Manfred Stommel
PhD

Dr. Stommel’s recent research program has focused on the Body Mass Index (BMI), its measurement in large population-based surveys, as well as antecedents and consequences of variations in the BMI. His research focuses on mortality impacts of the BMI and physical activity as well as health service use associated with the BMI.

As the Academy Health Senior Service Fellow at the CDC/National Center for Health Statistics, he specialized in the analysis of federal health surveys. Using multiple years of the NHIS, NHANES and MEPS data, including the linked files to the National Death Index Dr. Stommel produced a series of papers. The main objective was to re-examine what the clinically relevant BMI thresholds are, at which mortality and morbidity risks tend to change for various ethnic and racial groups, so as to warrant lifestyle changes and clinical intervention efforts. These papers examined any mitigating or modifying factors which may alter the observed associations between the BMI and morbidity and mortality risk in various racial and ethnic groups.

Dr. Stommel is also a collaborator with Dr. Mildred Horodynski on studies of parent-toddler feeding behavior. Critical factors that address obesity prevention, specifically food consumption and the mealtime environment are utilized to promote the development of healthy eating behaviors in young children while dietary habits are being formed.