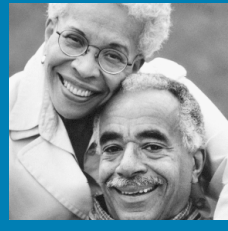


# 2004 – 05 Annual Report

National Research Center for Women & Families





FOR WOMEN  
& FAMILIES

# OUR MISSION

The mission of the  
National Research  
Center for Women &

Families is to improve the lives of women, children, and families every day.

Our Center uniquely blends research and advocacy -- gathering, synthesizing, and using medical and scientific information to improve programs and policies that affect people's lives. We scrutinize research findings, conduct new studies, and provide information that is useful and interesting to the public, the media, opinion leaders, and policymakers. We are dedicated to making a difference for adults and children across the country, from the White House to your house.

## MESSAGE FROM THE PRESIDENT

photo by T.J. Popkin



The National Research Center (NRC) for Women & Families grew dramatically as an organization and a uniquely effective voice for women, children, and families in 2004 and 2005.

We continue to be an independent voice, making research-based health and safety information understandable and useful to families across the country, as well as to policy experts and opinion leaders.

We have no financial stake in the programs, products, or policies we analyze. We rely on independent scientific expertise provided by our highly qualified staff and our nationwide network of well-respected researchers.

While billions of dollars are spent by companies and individuals that want to sell their ideas, medical products, and procedures, we provide sound science and unbiased information in ways that help counterbalance those well-financed sales pitches. We provide information that can be trusted by millions of families, despite being outnumbered and outspent on a wide range of health topics.

Since its founding in 1999, our Center has been a trusted source of unbiased, useful information. We educate policymakers

and policy experts through briefings, hearings, meetings, conferences, and written materials. Equally important, we reach out to the individuals and families that need our information for their own personal health and safety, explaining complex research findings and making them interesting and understandable. We have been especially successful in working with the media to influence the public debate. We also provide information directly to the public through our Web site, articles, publications, speeches, and TV and radio interviews. We share our publications and information, without charge, with other organizations, researchers, and advocates. Our goal is to work with them to better inform the public about the health and safety topics that matter to them.

Our breast cancer booklet has reached tens of thousands of patients, giving them the information they need to make the medical decisions that are best for them. We organized a national meeting aimed at improving health care for women with physical and mental disabilities. We worked with consumers, federal agencies, and scientists to be an effective voice to protect adults and children from dangerous foods and medical products. On the one hand, we warned pregnant women to avoid specific foods, medical products, and exposures; on the other hand, we helped improve legislation that affects people's daily lives.

We implemented new projects aimed at reducing obesity, improving the early detection of lung cancer, and reducing hazardous exposures. We also initiated the Foremother awards to honor women who broke down barriers to achievement many years before it became fashionable.

All these accomplishments would not have been possible without the wonderful support and encouragement of our National Advisory Board; our talented staff; our partners from other organizations; and the generosity of individuals, organizations, and foundations.

On behalf of our Board of Directors, we thank you for making us a trusted source of information and effective advocates for the health and safety of adults and children.

**Diana Zuckerman, PhD**  
President

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## PROGRAMS AND PROJECTS

The Center addresses critical social and policy issues through a wide range of programs and projects. Center initiatives focus on improving the availability of accurate information for all breast cancer patients; examining the challenges faced by men and women with disabilities; ensuring the safety and effectiveness of all medical products; providing important testimony on environmental and health hazards; addressing smoking and the causes of lung cancer among women and girls; and researching child abuse and neglect, obesity and diet, and work and family issues. The following are highlights from two busy years.

### Public Education Project on Breast Cancer and Pre-Cancerous Conditions

#### Did You Know?

**Experts agree that for most early-stage breast cancer, lumpectomy with radiation is just as safe and effective as mastectomy. For many pre-cancerous conditions, no treatment is needed. Nevertheless, many women undergo mastectomies that are not medically necessary, especially women living in certain regions of the country, women who are less educated, and those with older doctors or using community hospitals.**

In October 2004, the Center published a patient booklet on surgical options for early-stage breast cancer patients that is provided free to women and their families across the country. The booklet was a joint project of our Center with several federal agencies: the National Cancer Institute (NCI), Office for Women's Health, Agency for Healthcare Research and Quality, and the Office for Research on Women's Health at the National Institutes of Health (NIH).

The booklet became available in Spanish in 2005. Free copies of the booklet can be ordered from NCI, or can be downloaded from the NCI Web site or our Web site at [www.center4research.org](http://www.center4research.org).

Thanks to a generous grant from the Susan G. Komen Foundation, we distributed thousands of copies of the booklet to breast centers, breast cancer advocates, and clinics across the country in 2004-2005. We especially focused on low-income women who might not otherwise receive this information. The grant also was used to develop similar materials for health professionals, to help them effectively communicate these options to patients.

As we developed these materials, we realized that women needed better information on stage zero breast cancer, conditions commonly referred to as ductal carcinoma in situ (DCIS) and lobular carcinoma in situ (LCIS). In September 2003, we brought together the foremost experts in the field for a one-day working meeting at NIH. This meeting was made possible with the help of funding from the Office of Women's Health, NCI, and the NIH Office for Research on Women's Health. We published the proceedings of the meeting in 2004, and in 2005 we started to develop booklets for women who have been diagnosed with DCIS or LCIS. Although these conditions are not invasive cancers, they are often very frightening to patients. As a result, patients tend to be over-treated, getting the same surgeries and therapies that are necessary for early-stage breast cancer but often not necessary for these conditions. This important new project is funded by a generous grant from the Jacob and Hilda Blaustein Family Foundation.

The goal of these multifaceted projects is

simple: to make certain that all patients—regardless of income, education, where they live, what language they speak, or where they receive treatment—have the information they need to make informed choices.

### Women and Men with Disabilities

#### Did You Know?

**There are one million legally blind Americans, most of whom lost their vision as they aged and have not been taught effective ways to cope with their blindness. As Baby Boomers age, even more Americans will become blind or have other disabilities, and support services need to be put in place now to ensure their self-sufficiency, productivity, and quality of life.**

At a briefing in the U.S. House of Representatives in February 2004, the Center released our landmark report on *Blind Adults in America: Their Lives and Challenges*.

Our Center's president presented the results of our study, and other speakers included Dr. Margaret Giannini, the director of the U.S. Health and Human Services Department's Office on Disability; Rep. Gene Green (D-TX); Rep. Ileana Ros-Lehtinen (R-FL); Ms. Betsy Paull O'Connell of the Aid Association for the Blind in the District of Columbia; and Jim Dickson, a blind man who is vice president for government affairs of the American Association of People with Disabilities.

At our briefing, we focused on converging national trends that will lead to a dramatic increase in adults with vision impairment: aging Baby Boomers, people living longer than ever before, and the obesity epidemic

“ Thank you for listening and guiding me to help others.  
It’s so nice to know that you are out there fighting for us! ”

K.A. Long, Texas

03

## PROGRAMS AND PROJECTS

that is causing a diabetes epidemic that can, in turn, cause blindness. These factors combine to make blindness a pressing public health concern.

The report and briefing were the culmination of four years of work that started with our national study of men and women who are legally blind. Thanks to a generous grant from the Aid Association for the Blind of the District of Columbia, we analyzed the national policy implications of the findings and published the report for the general public, advocates for blind adults and policymakers.



*Dr. Diana Zuckerman, Dr. Margaret Giannini, and Rep. Gene Green at the Hill briefing*

The report was released in a printed, large type version as well as a CD-ROM that can be heard by individuals with vision impairments with screen-reader software on their computers. The report is available in both versions on our Web site and to individuals upon request. To increase the dissemination of our report, the Department for the Blind and Vision Impaired for the state of Virginia created a link to our report on its Web site at [www.vdbvi.org](http://www.vdbvi.org). The Center also provided a summary of our findings at a meeting of the National Council of Women’s Organizations in March 2004.

In 2004 the Center also focused greater attention on the health-care needs of women with disabilities. Many women in the United States are uninsured or have inadequate access to health care, but the

problems are exponentially more difficult for women with physical or mental disabilities. In partnership with the Office on Disability and the Office of Women’s Health of the U.S. Department of Health and Human Services, the Center planned and convened “Breaking Down Barriers to Healthcare for Women with Disabilities,” a national summit held on December 6, 2004.

The summit brought together 50 invited experts from across the country to explore ways that health professionals and facilities can remove barriers, address accessibility issues, and provide the best possible care for patients with disabilities. Successful programs and models were featured, including projects that focus on educating health-care providers. The summit participants represented health associations, legal experts, advocates, health-care providers, government officials and researchers. After planning and convening the summit, the Center wrote the summary report in 2005, which included an action plan based on the participants’ work.

### Safety of Medical Products

#### Did you know?

**When a drug is removed from the market in the wake of new evidence showing its dangers, it means the Food and Drug Administration (FDA) is doing its job. However, when millions of Americans are harmed while the product is still on the market, it often means that danger signs that should have been heeded were ignored.**

New medical products to prevent and treat diseases are aggressively promoted, and doctors and patients are not always told what the real risks and benefits are of competing products. Our Center

scrutinizes the policies and procedures used to regulate and advertise medical products, as well as the published research findings for selected products when questions arise about their safety and effectiveness. After calling the scientists for the most up-to-date information, we translate it into plain language that everyone can understand. We want to ensure that all medical products are safe and effective. We also work to educate and inform the media about the need to provide more balanced information to the public.

The Center has been a highly visible source of information about safety research on several medical products, focusing on the role of the FDA. In April 2005, several staff members testified before an FDA advisory panel considering silicone gel breast implants. Staff urged the panel not to recommend FDA approval since the implants were found to leak and the companies had failed to provide evidence of how long the implants last and the health impact of silicone leakage. The Center also held a workshop just before the panel meeting to help train women who wanted to testify about their own personal experiences with implants or on behalf of nonprofit organizations. Women were trained to understand the role of the FDA and how their experiences were relevant to the FDA approval process. In addition, Center staff helped women who were too ill to attend or could not afford to travel, by helping arrange for volunteers to read their testimony.

After our testimony and the testimony of dozens of implant patients, the FDA advisory panel on silicone gel breast implants voted against approval for the first time. The next day, however, the same panel recommended approval for similar

## PROGRAMS AND PROJECTS

implants made by another implant company. In the summer of 2005, the FDA sent “approvable” letters to both companies. Our Center worked with other public health organizations, breast cancer support groups, and women’s organizations to urge the FDA to delay approval until silicone implants are proven safe. The Center continues to voice its concerns about the need for safety research to the FDA.

The Center also was an important source of information about the risks and benefits of hormone therapy for menopause. In 2004, the Center received the FDA Commissioner’s Special Citation for its participation in a national working group convened by FDA. The working group developed easy-to-understand brochures and fact sheets for women across the country. The result was a public education campaign aimed at ensuring that all women can make informed choices about whether hormone therapy is right for them.

Under a contract from the Agency for Healthcare Research and Quality (AHRQ), our Center examined the safety and effectiveness of surgical procedures used to treat uterine fibroids. Our January 2005 report concluded that treatment is often not based on “best practices.” When medications are ineffective, a hysterectomy is usually effective but has numerous side effects. Promising new treatments had not been sufficiently tested to determine how their effectiveness compared with hysterectomies.

The Center also worked closely with the Congressional Black Caucus and the National Medical Association to urge the FDA to require that medical products be studied on all racial minorities, to ensure

that the products are safe and effective for all Americans.

By regularly testifying before the FDA and U.S. Congress, as well as working with consumer and patient organizations and talking with government officials and the media, we help to ensure that medical products and procedures are safe. Our Web site, media presence, and online Helpline are major sources of information, often providing important warnings years before such information becomes widely available to consumers.

### Environment and Health

#### Did you know?

**Fresh tuna in sushi and white (albacore) canned tuna have three times as much mercury as light canned tuna. Pregnant women and nursing mothers who eat fresh tuna or a can of white tuna more than once a week will probably exceed the level of mercury that experts consider safe for the baby.**

After several years of our urging policymakers to warn the public about the risks of mercury in tuna, the U.S. government published a brochure in 2004 for pregnant women and nursing mothers that specified that tuna could be dangerous for the developing fetus and for children under age 3. Prior to this new brochure, all government advisories to pregnant and nursing women and young children had excluded risk information about tuna.

Our Issue Brief, “Can Eating Fish Be Dangerous? The Facts about Methylmercury,” provides guidelines for pregnant women, nursing mothers, children, and others who might be especially vulnerable to mercury in fish.

The Environmental Protection Agency (EPA) Web site recommends our Issue Brief, which has made it an important source of information for families and policy experts across the country.

The Center also has examined the effects of air pollutants inside our homes. Radon, second-hand smoke, and exposures that trigger asthma attacks are of particular concern. In addition, the Center continues to participate in EPA meetings on the safety of PFOA, a key ingredient in the making of nonstick cookware, stain-resistant clothing and carpeting, and some medical sutures. The Center has testified about potential risks from PFOA inside the home, also participating in working groups with representatives from chemical companies, health departments, and consumer groups to ensure that the EPA is examining the risks of these exposures.

### Lung Cancer

#### Did You know?

**Smoking is the major cause of preventable deaths among women and men. In addition to lung cancer, women who smoke are at greater risk for many other diseases, including heart disease; stroke; cancers of the bladder, liver, pancreas and kidney; gastric ulcers; and reproductive problems such as miscarriage and infertility. Many women diagnosed with lung cancer never even smoked.**

The Center’s anti-smoking initiative, *Women Speaking Out on Smoking*, began in 2003 with generous funding from the American Legacy Foundation. The project generated and coordinated anti-tobacco information and advocacy among national women’s and girls’ organizations throughout 2004. As a member of the

“ What can we do with these hard-learned lessons? Smokers, former smokers, and others at risk of lung cancer should ask their physicians about screening options, so they can be diagnosed earlier than Peter Jennings -- and me. ”

Rosalind Brannigan

## PROGRAMS AND PROJECTS

Campaign for Tobacco Free Kids, the Center continues to work with other health organizations, such as the American Cancer Society and the American Lung Association, to prevent children from smoking. The staff is active in the coalition's effort to pass federal legislation mandating FDA oversight of tobacco products.

In 2005, the Center began to focus on other causes of lung cancer and the lack of effective screening, diagnostic tools, and treatments for women and men with lung cancer. Our work was inspired by Rosalind Brannigan, a health policy advocate who was diagnosed with late-stage lung cancer after two years of unexplained health problems. Her experience was typical. As an otherwise healthy non-smoker, her symptoms were attributed to other causes and she was never screened for lung cancer until after it had spread to her bones. We helped Ros publish an inspiring op-ed about her experiences in the context of this national need for research. It was printed in numerous newspapers across the country in August 2005. She died a few days later.



Ros Brannigan

Thanks to a seed grant from the Grey Family Foundation and generous donations from Ros Brannigan's family

and friends, we continued our work on this important issue. Our first lunch on lung cancer, described in the Community Outreach and Education section of this report, was held in the fall of 2005 and attended by dozens of women leaders from the public and private sectors. Lorette Pucylowski, a lung cancer survivor who carried the torch in the 2004 Olympics, was a guest speaker who described how screening enabled her to be diagnosed early.

### Child Abuse and Neglect

#### Did You know?

**Child neglect can be even more dangerous to children than child abuse. Despite great awareness about the impact of abuse and neglect, there is a lack of effective programs aimed at reducing these tragedies.**

The Center partnered with LONGSCAN, a consortium of research centers conducting longitudinal research on child abuse and neglect, to summarize their published research articles. We also developed policy recommendations based on their findings. The report was provided to LONGSCAN in 2005.

### Obesity and Diet

#### Did You know?

**Obese children describe a quality of life that is similar to children with cancer who are undergoing chemotherapy. In addition to social and emotional problems, obesity causes high blood pressure and diabetes in children and increases the risk of premature illness and death from heart disease later in life.**

As more Americans have become obese, issues of weight control have moved from

an individual concern to a national epidemic. The Center has focused on the issue at the individual and policy level. In addition to writing articles on the latest research, Center staff have testified at numerous meetings convened by the U.S. Department of Health and Human Services, the U.S. Department of Agriculture, the Institute of Medicine, and the National Institute of Environmental Health Services. Topics encompassed the need to simplify consumer information on packaged food and ensure that portion sizes are appropriately described; improving the availability of healthful foods through the Women, Infants, and Children (WIC) Program; and limits on the advertisement of unhealthy foods to children.

### Work and Family

#### Did You know?

**More than three out of four mothers with children ages 6 to 13 are in the labor force.**

Balancing work and family presents a challenge to millions of Americans, and family responsibilities can involve aging, ill, or disabled family members as well as children. The Center works with experts from across the country to help ensure that families get the information, programs, and policies they need to better manage work and family stresses and responsibilities.

In December 2005, the UPS Foundation provided a generous grant to support the writing and publication of a series of articles to provide a *Survival Guide for Working Moms*, which will offer useful guidance on a range of health and safety issues for parents who are juggling work and family.



## COMMUNITY OUTREACH AND EDUCATION

### Foremother Awards

In 2005, the Center initiated our Foremother Awards, honoring ten women who broke barriers to improve the lives and opportunities of women. The first luncheon was held at the historic Occidental Restaurant the Friday before Mother's Day, on May 6, 2005.

Dr. Zuckerman welcomed the honorees and guests with remarks from National Advisory Board member Judy Woodruff, who was unable to attend. Ms. Woodruff reminded us: "All of us stand on the shoulders of our mothers and grandmothers, and the women of their generations, because they lived through much more demanding times for women, through the Great Depression, through two World Wars and at a time when women didn't have the right to vote or the choices we have today. My own mother is 81 and an inspiration to me every day."



(Left to Right) Dr. Fann Harding, Allie Latimer, Ruth Nadel, Anne Hale Johnson, Joy Simonson, Margaret Feldman, Dr. Diana Zuckerman, Elaine Newman, and Sonia Fuentes

The luncheon was made possible thanks to the generous support of Preferred Office Club and The Occidental Restaurant.

The 2005 Foremother honorees are: **Mary Dent Crisp** founded and chaired the Republican Pro-Choice Coalition. She formed this grassroots organization to support the constitutional right to reproductive freedom and to remove the

anti-choice plank from the national party platform.

After rising through the ranks, Crisp was elected Co-Chair of the Republican National Committee in 1977, a post she held for three years. As co-chair of the Republican National Convention in 1980, she opposed the party's new position to ban abortion. She left the convention a political outcast and joined the campaign of independent John Anderson as its national chair. She subsequently served on numerous national boards, and her life and political career have been featured in two recent books.

**Margaret Feldman** made a notable and enduring contribution to our lexicon: "sexism." As an Ithaca College professor participating in a national forum, Dr. Feldman coined the term.

After retiring and moving to Washington, D.C. in 1981, she served as the Washington representative for the National Council on Family Relations. She also volunteered for the Senate Committee on Aging and the Older Women's League, and served on the board of the Clearinghouse on Women's Issues. Dr. Feldman has won numerous awards for her community service and national service.

One of the founders of NOW and Federally Employed Women, **Sonia Pressman Fuentes** was born in Berlin and came to the U.S. with her family to escape Nazi persecution. She graduated first in her law school class in 1957. She had a 36-year career as an attorney and executive with the federal government and multinational corporations. She drafted many of the EEOC's initial landmark guidelines and decisions. In November 1966, Betty Friedan presented her with the Veteran Feminists of America Medal of Honor in recognition of her work to improve the status of women.

Currently, Fuentes serves on the Board of Trustees of the National Woman's Party and on the advisory committee of the Veteran Feminists of America. She was inducted into the Maryland Women's Hall of Fame. Since retiring in 1993, Fuentes has published her memoir, *Eat First--You Don't Know What They'll Give You, The Adventures of an Immigrant Family and Their Feminist Daughter*, which has been required reading in several college courses.

**Anne Hale Johnson** puts her actions and her energy where her passions lie. As board chair of Union Theological Seminary in New York, Johnson helped further the institution's women-friendly atmosphere. Johnson received a master's degree from the school in 1956, just a month before Presbyterian Church USA ordained its first female minister. Today, two-thirds of the students are women, as are more than half of the tenured professors.

Following the death of their daughter, Christiane, in a tragic 1987 Amtrak accident, Anne and her husband founded Safe Travel America and successfully lobbied Congress to pass legislation requiring drug and alcohol testing for



“ What an honor it was to be present at today's gathering. The honorees were truly inspiring, leaving me with such a feeling of exhilaration. Thank you. ”

Pat Nolan  
General Federation of Women's Clubs

07

## COMMUNITY OUTREACH AND EDUCATION

those in safety-sensitive positions in transportation.

**Fann Harding** started her career at the NIH after receiving her Ph.D in anatomy in 1958. In 1970, she learned that she was significantly underpaid compared with her male peers. After going through the proper channels to remedy the situation, she filed a sex discrimination complaint against NIH in 1972, which she won two years later. It set a precedent for all of the other women at NIH.

While at NIH, Dr. Harding was responsible for the development of a new area, transfusion medicine. She was the founding president of the NIH Organization for Women in 1970, a founding member of both the Association for Women in Science in 1971, and the Federation of Organizations for Professional Women in 1972. She has received numerous awards in her field.

**Gloria T. Johnson** started her career in 1954 as a bookkeeper and went on to found the Coalition of Labor Union Women, serving as treasurer for 17 years and then president from 1993 to 2004. In 1993, Johnson was elected vice president of the AFL-CIO. In 1998, President Bill Clinton appointed her to the President's Commission on the Celebration of Women in American History. In 1999, she received the Eugene V. Debbs Award in Labor. In 2000, she received the National Black Caucus of State Legislators Labor Leader "Nation Builders" Award, and the National Committee on Pay Equity's Winn Newman Award.

Attorney and social justice activist **Allie Latimer** had two strikes against her when she tried to get a job at the FBI: her color and her sex. The FBI did not hire her, but

in 1968 she became the founding president of Federally Employed Women, a national organization that has more than 200 chapters today. After working in private practice for several years, she joined the General Services Administration (GSA) in the early 1970s, and in 1977 became the first woman and first African American to serve as General Counsel. She held that post for 10 years until she became Special Counsel for Ethics and Civil Rights at GSA from 1987 to 1995.

In the 1930s, **Ruth Nadel** completed a master's degree in education. As a mother in the 1940s and early 1950s, she was a leader in community service organizations such as the PTA. In the 1960s, she campaigned and won election as the only woman on the Santa Barbara Board of Education.

In 1968, Ms. Nadel was encouraged to apply for a job in Department of Labor's Women's Bureau, testing whether unpaid volunteer work could count as work experience. She got the job and worked there for 21 years. She earned the Distinguished Service Award for her contribution in designing and developing the first on-site, employer-supported child care center. She made sure that elder care was added in the 1980s. When she retired in 1989, Nadel returned to "professional volunteerism," serving as a District of Columbia Commissioner on Aging and on the Woman's National Democratic Club Board of Governors.

**Elaine Newman** has made a career of chipping away at barriers. Her first job was at the Hebrew Immigrant Aid Society, helping to bring displaced persons to this country. She subsequently worked at the University of Wisconsin at Madison, as a caseworker in TB control in Texas, and a

union organizer for garment workers.

After moving to the Washington, D.C. area, she worked in politics and civil rights. As the first director of the Maryland Commission for Women, Ms. Newman successfully lobbied for women to get credit in their own name, the newspapers to remove "Girl Friday" ads, and the phone company to allow listings in two people's names at a time when just listing the husband's name was standard. Her accomplishments were recognized by Who's Who of American Women and Who's Who in Government.

**Joy Simonson** chaired the D.C. Alcoholic Beverage Control Board from 1964 to 1972, the first woman to hold that position. She was chief hearing examiner for the D.C. Rent Commission; assistant director of the Federal Women's Program of the U.S. Civil Service Commission; president of the D.C. League of Women Voters; vice president of Executive Women in Government; and founder of the D.C. Commission for Women.

In 1975, Ms. Simonson became executive director of the National Advisory Council on Women's Educational Programs, a council appointed by the President that advises federal officials on educational equity. In 1982, she lost her job because of her support for the Equal Rights Amendment. Her firing became a cause célèbre, and she was hired as an oversight investigator for the House of Representatives to work on child labor, occupational safety and health issues, and age discrimination. In 2005, she was president of the Clearinghouse on Women's Issues.

## COMMUNITY OUTREACH AND EDUCATION

### Friday Luncheon Series

On selected Fridays throughout the year, the Center hosts a luncheon devoted to controversial and current health issues. We invite policy experts and researchers to provide accurate and useful information on such issues. The luncheons are free and open to the public.

Held either at the conference room at the Washington law offices of Reed Smith or the Barbara Jordan Conference Room of the Kaiser Family Foundation, the luncheons provide great speakers and foster topical discussions. Sponsors include Corner Bakery Café Catering, Baja Fresh, Fresh Fields/Whole Foods, Potbelly Sandwich Works and Preferred Office Club.

Lunches in 2004 and 2005 included:

★ **"Helping Women Quit: How can we help save women's lives?"** May 21, 2004. Guest Speakers were Karen Martin from the American Legacy Foundation, Sarah Hutchinson from the National Coalition to Help Pregnant Smokers Quit, Dr. Richard Winslow from George Washington University, and Nina Chaudhry from National Women's Law Center.

★ **"Sleep Deprivation and American Families,"** July 23, 2004. Dr. Terri Weaver, associate professor at the University of Pennsylvania's School of Nursing, was the featured speaker.

★ **"When is Breast Cancer Not Really Cancer?"** October 1, 2004. Center president Diana Zuckerman was the featured speaker.

★ **"Dangerous Medicine? How do we know if medications are safe?"** January

28, 2005. The guest speaker was Cindy Pearson, executive director of the National Women's Health Network.

★ **"Teens and Plastic Surgery,"** March 18, 2005. Dr. Zuckerman was the featured speaker.

★ **"The Biggest Threats to Women's Health,"** September 23, 2005. Guest speakers were a lung cancer survivor, Lorette Pucylowski, and two heart disease survivors, Nancy Loving from WomenHeart and Nancy Rosen from Sister to Sister.

★ **"Is the FDA Harming Women's Health?"** December 2, 2005. Our guest speaker was Dr. Susan Wood, former director of FDA's Office of Women's Health.



*Dr. Susan Wood and NRC Research Director  
Dr. Susan Dudley*

### Summer Intern Lunches

Every summer, the Center organizes a popular luncheon workshop on body image for summer interns from across the country. In both 2004 and 2005, our guest speaker was Lesley Fair of the Federal Trade Commission, who spoke about dietary supplements. In 2005, our other guest speaker was Rachel Beckman, who discussed her personal experience with eating disorders.

### Invited Speeches and Presentations at Meetings and Conferences

Center staff members were invited speakers at many national meetings and scientific conferences. Here are representative examples:

★ Dr. Zuckerman spoke at American University on February 28 and at Rutgers

University on March 3, 2004 as part of the "Extreme Measures" campus tour, which sought to bring attention to the risks of "extreme makeovers" and other efforts to achieve physical perfection.

★ Dr. Zuckerman spoke about the lack of data on medical products used by minority women on a panel at the annual meeting of the American Medical Women's Association in June 26, 2004.

★ Dr. Zuckerman was a speaker at Princeton University on a panel with Rep. Rush Holt (D-NJ) and Nobel laureate Eric Weischaus on the increasing conflict between politics and science, in November 2004. She focused on the impact on health and safety, using examples such as inadequate warnings about mercury in tuna and implant complications.

★ Dr. Zuckerman was a featured speaker at the Clearinghouse for Women's Issues monthly luncheon in Washington in November 2004. She spoke on the manipulation of scientific findings for financial, ideological, and political reasons.

★ Dr. Zuckerman gave a workshop on positive youth development and self-esteem at the meeting of Centers for Schools and Communities, which serves

“ Thank you so much for taking the time to write to me. I know that, because of people like you, I am better able to make an informed decision in the future. Your organization is truly committed to women's health.”

Joan C.

## PUBLIC POLICY INITIATIVES

Pennsylvania employees, in Harrisburg in November 2004.

★ Dr. Zuckerman spoke to Congressional Fellows sponsored by Women's Research and Education Institute on Capitol Hill in June 2004 and January 2005.

★ Dr. Zuckerman participated in a press conference at the National Press Club held by the National Council of Women's Organizations in February 2005 that focused on women and Social Security. She spoke about Medicaid cuts proposed by the Bush Administration.

★ Dr. Zuckerman spoke to NIH Fellows at a meeting at NIH, and to American Psychological Association and Society for Research in Child Development Congressional fellows, on policy activities and careers for scientists in February 2005.

★ Dr. Zuckerman gave a speech on Ideal Bodies and Extreme Makeovers to psychologists from the Capitol Area Social Psychology Association at the University of the District of Columbia in April 2005.

★ Dr. Susan Dudley, NRC Policy Research Director, presented at the American Psychological Association annual meeting in Washington, D.C., on a panel discussing public policy career opportunities for psychologists in August 2005.

### On the Internet

We are dedicated to providing free information to the public, and the Internet helps us do that. Thanks to a listing in *Parade* magazine in October 2004 and a Google grant that provides free advertising, our Web site, [www.center4research.org](http://www.center4research.org), reached more people than ever before from all over the

world. In 2005, the Center's Web sites had approximately one million hits each month, from 20,000 to 40,000 unique visitors each month.

Starting in 2005, we translated several Web articles into Spanish and also included the Spanish version of our booklet for breast cancer patients.

Our Online Health Hotline provides free, research-based information on a range of health issues. During 2005, we received and responded to approximately 1,000 individual requests for information, from men and women ranging in age from teenagers to retirees.

### Congressional Briefings and Testimony Before Federal Agencies

An active player on Capitol Hill, we educate policymakers and their staff about a wide range of health, safety, and safety net issues, and advocate for federal policies that are based on scientific research rather than on partisan ideology. During 2004-2005, the Center provided information about research findings and consumer needs on a range of health issues by testifying at public meetings of federal agencies and initiating Congressional briefings. In addition to the Capitol Hill briefing on blind adults mentioned earlier in this report, here are a few examples:

★ In March 2004, Dr. Zuckerman spoke at the NIH Blue Ribbon Panel meeting on conflicts of interest among NIH staff. Dr. Zuckerman urged the panel to recommend greater restrictions on outside consulting relationships and income for NIH scientists and officials.

★ In September 2004, Dr. Zuckerman

testified at a national meeting on the need to improve food packages for pregnant women and young children through the WIC program.

★ Dr. Zuckerman was an invited speaker for the Indian Health Service in October 2004, talking about disparities in treatment for breast cancer.

★ Dr. Zuckerman and NRC Medical Advisor Dr. Marcy Oppenheimer presented public comments about silicone breast implants at the FDA General and Plastic Surgery Devices Advisory Panel in April 2005.

★ Dr. Zuckerman traveled to Ottawa, Canada, in May 2005 to meet with officials of Health Canada and several members of Parliament to discuss the lack of long-term safety data on silicone implants.

★ Dr. Zuckerman testified at an FDA forum on direct to consumer advertising in Washington, D.C., in November 2005.

★ Dr. Zuckerman and NRC policy associate Lindsey Wade testified at FDA Stakeholders meetings on the Prescription Drug User Fee Act and the Medical Device User Fee Act in November 2005.

★ Dr. Zuckerman testified at an FDA meeting on communicating risk information to consumers in December 2005.

### Internships that Honor Inspirational Role Models

Training interns and fellows in health policy is an important part of our work. In 2005, we named our summer internships to honor three inspiring role models:



## MEDIA & COMMUNICATIONS ACTIVITIES

**Caitlin McCormick**, a second-year student at Boston University School of Law, was our Ted Weiss intern in 2005. She worked on our *Lung Cancer is a Women's Issue* project, as well as several other women's health issues.

Rep. Ted Weiss (D-NY) was called the conscience of the Congress. He was one of the first Members to fight for increased funding for AIDS research and to improve the safety of medical products through a stronger FDA. Rep. Weiss was a leader in addressing the needs of the homeless, a strong supporter of human rights throughout the world, and a champion for Vietnam Veterans harmed by Agent Orange. He was elected to the U.S. House of Representatives in 1976 and served until his death at age 64 in 1992.

**Allison Harris**, a law student at American University, worked on behalf of the Violence Against Women Act and worked on our Center's study of FDA advisory committee voting patterns. Her internship is named in memory of Marcy Gross.

Ms. Gross was a nationally respected advocate for women's health and a senior advisor with the U.S. Department of Health and Human Services. She was instrumental in our Center's efforts to improve the quality of medical care for women with breast cancer. Ms. Gross helped build the foundation for federal policies regarding violence against women and was a strong voice for research-based medical treatment. Her work informed a provision in the Violence Against Women Act of 1994 and the federal Healthy Start Program. She passed away unexpectedly from heart disease at the age of 64 in 2005.

**Laura Levitt**, a law student at the University of Virginia, was the Marc

Lappé intern. Following in Dr. Lappé's footsteps to improve health policy and help those harmed by environmental exposures and harmful implants, she focused on improving FDA policies, and also helped the Center provide health and safety information through NRC's online health hotline.

An author, medical ethicist, and toxicologist, Dr. Lappé helped shape important environmental and health public debates and policies. After leaving his position as head of California's Hazard Evaluation System, he worked tirelessly on behalf of consumers as an expert witness in court cases involving chemical companies and medical device companies, including the case that was popularized in the best-selling book and movie, "A Civil Action." He passed away in 2005.

### Events

The Center held a media luncheon briefing at the Harvard Club in New York City in April 2004. The topic was "Dangerous Medicine." Speakers focused on the risks of several plastic surgery procedures as well as advice for patients to minimize the risks of all types of medical care. In addition to Dr. Zuckerman, speakers included future board member Dr. Pamela Gallin, author of *How to Survive Your Doctor's Care*, and Dr. Edward Melmed and Kacey Long, both of whom had recently been featured on MTV's "I Want a Famous Face." Journalists from national women's magazines and other national news media attended this event.

In addition, the Center hosted media briefings focused on the safety of silicone breast implants during the FDA's Advisory Panel meetings in April 2005, and participated in a media briefing at the

National Press Club, which aired on C-Span in August 2005.

In July 2005, the Center held two media training workshops for nonprofit organizations, led by Suzanne Turner of Turner Strategies. Twenty-five people from a range of organizations attended, such as American Medical Women's Association, Consumer Federation of America, International Center for Research on Women, Women Work!, Wider Opportunities for Women, and Women Empowered Against Violence.

### In the News

The Center continues to be seen as a valuable and reliable resource for the media. We receive frequent requests for information from reporters and producers across the country, and our op-eds and letters to the editor from Center staff were published widely. The following is a small sample of our coverage in 2004-2005:

### Print

*The New York Times*, *USA Today*, *Wall Street Journal*, *The Washington Post*, *Washington Times*, *The Chicago Tribune*, and *The Los Angeles Times*.

Regional coverage includes dozens of newspapers, such as: *Biloxi Sun Herald*, *Boston Phoenix*, *Bradenton Herald*, *Center Daily Times*, *Charlotte Observer*, *Columbus Ledger-Enquirer*, *Duluth News Tribune*, *Fort Worth Star Telegram*, *Grand Forks Herald*, *Jefferson City News Tribune*, *Wilkes-Barre Times-Leader*, *Myrtle Beach Sun News*, *Newsday*, *Lubbock Avalanche*, *Sarasota Herald-Tribune*, *Seattle Post Intelligencer*, *Fort Wayne Journal Gazette*, *Fresno Bee*, *Billings Gazette*, *The Detroit Free Press*, *The Houston Chronicle*, *The Miami Herald*, *The Newark Star-Ledger*, *New York Post*, *The*

*Seattle Times, The St. Louis Post-Dispatch, San Francisco Chronicle, and Tulsa World.*

#### International News Outlets

International and foreign-language media outlets that covered the Center include: El Nuevo Herald; The Guardian, UK; Sydney Morning Herald, Australia; Taipei Times, Taipei (Taiwan); and Canadian Broadcasting Company.

#### Online

A few of the major media outlets included: MSNBC, CBS News, ABC News, FOX News, and YahooNews.

#### Broadcast

NRC staff were interviewed on: CBS Early Show, CNN, Fox News, MSNBC, CNBC, National Public Radio, Air America, Black Talk Radio, and numerous local affiliates.

#### New Publications

In 2005, our book chapter entitled "Treat Your Body Well" was published in *50 Ways to Improve Women's Lives*. Compiled by the National Council of Women's Organizations, the book chapters were written by women leaders.

An invited commentary by Dr. Zuckerman, "Teenagers and Cosmetic Surgery," was published in the online ethics journal, *American Medical Association Virtual Mentor*, on March 2, 2005.

Dr. Zuckerman was invited to write an article in the American Breast Cancer Guide, which is distributed to breast cancer patients and family members for free. The article is about breast reconstruction surgery. The Handbook was published during the summer of 2004.

## STATEMENT OF FINANCIAL POSITION

ASSETS	2004	2005
<b>Current assets</b>		
Cash and cash equivalents	\$ 188,297	\$ 378,627
Accounts Receivable	210,189	13,700
Prepaid Expenses	8,500	10,051
<b>Property and equipment</b>		
Furniture and equipment	5,680	5,680
Less: depreciation	(5,680)	(5,680)
<b>Other assets</b>		
Deposits	1,665	6,409
<b>Total Current Assets</b>	<b>\$ 408,651</b>	<b>\$ 408,787</b>
<b>LIABILITIES</b>		
<b>Current liabilities</b>		
Accounts payable and accrued expenses	\$ 7,019	\$ 3,259
<b>Other liabilities</b>		
Sublease deposit	1,500	0
<b>Total Current Liabilities</b>	<b>\$ 8,519</b>	<b>\$ 3,259</b>
<b>NET ASSETS</b>		
Unrestricted	\$ 259,956	\$ 272,956
Temporarily restricted	140,176	132,838
	400,132	405,528
<b>Total liabilities and net assets</b>	<b>\$ 408,651</b>	<b>\$ 408,787</b>

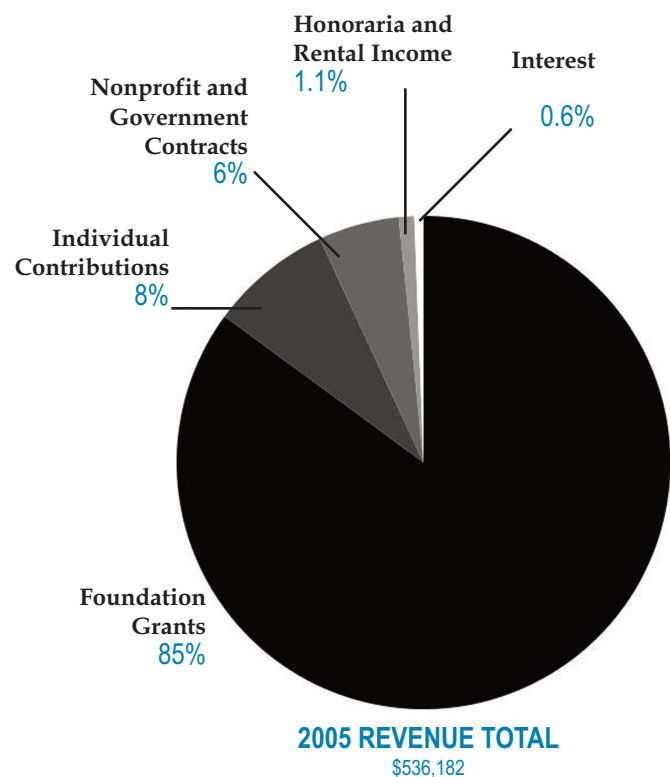
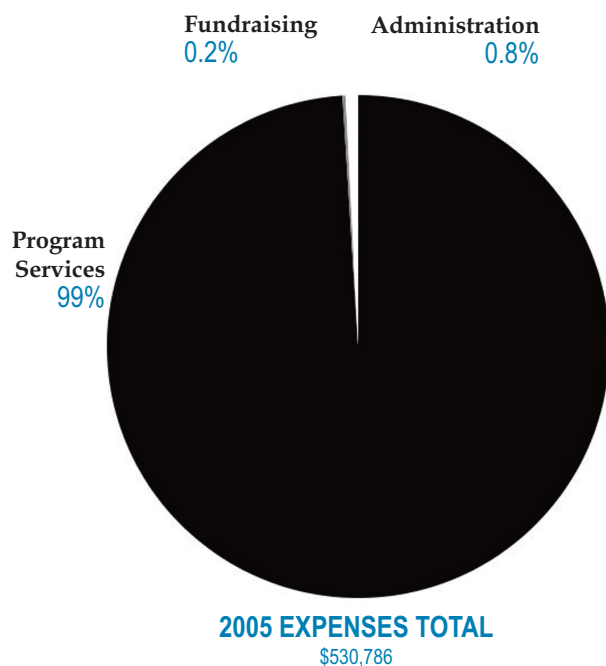
## STATEMENT OF FINANCIAL POSITION

### REVENUE

	2004	2005
Foundation Grants	\$ 428,500 (87%)	\$ 455,500 (85%)
Contributions	21,978 (4%)	42,721 (8%)
Contracts	19,800 (4%)	29,522 (5%)
Honorariums	2,590 (1%)	2,950 (0.6%)
Rental Income	15,897 (3%)	2,515 (0.5%)
Interest	2,817 (1%)	2,974 (0.6%)
<b>Total Revenue</b>	<b>\$ 491,582</b>	<b>\$ 536,182</b>

### EXPENSES

	2004	2005
Program Services	\$ 451,639 (99.7%)	\$ 525,785 (99%)
Development	100 (0.1%)	826 (0.2%)
Administration	1,130 (0.2%)	4,175 (0.8%)
<b>Total Expenses</b>	<b>\$ 452,869</b>	<b>\$ 530,786</b>





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