

Dr. Donna Ryan
 Professor Emerita
 Pennington Biomedical Research Center

Education

University of Southwestern Louisiana	B.S.	1985	Biology
LSU School of Medicine	M.D.	1970	Medicine
LSU School of Medicine	Residency	1975	Internal Medicine
LSU School of Medicine	Fellowship	1978	Medical Oncology



Dr. Donna Ryan is Professor Emerita at Pennington Biomedical in Baton Rouge, LA where she had a 25-year career in clinical research in obesity. She served as Associate Executive Director at Pennington Biomedical for 24 years where she was active in research, teaching and administration. Dr. Ryan was an Investigator on POUNDS Lost, Look AHEAD, DPP (Diabetes Prevention Program), DASH (Dietary Approaches to Stop Hypertension) and other studies of the health benefits of weight loss by diet, lifestyle intervention and medications. Dr. Ryan has worked with the Louisiana Office of Group Benefits to conduct LOSS (Louisiana Obese Subjects Study), a pragmatic clinical trial of intensive medical therapy for severe obesity conducted in six Louisiana primary care clinics, which continues in a translational phase as HEADS UP!. She was also PI of a Military Nutrition Grant from 1988-2011 to develop improvements to soldier readiness, nutrition and health.

She was PI of a series of studies over 25 years funded by the US Department of Defense targeting military nutrition. Her personal research studied improving primary care management of obesity. She has been an active member and former President of The Obesity Society (North America) and World Obesity Federation. Dr. Ryan was Co-Chair of the SELECT Trial Steering Committee a cardiovascular outcome trial with semaglutide. She is currently a member of the Data Safety Monitoring Committees for setmelanotide and retatrutide. She has more than 300 publications, is a frequent speaker on obesity and diabetes treatments and remains an active consultant and advisor to companies developing drugs, devices, lifestyle programs and medical approaches to obesity management.

She has served as a consultant and advisor to industry and has been a scientific advisor to many companies, most recently Novo Nordisk, Janssen, Pfizer, Takeda, Vivus, Eisai, Orexigen, Merck, Astra Zenica, Gila Therapeutics, Real Appeal, and Scientific Intake.