

BIOGRAPHICAL SKETCH

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NAME: Zgibor, Janice Christine

eRA COMMONS USER NAME (agency login): EDCJAN

POSITION TITLE: Associate Professor

EDUCATION/TRAINING (*Begin with baccalaureate or other initial professional education, such as nursing, include postdoctoral training and residency training if applicable.*)

INSTITUTION AND LOCATION	DEGREE (if applicable)	Completion Date MM/YYYY	FIELD OF STUDY
University of Pittsburgh, School of Pharmacy, Pittsburgh, PA	BS	04/1984	Pharmacy
University of Pittsburgh Graduate School of Public Health, Pittsburgh, PA	MPH	04/1997	Epidemiology
University of Pittsburgh Graduate School of Public Health, Pittsburgh, PA	PHD	04/1999	Epidemiology
University of Pittsburgh School of Medicine, Pittsburgh, PA	Postdoctoral Fellow	06/2001	Endocrinology and Metabolism

A. PERSONAL STATEMENT

Dr. Janice Zgibor is a pharmacist and an epidemiologist. She is an Associate Professor of Epidemiology and Biostatistics at the University of South Florida (USF). While her position has recently transitioned, Dr. Zgibor remains actively involved with projects at the University of Pittsburgh. She is a co-investigator on a study called MOVE UP, which is a translation of the Look AHEAD study. This intervention is a community-based trial examining the impact of this intervention on weight loss and physical function in older adults. Community Health Workers deliver the intervention. The Look AHEAD curriculum was revised to be accessible to CHWs who come to the study with heterogeneous backgrounds and levels of education. Recruitment of community health workers and participants is ongoing. Dr. Zgibor recently completed a cluster-randomized trial in primary care entitled Redesigning Medication Intensification Effectiveness for Diabetes (REMEDIES 4D). This study used treatment protocols for treatment intensification of glycemic, blood pressure and lipid control in people with type 2 diabetes. Diabetes educators in eight non-academic primary care practices successfully implemented these protocols. Significant reductions in HbA1c and LDLc were observed. Directly relevant to this Center is the training of diabetes educators to implement these protocols in primary care on a national level. Training has been piloted with 27 diabetes educators in the Pittsburgh area. Additionally, one primary care network in the San Francisco Bay area is planning to implement the protocols. Dr. Zgibor will directly contribute to the Center given her extensive experience in leading initiatives to improve quality of care in primary care in both urban and rural communities throughout southwestern Pennsylvania. Some of these efforts include quality improvement strategies and community-based behavioral and lifestyle interventions for primary and secondary prevention of diabetes and cardiovascular disease. She has also successfully implemented several community-based cluster randomized trials, and is well versed in the methodologic aspects of implementation and evaluation of these types of studies. She has successfully recruited physicians, community leaders, a variety of community-based sites, and implemented and evaluated interventions at the community, primary care practice and individual level. She also has extensive experience in methods for pragmatic trials. Dr. Zgibor also has experience in data collection and analysis of medications in longitudinal studies. Dr. Zgibor serves as scientific reviewer for the NIH Dissemination and Implementation Study Section, the Special Emphasis Panel for the NIDDK review of natural experiments and pragmatic trials and the Health Services Organization and Delivery Study Section. She has worked in diabetes research for 20 years. She has extensive experience in leading community and provider based research on behavior change, self-management, self-efficacy, treatment, and empowerment.

1. Piatt GA, Orchard TJ, Emerson S, Simmons D, Songer TJ, ...**Zgibor JC**. Translating the chronic care model into the community: results from a randomized controlled trial of a multifaceted diabetes care intervention. *Diabetes Care*. 2006 Apr;29(4):811-7. PubMed PMID: [16567820](#).
2. Piatt GA, Seidel MC, Powell RO, **Zgibor JC**. Comparative effectiveness of lifestyle intervention efforts in the community: results of the Rethinking Eating and ACTivity (REACT) study. *Diabetes Care*. 2013 Feb;36(2):202-9. PubMed PMID: [22966092](#); PubMed Central PMCID: [PMC3554313](#).
3. **Zgibor JC**, Kuo S, Emerson S, Gittinger P, Solano FX, et al. Rationale, design, and implementation of a cluster randomized trial using certified diabetes educators to intensify treatment for glycemia, blood pressure and lipid control: REMEDIES 4D. *Contemp Clin Trials*. 2014 Sep;39(1):124-31. PubMed PMID: [25038558](#).
4. Strotmeyer ES, **Zgibor JC**. Diabetes and aging. *Clin Geriatr Med*. 2015 Feb;31(1):xiii-xvi. PubMed PMID: [25453308](#).

B. POSITIONS AND HONORS

Positions and Employment

1983 - 1985	Pharmacy intern/staff pharmacist , Giant Eagle Pharmacy, Pittsburgh, PA
1985 - 1986	Staff Pharmacist, Weis Pharmacy, Frederick, MD
1986 - 1987	Teaching Assistant, West Virginia University, Department of Pharmacy Administration, Morgantown, WV
1987 - 1990	Sales Representative, Eli Lilly and Company, Indianapolis, IN
1990 - 1995	Staff Pharmacist, Merck/Medco, North Versailles, PA
1996 - 1999	Graduate Student Researcher, University of Pittsburgh, Diabetes Prevention Program, Pittsburgh, PA
1999 - 2000	Assistant Professor, UNIVERSITY OF PITTSBURGH AT PITTSBURGH
1999 - 2001	Post Doctoral Fellow, University of Pittsburgh, Division of Endocrinology and Metabolism, Pittsburgh, PA
1999 - 2004	Project Coordinator, University of Pittsburgh, Epidemiology of Diabetes Complications Study, Pittsburgh, PA
2000 - 2003	Epidemiologist Consultant, University of Pittsburgh Diabetes Institute, Pittsburgh, PA
2000 - 2009	Epidemiologist Consultant, End Stage Renal Disease Network 4, Center for Medicare and Medicaid Services, Pittsburgh, PA
2001 - 2004	Research Associate, University of Pittsburgh, Department of Epidemiology, Pittsburgh, PA
2003 - 2010	Director of Evaluation, UPMC Adult Clinical Services, University of Pittsburgh Diabetes Institute, Pittsburgh, PA
2004 - 2013	Assistant Professor, University of Pittsburgh , Department of Epidemiology, Pittsburgh, PA
2010 - 2015	Assistant Professor, University of Pittsburgh, Department of Medicine, Pittsburgh, PA
2011 - 2013	Program Director, University of Pittsburgh, Center for Aging and Population Health Prevention Research Center, Pittsburgh, PA
2011 - 2015	Assistant Professor, University of Pittsburgh, Clinical Translational Science Institute, Pittsburgh, PA
2013 - 2015	Associate Director, University of Pittsburgh, Center for Aging and Population Health Prevention Research Center, Pittsburgh, PA
2013 - 2015	Associate Professor, University of Pittsburgh, Department of Epidemiology, Pittsburgh, PA
2015 - 2015	Associate Professor, University of Pittsburgh, Department of Medicine, Pittsburgh, PA
2015 - 2015	Associate Professor, University of Pittsburgh, Clinical Translational Science Institute, Pittsburgh, PA
2015-	Associate Professor, University of South Florida, Department of Epidemiology and Biostatistics, Tampa, FL

Other Experience and Professional Memberships

1996 -	Member, American Diabetes Association
1999 - 2000	Member, Society for Epidemiologic Research

- 2004 - Member, Behavioral Research in Diabetes Group Exchange
- 2005 - 2008 Member, Society for Medical Decision Making
- 2006 - Member, American Diabetes Association Nationwide Research Program
- 2011 - Ad Hoc member, NIH Dissemination and Implementation Study Section
- 2011 - 2012 Co-President, Behavioral Research in Diabetes Group Exchange
- 2012 - Member, American Public Health Association
- 2012 - Member, American Diabetes Association Adult Disparities Committee
- 2012 - Member, American Diabetes Older Adults Subcommittee
- 2014 - 2014 Member Special Emphasis Panel, NIH NIDDK Natural Experiments and Pragmatic Trials Study Section
- 2015 - 2015 Member Special Emphasis Panel, National Science Foundation
- 2015 - 2015 Member Special Emphasis Panel, NIH Director's Early Independence Award (DP5)

Honors

- 1984 Graduated, Cum Laude, University of Pittsburgh, School of Pharmacy
- 1987 Rho Chi, Honor Society for Pharmacy, West Virginia University
- 1997 Outstanding Master's Degree Student, Epidemiology, University of Pittsburgh, Graduate School of Public Health
- 1999 Delta Omega, International Public Health Honor Society, University of Pittsburgh
- 2005 Golden Pen-New Author Award for Excellence in Writing, Journal for Health Care Quality, National Association for Health Care Quality
- 2012 Best Paper Award, ACM GIS International Conference on Advances in Geographic Information Systems
- 2013 Erickson Award Foundation Award for Aging & Public Health, American Public Health Association

C. Contribution to Science

1. Analysis of longitudinal data from the Epidemiology of Diabetes Complications Study (a cohort study following 658 subjects with Type 1 diabetes diagnosed before the age of 17 and enrolled 1986-1988) suggested that a higher proportion of diabetes duration spent in specialist care delayed the development of neuropathy, overt nephropathy, and possibly coronary artery disease. This was the first report examining a lifetime of diabetes care and its impact on long-term outcomes in people with type 1 diabetes. Additional research in type 1 diabetes was conducted with the World Health Organizations DIAMOND Complications Study (DIACOMP Study). Five continents were represented in this study. This study examined several risk factors and complication outcomes and examined geographic variation in care and outcomes.
 - a. **Zgibor JC**, Songer TJ, Drash AL, Weissfeld J, Becker D. Association between diabetes specialist care, health care practices and glycemic control: A cross-sectional analysis. *Diabetes care*. 2000; 23(4):472.
 - b. **Zgibor JC**, Songer TJ, Kelsey SF, Weissfeld J, Drash AL, et al. The association of diabetes specialist care with health care practices and glycemic control in patients with type 1 diabetes: a cross-sectional analysis from the Pittsburgh epidemiology of diabetes complications study. *Diabetes Care*. 2000 Apr;23(4):472-6. PubMed PMID: [10857937](#).
 - c. Walsh MG, **Zgibor J**, Borch-Johnsen K, Orchard TJ. A multinational comparison of complications assessment in type 1 diabetes: the DiaMond substudy of complications (DiaComp) level 2. *Diabetes Care*. 2004 Jul;27(7):1610-7. PubMed PMID: [15220236](#).
 - d. Walsh MG, **Zgibor JC**, Borch-Johnsen K, Orchard TJ. The socioeconomic correlates of global complications prevalence in type 1 diabetes: a multinational comparison to DiaComp. *Diabetes research and clinical practice*. 2005; 70:143.
2. My research started with the first research study to implement the Chronic Care Model in primary care and assess the outcomes associated with it. Additionally, these studies added to the evidence base for the role of diabetes educators in primary care and moved the field forward.

- a. Siminerio L, **Zgibor JC**, Solano FX. Implementing the Chronic Disease Model for improvements in diabetes practice and outcomes in primary care: The University of Pittsburgh Medical Center Experience. *Clinical diabetes* : a publication of the American Diabetes Association. 2004 May;
 - b. Siminerio LM, Piatt GA, Emerson S, Ruppert K, Saul M, ...**Zgibor JC**. Deploying the chronic care model to implement and sustain diabetes self-management training programs. *Diabetes Educ*. 2006 Mar-Apr;32(2):253-60. PubMed PMID: [16554429](#).
 - c. Piatt GA, Orchard TJ, Emerson S, Simmons D, Songer TJ, ...**Zgibor JC**. Translating the chronic care model into the community: results from a randomized controlled trial of a multifaceted diabetes care intervention. *Diabetes Care*. 2006 Apr;29(4):811-7. PubMed PMID: [16567820](#).
 - d. Piatt GA, Anderson RM, Brooks MM, Songer T, Siminerio LM, ...**Zgibor JC**. 3-year follow-up of clinical and behavioral improvements following a multifaceted diabetes care intervention: results of a randomized controlled trial. *Diabetes Educ*. 2010 Mar-Apr;36(2):301-9. PubMed PMID: [20200284](#).
3. I continued to pursue my research interests in preventing complications of diabetes which led to successful funding of a Junior Faculty Award from the ADA and a K01 Award from the NIDDK. The premise of this work was to quantify risk for cardiovascular events for people with type 1 diabetes. People with type 1 diabetes experience a 10 fold increase in the incidence of coronary heart disease compared to those without diabetes. This was the first study to address cardiovascular risk prediction in this high risk population. This work addressed a significant gap in the literature as previous risk prediction models were developed in people without diabetes or in those with type 2 diabetes. Findings demonstrated that existing models do not predict cardiovascular events well in type 1 diabetes and could lead to the under treatment of cardiovascular risk factors. Given these important issues, I developed a new risk prediction model in collaboration with mentors Mark Roberts and Trevor Orchard. The Pittsburgh CHD in Type 1 Diabetes Risk Model incorporated risk factors not considered by other models and filled a gap in this field. Subsequently, other risk prediction models were developed with international colleagues.
- a. **Zgibor JC**, Piatt GA, Ruppert K, Orchard TJ, Roberts MS. Deficiencies of cardiovascular risk prediction models for type 1 diabetes. *Diabetes Care*. 2006 Aug;29(8):1860-5. PubMed PMID: [16873793](#).
 - b. Ruppert K, Roberts MS, Orchard TJ, **Zgibor JC**. Cardiovascular disease risk prediction in type 1 diabetes: accounting for the differences. *Diabetes Res Clin Pract*. 2007 Nov;78(2):234-7. PubMed PMID: [17467846](#).
 - c. Vergouwe Y, Soedamah-Muthu SS, **Zgibor J**, Chaturvedi N, Forsblom C, et al. Progression to microalbuminuria in type 1 diabetes: development and validation of a prediction rule. *Diabetologia*. 2010 Feb;53(2):254-62. PubMed PMID: [19908023](#); PubMed Central PMCID: [PMC2797626](#).
 - d. **Zgibor JC**, Ruppert K, Orchard TJ, Soedamah-Muthu SS, Fuller J, et al. Development of a coronary heart disease risk prediction model for type 1 diabetes: the Pittsburgh CHD in Type 1 Diabetes Risk Model. *Diabetes Res Clin Pract*. 2010 Jun;88(3):314-21. PubMed PMID: [20236721](#); PubMed Central PMCID: [PMC2891292](#).
4. As a pharmacist, the role of medication in chronic disease outcomes is of great interest. I have mentored students in pharmacoepidemiology to that end.
- a. Chen HY, Ruppert K, Charron-Prochownik D, Noullet WV, **Zgibor JC**. Effects of depression and antidepressant use on goal setting and barrier identification among patients with type 2 diabetes. *Diabetes Educ*. 2011 May-Jun;37(3):370-80. PubMed PMID: [21460104](#).
 - b. Lo-Ciganic WH, **Zgibor JC**, Bunker CH, Moysich KB, Edwards RP, et al. Aspirin, nonaspirin nonsteroidal anti-inflammatory drugs, or acetaminophen and risk of ovarian cancer. *Epidemiology*. 2012 Mar;23(2):311-9. PubMed PMID: [22252409](#); PubMed Central PMCID: [PMC3454462](#).
 - c. Lo-Ciganic WH, Boudreau RM, Gray SL, **Zgibor JC**, Donohue JM, et al. Changes in cholesterol-lowering medications use over a decade in community-dwelling older adults. *Ann Pharmacother*. 2013 Jul-Aug;47(7-8):984-92. PubMed PMID: [23780807](#); PubMed Central PMCID: [PMC3707940](#).
 - d. Lo-Ciganic WH, Perera S, Gray SL, Boudreau RM, **Zgibor JC**, et al. Statin use and decline in gait speed in community-dwelling older adults. *J Am Geriatr Soc*. 2015 Jan;63(1):124-9. PubMed PMID: [25537649](#); PubMed Central PMCID: [PMC4300263](#).

Complete List of Published Work in My Bibliography:

<http://www.ncbi.nlm.nih.gov/myncbi/janice.zgibor.1/bibliography/40353154/public/?sort=date&direction=ascending>

D. RESEARCH SUPPORT

Ongoing Research Support

2014/10/01-2015/11/30

U48 DP005001, Centers for Disease Control and Prevention

Newman (PI)

Health Promotion and Disease Prevention Research Center

This study is translating and implementing the Look AHEAD study for older adults. An additional goal of the study is to determine the feasibility and effectiveness of Community Health Workers delivering this intervention.

Role: Co-Investigator

Completed Research Support

2010/03/01-2014/12/31

U48 DP01918, Centers for Disease Control and Prevention

Newman (PI)

Health Promotion and Disease Prevention Research Center

This project examined the effectiveness of the Arthritis Foundation Exercise Program enhanced with a health promotion program for health aging on physical function and preventive service use. Adults age 50 and older were recruited.

Role: Co-Investigator

2011/01/15-2014/12/31

1-12-SAN-31, American Diabetes Association

Zgibor (PI)

Redesigning Diabetes Care Delivery in Primary Care Using Medication Algorithms

This project used certified diabetes educators to intensify treatment for glucose, blood pressure and lipid control in primary care practices.

Role: PI

2011/05/14-2014/12/18

0028604, Sanofi-Aventis US

Zgibor (PI)

Early Insulin Use and Incidence of Diabetes Complications: Prediction and Decision Analysis

More than 75,000 people with diabetes are in the University of Pittsburgh Medical Centers EHR. This analysis examined the profile of insulin use in primary care and developed a phenotype for early insulin use.

Role: PI

2010/10/01-2013/09/30

LT09-277, International Diabetes Federation BRIDGES

Zgibor (PI)

Project SEED: Support, Education, and Evaluation in Diabetes

This study examines the effectiveness of implementing a training program for peer educators to facilitate ongoing, empowerment-based interventions that, when led by health professionals, are related to improved diabetes-related health outcomes

Role: PI

2004/01/01-2010/01/01

W81XWH-07-2-0080, Department of Defense

Zgibor (PI)

Diabetes Prevention and Treatment Programs for Western Pennsylvania: Evaluation Core and Coordinating Center

This project evaluated a multi-faceted approach to the prevention and treatment of diabetes in a variety of diverse settings. At the completion of the project, both civilian and military groups will have strong rationale for the continued implementation and dissemination of the diabetes prevention and treatment programs.

Specifically, this sub contract oversaw all regulatory and analytical aspects of the project.

Role: PI