

SARA WHITACRE JOHNSON, MD, MPH

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EDUCATION, EMPLOYMENT & ACADEMIC AFFILIATION

- 01/2022 - current** **Assistant Professor**
Department of Biology, Westmont College
- 08/2020 - current** **Assistant Professor**
Department of Preventive Medicine, Loma Linda University Health
- 08/2019 -07/2020** **Lifestyle Medicine Specialist Fellow**
Department of Preventive Medicine, Loma Linda University Health
- 07/2017 - 06/2019** **Preventive Medicine & Public Health Resident**
UCLA Preventive Medicine and Public Health, Ronald Reagan UCLA Medical Center
- 08/2017 - 06/2018** **Masters of Public Health in Health Policy & Management**
UCLA Fielding School of Public Health
- 02/2017 - 05/2017** **Emergency Medicine Consultant**
Waikato Hospital Emergency Department, New Zealand
- 11/2016 - 05/2017** **Emergency Medicine Consultant**
Rotorua & Taupo Hospital Emergency Departments, New Zealand
- 10/2015 - 10/2016** **Emergency Medicine Fellow / Senior Medical Officer**
Middlemore Hospital Emergency Department, New Zealand
- 08/2014 - 09/2015** **Emergency Ultrasound Fellow and Visiting Instructor**
Division of Emergency Medicine, University of Utah Health Care,
- 06/2010 - 06/2014** **Emergency Medicine Resident**
Department of Emergency Medicine, Los Angeles County + University of Southern California Medical Center
- 08/2006 - 05/2010** **Doctor of Medicine**
Keck School of Medicine of the University of Southern California
- 08/2001 - 12/2004** **Bachelor of Science in Biology, *Summa Cum Laude*, Minor in Chemistry**
Westmont College

PROFESSIONAL ACTIVITIES & EXPERIENCE

- 11/2021-current** **Principal Investigator**, Adventist Health Study: The Next Generation in Transformational Health Knowledge. Ardmore Institute of Health (AIH). Oversaw a \$200,000 grant from AIH for a lifestyle medicine knowledge translation project taking the nutritional findings from Adventist Health Studies and applying to clinical practice.
- 09/2021-12/2021** **Member**, Lifestyle Medicine Specialist Competencies Panel. Member of international expert consensus panel to revise and expand the Lifestyle Medicine Specialist competencies.
- 02/2021-12/2021** **Project Lead**, Lifestyle Medicine Specialist Fellowship American Board of Medical Specialties (ABMS) and Accreditation Council for Graduate Medical Education (ACGME) Certification Taskforce, American College for Lifestyle Medicine (ACLM). Helped the ACLM task force work towards formal ABMS and ACGME recognition and certification of lifestyle medicine specialist fellowships.
- 02/2021-11/2021** **Adventist Health Studies Knowledge Translation and Implementation**. Provided synthesis and contextualization of Adventist Health Studies (AHS) research into materials for medical student and resident education. Disseminated AHS knowledge, appropriately tailored to the target audience, to multiple groups including patients, lay public, students, clinicians, and executives. Facilitated exchange of knowledge and expertise between AHS researchers and clinicians for mutual learning and collaboration. Implemented AHS knowledge into the clinical arena using theory, subject matter expertise, and clinical wisdom.
- 08/2020-12/2021** **Associate Program Director**, Lifestyle Medicine Specialist Fellowship. Loma Linda University Health, Department of Preventive Medicine.
- 11/2019-current** **Associate Program Director and Faculty Editor**, Lifestyle Medicine Residency Curriculum (LMRC), American College of Lifestyle Medicine. Served as an author, module lead, faculty editor, and associate program director for the Lifestyle Medicine Residency Curriculum, a national project developed by Loma Linda University, the American College of Lifestyle Medicine, and the Lifestyle Medicine Educational Collaborative. The LMRC serves as the educational pathway to board certification in lifestyle medicine for resident physicians.
- 11/2019-12/2021** **Curriculum Developer and Clinician Lead**, Intensive Therapeutic Lifestyle Change (ITLC) Program, Loma Linda University Medical Center. Served as a clinician lead in the development of a new ITLC program at Loma Linda University Medical Center. Developed portions of the curriculum and edited and reviewed the entire curriculum.
- 10/2017-current** **Event Medicine Physician**, Emergency-1 Response, Inc. Practice emergency medicine, critical care, and event medicine at field

hospitals for various public events and gatherings.

- 12/2020-07/2021** **Assistant Medical Director**, Lifestyle Medicine Inpatient Service, Loma Linda University Medical Center, Department of Preventive Medicine. Directed the Lifestyle Medicine consultation service, overseeing multiple physicians, mid-level providers, residents and medical students. Helped oversee the expansion of the consultation service from satellite hospital site to main campus hospital site.
- 01/2020-07/2021** **Ultrasound Program Director**, Loma Linda University Medical Center Department of Family Medicine. Oversaw the residency point of care ultrasound program with bedside teaching rounds, didactics, asynchronous learning, developing credentialing and quality improvement processes, and negotiating enterprise-wide ultrasound vendor licensing agreement.
- 08/2020-01/2021** **Student Health Physician**, Center for Health Promotion, Loma Linda University Medical Center. Worked as a student health physician for Loma Linda University students during COVID outbreak.
- 01/2018-06/2019** **Member and Subgroup Co-Chair**, Los Angeles Health Agency, Social and Behavioral Determinants of Health (SBDOH) Workgroup. Served as a member of a workgroup that is working to roll out a standardized SBDOH screener throughout the Los Angeles County Departments of Health Services, Mental Health, and Public Health. Served as a general researcher for the workgroup, wrote and edited a 100+ page report to accompany the screener, and co-chaired two subgroups on Food Insecurity and Social Isolation.
- 01/2018-06/2019** **Urgent Care Physician**, UCLA Health. Worked as an urgent care provider and extended hours primary care provider for the UCLA Health Redondo Beach Primary and Specialty Care clinic.
- 11/2016-05/2017** **Consultant**, Rotorua Hospital, Taupo Hospital, and Waikato Hospital. Served in locums capacity as an Emergency Medicine Consultant at three hospitals. Directly supervised registrars and medical students.
- 10/2015-11/2016** **Fellow**, Middlemore Hospital Emergency Department. Served as senior medical officer in emergency department. Directly supervised registrars and medical students. Helped the ultrasound division in ultrasound teaching and establishing a PACS system.
- 08/2014-08/2015** **Visiting Instructor**, University of Utah Division of Emergency Medicine. Split time between 3 facilities: the University of Utah Main Emergency Department, a freestanding emergency room owned by the University of Utah, and a rural hospital in Rock Springs, Wyoming.
- 05/2012-06/2015** **Advanced Cardiovascular Life Support Instructor**, University of Southern California Center for Life Support Training.

- 06/2007-12/2008** **Emergency Medicine Student Research Group Founder.** LAC+USC Medical Center, Department of Emergency Medicine, Advisor: Dr. Sean O. Henderson. Formed and led a medical student research group that extended departmental research coverage by 50%.
- 06/2007-08/2007** **Research Assistant,** LAC+USC Medical Center, Department of Emergency Medicine, Advisor: Dr. Sean O. Henderson. Assisted in multiple departmental projects including studies of LVH EKG criteria, rapid sequence intubation, and post-intubation memory recall.
- 01/2005-07/2006** **Emergency Department Scribe,** Cottage Hospital, Santa Barbara, CA.

ADDITIONAL EDUCATION & TRAINING

- 07/2018-06/2019** University of California Los Angeles Health, LEAN Academy Quality Improvement Training.
- 07/2017-06/2018** University of Arizona Center for Integrative Medicine, Integrative Medicine in Residency Course.
- 10/2014** American College of Emergency Physicians, Ultrasound Management Course, Chicago, IL.

LICENSURE & CERTIFICATIONS

- 10/31/2019-present** Diplomate, American Board of Lifestyle Medicine
- 01/01/2021-present** Diplomate, American Board of Preventive Medicine
- 09/06/2016-present** Fellow, Australasian College for Emergency Medicine
- 06/04/2015-present** Diplomate, American Board of Emergency Medicine

PUBLICATIONS

Joseph D, **Johnson SW**, Joseph M, et al. The implementation of therapeutic hypothermia in the emergency department: a multi-institution case review. *Therapeutic Hypothermia and Temperature Management*. 2012;2(3):138-143.

Johnson SW, Henderson S. Genetics of warfarin sensitivity in an emergency department population with thromboembolic disease. *Western Journal of Emergency Medicine*. 2011;12(1):11-16. PMID: 21691466.

Shoenberger JM, Voskianian S, **Johnson S**, et al. Left ventricular hypertrophy may be transient in the emergency department. *Western Journal of Emergency Medicine*. 2009;10(3):140-143. PMID: 19718372.

Merchant EE, **Johnson SW**, Nguyen P, et al. Takotsubo cardiomyopathy: a case series and review of the literature. *Western Journal of Emergency Medicine*. 2007;8(4):104-111. PMID: 19561716.

POSTERS & PRESENTATIONS

Johnson SW, Joseph D, Seif D, et al. *The implementation of therapeutic hypothermia in the emergency department: a multi-institution case review*. Poster Presentation. SAEM Annual Meeting, Chicago, IL. May 10, 2012.

Johnson SW, Joseph D, Seif D, et al. *The implementation of therapeutic hypothermia in the emergency department: a multi-institution case review*. Oral Presentation. SAEM Western Regional Meeting. Las Vegas, NV. March 17, 2012.

Henderson SO. **Johnson SW**, Eng J. *The genetics of warfarin sensitivity in an emergency department population with thromboembolic disease*. Poster Presentation. SAEM Annual Meeting. Phoenix, AZ. June 5, 2010.

Johnson SW, Eng J, Henderson SO. *The genetics of warfarin sensitivity in an emergency department population with thromboembolic disease*. Oral Presentation. SAEM Western Regional Meeting. Sonoma, CA. March 20, 2010.

GRANTS, HONORS & AWARDS

- 2021** Adventist Health Study: The Next Generation in Transformational Health Knowledge. Ardmore Institute of Health. \$200,000.
- 2010** SAEM Excellence in Emergency Medicine Award
- 2010** Best Medical Student Presentation, SAEM Western Regional Meeting
- 2008** Leadership Award, LAC+USC Department of Emergency Medicine
- 2007** Baxter Foundation Research Fellowship, Keck School of Medicine
- 2004** Anna Gaub Renould Medical Scholarship, Westmont College

PROFESSIONAL MEMBERSHIPS

American College of Lifestyle Medicine
American College of Preventive Medicine
Australasian College for Emergency Medicine
Physicians Association for Nutrition