

## **Don Hall, DrPH, CHES**

**Founder of Wellsource®, Inc.**

### **Education**

Don Hall graduated from Loma Linda University in 1973 with a master's in public health (MPH) nutrition and a doctorate in 1978 in preventive health care (DrPH).

Following graduation he joined the American Dietetic Association (ADA) and became a registered dietitian. He conducted community nutrition programs for several years and trained coronary care nurses in nutrition for heart health.

In 1980 Dr. Hall joined the American College of Sports Medicine (ACSM) and was certified as an Exercise Test Technologist. He has been an active member with the ACSM for more than 20 years. He conducted the first Health Fitness Instructor's certification course for the ACSM in the Northwest.

### **Occupational Experience**

In 1984 Dr. Hall became a Certified Health Education Specialist (CHES) and spent much of the next ten years doing community-based health education in Eastern Washington.

He next worked in a health care setting, spending several years providing health education for Portland Adventist Hospital.

Twenty years ago he founded and became CEO of Wellsource Inc. Through Wellsource he has provided corporate health programs to corporations, hospitals, and health insurers. Along the way he developed major health assessment and management programs for employee wellness, coronary risk reduction, stress reduction, diabetes risk reduction, nutrition assessment, fitness assessment, and other health promotion programs.

Dr. Hall has provided health assessment, consulting, and training services for numerous organizations including: Nike, Tektronix, Hewlett Packard, United Metal Trade Association, several school districts in Oregon, Safeway, and more. Wellsource now works with about 2,000 corporations and government agencies.

He has authored several lifestyle change programs including Eight Weeks to Wellness and Fitness for Life (10 week lifestyle change program). In the past four years he has trained over 2,000 individuals to teach these two lifestyle change programs.

His primary role at Wellsource is that of a visionary. He develops new ideas, health assessments, and education programs. He teaches health seminars, and develops web based education programs.

Over the years Dr. Hall has taught graduate classes at several Universities (Portland State University, Eastern Washington University, Whitworth University) and made presentations at many others including Loma Linda University, Southern Adventist University, Vanderbilt University, and Stanford University Hospital.

### **Recent Awards**

- Alumni of the Year from Loma Linda University 2000
- Outstanding Leadership and Service Award, Health Summit 2002, NAD
- Mayor of Philadelphia's Distinguished Service Award for Community Health 2001
- National Health Information Gold Award for Best Consumer Health Programs 1998

### **Interests**

While attending graduate school at Loma Linda, he founded a running club (Loma Linda Lopers) in Southern California that now has over 1,000 members. Last year they trained more than 500 people to run a marathon. They had some 340 finishers at the Los Angeles marathon alone.

An active fitness and health enthusiast, Dr. Hall has completed 15 marathons, bicycled across seven states, bicycled across Germany and Austria, and climbed to Camp 1 on Mt. Everest. He and his wife Phyllis enjoy hiking and backpacking in the mountains, long distance running, weight lifting, and cycling.

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