



# **SOCIETY FOR PUBLIC HEALTH EDUCATION**

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## **David S. Sobel Named 2010 SOPHE Honorary Fellow**

**Washington, DC -- David S. Sobel, M.D., M.P.H.,** has been named the 2010 Honorary Fellow of the Society for Public Health Education (SOPHE), the highest award bestowed on a non-member who has made significant and lasting contributions to health and health education.

Dr. Sobel is Director of Patient Education and Health Promotion for The Permanente Medical Group, Inc. and Kaiser Permanente's Northern California Region. A primary care physician, he also led the national initiative on Patient-Centered Care for Kaiser Permanente's Care Management Institute, which is dedicated to synthesizing knowledge about superior clinical approaches to ensure the highest quality care delivered to Kaiser Permanente members. He serves on the Northern California Region Contributions Committee, which provides funding and technical support for low-income and safety-net populations, community organizations, and community health initiatives.

Dr. Sobel has dedicated his career to research and teaching in the area of medical self-care, patient education, preventive medicine, behavioral medicine, and psychosocial factors in health. He is coauthor of seven books including *Living a Healthy Life with Chronic Conditions*, *The Healing Brain*, *Healthy Pleasures*, and *Mind & Body Health Handbook*. He also served as an invited delegate to the World Health Organization (WHO) Congress that generated the Ottawa Charter on Health Promotion.

"David Sobel has been an inspirational champion for health education and chronic disease management for several decades," said SOPHE President Dr. Diane Allensworth. "We are proud to confer on him SOPHE's 2010 Honorary Fellow Award and support his work in helping individuals prevent and manage their conditions to achieve the highest quality of life possible."

After receiving a bachelor's degree in psychology at the University of Michigan, Dr. Sobel pursued his medical training at the University of California San Francisco with a medical

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internship at Presbyterian Hospital-Pacific Medical Center in San Francisco. He also completed a master's degree in Public Health and a residency program in General Preventive Medicine at the School of Public Health, University of California, Berkeley.

Dr. Sobel has received many awards, including the 2001 national Healthtrac Foundation Health Education Award\*, which is given to a health educator who has made a substantial contribution to advancing the field of health education or health promotion through research, program development, or program delivery. He also won the James A Vohs Award for Quality: Chronic Disease Self-Management Program Multi-Region in 2002 and the TPMG Exceptional Contribution Award in 2005 for creating, developing, and disseminating health education programs that support Kaiser Permanente members throughout the continuum of care.

Previous honorees in SOPHE's "hall of fame" include former U.S. Surgeon Generals David Satcher and C. Everett Koop; former CDC Director Jeffrey Koplan; The Honorable John E. Porter; former Assistant Surgeon General James S. Marks; Dr. Helene Gayle, CEO of CARE International; Dr. James Fries, Stanford University; and Dr. Stephen Schroeder, former president of The Robert Wood Johnson Foundation.

Dr. Sobel will receive the 2010 Honorary Fellow Award at SOPHE's 61<sup>st</sup> Annual Meeting, "Healthy People 2020: Scaling New Heights," on Saturday, November 6, in Denver, Colorado.

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*\*Award renamed the Elizabeth Fries Health Education Award, and is now given annually by the James F. and Sara T. Fries Foundation.*

*Founded in 1950, the Society for Public Health Education provides global leadership to the profession of health education and health promotion and promotes the health of society through advances in health education theory and research, excellence in professional preparation and practice, advocacy for public policies conducive to health, and the achievement of health equity for all. For more information, see [www.sophe.org](http://www.sophe.org)*