

# JESSIE GRUMAN



Jessie Gruman is the founder and president of the Center for Advancing Health, an independent, nonpartisan, Washington-based policy institute funded by the Annenberg Foundation, the W.K. Kellogg Foundation and other foundations and individuals.

Since it was established in 1992, the Center has worked to ensure that we are all prepared to live a healthy life and make good choices about our health and health care. Increasing the quality and years of healthy life and eliminating health disparities is only possible if people have the knowledge, confidence and skills to make informed decisions and interact productively with health care providers.

Dr. Gruman has worked on this same set of concerns in the private sector (AT&T), the public sector (National Institutes of Health) and the voluntary health sector (American Cancer Society). She holds a BA from Vassar College and a PhD in Social Psychology from Columbia University. She is a Professorial Lecturer in the School of Public Health and Health Services at The George Washington University and serves on the boards of trustees of the Center for Medical Technology Policy, the Advisory Panel on Medicare Education of the U.S. Department of Health and Human Services and the Public Health Institute.

Dr. Gruman was honored by Research!America for her leadership in advocacy for health research and received honorary doctorates from Brown University, Carnegie Mellon University, Georgetown University, New York University, Northeastern University, Salve Regina University, and Tulane University and the Presidential Medal of The George Washington University. She is a member of the Society for Behavioral Medicine, the Association for Psychological Science and the Council on Foreign Relations.

Dr. Gruman is the author of *The Experience of the American Patient: Risk, Trust and Choice* (Health Behavior Media, 2009); *Behavior Matters* (Health Behavior Media, 2008) and *AfterShock: What to Do When the Doctor Gives You – or Someone You Love – a Devastating Diagnosis* (Walker Publishing, 2007), as well as scientific papers and opinion essays and articles published in the national media.

For further biographical information, see *Who's Who in America* (60th Edition).

**CFAH** CENTER FOR  
ADVANCING  
HEALTH  
*From Evidence to Action*

[www.cfah.org](http://www.cfah.org)

## our Mission

CFAH conducts research, communicates findings, and advocates for policies that support everyone’s ability to benefit from advances in health science.

## our Vision

All Americans are prepared to make good choices about health and health care.

## our Resources

The Center for Advancing Health publishes a series of electronic newsletters to help patients make the most of our modern health care system. Our newsletters are made available at no cost to our subscribers, and are available on our website, [www.cfah.org](http://www.cfah.org).

### The Health Behavior News Service

The Health Behavior News Service (HBNS) writes news stories on the latest findings from peer-reviewed research journals and disseminates them worldwide to subscribed journalists. HBNS covers both new studies and systematic reviews of studies. The goal of HBNS is to present emerging evidence facts for audiences to understand and use to make informed choices about health and health care.

#### Some of this week’s HBNS headlines include:

- “Sad or Angry Teens Have Less Success With Diabetes Control”
- “Perceived Racism Not a Barrier to HIV Testing for N.C. Blacks ”
- “Older Adults Say Cash Might Motivate Them to Walk ”

### CFAH Daily News Digest

CFAH Daily News Digest summarizes the nation’s top ten news stories on topics related to consumer health decisions. The summaries and links to original articles are emailed to thousands of subscribers daily.

### The Prepared Patient



The Prepared Patient is a monthly publication for individuals that explains why and how each person can effectively take on specific tasks in managing their health. Topics include whether to get an annual physical exam, how to manage personal health information and the pros and cons of using in-store clinics.

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### Good Behavior!



Good Behavior is a monthly essay written by Jessie Gruman that makes the case for people to become engaged in their health and health care. The essay relates the experience of engaged patients with developments in science, health policy and politics.

