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**The State of New Hampshire  
Insurance Department**

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TDD Access: Relay NH 1-800-735-2964



Christopher Nicolopoulos  
Commissioner

David J. Bettencourt  
Deputy Commissioner

March 21, 2022

His Excellency, Governor Christopher T. Sununu  
and The Honorable Council  
State House  
Concord, New Hampshire 03301

Requested Action

In accordance with RSA 94:6, the Insurance Department respectfully requests to place Jason Aziz at the fifth step for the position of Director of Health Economics (9U430), unclassified salary grade FF, earning \$91,806.00 annually, effective upon G&C approval. Funding is 100% agency income.

Explanation

The NHID's Director of Health Economics position requires a deep understanding of health care claims data and the knowledge and experience to apply research and analysis findings in an efficient and nonpartisan way. Mr. Aziz possess a strong skillset, educational background, experience and knowledge to be an excellent candidate for the Insurance Department. Mr. Aziz has twenty years of experience working with health care data and developing policy for Concord Hospital, in addition to his doctoral level education from Tufts University.

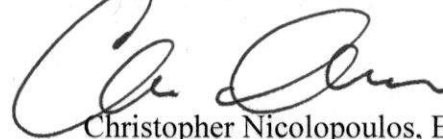
In this position, Mr. Aziz will have leadership responsibilities for the NHID's price transparency efforts and analysis of health insurance markets. Mr. Aziz will be working directly with the New Hampshire Comprehensive Health Information System and coordinating efforts with NH DHHS and other partner organizations working to improve health care policy.

The Insurance Department is seeking approval from Governor and Council to compensate Mr. Aziz, unclassified position at \$91,806.00 with a starting date of April 8, 2022. The source of funds is 100% agency income.

His Excellency, Governor Christopher T. Sununu  
And the Honorable Executive Council

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Respectfully submitted,

A handwritten signature in dark ink, appearing to read "Chris Nicolopoulos", written in a cursive style.

Christopher Nicolopoulos, Esq.  
Insurance Commissioner

# Jason Aziz, Ph.D.

[REDACTED]  
Auburn, NH 03032  
[REDACTED]

E-mail: [Jason.Aziz@unh.edu](mailto:Jason.Aziz@unh.edu)

Pronouns: He/Him/His

## **Objective:**

To obtain the position of Healthcare Economist; New Hampshire Dept. of Insurance; Life and Health Division

## **Relevant Skills/ Experience:**

Health Policy Analysis, including Comparative Effectiveness Research (CER), Multivariate Logistic Regression (for dichotomous and multi-nomial outcomes), Epidemiology Models including Descriptive and Inferential Models (Population Attributable Fraction (PAF), Proportional Mortality Ratio, and Relative Risk Ratio)

Working with large, population-representative dataset, including the NHANES, BRFSS, and NCHS databases. Complex survey design sampling weighing. Comparative research between local, novel data and reference data outputs from the aforementioned study populations.

Extensive experience working with statistical programs, including Stata (expert Stata coder), SAS, and developing skills in SQL.

Professor of Epidemiology and Nutritional Epidemiology @ Keene State College.

## **Curriculum Vitae**

### **Education**

- 2019 Ph.D. Tufts University; Dorothy and Gerald Friedman School of Nutrition Science & Policy Food Policy and Applied Nutrition Science; Ph.D. **Specialization in Nutritional Epidemiology**
- 2006 Master of Science in Kinesiology, University of New Hampshire, Durham, NH
- 1994 Bachelor of Science in Economics with Minor concentration in Exercise Science, Fitchburg State College, Fitchburg, MA

### **Positions Held**

- 2016-present **Lecturer: Dorothy and Gerald Friedman School of Nutrition Science and Policy at Tufts University;** Teach: *Physical Activity, Nutrition & Health* to graduate students.

#### **Adjunct Faculty;**

**Keene State College,** Keene, NH

Teach: Epidemiology and Nutritional Epidemiology to graduate students.

**Merrimack College:** Health Sciences Dept., North Andover, MA

Teach: *Principles of Nutrition Science, Sports Nutrition, Exercise Science Technologies, Exercise Program Design,* and **Introduction to Public Health** to undergraduate and graduate students.

**University of New Hampshire:** Kinesiology Dept., Durham, NH

Teach: **Physiology of Exercise**, *Biology of Aging and Scientific Foundations of Health and Fitness* to undergraduate students.

**University of Rhode Island:** Nutrition and Food Sciences, Kingston, RI

Teach **Macronutrient Metabolism and Biochemistry** to undergraduate dietetic students.

2019-present

**Special Sworn Status (SSS);** US Census Bureau/US Dept. of Commerce  
Maintain active access at the Boston Restricted Data Center, Cambridge MA.  
Work on restricted access data through NCHS grant proposals

2009-2014

**Chairperson**, New Hampshire Governor's Council on Physical Activity & Health  
Led a team of health and fitness experts on an Executive Council on the State of New Hampshire. Appointed by The Honorable Johnathan Lynch (2009-2012) and, subsequently, The Honorable Margaret Hassan (2012-2014), this position involved public health policy advisory, messaging, and advocacy to The Governor and the NH Legislature as well as all citizens of New Hampshire.

2003-2013

**Clinical Exercise Physiologist**, Cardiac/Pulmonary Rehabilitation Dept., Concord Hospital, Concord, New Hampshire  
Worked fluidly as part of a clinical team in a telemetry-monitored Phase II and III cardiometabolic rehabilitation program at a major regional healthcare system. Proposed and successfully implemented three major/ revisions in care standards for cardiac and pulmonary patients.

1998—2018

**Population Health Specialist/Community Health Program Coordinator**  
Capital Region Healthcare/Concord Hospital, Concord, New Hampshire

**Guest Lecturer;** Tufts Friedman School of Nutrition Science & Policy  
Courses: *Physical Activity, Nutrition & Health*

**Guest Lecturer;** UMASS Lowell Exercise Physiology Dept.  
Topics: *Applied Muscle Physiology*  
*Mechanisms of eccentrically-induced muscle damage*

### **Laboratory Experience**

Nutrition Exercise Physiology & Sarcopenia Lab (NEPS) at The Jean Mayer USDA Human Nutrition Research Center on Aging (HNRCA) at Tufts University, Boston, MA

*Grip Strength Testing [Jamar]*

*Short Physical Performance Battery*

*Dietary Assessment [NutritionQuest]*

*Self-reported measures of physical function in older adults [SarQoL, P.A.S.E., CHAMPS]*

*Isokinetic Dynamometry [Keiser]*

Exercise Physiology Laboratory, Health Sciences, Dept., Merrimack College, No. Andover, MA.

*Indirect Calorimetry—VO<sub>2</sub>(max), RMR, PFT [CosMed]*

*Blood Lactate Assessment*

*ECG, Hemodynamics,*

*Wingate Testing*

*Functional Movement Screen*

Robert Kertzer Exercise Physiology Laboratory; Kinesiology Dept.; The University of New Hampshire, Durham, NH.

*Indirect Calorimetry—VO<sub>2</sub>(max), PFT [SensorMedics]*

Assessment of Running Economy; the fractional utilization of O<sub>2</sub> across a range of running velocities

Blood Lactate Assessment [LDH]

ECG, Hemodynamics,

Wingate Testing

Isokinetic Dynamometry [CYBEX]

Exercise Science Dept., Fitchburg State College, Fitchburg, MA.

Indirect Calorimetry—VO<sub>2</sub>(max) [SensorMedics]

Wingate Testing

### **Publications**

J.J. Aziz, K.F. Reid, J.A. Batsis, R.A. Fielding, *Urban-Rural Differences in Sarcopenia Prevalence and Nutritional Risk Factors: The NHANES (2001–2002 and 2011–2014)*, *J Aging Res & Lifestyle* 2021;10:19-25. doi: <http://dx.doi.org/10.14283/jarlife.2021.3>

Quinn, T.J., Manley, M, Aziz, J., Padham, J., and Mackenzie, A.M., *Aging and Factors Related to Running Economy*, *Journal of Strength and Conditioning Research*, 25(11)/2971–2979.

Aziz, J, *Age-related Differences in Running Economy of Competitive Distance Runners*; Master's Thesis; University of New Hampshire, May 2005

J.J. Aziz, K.F. Reid, J.A. Batsis, R.A. Fielding, *Prevalence of sarcopenia indicators and functional limitations in rural, community-dwelling older adults*; Under review; *Journal of Rural and Remote Health*.

### **Freelance Writer for Concord Monitor**

Select Articles:

Aging Sarcopenia; *Maintain those Aging Muscles*; Oct. 16, 2016

Getting your fitness on; *Accelerometers*; July 2015

### **Conference Presentations**

Gerontological Society of America (GSA) Annual Scientific Conference  
Presenter Discussion and Abstract Presentation; *Urban-rural Differences in Sarcopenia and Functional Limitations; Data from the NHANES.*; November 4 and 6, 2020.

American Diabetes Association; Diabetes Education Session (ADCES); *Dietary Patterns and Measures of Glycemic Control and Sub-clinical Outcomes*; Nov. 7, 2020.

Massachusetts Association of Clinical Exercise Physiologists (MACEP), Summer Conference; *Resistance Exercise in the Treatment and Management of Diabetes*, Sept. 26, 2020.

Session presenter: *The Age of Possibilities*, Annual Conference of The Tri-state Learning Collaborative, Concord, NH, October 2019. Topic: *Engaging Older Adults in Research; Therapeutic and Neuro-cognitive Benefits.*

Keynote Speaker; North Country Health Consortium, May 2014

Presentation: **Lifestyle Epidemiology**

Keynote Speaker, New Hampshire's Comprehensive Cancer Collaboration.

2010 Annual Meeting

Presentation: **Reaching the Human Spirit.**

Keynote Speaker, Diabetes Exercise & Sports Association (DESA), Boston Conference  
Presentation: **Sport-specific Training for Athletes w/Diabetes**,  
2010, Joslin Diabetes Center.

Keynote Speaker, 2011 Breast Cancer's Survivor Day  
Presentation: **Greased Lightning**

### **Grant Writing**

#### **New Hampshire Governor's Council on Physical Activity & Health**

Created, developed, administered population-wide physical activity program with New Hampshire's Governor John Lynch (2012), and Governor Maggie Hassan (2013, 2014). Authored grant requests to major Health Insurance carrier for funds to sponsor the program. In 2012 over 6,400 NH citizens participated, in 2013, over 12,500 citizens are currently engaged, and become healthier, because of their increased Physical Activity. In 2014, over 17,000 New Hampshire residents committed to the 90-Day Challenge that I am proud to have coordinated.

#### **Public Health Grant Awards**

Author and coordinator for funding request (\$15,000) through New Hampshire Health and Human Services for nutrition intervention in hospital worksites in NH. The intervention involved promoting healthy snacking options using novel point-of-sale strategies to influence consumer decision-making. (May 2016-September 2016)

Author and coordinator of USDA Farmer's Market Promotion Program (FMPP) grant application (\$75,000), that established a fruit & vegetable prescription and subsidy program to newly diagnosed patients with cardio-metabolic diseases.

Author of Capital Region Public Health Network grant to fund 5-2-1-0 program in Greater Concord Schools. The funding included \$15,000 stipend to Concord School District to support fruit & vegetable adequacy in the breakfast and lunch program in elementary, middle, and high schools.

Author of (4) grants (totaling \$120,000) through The Centers for Disease Control & Prevention to develop a resource framework throughout Capital Region Healthcare to establish a National Diabetes Prevention Program (NDPP) in the State.

### **Referee Work**

Publons profile: <https://publons.com/researcher/3989604/jason-aziz/>

Calcified Journal International  
Food and Nutrition Bulletin  
Journal of Nutrition, Health and Aging  
Journal of Rural and Remote Health

### **Relevant Coursework**

#### **Graduate**

**Principles of Epidemiology**  
**Cardiovascular Epidemiology**  
**Nutritional Epidemiology**  
**Biostatistics and Epidemiology Research**  
**Physical Activity, Nutrition & Health**

Nutrition in the Life Cycle  
Fundamentals of Nutrition Science  
Metabolic Adaptations to Exercise  
Clinical Stress Testing & Electrocardiography  
Analysis of Scientific Literature  
Topics of Applied Physiology

**Graduate coursework in quantitative analysis**

**Biostatistical Analysis**  
**Nutrition Data Analysis**  
**Regression Analysis for Nutrition Science**  
**Statistical Analysis for Nutrition Policy**  
**Epidemiology Biostatistics**

**Undergraduate**

Exercise & Sports Science  
Body Build & Physical Performance  
Health and Fitness  
Human Growth and Development  
Biomechanics of Sport  
Motor Learning & Physical Performance  
Exercise Physiology 101  
Exercise Testing and Prescription  
Anatomy & Physiology  
Athletic Training Internship  
Strength Training Program Design & Principles  
Business Statistics  
Economics of Healthcare

Expert in writing STATA code, and proficient with SAS [Enterprise] and SPSS.