



MARIA (BALESTRINO) GIOIA, DO

Phone: 412.580.5599
mbalestrino@gmail.com
maria.gioia@ahn.org

Pittsburgh, PA



SCAN ME

EDUCATION & TRAINING

University of Pittsburgh Medical Center St. Margaret Hospital June 2014
Family Medicine Resident

Lake Erie College of Osteopathic Medicine May 2011
Doctor of Osteopathic Medicine
Graduated Cum Laude

Saint Louis University May 2006
BS, Pre-Medicine, Psychology & Theology
Graduated Cum Laude

LICENSURE AND BOARD CERTIFICATIONS

Licensure
Pennsylvania OS016897 2014 – present

Board Certifications
American Board of Family Medicine 158209 2014 – present

American Osteopathic Board of Family Physicians 176635 2014 – 2022

PROFESSIONAL APPOINTMENTS

Academic
Core Faculty Physician 2014 – present
Allegheny Health Network
Forbes Family Medicine Residency Program

Associate Professor of Clinical Family, Community, and 2025 – present
Preventative Medicine, Drexel University College of Medicine

Clinical Associate Professor of Family Medicine 2025 – present
Duquesne University College of Osteopathic Medicine

Adjunct Clinical Associate Professor in Family Medicine 2020 – present
Lake Erie College of Osteopathic Medicine
(Assistant Professor 2014-2020)

Assistant Clinical Professor
Temple Dept. of Family Medicine 2014 – 2019

Clinical
Primary Care Physician 2014 – present
Allegheny Health Network
Forbes Hospital, Monroeville

ACADEMIC & CLINICAL LEADERSHIP

Academic

Associate Program Director
Forbes Family Medicine Residency Program 1/2024 – present

Project Lead, “Addressing Food Insecurity and Promoting
Nutrition through Community Partnerships”
POMA Bright Futures Grant Award Recipient 6/2026 -- present

Faculty Champion, Food Insecurity Project 5/2025 – 6/2026
PAFP Resident Community Impact Grant Award Recipient

Faculty Champion, Lifestyle Medicine Project 5/2024 – 5/2024
PAFP Resident Community Impact Grant Award Recipient

Principal Investigator, *“Pittsburgh Nature & Health study:
A randomized controlled trial of park prescriptions”*.
Collaborative RCT with AHN & Stanford University 2022 – 2026

Director, Pediatrics Curriculum, Forbes Family Medicine 2017 – present

Core Faculty, Forbes Family Medicine Residency Program 2014 – present

Co-Director, Women’s Health/OBGYN Curriculum 2017 – 2023

Course Instructor, Institute for International Medicine 2015 – 2021
Annual Conference “Helping Babies Survive”

Course Instructor, Advance Life Support in Obstetrics (ALSO) 2015 – 2021

Clinical/Leadership

Vice Chair, Allegheny Health Network Women Physician’s ERG 6/2026 -- present

Wellness Officer, Allegheny Health Network Primary Care Institute 5/2026 – present

Board of Directors, Pennsylvania Academy of Family Physicians 4/2025 – present

AHN PCP Leadership Development Program Participant 2023 – 2024

Walk with A Doc Physician Champion 2023 – present
Forbes Family Medicine, Monroeville Chapter

Allegheny Health Network, Women Physician’s ERG 2022 – 2026
Member Engagement Lead

Medical Director, AHN Forbes Family Medicine 2021 – present

Provider Champion, AHN Primary Care Redesign 2021 – present

Transformation Project, Forbes Family Medicine

District Physician, Franklin Regional School District 2021 – present

Physician (Women's Health), Allegheny County Jail 2014 – 2022

Medical Director, Allegheny Health Network Primary Care Place
Oakmont, PA 2014 – 2020

Physician Volunteer, Healthcare for the Homeless 2014 – 2019

CLINICAL & ADMINISTRATIVE COMMITTEES

Allegheny County Medical Society, Women in Healthcare
Committee Member 2025 -- present

Allegheny Health Network, Enterprise Quality Pediatric Workgroup
Committee Member 2025 – 2026

Physician Partners of Western PA Clinically Integrated Network
East POD Local Advisory Council Member 2021 – present

Physician Partners of Western PA Pediatric Quality
Advisory Committee Member 2019 – 2026

Allegheny Health Network Pediatric Physician
Advisory Committee Member 2019 – 2023

Allegheny Health Network Ambulatory Physician
Advisory Committee Member 2015 – 2024

Allegheny Health Network Epic Population Health
Advisory Committee Member 2021 – 2023

PROFESSIONAL MEDICAL AFFILIATIONS

Association of Family Medicine Residency Directors 2024 – Present

American College of Lifestyle Medicine 2024 -- Present

Pennsylvania Osteopathic Medical Association 2017 – Present

Society of Teachers of Family Medicine 2014 – Present

Family Medicine Education Consortium 2014 – Present

Pennsylvania Academy of Family Physicians 2011 – Present

American Academy of Family Physicians 2011 – Present

American Osteopathic Association 2007 – 2022

PRESENTATIONS AND INVITED LECTURES

“The Science of the Scroll: Navigating Social Media Trends and the Supplement Surge in Primary Care” 2026 Lila Stein Kroser Memorial Lecturer, PAFP Summer SEA-M-E Conference, June 2026

“The Nourished Home: A Community-Based Approach to Addressing Food Insecurity and Promoting Childhood Nutrition” – Poster Presentation, PAFP Residency Impact Grant Summit and Research Day, April 2026

“The Use of Apps and Other Tools for Providing Feedback” -- Lecture and Panel Discussion, AHN Graduate Medical Education Faculty Retreat, October 2025

Course Director: AHN Women Physician’s Wellness Conference 2023, 2024, 2025, 2026

“Nature and Health: How Does Lifestyle and Environment Affect Health and Wellness?” -- Research Lecture Presentation, FMEC Annual Meeting, September 2025

“Integrating Lifestyle Medicine Into Academic Clinical Medicine and Community Engagement: Progress, Pitfalls, and Potential Opportunities!” -- Breakfast Table Discussion, FMEC Annual Meeting, September 2025

“Creating Community-Based Partnerships & Programming to Improve Community Health and Wellness” -- Lecture Presentation & Poster, PAFP Residency Impact Grant Summit and Research Day, April 2025

“Practical Applications of Lifestyle Medicine in Primary Care & Academic Medicine”, -- Lecture Presentation, UPMC Family Medicine Refresher Course, March 2025

“Dermatology for the Primary Care Provider” – Lecture Presentation FMEC “Hot Topics”, September 2024 and October 2022

“Engaging a Multidisciplinary Team to Incorporate Evidence-Based Screenings and Surveillance for Pediatric Patients in a Family Medicine Residency Program” – Lecture Presentation, FMEC Annual Meeting, Pittsburgh, PA, October 2021

“Helping Babies Breathe” – Conference co-facilitator, INMED, Pittsburgh, PA (Annual conference presenter), Pittsburgh, PA, 2015 - 2021

“Board Review Preparation” – Lecture Presentation, University of Pittsburgh 44th Refresher Course in Family Medicine, Pittsburgh, PA, 2017

HONORS AND AWARDS

ACMS Nathaniel Bedford Primary Care Award
Allegheny County Medical Society

2025

"I'm Someone Who Cares" Award Allegheny Healthy Network	2025
UPMC St. Margaret Community Service Award University of Pittsburgh Medical Center	2014
UPMC St. Margaret Certification in Global Health University of Pittsburgh Medical Center	2014
UPMC St. Margaret "Exceptional Teacher" Award University of Pittsburgh Medical Center	2012 – 2014
American Osteopathic Association TOUCH Pin Award Lake Erie College of Osteopathic Medicine	2010
PA Osteopathic Medical Association Foundation District 8 Scholarship Lake Erie College of Osteopathic Medicine	2009
LECOM Student Government Association Scholarship Lake Erie College of Osteopathic Medicine	2008
Society of Teachers of Family Medicine NE Region Scholarship Lake Erie College of Osteopathic Medicine	2007 – 2008
Department of Psychology Undergraduate Research Award Saint Louis University	2006
American Psychological Association Research Award Saint Louis University	2006
Psi Chi National Honor Society in Psychology Saint Louis University	2002 – 2006
Alpha Sigma Nu (Jesuit National Honor Society) Saint Louis University	2002 – 2006
St. Louis University Deans Scholarship and Dean's List Saint Louis University	2002 – 2006

PEER-REVIEWED PUBLICATIONS

DiVasta AD, Feldman HA, Quach AE, Balestrino M, Gordon CM. The effect of bed rest on bone turnover in young women hospitalized for anorexia nervosa: a pilot study. *The Journal of Clinical Endocrinology & Metabolism*. 2009 May; 94(5): 1650-1655.

Loe IM, Balestrino MD, Phelps RA, Kurs-Lasky M, Chaves-Gnecco D, Paradise JL, Feldman HM. Early histories of school-aged children with attention-deficit/hyperactivity disorder. *Child Development*. 2008 Nov; 79(6):1853-68.

DiVasta AD, Feldman HA, Balestrino M, Quach A, Gordon CM. The Effect of Bed Rest on Bone Turnover in Adolescents Hospitalized for Anorexia Nervosa. *Journal of Adolescent Health*. 2008 Feb; 42(2): 25-26.

REFERENCES

Available Upon Request