

JAMES F. FRIES, M.D.

Dr. Fries is Professor of Medicine at Stanford University School of Medicine. He received his B. A. from Stanford in 1960 and trained in Medicine at Johns Hopkins for eight years before joining the Stanford faculty. He is nationally and internationally recognized as a leader in arthritis care and research, conceptualization of strategies to promote healthy aging, behavioral approaches to better health, long-term outcome assessment, self-management strategies, improvement in chronic disease outcomes, design of effective, and cost-effective interventions, evaluation of medium and long-term behavioral interventions by large randomized clinical trial, and in managing large scale patient data banks. He has published over 450 articles, 11 books, numerous book chapters and is a frequent keynote speaker.

In 1980, he developed the landmark Compression of Morbidity hypothesis, which has provided the conceptual foundation for health promotion and healthy aging programs. Prior to this contribution, health promotion for seniors was generally viewed as (1) too little too late or (2) contributing extra feeble years to life. He postulated that primary prevention strategies would postpone the onset of morbidity and disability, ameliorate functional decline, and result in decreases in lifetime cumulative disability and morbidity. The Compression of Morbidity hypothesis holds that primary preventive factors have a greater effect upon morbidity than upon mortality and that chronic diseases with onset later in life will be present for a shorter length of time. The Compression of Morbidity hypothesis has been intensely argued for over two decades, with the recent data strongly confirmatory of the hypothesis. Recent work by Dr. Fries on this hypothesis include a policy address at the Nobel Forum, an address to The Institute of Medicine, an editorial in *The American Journal of Public Health*, a major policy paper focused on Need and Demand Reduction in *Health Affairs*, and Special Articles in the *New England Journal of Medicine* and in *Arthritis and Rheumatology*

Dr. Fries established ARAMIS (Arthritis, Rheumatism and Aging Medical Information System) in 1975 and has continued as Principal Investigator through its current 26th year. ARAMIS is funded by The National Institutes of Health as the National Arthritis Data Resource and includes two large longitudinal studies of aging directed at proof of the Compression of Morbidity hypothesis, one study of approximately 500 vigorous exercisers and 500 community controls now in its 30th year and a second study following University of Pennsylvania alumni over the past 28 years. ARAMIS pioneered the concept of the chronic disease databank. Subjects are followed for life with assessment of quality of life, disability, mortality and other outcomes at six-month intervals. ARAMIS has introduced many new statistical and econometric techniques.

Modern self-management techniques directed at empowering patients toward appropriate decision-making were pioneered by Dr. Fries and co-author Donald Vickery in 1976 with the book "Take Care of Yourself", which has gone through 157 printings and 20 million copies through the present. Multiple randomized controlled trials established the efficacy of "Take Care of Yourself" in reducing need for physician visits. Dr. Fries wrote "Living Well", based upon "Take Care of Yourself" concepts and directed at senior populations, "The Arthritis Help Book" and "Arthritis: A Comprehensive Guide".

He has been active in The Health Project for many years.. The Health Project awards the renowned C. Everett Koop National Health Award. Dr. Fries was the first individual recipient of this award. The Fries Foundation annually since 1992 awards the \$60,000 Fries Prize for Improving Health to that individual judged to have made the greatest contribution to improving human health.