Summit. HealthAtoZ. Princeton. September 2003

294. Edington, D. W. Making A Healthy Workforce Part of Your Business Strategy. WELCOA. Milwaukee. September 2003.
295. Edington, D. W. Health and Productivity Measurement. IHPM. Phoenix. October 2003.
296. Edington, D. W. Wellness: What Saves Money? What Doesn't and Why?. National Disease Management Conference. San Diego. October 2003
297. Edington, D. W. Health Management as a Serious Business Strategy. BCBSRI. Providence RI. October 2003
298. Edington, D. W. Health Management as a Serious Business Strategy. Ohio Health Education Institute. Salt River State Park. October 2003.
299. Edington, D. W. Health and Productivity Management as a Serious Economic Strategy. Washington Business Group on Health. Washington DC. November 2003.
300. Edington, D. W. Proving the Case for Healthy Workplaces. Employer Summit. Toronto. November 2003
301. Edington, D. W. Health Management as a Serious Business Strategy. Employee Benefits Summit. San Diego. November 2003.
302. Edington, D. W. Health Management as a Serious Business Strategy at Delphi: The results of Eight Years of Data. Palm Springs. January 2004.
303. Edington, D. W. Health Management as a Serious Business Strategy. National City Executive Forum. Lansing MI. January 2004.
304. Edington, D. W. Health and Productivity Management as a Serious Economic Strategy. Florida Power and Light. Juno Beach, FL. January 2004.
305. Edington, D. W. Employees: Keep them Healthy and Motivated. Michigan Forestry and Recreation Association. February 2004.
306. Edington, D. W. Health Management as a Serious Business Strategy. Great Lakes Corporate Medical Directors. Chicago. February 2004.
307. Edington, D. W. Population Health Improvement: The Readiness Challenge: The Tenth Annual Woodward Lecture. 23<sup>rd</sup> Annual US Navy Medical and Safety Worldwide Conference. Norfolk VA. March 2004.
308. Edington, D. W. Health Management as a Serious Business Strategy. Employer Summit for HealthAtoZ. New York. March 2004.
309. Edington, D. W.. Update on Health and Productivity: Worksite Wellness. Central States Occupational Medicine Association. Chicago. March 2004.
310. Edington, D. W. The State of Disease Management. Midwest Business Group on Health. Chicago. April 2004.
311. Edington, D. W. Success of Employer Sponsored Disease Management Programs. Chronic Disease Management Strategies for Employers. Chicago. April 2004.
312. Edington, D. W. Health Management as a Serious Business Strategy. Sinomonitor Employer Summit. Beijing. April 2004.

313. Edington, D. W. Health Management as a Business Strategy. Healthy Outcomes Conference: Canadian Managed Healthcare Association. Vancouver Canada. April, 2004.
314. Edington, D. W. Health Management as a Serious Business Strategy. University of Wollongong. Several additional talks in Australia. April 2004.
315. Edington, D. W. Health Management as a Serious Business Strategy. Healthy Outcomes Conference: Hawaii Union Builders Foundation. Maui. May 2004.
316. Edington, D. W. Health Management as a Serious Business Strategy. Employer Summit for HealthAtoZ. Chicago. May 2004.
317. Edington, D. W. Bottom Line Impact of Absenteeism and Presenteeism of your Organizations Productivity. National Managed Health Care Congress. Washington DC. May 2004.
318. Edington, D. W. Health and Productivity Management. Disability Management Employer Coalition. Boston. May 2004.
319. Edington, D. W. Health and Productivity Management as a Serious Business Strategy. Disability Management Employer Coalition. Chicago. June 2004.
320. Edington, D. W. Health and Productivity Management as a Serious Business Strategy. Unilever Corporation. Las Vegas. June 2004.
321. Edington, D. W. State of Employer Sponsored Disease Management Programs. Benefits Conference for Public Employees. Washington DC. July 2004.
322. Edington, D. W. Strategies for Cost-Containment and Health Promotion—in the Trenches with Employers. Disease Management Conference. Boston. August 2004.
323. Edington, D. W. What should employers be doing in the workplace to drive wellness and lifestyle changes in their employees. Weyco Employer Coalition. Lansing MI. August 2004.
324. Edington, D. W. Uninsurance and Employers. University of Michigan Media Day. Ann Arbor. September 2004.
325. Edington, D. W. The Road to Wellville: How to Incorporate Key Benefits. Consumer-Driven Health Plans. Chicago. September 2004.
326. Edington, D. W. Healthy Employees Drive Growth: Health and Productivity Management as a Serious Business Strategy. Region of Peel. Toronto September 2004.
327. Edington, D. W. Opportunity for Health Management as a Serious Business Strategy. Blue Cross Blue Shield Leadership Conference. Vancouver. September 2004.
328. Edington, D. W. Opportunity for Health Management as a Serious Business Strategy. North Carolina State Employees Health Trust. Chapel Hill. September 2004.
329. Edington, D. W. New Approaches to Managing Obesity in a Corporate Setting. Sanofi Aventis Employer Advisory Group. Fort Lauderdale. October 2004.
330. Edington, D. W. Opportunity for Health Management as a Serious Business Strategy. Employers Coalition for Healthcare Options. Huntsville AL, October 2004.
331. Edington, D. W. Opportunity for Health Management as a Serious Business Strategy. Health Management Research: Avera Research Institute. Sioux Falls SD. October 2004.

332. Edington, D. W. Health Risk Appraisal as the Core Technology for Individuals and Organizations. NIOSH, Washington DC. October 2004.
333. Edington, D. W. The Economic Case for HPM and a Business Case to Implement it. Institute of Health and Productivity Management. Phoenix. October 2004.
334. Edington, D. W. Evaluating Effectiveness of Health Intervention in Employee Populations: Opportunity for Health Management as a Serious Business Strategy. American College of Occupational and Environmental Medicine. San Antonio TX. November 2004.
335. Edington, D. W. Behavioral Change and it's Influence on Healthcare Costs: Health Management as a Serious Business Strategy. PriceWaterHouse Coopers. Orlando. November 2004.
336. Edington, D. W. Opportunity for Health Management as a Serious Business Strategy. Employers Coalition for Healthcare Options. Huntsville AL. November 2004.
337. Edington, D. W. Comparing Excess Costs Across Multiple Corporate Populations. Pfizer Employer Coalition. Charleston SC. November 2004.
338. Edington, D. W. Health Management as a Serious Business Strategy. Hewitt Employer Coalition Healthcare Delivery Taskforce. Orlando. November 2004.
339. Edington, D. W. Employer Strategies in Diabetes Prevention and Control. GlaxoSmithKline Michigan Diabetes Employer Special Issues Advisory Board Meeting. Southfield MI. December 2004.
340. Edington, D. W. Health Management as a Serious Business Strategy. Destiny Health Care Employer User Group. Chicago. December 2004.
341. Edington, D. W. Business Case for Health Management as a Serious Business Strategy. Mass Mutual. Springfield, MA. January 2005.
342. Edington, D. W. WEA Program Evaluation. Wisconsin Education Association Insurance Trust. Madison. January 2005.
343. Edington, D. W. The Healthy Michigan Fund as a Serious Economic Strategy. Healthy Michigan. Waterford. January 2005.
344. Edington, D. W. Health Management as a Serious Business Strategy. Jackson Health Management Employer Consortium. Jackson, MI. February 2005.
345. Edington, D. W. Health and Productivity Management: Strategic Business Planning Session. CBIZ. Kansas City. February 2005.
346. Edington, D. W.. Program Evaluation and Strategic Planning Session. Network Health. Appleton WI. March 2005.
347. Edington, D. W. A Serious Business Strategy to Improve a Serious Business Problem. Institute for Health and Productivity Management. Orlando. March 2005.
348. Edington, D. W. A Serious Business Case: Experience from a Consortium of Companies. AJHP/IHRSA. San Francisco. March 2005.
349. Edington, D. W. Wellness in the Workplace: A Serious Business Strategy. University of Michigan. Ann Arbor. March 2005.
350. Edington, D. W. Health Management as a Serious Business Strategy. Health Care Benefits Forum. Chicago. April 2005.

351. Edington, D. W. Health Management as a Serious Business Strategy. Academy for Health and Productivity Management Health and Productivity Conference. Health Management Coalition of Northeast Ohio. Canton, OH. April 2005.
352. Edington, D. W. Health Management as a Serious Business Strategy. Kaiser Permanente. Cleveland. April 2005.
353. Edington, D. W. Health Management as a Serious Business Strategy. Michigan Benefits Expo. Detroit. April 2005.
354. Edington, D. W. Reducing Health Care Costs by Making Health Management a Serious Business Strategy. Employee Benefits Institute. Kansas City. April 2005.
355. Edington, D. W. The Impact of Population Health Risk Management: From Theory to Practice. International Foundation. Madison. April 2005.
356. Edington, D. W. Health Management as a Serious Business Strategy. Movement Science Honored Lecture. University of Massachusetts. Amherst. April 2005.
357. Edington, D. W. Incentives for Healthier Lifestyles-Can we do that? Health Care Management Conference. Washington D.C. April 2005.
358. Edington, D. W. The Economics of Employee Health Risks. Western New York Wellness Works Initiative. Buffalo. May 2005.
359. Edington, D. W. Application of Wellness Business Strategies to Australian Business Environments. Australian Health Management Group. Sidney. May 2005.
360. Edington, D. W. Health Management as a Serious Business Strategy. Prairie States Sheboygan WI. May 2005.
361. Edington, D. W.. Evaluation of Health Management Strategies. Hewitt Associates. Chicago. May 2005.
362. Edington, D. W. Evaluation of Health Management Strategies. CorSolutions. Chicago. May 2005.
363. Edington, D. W. Health Management as a Serious Business Strategy. Kaiser Permanente Benefits Professional Forum. Denver. June 2005.
364. Edington, D. W. Health and Productivity Management-The Latest Research. IHPM. Zurich. June 2005.
365. Edington, D. W. The One Minute Manager Balances Work and Life. The 2005 Employee Benefits Conference Seminar. Chicago. June 2005.
366. Edington, D. W. Now that you have the Data, Here's how to use it. Conference Board and IHPM. New York City. July 2005.
367. Edington, D. W. Incentives for Healthier LifeStyles: Can we do that? Health Care Management Conference/Fraud Prevention Institute. Washington D.C. August 2005.
368. Edington, D. W. Health Management as a Serious Business Strategy. MediFit at Cigna. Bloomfield CT. August 2005.
369. Edington, D. W. Health Management as a Serious Business Strategy. AAIG. Detroit. August 2005.
370. Edington, D. W. Health Management as a Serious Business Strategy. Southwest Heart Symposium. Albuquerque. August 2005.
371. Edington, D. W. Chairperson: Comments on Disease Management. 10<sup>th</sup> Annual Disease Management Congress. Orlando. September 2005.

372. Edington, D. W. Health Management as a Serious Business Strategy in Canada. Society of Health Education and Behavior. Banff. CA September 2005.
373. Edington, D. W. Health and Productivity Research Agenda. IHPM Fifth Annual International Conference. Phoenix. October 2005.
374. Edington, D. W. Research Agenda for HPM: Health and Productivity 101. IHPM Fifth Annual International Conference. Phoenix. October 2005.
375. Edington, D. W. Health Management as a Serious Business Strategy. Winning Habits. Dallas, TX. November 2005.
376. Edington, D. W. Health Management as a Serious Business Strategy. Humana. Louisville. November 2005.
377. Edington, D. W. Health Management in the Workplace. American Diabetes Association. Detroit. December 2005.
378. Edington, D. W. Health Management as a Serious Business Strategy. Cigna Behavioral Health. Minneapolis, MN. January 2006.
379. Edington, D. W. Health Management as a Serious Business Strategy. Health Action Council. Cleveland, OH. January 2006.
380. Edington, D. W. Health Management as a Serious Business Strategy. WellPoint National Accounts Conference. Tucson. February 2006.
381. Edington, D. W. Industry Expert. Cigna Behavioral Health. Miami, FL. February 2006.
382. Edington, D. W. Health and Wellness Overview 2006. Prudential. Newark, NJ. February 2006.
383. Edington, D. W. Health Management-The Business Case. Florida Coalition. Orlando, FL. March 2006.
384. Edington, D. W. Approaching Health as an Economic and Competitive Advantage for Individuals and Corporations. Gallagher Benefit Services, Inc. Southfield. February 2006.
385. Yen, Louis, D. W. Edington. The Economic Benefits of Worksite Promotion and Disease Prevention in the US: Lessons for Asia. International Society for Pharmacoeconomics and Outcomes Research. Second Annual Asia-Pacific Conference. Shanghai. March 2006.
386. Edington, D. W. The Economic Value of Healthy People. AJHP. Las Vegas. March 2006.
387. Edington, D. W. Health Management as a Serious Business Strategy. Spectrum Health. Grand Rapids. March 2006.
388. Edington, D. W. Faculty Panel. IHPM. Orlando, FL. March 2006.
389. Edington, D. W. Health Management as a Serious Business Strategy. Continuing Education Conference. Cigna Behavioral Health. Indianapolis. April 2006.
390. Edington, D. W. Value-Based Benefit Design. AMCP Horizons. Seattle. April 2006.
391. Edington, D. W. Health Management as a Serious Business Strategy. Mercer-Auglaize Benefit Trust. Celina, OH. April 2006.
392. Edington, D. W. The Strategic Business Case for Health Promotion. University of Pittsburgh. Pittsburgh, PA. April 2006.
393. Edington, D. W. Wellness in the Workplace-Measured Results. Graves & Company Insurance and Benefits. Grand Rapids, MI. April 2006.
394. Edington, D. W. Health Management as a Serious Business Strategy. MEBC. Benefits. Southfield and Beverly Hills, MI. April 2006.

395. Edington, D. W. Health Protection Research Initiative Grantee Meeting. CDC. Atlanta, GA. April 2006.
396. Edington, Dee W. Health Management as a Serious Business Strategy. WASDA. WEA Trust. Lake Geneva, WI. April 2006.
397. Edington, D. W. Workplace Productivity, Building the Optimal Model: Can Employee Productivity and Improvement Be Assessed? Insomnia Workplace Council Task Force Meeting. Phoenix, AZ. April 2006.
398. Edington, D. W. Health Management as a Serious Business Strategy. Heartland Healthcare Coalition 5<sup>th</sup> Annual Conference. Peoria, IL. May 2006.
399. Edington, D. W. Wellness & Prevention Management: A Serious Business Strategy. Summit Leadership Forum. CDHCC/NHWPC. San Francisco, CA. May 2006.
400. Edington, D. W. Health Management as a Serious Business Strategy. Hewitt. May 2006.
401. Edington, D. W. Health Management as a Serious Business Strategy. The Source. Grand Rapids, MI. May 2006.
402. Edington, D. W. Health Management as a Serious Business Strategy. The Birmingham Bloomfield Chamber. Birmingham, MI. May 2006.
403. Edington, D. W. Health Management as a Serious Business Strategy. Kalamazoo College. Kalamazoo, MI. May 2006.
404. Edington, D. W. The Economic Value of Healthy People. GE Medical Council Annual Meeting. Norwalk, CT. May 2006.
405. Edington, D. W. Health Management as a Serious Business Strategy. CIGNA. Newport, CA. June 2006.
406. Edington, D. W. Health Management as a Serious Business Strategy. BCBS. Chicago, IL. June 2006.
407. Edington, D. W. Health Management as a Serious Business Strategy. Business & Health Summit 2006. VBCH. Virginia Beach, VA. June 2006.
408. Edington, D. W. Good Health Good Business. Matria Healthcare. San Diego, CA. June 2006.
409. Edington, D. W. Health Management as a Serious Business Strategy. AIAG. Detroit, MI. June 2006.
410. Edington, D. W. The Value of a Healthy Community. Alma. June 2006.
411. Edington, D. W. Health Management as a Serious Business Strategy. Matria Healthcare. Atlanta, GA. June 2006.
412. Edington, D. W. Health Management as a Serious Business Strategy. CBIZ. Kansas City, KS. June 2006.
413. Edington, D. W. Managing Health to Affect Costs. Lifestyle Partnership Summit. Pittsburgh, PA. June 2006.
414. Edington, D. W. Health Management as a Serious Business Strategy. Aegis Conference. Nashville, TN. June 2006.
415. Edington, D. W. Health Management as a Serious Business Strategy. Cigna Health Care. Dallas/Houston. June 2006.
416. Edington, D. W. Relationships of Risks to Costs. IHPM. Boston, MA. June 2006.
417. Edington, D. W. Health Management as a Serious Business Strategy. Walmart. Boston, MA. June 2006.

418. Edington, D. W. Health Management as a Serious Business Strategy. AstraZeneca Employer Advisory Board Meeting. Wilmington, DE. June 2006.
419. Edington, D. W. Health Management as a Serious Business Strategy. BCBS of Arizona. Phoenix, AZ. June 2006.
420. Edington, D. W. Compliance and Adherence to Depression Medications. Rx Benefit Management. San Francisco, CA. July 2006.
421. Edington, D. W. Health Management as a Serious Business Strategy. World Research Group. Chicago, IL. July 2006.
422. Edington, D. W. Health Management as a Serious Business Strategy. CIGNA. Hartford, CT. August 2006.
423. Edington, D. W. Health Management as a Serious Business Strategy. Pfizer. August 2006.
424. Edington, D. W. Health Management as a Serious Business Strategy. Sanofi-Aventis. August 2006.
425. Edington, D. W. Health Management as a Serious Business Strategy. Strategic Benefit Solutions, Inc. Atlanta, GA. August 2006.
426. Edington, D. W. Tools and Methods Related HPM Measurement-Getting Started. IHPM. Boca Roton, FL. September 2006.
427. Edington, D. W. Health Management as an Integrated Business Strategy. Health Data Management Solutions. Half Moon Bay, CA. September 2006.
428. Edington, D. W. Health Management as a Serious Business Strategy. MICHPhA Organization. Schoolcraft, MI. September 2006.
429. Edington, D. W. IHPM 101: Health and Productivity Management. IHPM Sixth Annual International Conference. Las Vegas, NV. September 2006.
430. Edington, D. W. Health Management as a Serious Business Strategy. Cigna Consumerism Forum. Chicago, IL. September 2006.
431. Edington, D. W. Health Management as a Serious Business Strategy. Annual Ohio Human Resource Conference. Huron, OH. September 2006.
432. Edington, D. W. Health Risk Appraisal and Employee Health. Michigan Occupational and Environmental Medicine Association. Traverse City, MI. September 2006.
433. Edington, D. W. Championship Worksite Wellness-The Next Generation. MMO. Columbus, OH. October 2006.
434. Edington, D. W. Championship Wellness. Kansas Coordinated School Health. CBIZ. Kansas City, KS. October 2006.
435. Edington, D. W. Health Management as a Serious Business Strategy. Good Health Good Business. HMSA. Hawaii. October 2006.
436. Edington, D. W. Health Management as a Serious Business Strategy. Wellpoint-Anthem. Maine. October 2006.
437. Edington, D. W. Healthcare Management as a Serious Business Strategy. Arizona Health Care Summit. Phoenix, AZ. October 2006.
438. Edington, D. W. Health Management as a Serious Business Strategy. Pfizer. Cincinnati, OH. November 2006.
439. Edington, D. W. Population Health Management as a Business Strategy. 2006 Annual Johns Hopkins/Healthways Outcomes Summit. Tucson, AZ. November 2006.

440. Edington, D. W. Health Management as a Serious Business Strategy. Measuring and Capitalizing on HRA for Employers Conference. World of Congress. Orlando, FL. November 2006.
441. Edington, D. W. Health Management as a Serious Business Strategy. The Department of Health. Providence, RI. November 2006.
442. Edington, D. W. Incentives for Health and Disease Management. Disease Management Association of America. Denver, CO. December 2006.
443. Edington, D. W. Health Management as a Serious Business Strategy. Anthem National Accounts. Wellpoint, Inc. Chicago, IL. December 2006.
444. Edington, D. W. Health Management as a Serious Business Strategy. Tri-River Employers Healthcare Coalition 2006 Annual Meeting. Pfizer. Dayton, FL. December 2006.
445. Edington, D. W. Health Management as a Serious Business Strategy. Health & Human Capital Management Congress 2007. Washington D. C. January 2007.
446. Edington, D. W. Health Management as a Serious Business Strategy. Wisconsin School Boards. Madison, WI. January 2007.
447. Edington, D. W. Health Management as a Serious Business Strategy. Rewarding Healthy Behaviors for Health Plans & Employers. Orlando, FL. January 2007.
448. Edington, D. W. Health Management as a Serious Business Strategy. Matria Healthcare. Health & Productivity Inaugural Forum. Paradise Valley, AZ. February 2007.
449. Edington, D. W. Health Management as a Serious Business Strategy. Senate Health Policy Committee. Michigan State Senate. Lansing, MI. February 2007.
450. Edington, D. W. Health Management as a Serious Business Strategy. 19<sup>th</sup> Annual NMHCC Total Health Management. Atlanta, GA. March 2007.
451. Edington, D. W. Health Management as a Serious Business Strategy. University of Michigan Wellness in the Workplace Conference. Ann Arbor, MI. March 2007.
452. Edington, D. W. Health Management as a Serious Business Strategy. 2007 Healthcare Symposium BlueCross BlueShield of North Carolina. Charleston, SC. March 2007.
453. Edington, D. W. Health Management as a Serious Business Strategy. 2007 BlueCross BlueShield Consortium Health Forum. Scottsdale, AZ. March 2007.
454. Edington, D. W. Health Management as a Serious Business Strategy. National Producer's Advisory Council CIGNA. Hollywood, FL. March 2007.
455. Edington, D. W. Health Management as a Serious Business Strategy. National Producer's Advisory Council CIGNA. Ft. Lauderdale, FL. March 2007.
456. Edington, D. W. Health Management as a Serious Business Strategy. Sanofi Aventis. Atlanta, GA. March 2007.
457. Edington, D. W. Health Management as a Serious Business Strategy. JP Morgan Chase "Healthy Numbers" Program. Chicago, IL. April 2007.
458. Edington, D. W. Health Management as a Serious Business Strategy. MGM Mirage for IHPM. Las Vegas, NV. April 2007.
459. Edington, D. W. Health Management as a Serious Business Strategy. NGA Healthy States Workshop. Salt Lake City, UT. April 2007.
460. Edington, D. W. Health Management as a Serious Business Strategy. Caremark. Phoenix, AZ. April 2007.
461. Edington, D. W. Health Management as a Serious Business Strategy. 2007 CIGNA Forum. New York, NY. April 2007.

462. Edington, D. W. Health Management as a Serious Business Strategy. BlueCross BlueShield Arizona Broker's Conference. Tucson, AZ. April 2007.
463. Edington, D. W. Health Management as a Serious Business Strategy. HealthAccess of Michigan. Flint, MI. April 2007.
464. Edington, D. W. Health Management as a Serious Business Strategy. CLS Healthcare Conference. Indianapolis, IN. April 2007.
465. Edington, D. W. Health Management as a Serious Business Strategy. Altarum Institute. Detroit Science Center. Detroit, MI. April 2007.
466. Edington, D. W. Health Management as a Serious Business Strategy. CIGNA. McLean, VA. May 2007.
467. Edington, D. W. Health Management as a Serious Business Strategy. Value Based Benefits. Ann Arbor, MI. May 2007.
468. Edington, D. W. Health Promotion and Disease Management through Risk Reduction. Montana's 2007 Worklife Wellness Conference. Missoula, Montana. May 2007.
469. Edington, D. W. Health Management as a Serious Business Strategy. CBIZ. Kansas City, KS. May 2007.
470. Edington, D. W. Health Management as a Serious Business Strategy. YMCA Church Benefits Association. Chicago, IL. May 2007.
471. Edington, D. W. Health Management as a Serious Business Strategy. BlueCross BlueShield Arizona EOC Conference. Scottsdale, AZ. May 2007.
472. Edington, D. W. Health Management as a Serious Business Strategy. 2007 CIGNA Forum. Denver, CO. May 2007.
473. Edington, D. W. Health Management as a Serious Business Strategy. Methodist Church. Chicago, IL. August 2007.
474. Edington, D. W. Health Management as a Serious Business Strategy. North Florida CIGNA Forum. Sarasota, FL. August 2007.
475. Edington, D. W. Health Management as a Serious Business Strategy. McGraw Wentworth. Bloomfield Hills, MI. August 2007.
476. Edington, D. W. Health Management as a Serious Business Strategy. Evansville Coalition. Evansville, IN. August 2007.
477. Edington, D. W. Health Management as a Serious Business Strategy. AETNA. Grand Rapids, MI. September 2007.
478. Edington, D. W. Health Management as a Serious Business Strategy. South Florida CIGNA Forum. Fort Lauderdale, FL. September 2007.
479. Edington, D. W. Health Management as a Serious Business Strategy. Accident Fund Insurance Company of America 5<sup>th</sup> Annual TPA Educational Seminar. Lansing, MI. September 2007.
480. Edington, D. W. Health Management as a Serious Business Strategy. BlueCross BlueShield of Michigan. Clarkston, MI. September 2007.
481. Edington, D. W. Health Management as a Serious Business Strategy. CIGNA Forum. Las Vegas, NV. September 2007.
482. Edington, D. W. Health Management as a Serious Business Strategy. Cleveland Clinic Health System. Cleveland, OH. September 2007.
483. Edington, D. W. Health Management as a Serious Business Strategy. BlueCross BlueShield of Michigan Key and Large Group Customer Event. Novi, MI. September 2007.

484. Edington, D. W. Health Management as a Serious Business Strategy. Board MMO. September 2007.
485. Edington, D. W. Health Management as a Serious Business Strategy. 2007 CIGNA Forum. New York City, NY. September 2007.
486. Edington, D. W. Health Management as a Serious Business Strategy. Wellness Council of IA. Des Moines, IA. September 2007.
487. Edington, D. W. Health Management as a Serious Business Strategy. University of Michigan Kinesiology. Ann Arbor, MI. September 2007.
488. Edington, D. W. Health Management as a Serious Business Strategy. Lucas County Worksite Wellness Conference. Maumee, OH. September 2007.
489. Edington, D. W. Health Management as a Serious Business Strategy. Washington State Health Department. Olympia, Washington. September 2007.
490. Edington, D. W. Health Management as a Serious Business Strategy. Whole Health. Phoenix, AZ. October 2007.
491. Edington, D. W. Moving the Paradigm from the Cost of Health Care to Total Value of Health Care. IFEBP Annual Meeting. Anaheim, CA. October 2007.
492. Edington, D. W. Health Management as a Serious Business Strategy. MEDICA. Physician Partnership Dinner/Employer Forum. Minnetonka, MN. October 2007.
493. Edington, D. W. Health Management as a Serious Business Strategy. 2007 INShape Indiana Summit. Lafayette, IN. October 2007.
494. Edington, D. W. Health Management as a Serious Business Strategy. 2007 Business Leadership Think Tank. Halifax, NS. October 2007.
495. Edington, D. W. Health Management as a Serious Business Strategy. General Dynamics. Kohler, WI. October 2007.
496. Edington, D. W. Health Management as a Serious Business Strategy. AARP. Washington D. C. October 2007.
497. Edington, D. W. Health Management as a Serious Business Strategy. NBGH. Washington D. C. October 2007.
498. Edington, D. W. Health Management as a Serious Business Strategy. Pacific BlueCross. Vancouver BC. October 2007.
499. Edington, D. W. Health Management as a Serious Business Strategy. 2007 EMPAQ Participants Summit. Ann Arbor, MI. November 2007.
500. Edington, D. W. Health Management as a Serious Business Strategy. Caremark. Rosemont, IL. November 2007.
501. Edington, D. W. Health Management as a Serious Business Strategy. CIGNA Forum. Atlanta, GA. November 2007.
502. Edington, D. W. Health Management as a Serious Business Strategy. Greater Detroit Area Health Council. Detroit, MI. November 2007.
503. Edington, D. W. Health Management as a Serious Business Strategy. Merck/Schering-Plough. MSP Employer Advisory Board. Washington D. C. November 2007.
504. Edington, D. W. Health Management as a Serious Business Strategy. Pittsburgh US Steel. Pittsburgh, PA. November 2007.
505. Edington, D. W. Health Management as a Serious Business Strategy. 2008 Employee Benefits Conference. Chicago, IL. December 2007.

506. Edington, D. W. Health Management as a Serious Business Strategy. Pella Corporation. Des Moines, IA. December 2007.

### **GRANTS and CONTRACTS:**

1. Edington, D. W. Subcellular Alterations in Skeletal Muscle Due to Chronic Stimulation. National Research Council of Canada, 1968-69; \$4,685.
2. Edington, D. W. Subcellular Alterations in Myocardial Aerobic Metabolism During Physical Training and Aging in Rats. Ontario Heart Foundation, 1968-69; \$5,573 (funded but investigator moved to Massachusetts).
3. Edington, D. W. Studies on the Subcellular Biochemical Adaptations to Physical Training. National Research Council of Canada, 1969-70; \$5,060 (funded but investigator moved to Massachusetts).
4. Edington, D. W. Biochemical Studies in Rat Skeletal Muscle During Stimulation. Biomedical Sciences Support Grant, 1969-70; \$6,200.
5. Edington, D. W. Subcellular Aspects of Myocardial Metabolism During Physical Training and Aging in Rats. Massachusetts Heart Association, 1969-70; \$9,746.
6. Edington, D. W. Ultrastructure and Energy Production During Aging and Training. Biomedical Sciences Support Grant, 1971-72; \$1,000.
7. Edington, D. W. Ultrastructural Studies on the Aging and Training Rat. ACMAT Corporation, 1972-74; \$25,000.
8. Edington, D. W. An Integrated Research Approach to Muscle Fiber Work, 1974-75; \$1,850.
9. Edington, D. W., A. C. Cosmas and C. E. Keeney. Heart Mitochondria in Aging and Trained Male Rats. National Institutes of Health, 1975-78; \$43,070.
10. Edington, D. W. Center for Fitness and Sports Research: Equipment. Vice President for Academic Affairs, The University of Michigan, June, 1977; \$60,000 (loan).
11. Edington, D. W. Strength Testing Equipment. Department of Intercollegiate Athletics, The University of Michigan, June, 1977; \$15,000.
12. Edington, D. W. Human Muscle Fatigue. Dynavit Corporation, February, 1978; \$25,000.
13. Edington, D. W. Special Laboratory Equipment. The University of Michigan, Office of Research Administration, November, 1978; \$9,000.
14. Edington, D. W. Physical Fitness, Mental Health, and Job Performance. NIMH (subcontract), January, 1979; \$30,000.
15. Edington, D. W. Evaluation of Quality of Life and Optimal Health Program. Henry Ford Hospital, August, 1980; \$24,975.
16. Edington, D. W. and To, C. Y. Stress and Quality of Life in Densely Populated Areas: Phase I. Chinese University of Hong Kong/Private Donors, September, 1980; HK \$150,000
17. Edington, D. W. Physical Activity and Quality of Life in Urban Areas. Rackham International Grants, February, 1982; \$1,063.

18. Blackburn, R. and D. W. Edington. Faculty and Administrator Stress. Office of Staff Benefits, September, 1983; \$7,000.
19. Edington, D. W., R. Blackburn, D. Thiel, J. Kirscht, V. Hawthorne, W. Mikkelson and K. Jones. Health Promotion for University of Michigan Employees: A Feasibility Study, January 1984-June 1984; \$8,000.
20. Edington, D. W., J. J. Kirscht, J. A. Berlin, V. T. Hawthorne and R. T. Holmes. Technical Assistance and Training to Agencies Desiring to Use the Health Risk Appraisal. Centers for Disease Control, August 1, 1984-July 31, 1985; \$20,000.
21. Edington, D. W., J. J. Kirscht, J. A. Berlin, V. T. Hawthorne and R. T. Holmes. Worksite Health Promotion Utilizing Health Risk Appraisals. Centers for Disease Control, June 1, 1984-May 31, 1985; \$10,000.
22. Edington, D. W., J. J. Kirscht and J. A. Berlin. CDC-HRA Software Distribution Network. Centers for Disease Control, August 1, 1984-July 31, 1985; \$10,000.
23. Edington, D. W. Analysis of Blue Cross/Blue Shield "Go to Health" Project. Kellogg Foundation, July 1, 1987-November 15, 1987; \$7,500.
24. Edington, D. W. Evaluation of Michigan Blue Cross/Blue Shield Worksite Health Promotion Program. Michigan Health Care Education and Research Foundation and the W. K. Kellogg Foundation, 1987; \$7,500.
25. Edington, D. W., Mary Manor and Marilyn Edington. A Health Risk Appraisal Software Program, UAW/GM, June 1, 1989-March 31, 1990; \$xxx,xxx.
26. Edington, D. W. and Louis Tze-ching Yen. Health Behaviors of the Michigan Workforce. Michigan Department of Public Health, August 1, 1989-July 31, 1990; \$15,000.
27. Edington, D. W., Marilyn Edington, Mary Manor, Larry Marek and Louis Tze-ching Yen. Adolescent Wellness Appraisal. Michigan Department of Public Health, February 1, 1989-June 30, 1991; \$30,000.
28. Edington, D. W. A Health Risk Appraisal Program and Follow-up. Blue Cross/Blue Shield of Michigan, February 1, 1990-June 30, 1992; \$35,000.
29. Edington, D. W., Mary Manor, Larry Marek and Marilyn Edington. A Health Promotion Tracking System. United Automobile Workers/General Motors, February 15, 1990-March 31, 1991; \$xxx,xxx.
30. Edington, D. W. Development of a Comprehensive Health Management Program. M-CARE. June 1, 1994 to December 31, 1994. \$175,000.
31. Edington, D. W. Implementation and Maintenance of M-CARE's LifeLong, Health Management Program. M-CARE. January 1, 1995 to December 31, 1996. \$600,000.
32. Edington, D. W. Measurement and Evaluation of the UAW-GM LifeSteps Health Promotion/Wellness Program. November 1, 1995 to December 31, 2000. \$xxx,xxx.
33. Edington, D. W. Health Risk Appraisal Program for UAW-GM LifeSteps Health Promotion/Wellness Program. November 1, 1995 to December 31, 2000. \$xxx,xxx.
34. Edington, D. W. Trend Management System. Intellectual Property Transfer to Monsanto. July, 1997. \$1,100,000.

35. Edington, D. W. Research in Trend Management. Monsanto. August 1, 1997 to July 31, 2002. \$1,000,000.
36. Edington, D. W. Special Gift to Kinesiology from Monsanto Intellectual Property Transfer. Entrepreneurial Fund for Faculty and Students for Activities Related to Kinesiology and Health Management. \$350,000. August 1997 to March 2000.
37. Edington, D W. Evaluation of the Health Management Program at Honeywell. November, 1999 to October, 2003. \$200,000.
38. Edington, D. W. Evaluation of the Staywell and Wisconsin Education Association Insurance Group Health Management Program. September, 1999 to August, 2002. \$150,000.
39. Measurement and Evaluation of the UAW-GM LifeSteps Health Promotion/Wellness Program. January 2001 through September 2003, \$undisclosed.
40. Health Risk Appraisal Program for UAW-GM LifeSteps Health Promotion/Wellness Program. January through September 2003, \$ undisclosed.
41. Evaluation of the Health Management Program at Genesys Health System. November 2000 to October, 2003. \$100,000.
42. Evaluation of the Health Management Program at Steelcase. April 2000 to March 2003. \$150,000.
43. Evaluation of the Health Management Program at Bank One. August 2000 to July 2003. \$450,000.
44. Evaluation of Disease Management Program for General Motors. August 2000 to July 2003, \$ undisclosed.
45. Evaluation of Executive Health Management Program for General Motors. August 2000 to July 2003, \$ undisclosed.
46. Weyerhaeuser. Health Risk Appraisal Program. June 2001 to July 2003, \$150,000
47. Personal Growth Technologies. Program Development. September 2001 to October 2002. \$150,000.
48. Evaluation of the Health Management Program at Progressive Corporation. October 2001 to September 2004. \$150,000.
49. Evaluation of the Health Management Program at St. Luke's Shawnee Mission Health System. October 2001 to September 2004. \$200,000.
50. Evaluation Medical Procedures for Southwest Michigan Healthcare Coalition. July 2001 to June 2004. \$150,000
51. Evaluation of the Health Management Program at First Energy. September 2001 to August 2004. \$200,000
52. Evaluation of the Health Management Program at Wisconsin Electric and Gas. February 2002 to January 2004. \$100,000.
53. Foote Health System, Australian Health Management Group, Network Health, Creat Health/China. total of \$500,000 over three years.

54. 2003. Wisconsin Education Association Trust, Medical Mutual of Ohio, Crown Equipment, BCBSRI. 2002-2004: \$150,000 to \$350,000 each; total exceeds \$2,000,000 (unadjusted for inflation or Net Present Value).
55. 2004. Florida Power and Light, GlaxoSmithKline, Kellogg, Duke, General Dynamics. 2004-2007. \$50,000 to \$150,000 each; total exceeds \$1,000,000.
56. Centers for Disease Control. Environmental Adjustments to Effect Health Changes. 2005-2007, \$975,000.
57. Measurement, Evaluation and Decision Support of Health Management, Executive Health and Disease Management Programs for General Motors. January 2005 to December 2008, \$ undisclosed.
58. Prevalence and Impact of Metabolic Syndrome in the Workforce. Sanofi-Aventis. July 2007 to December 2007. \$300,000.
59. Edington, D. W. Additional projects related to Health Promotion and Productivity at the Worksite. Health Management Research Center 1977-2005: \$600 to \$350,000 each; total exceeds \$25,000,000 (unadjusted for inflation or Net Present Value).
60. Clients over the Years

Aetna  
 Albion College  
 AlliedSignal  
 American Institute of Preventive Medicine  
 Ameritech Publishing  
 Ann Arbor News  
 Ann Arbor Police Department  
 Ann Arbor Public Schools  
 Ann Arbor "Y"  
 Aurora Health System  
 Australian Health Management Group  
 Bank One  
 Blanchard Training and Development  
 Blue Cross Blue Shield of Michigan  
 Blue Cross Blue Shield of Rhode Island  
 Brush Wellman Engineering  
 Buck Consulting  
 Burlington Railroad  
 Center for Corporate Health Promotion  
 Centers for Disease Control  
 CIBZ Consulting  
 Cigna Behavioral Health  
 Cigna Health  
 Citibank  
 Club Corporation of America  
 Compac Computers  
 Compuware  
 Conagra Foods  
 Consumers Power  
 Continental Bank  
 Coors Brewrey  
 CorSolutions  
 Creative Universal

Crown Equipment  
 Cuyahoga Community College  
 Dayton Power and Light  
 Delphi Corporation  
 Detroit Chamber of Commerce  
 Detroit Diesel  
 Detroit Edison  
 DIAL Corporation  
 Domino's Pizza  
 Dow Chemical  
 Duke  
 DuPont  
 Eaton Corporation  
 Environmental Protection Agency  
 Environmental Research Institute of Michigan  
 Farmington Hills Schools  
 Federal Reserve Bank-Detroit  
 FirstEnergy  
 Florida Power and Light  
 Foote Health System  
 Ford Motor Company  
 General Electric  
 General Mills  
 General Motors  
 General Dynamics  
 Genesys Health System  
 GlaxoSmithKline  
 Grand Traverse Resort  
 Graves Insurance and Benefits  
 Gulf Power  
 HealthAtoZ  
 Healthbank  
 Health Decisions, Inc.

Healthways  
Hewitt Associates  
Holiday Inns  
Honeywell  
Human Health Organization  
International Business Machines (IBM)  
International Racquet Sports Association  
International Truck and Engine  
John Hopkins University  
John Harris and Associates  
Johnson and Johnson  
Johnson and Johnson Health Management  
Kellogg  
Lockheed Corporation  
M-CARE HMO  
MagneTec Corporation  
Maryland National Bank  
Matria Health Enhancement  
McClaren Hospital-Detroit  
Medical Mutual of Ohio  
MediFit  
Mercer Associates  
Michigan Bell Telephone  
Michigan Consolidated Gas  
Michigan Department of Public Health  
Michigan Health Initiatives  
Michigan National Corporation  
Michigan State University  
National Business Group on Health  
National Center for Health Promotion  
National Governor's Association  
Network Health  
Owens-Corning  
Parke Davis  
Personal Growth Technologies  
Pfizer, Inc.  
Progressive Insurance Companies  
Prudential Insurance  
RR Donnelley  
Riverside Hospital-Toledo

Sanofi-Aventis  
Sarns Corporation  
SinoMonitor (Beijing)  
Sparrow Hospital  
Spectrum Health  
Southern Company  
Southwest Michigan Healthcare Coalition  
Staywell  
Steelcase  
St.Joe Hospital-Pontiac  
St. Luke's Health Center  
Torrington  
Traveler's Insurance  
University of Michigan  
Athletic Department  
School of Business Administration Executive  
Education)  
Engineering School  
Medical Center  
Occupational Health and Safety  
Plant Department  
School of Dentistry  
School of Nursing  
School of Public Health  
UMV.P. Financial Leadership Team  
Utica School District  
United States Army Health Promotion  
United States AirForce Health Promotion  
United States Naval Weapons Research  
US Steel  
Warren Schools  
Washtenaw Community College  
Wayne County Intermediate School District  
Wellness Center, Grand Rapids  
WellPoint  
West Bloomfield School District  
Weyerhaeuser  
Wisconsin Education Association Trust  
Wisconsin Electric and Gas  
Xerox Corporation

## **EDITORIAL OR CORPORATE ADVISORY BOARDS**

Corporate Fitness, 1983-1986

Optimal Health, 1984-1989

Research Update (monthly column) 1985-89

National Center For Health Promotion, 1985-1996

Taking Care Newsletter, Center for Corporate Health Promotion, 1989-1992

American Institute of Preventive Medicine, 1990-

State of Michigan, Cardiovascular Disease Committee, 1990-1995

Center for Corporate Health, 1990-1993

National Resource Center for Health Promotion, 1991-1993

American Journal of Health Promotion, 1992-

Health Promotion Update, Board of Advisors, 1993-1996

Creative Health Concepts, Board of Advisors, 1994-1997

Health Decisions International, Board of Advisors, 1996-2000

On-Target Media Advisory Board, 1996-1998

Society of Prospective Medicine

Board Member 1986-1995

Future Advisory Board 2000-2003

International Journal of Worksite Health Management Associate Editor

## **ADMINISTRATIVE EXPERIENCE**

1984-1998      Director  
Division of Kinesiology (Physical Education)  
The University of Michigan

1977-          Director  
Health Management Research Center

1976-1984      Chairman  
Department of Physical Education  
The University of Michigan

Spring, 1976    Acting for the Dean  
School of Physical Education  
The University of Massachusetts

1973-1976      Department Head  
Department of Exercise Science  
The University of Massachusetts

## **PH.D. STUDENTS**

### **University of Massachusetts**

William Saville, 1973

Arthur Cosmas, 1973

William McCafferty, 1975

Roger Farrar, 1976

Thomas Manfredi, 1976

Michael Welch, 1978

Joseph Starnes, 1978

### **University of Michigan**

Laural Traeger, 1980

Steven Horowitz, 1984

Louis Yen, 1990

Diane Ciampa, 1990

Pat Smith, 1995

Anita Sandretto, 1995

Rita Faudman, 1995

Adi Wang, 1995

Joon Ho Kang, 1996

Shirley Musich, 1998

Feifei Wang, 2003

Chris Herman, 2008

## **HEALTH MANAGEMENT RESEARCH CENTER ASSOCIATES (GRADUATES)**

(formerly the Fitness Research Center)

Over 300 individuals have spent significant time in the HMRC either as students, interns, or full-time associates.