

Spotlight: William Heerman, M.D., M.P.H.

William John Heerman, M.D., M.P.H.

M.D.

Vanderbilt University School of Medicine, Nashville, TN, 2008

Residency

Internal Medicine and Pediatric Residency-Vanderbilt University Medical Center, Nashville, TN

Fellowship

Academic General Pediatrics Fellowship-Vanderbilt University Medical Center, Nashville, TN

Expand

William John Heerman, M.D., M.P.H.

Assistant Professor, Internal Medicine & Pediatrics

His professional interests are in primary care med-peds & in looking for solutions to the pediatric obesity epidemic with community engaged research. He is a vibrant researcher, an outstanding clinician, & a beloved medical educator.

Available Postdoctoral Position Details »

Dr. Heerman, a CDTR Pilot & Feasibility award recipient, has subsequently received a career development award from the NIH. His ongoing projects represent a continuation of his work related to maternal gestational weight gain & growth trajectories in children. Sheri Barkin, M.D., M.S.H.S., who leads the [Childhood Obesity Prevention and Treatment Research \(COPTR\) program](#), has collaborated with Dr. Heerman as he has pursued his line of inquiry.



In conducting his research, Dr. Heerman seeks to advance the field of maternal-child obesity prevention by understanding how a behavioral intervention implemented before & during pregnancy could support healthy weight for both mother & child.

His study (GROW Baby) will test how a behavioral intervention supports healthy maternal GWG (Aim 1) & healthy infant growth (Aim 2). By developing a nested sub-cohort from an ongoing randomized healthy lifestyle trial known as Growing Right Onto Wellness (GROW), GROW Baby will collect new data from both Latina women who become pregnant and their infants born during the study. GROW is a culturally tailored intervention that teaches healthy nutrition & physical activity for both mother & pre-school child (aged 3-5 years). The control condition is a school readiness program. Because intervention-group mothers who

become pregnant during the study learn these healthy lifestyle skills prior to or early in pregnancy, the intervention has the potential to support healthy maternal GWG & future infant growth.

Department of Pediatrics

Vanderbilt University School of Medicine

**The Center for Diabetes Translation Research is supported by NIH grant DK092986.
Please acknowledge this in your publications.**