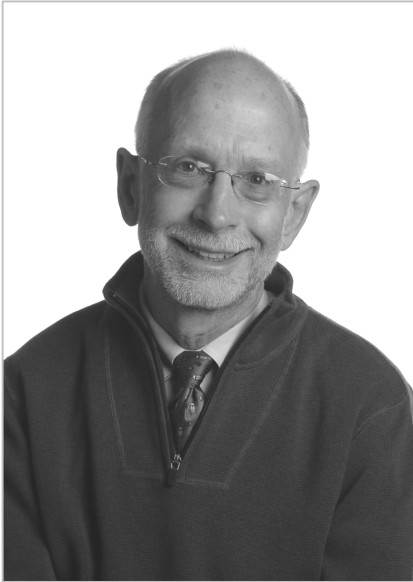


St. Croix County Community Health Improvement Participant Biography



Thomas E. Kottke, MD, MSPH, practices cardiology at Hudson Hospital & Clinics. He is also Medical Director for Evidence-based Health at HealthPartners, an epidemiologist, and a health services researcher at the HealthPartners Research Foundation in Minneapolis, Minnesota. His primary research interest is how lifestyle change can extend active life expectancy and delay the onset of disability.

Dr. Kottke obtained his MD degree from the University of Minnesota School of Medicine, and received his residency training in internal medicine at the Royal Victoria Hospital, McGill University (Montreal) and at North Carolina Memorial Hospital (Chapel Hill). He received an MSPH in epidemiology from the School of Public Health, University of North Carolina, Chapel Hill, and was a Robert Wood Johnson Clinical Scholar in the Department of Medicine, University of North Carolina, Chapel Hill.

Dr. Kottke trained in cardiovascular diseases and preventive cardiology at the Cardiovascular Division (Department of Medicine) and Division of Epidemiology (School of Public Health), University of Minnesota. Dr. Kottke is board certified in internal medicine and cardiovascular diseases.

After serving on the faculty of the University Of Minnesota School Of Medicine, Dr. Kottke moved to Mayo Clinic Rochester, Minnesota where he was a consultant in the Division of Cardiovascular Diseases and a Professor of Medicine in the Mayo Clinic College of Medicine until June 2004. He now holds the academic rank of Professor of Medicine at the University of Minnesota.

Dr. Kottke has over 250 publications. He was a member of the first US Preventive Services Task Force and the three federal panels that authored evidence-based guidelines for the treatment of tobacco dependence. Dr. Kottke was the principal investigator of Doctors Helping Smokers (RO1 CA 38361) and was the lead author on the first meta-analysis of treatments to help people stop smoking. While at Mayo Clinic Rochester, Dr. Kottke developed and directed CardioVision 2020 (<http://www.cardiovision2020.org>), a project to make Olmsted County, Minnesota the healthiest county in the country by the year 2020.

Dr. Kottke is on the editorial board of the *Journal of Clinical Epidemiology* and *American Journal of Preventive Medicine*. He is vice-chair of the Park-Nicollet Institute Foundation Board in St. Louis Park, Minnesota. His most recent accomplishment was chairing the working group that developed the Institute for Clinical Systems Improvement guideline, "Primary Prevention of Chronic Disease Risk Factors," available at http://www.icsi.org/guidelines_and_more/gl_os_prot/preventive_health_maintenance/

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