

Gilbert Kaats

PhD, LtCol, USAF (Ret)

CEO and Chief Scientist of Integrative Health Technologies, Inc. (ihtresearch.com)

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CURRENT OCCUPATION

2006–Present

For the past 15 years served as CEO and Chief Scientist of *Integrative Health Technology, Inc.*, a Clinical Research Organization (CRO) generating over 100 published manuscripts in peer-reviewed medical journals. Individually authored a book entitled, *Restructuring Body Composition: How the Kind, Not the Amount, of Weight Loss Defines the Pathway to Optimal Health.* Current duties involve reviewing and discussing time frames and research budgets with funding Sponsors. Recruits and briefs co-investigators, prepares protocols for submission to Institutional Review Boards. Supervises the recruitment and enrollment of subjects who previously volunteered to be notified about future research. Supervises the preparation and conduct of IRB-approved protocols. Submission of technical reports of results to sponsors. When appropriate, coordinates with sponsors for the preparation of manuscripts of study results for publication in peer-reviewed journals.

Works with co-investigators in an ongoing program of discovering relationships between and within the 1.8 million medical biomarkers in IHTI's **40-year Longitudinal Database of Medical Biomarkers**. A list of 35 published manuscripts generated by this program is on <http://ihtresearch.com/Manuscripts/#title1>.

EDUCATION

Doctor of Philosophy, University of Colorado at Boulder, 3.8 GPA 1968

Master of Arts, George Washington University in Washington D.C., 4.0 GPA 1964

Bachelor of Arts with "High Honors" from the University of Maryland at College Park. 1964

RELEVANT PAST MILITARY EXPERIENCE

1955–1974

Previously served as a USAF behavioral scientist that included a five-year assignment as an Associate Professor of Behavioral Science and Leadership at the USAF Academy. Served two years in Thailand during the Viet Nam war researching the prevalence and effects of substance abuse by military personnel. Results presented to the *President's Commission on Marijuana and Drug Abuse* and the Chief of Staff of the Air Force. Earned the *Veterans Recruitment Appointment (VRA)* job preference points by concurrently serving as a Combat Crew Navigator and receiving three USAF Air Medals for "Meritorious achievements while participating in aerial flight".

TEACHING HISTORY

United States Air Force Academy, Associate Professor of Psychology and Leadership, taught: *The Science of Psychology, Statistics, Psychology of Learning, and Research Methods and Publications.*

University of Maryland Extension Division taught: *Introduction to Psychology of Human Behavior.*

Denver University, Instructor of Psychology

PROFESSIONAL SOCIETIES/ORGANIZATIONS

Fellow, The American College of Nutrition

Received the *Ragus Award* for the Best Original Research Paper of 2016.

Member, Association for Psychological Science

Fellow and Lifetime Member, American Association of Integrative Medicine

Member Association of Clinicians for the Underserved

Member Emeritus, The Obesity Society

Member, The Society for Clinical Densitometry

Member, American Society for Nutrition

Member, National Osteoporosis Foundation

Member, Yucatan Medical Society for the Prevention and Treatment of Obesity

AWARD FOR PUBLISHED MANUSCRIPTS

November 10, 2017. Received the *Ragus Award* from ***the American College of Nutrition*** for the Best Original Research Manuscript of 2016.

RESEARCH MANUSCRIPTS CURRENTLY UNDER PREPARATION

- A replication and extension of a previously published study, "*Discordance Between the Body Mass Index (BMI) and a Novel Body Composition Change Index (BCCI) as Outcome Measures in Weight Change Interventions. J. Am. Coll. Nutr. 2018 May-Jun;37(4)302-307*" using a second independent sample of 5,460 subjects.
- Longitudinal and cross-section analyses of the relationships between *COVID Acquisition and Treatment Responses with Pre-existing Measurements of Body Composition, Fasting Blood Chemistries and Self-Reported Depression.*
- Twenty-Five longitudinal analyses of Averages changes in DEXA-Measured Fat Mass, Fat-Free Mass and Bone Mineral Density and Bone Mineral Content.
- Twenty-Five Year Longitudinal Analyses of Changes in Fasting Blood Chemistries, Body Composition and Self-Reported Quality of Life.
- A Comparison Between the BMI and the Body Composition Change Index as Disease Predictors and Self-Reported Quality of Life.