

## Zachary C. Burns

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### EDUCATION

**Brown Family Medicine Residency**, Providence and Warwick, RI Class of 2024

- Board certified in Family Medicine by the American Osteopathic Board of Family Physicians

**Nova Southeastern University College of Osteopathic Medicine**, Fort Lauderdale, FL Class of 2021

- DO, MPH

**Wesleyan University**, Middletown, CT Class of 2014

- BA in Philosophy, with Honors

### SELECT EMPLOYMENT

**Family Physician and Assistant Professor**, University of Rochester Medical Center 2024-present

- Practice adult and pediatric primary care, as well as osteopathic manipulative medicine
- Educate medical students with emphasis on disease prevention and reversal

**Associate Director**, Moving Medicine Forward 2024-present

- Assist the renowned Dr. Michael Klaper in establishing and nurturing plant-based nutrition groups at medical schools throughout North America
- Helped design and facilitate a 12-session Master Class in Plant-based Clinical Nutrition involving over 800 participants

**Care Navigator and Sex Educator**, East Boston Neighborhood Health Center 2015- 2017

- Connected low-income and mainly Spanish-speaking patients to housing and food subsidies, legal services, and programs for substance use disorders
- Taught drug, alcohol, HIV and other STI prevention curricula in the nearby public schools

**Emergency Medical Technician**, Fallon Ambulance Service 2015- 2016

- Responded to calls, assessed and stabilized patients, and drove ambulances

**Political Organizer**, Massachusetts Public Interest Research Group 2014- 2015

- Recruited diverse college students to generate grassroots pressure for public health campaigns
- Directed a summer canvass office, training and managing 30 staff to enforce the Clean Water Act
- Ranked 1<sup>st</sup> among 200 canvass directors across the country in personal fundraising

### SELECT VOLUNTEERING

**Co-Advisor**, University of Rochester Lifestyle Medicine Interest Group 2025-present

- Coach medical student leaders on the science of lifestyle medicine, and on running creative events to effectively share this knowledge with classmates

**Educator**, Plant Docs 2023-2024

- Facilitated a Jump Start program involving plant-based nutrition education and supermarket tours
- Analyzed participants' before-and-after biomarkers to evaluate and refine the program

**Co-founder**, Plant-based Healthcare at NSU College of Osteopathic Medicine 2017- 2021

- Coordinated learning opportunities for students with clinical interest in plant-based eating patterns
- Advocated for nutritional science in medical curricula, and plant-based foods at affiliated hospitals
- Established Custodian Appreciation Day, a student-run, annual health fair for University staff

**Vice President of Development**, American College of Lifestyle Medicine Trainee Board 2019- 2020

- Elected to facilitate the expansion of Lifestyle Medicine Interest Groups nationwide

- Collaborated with other Board members to advance diet, exercise, stress reduction, and social connection as vital modalities for disease prevention and treatment

**Plant-based Health Liaison**, Medical Students for a Sustainable Future 2019- 2020

- Appointed to this coalition to engage fellow medical students across the country on the topics of climate change, food production, and human health

**President**, Student American Academy of Osteopathy 2018- 2019

- Managed a 300-student organization devoted to teaching osteopathic manipulative medicine through speaking events and conferences, academic reviews, and community service

### **CONFERENCES**

- Burns, Z. (2025, August 10). "Eating Your Way to Remission from Type 2 Diabetes." Association of Diabetes Care and Education Specialists annual conference, Phoenix, AZ.
- Burns, Z. (2025, April 18). "Food Is Medicine! Clinical Nutrition for Disease Reversal." American Medical Students Association annual conference, Washington, D.C.
- Burns, Z. (2024, September 23). "Plant-based Nutrition's Greatest Hurdle: How the Pharmaceutical Industry Numbs Common Sense." International Plant-based Nutrition in Healthcare Conference, Anaheim, CA.
- Najah, N; Swanson, T; Wang, E; Junkin, R; Burns, Z. (2024, September 20). "Climate Change & Health: Our Future as Family Physicians." Family Medicine Education Consortium, Philadelphia, PA.
- Nikolic, A; Burns, Z. (2019, October 26). "Reduction of Red and Processed Meat for the Prevention and Treatment of Cardiovascular Disease, Diabetes, and Cancer." OMED National Conference, Baltimore, MD.

### **PRESENTATIONS**

- Burns, Z. "Food Is Medicine! Clinical Nutrition for Disease Reversal." Virtual.  
October 15, 2025 for UCSD Family Medicine Residency, San Diego, CA  
October 8, 2025 for Nova Health Internal Medicine Residency, Wilmington, NC  
October 2, 2025 for Robert Wood Johnson Community Medical Center, Toms River, NJ  
September 17, 2025 for Touro University College of Osteopathic Medicine, Vallejo, CA  
September 11, 2025 for UC Riverside School of Medicine, Riverside, CA  
September 10, 2025 for Loma Linda University School of Medicine, Loma Linda, CA  
August 12, 2025 for UCLA Harbor Hospital Grand Rounds, West Carson, CA  
May 30, 2025 for Loma Linda University Family Medicine Residency, Loma Linda, CA  
March 25, 2025 for University of Rochester School of Medicine and Dentistry, Rochester, NY  
January 15, 2025 for University Hospitals Family Medicine Residency, Cleveland, OH
- Burns, Z. "Earth in the ICU: Ecological Impacts of our Food System." Virtual.  
September 19, 2025 for Loma Linda University Family Medicine Residency, Loma Linda, CA  
September 12, 2025 for UC Berkeley Organization for Animal Advocacy, Berkeley, CA
- Klaper, M; Burns, Z. "More at Stake than Steak: Chronic Disease and the Resurgence of Food as Medicine." Recurring public health seminar at Nova Southeastern University. Virtual.  
September 18, 2025  
February 13, 2025  
September 5, 2024  
September 21, 2023  
February 12, 2023  
October 27, 2022  
February 17, 2022  
September 30, 2021  
March 18, 2021  
September 24, 2020
- Burns, Z. "Plant-based Nutrition for Social Justice."  
March 27, 2025 for Columbia University Allied Scholars for Animal Protection, virtual.  
April 9, 2025 for Boston University School of Medicine, virtual.  
February 11, 2025 for Brown University Allied Scholars for Animal Protection, virtual.  
May 28, 2024 and March 1, 2023 for Integrative Medicine Club at Rowan School of Osteopathic Medicine, virtual.  
November 9, 2022 for Animal Rights Coalition at Brown University, Providence, RI.

- September 14, 2022 for Plant-based Healthcare at Nova Southeastern University College of Osteopathic Medicine, virtual.
- July 19, 2022 for Plant-based Nutrition Group at Wayne State School of Medicine, virtual.
- Burns, Z. (2025, February 25). "Plant-based Nutrition's Greatest Hurdle: How the Pharmaceutical Industry Numbs Common Sense." Rowan University College of Osteopathic Medicine, virtual.
- Burns, Z. (2024, February 8). "A Month at TrueNorth Health Center." Brown Family Medicine Residency
- Burns, Z. "Plant-based Nutrition for Disease Prevention and Reversal."
  - October 15, 2023 for patients at TrueNorth Health Center, Santa Rosa, CA
  - March 3, 2023 for Brown Family Medicine Residency at Kent Hospital, Warwick, RI
  - January 10, 2022 for Brown Family Medicine Residency at Kent Hospital, Warwick, RI
  - April 1, 2021 for Plant-based Healthcare at Nova Southeastern University College of Osteopathic Medicine, virtual
  - March 11, 2021 for Billings Clinic Internal Medicine Residency, Billings, MT
- Burns, Z. (2023, June 1). "Osteopathic Considerations in Metabolic Syndrome." Brown Family and Internal Medicine Residencies
- Burns, Z. (2023, February 18). "The Liver: A Man with Cirrhosis Not Ready to Die." Lifestyle Medicine Grand Rounds for Rochester Lifestyle Medicine Institute, virtual
- Burns, Z. "Food, Environment, and Zoonotic Disease."
  - April 18, 2021 for Medical Students for a Sustainable Future, virtual
  - April 15, 2021 for Plant-based Healthcare at Nova Southeastern University College of Osteopathic Medicine, Davie, FL
  - February 8, 2021 for Sierra Club Massachusetts, virtual
- Burns, Z (2021, May 6). "Can We Curtail Child Obesity?" Plant-based Healthcare of Nova Southeastern University, virtual
- Burns, Z (2021, April 18). "The Meat of the Matter." Symposium of Medical Students for a Sustainable Future, virtual
- Burns, Z (2021, January 4). "Human Synthetic Models in Biomedical Research." Broward Family Medicine Residency, Fort Lauderdale, FL
- Barrera, A; Burns, Z; Alexander, M; Dalal, A; Znayenko-Miller, T. (2020, October 24). "Is Health Contagious? How Social Connections Amplify Lifestyle Medicine." American College of Lifestyle Medicine virtual conference
- Burns, Z (2020, January 13). "A Taste of Nutrition Psychiatry." Office of Dr. DeFilippo, Fort Lauderdale, FL
- Burns, Z. (2019, April 15). "Plant-based Healthcare." Faculty Luncheon at Nova Southeastern University, Davie, FL
- Burns, Z. (2018, August 20). "Complex and Refined Carbohydrates: Why the Distinction Matters in Type 2 Diabetes." Office of Dr. Nochimson, Lauderhill, FL

## **PUBLICATIONS**

- Musial, S; Burns, Z; Bertman, J; Fitzgibbon, M; Mashek, R; Risica, P. (2023, October 31). "One Month Whole Food Plant Based Nutrition Educational Program Lowers LDL, Improves Glucose Control, and Decreases Inflammatory Markers." American College of Lifestyle Medicine national conference, Denver, CO.
- Burns, Z. (2020, September 3). "The Meat of the Matter." *COM Outlook*, Nova Southeastern University.
- Burns, Z. (2020, May 7). "Mass Migration Crisis." *COM Outlook*, Nova Southeastern University.
- Burns, Z. (2020, April 14). "New Onset Type 2 Diabetes in a Patient with a 3-Month History of Debilitating Gastrointestinal and Neurologic Symptoms." *Consortium for Excellence in Medical Education*, Nova Southeastern University.
- Burns, Z (2019, June 3). "War and Climate Refugees in Lesbos, Greece." *Be Still*, Nova Southeastern University.
- Burns, Z; Colton, S. (2019, May 10). "Quiet Heroes: KPCOM Students Exhibit Appreciation to Custodial Staff." *COM Outlook*, Nova Southeastern University.
- Burns, Z. (2019, February 4). "When My Time Comes..." *SGA Rounds*, Nova Southeastern University.
- Burns, Z (2018, September 3). "24 Student Groups Commit to Nutritious Offerings at Lunch Meetings." *SGA Rounds*, Nova Southeastern University.

## **INTERVIEWS**

- Burns Z. (2025, January 24). Our Hen House Podcast with Mariann Sullivan and Jasmin Singer.
- Burns Z. (2024, August 21). Health Science Podcast with Dr. Frank Sabatino.
- Burns Z; Klaper M. (Monthly from Jan-Nov 2024). "Moving Medicine Forward." Chef AJ Live.
- Burns Z; Klaper M; Landry M; Stoll S. (2024, April 25). "Medical School Education: Filling in the Gaps." The Plantrician Education Series.
- Burns Z. (2024, February 27). "Dr. Zach Burns on Practicing Plant-based Medicine." The Glen Merzer Show.
- Burns Z. (2022, December 27). "The Future of Medicine is Bright." PlantStrong Podcast with Rip Esselstyn.
- Burns, Z. (2022, December 18). "The New Generation of Plantricians." Chef AJ Live.
- Burns, Z. (2020, August 5). "The Art and Science of Being a Vegan Medical Student." Follow Your Kind Podcast with Krystyna Rastorguieva.

## **AWARDS**

**Advocacy Award**, Association of Family Medicine Residency Directors 2024

- For "residents who have demonstrated skill and interest in legislative or regulatory advocacy and, by doing so, impacted the future of healthcare"

**Endocrine Society's Medical Student Achievement Award**, Nova Southeastern University 2021

- For "outstanding clinical performance and academic achievement in the study of endocrinology and with demonstrated service or research in this field"

**Judy Morris Endowed Memorial Scholarship**, Nova Southeastern University 2020

- For "high academic achievement as a dual DO/MPH student"

**Professional Development Grant**, Nova Southeastern University 2020

- Received full funding to attend CleanMed and speak on *Moving Medicine Forward*

**Trainee Scholarship Grant**, American College of Lifestyle Medicine 2019

- Received full funding to attend the ACLM conference for leadership in promoting lifestyle medicine

**Stephanie Davis Waste Reduction and Pollution Prevention Award**, Healthcare Without Harm 2018

- Won a scholarship and seed money for select CleanMed Conference speakers engaged in healthcare sustainability

**Miller Family Foundation Prize**, Wesleyan University 2014

- Won a competitive student loan forgiveness grant for seniors pursuing work in the non-profit sector

**Honors in Philosophy**, Wesleyan University 2014

- Earned departmental honors for a thesis entitled, *The Genetic Zeitgeist of Generation Z: Entanglements of Reproductive Ethics in the Near Future*

## **LANGUAGES AND CERTIFICATIONS**

- Proficient in medical Spanish
- Basic Life Support, 2025
- Osteopathy in the Cranial Field 40-hour course, 2022

## **INTERESTS**

- Jazz piano, soccer, philosophy, bioethics, and creative writing