

CURRICULUM VITAE

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Place of Birth: Buffalo, New York

Education

1985	B.S.	Computer Science	University of Wisconsin-Madison, WI
1991	Sc.D.	Epidemiology Meir J Stampfer	Harvard School of Public Health (HSPH), Boston, MA

Postdoctoral Training

09/88-08/91	Teaching Fellow	Epidemiology	HSPH
02/91-01/92	Research Fellow	Nutrition and Epidemiology	HSPH
02/92-01/94	Research Associate	Epidemiology	HSPH

Faculty Academic Appointments

1994-98	Assistant Professor	Epidemiology and Nutrition	HSPH
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1997-05	Assistant Professor	Medicine (Epidemiology)	HMS, Boston, MA
1998-14	Associate Professor	Epidemiology and Nutrition	HSPH
2005-14	Associate Professor	Medicine (Epidemiology)	HMS
2014	Professor	Epidemiology and Nutrition	Harvard Chan
2014-	Professor	Medicine (Epidemiology)	HMS

Appointments at Hospitals/Affiliated Institutions

1996-	Associate Epidemiologist	Medicine, Channing Division of Network Medicine (CDNM, formerly Channing Laboratory)	Brigham and Women's Hospital, Boston, MA
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Other Professional Positions

1985-1986	Research Assistant/Epidemiologist and Database Manager	Department of Preventive Medicine, University of Wisconsin/Madison Medical School
1987-2000	Project Director, Health Professionals Follow-Up Study (HPFS)	HSPH
2001-2007	Associate Director, Health Professionals Follow-Up Study	HSPH
2003-	Board of Directors	Project Bread, Boston, MA
2007-	Brookline Wellness Committee	Brookline Public Schools
2009 -	Member, Biomarker Laboratory Advisory Board	Channing Laboratory, Brigham & Women's Hospital, HMS

2011-	Member, Productions Advisory Board	KickinKitchen.TV, Cambridge, MA
2012-	Advisory Board, Harvard Health Letter, Harvard Heart Letter, Harvard Women's Health Watch, and Harvard Men's Health Watch	HMS, Member
2014-	Member, Adult Congenital Heart Disease Biorepository Advisory Board Meeting	Children's ; BWH
2015-	Member, Cohorts Data Management Advisory Board	Medicine, Channing Division of Network Medicine (CDNM, formerly Channing Laboratory, Brigham & Women's Hospital, HMS

Major Administrative Leadership Positions

Local

1993-1994	Invited Course Director, Introductory Epidemiology	Northeastern University, Boston, MA
2001	Chair, Special Student Disciplinary Panel	HSPH
2001-2002 2005-2007	Member, Faculty Council	HSPH
2007-	Director, Program in Cardiovascular Epidemiology	HSPH

Committee Service

Local

1995-1996	Committee on Educational Policy	HSPH Member
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1995-1999	Epidemiology Admissions, and Scholarship Committee	HSPH Member
1997-	Channing Computer Board Advisory Committee	Channing Laboratory, Brigham and Women's Hospital, HMS
1999-2000	Committee on Admissions and Degrees	HSPH Member
2003-2004	Allston Committee	HSPH Member
2003-2005	Great Place to Work Steering Committee	HSPH Member
2003-	Information Technology Advisory Committee	HSPH Member
2004-2005	Search Committee for Assistant/Associate Professor of International Nutrition	HSPH Chair
2004-	Epidemiology Admissions Committee Chair, Cardiovascular Disease, Aging, Environmental Subgroup	HSPH Chair

2008-2009	Search Committee for Public Health Nutrition Assistant/Associate Professor	HSPH Chair
2011-	Research Grant Oversight Committee - Chronic Disease Epidemiology Group	Channing Laboratory, Brigham and Women's Hospital, HMS
2014-	Online ED Steering Committee Online Ed Working Group	Harvard Chan Member
2014-	New Model for BWH / HSPH Collaboration and Philanthropy Committee	Harvard Chan/BWH Member
2015-	PhD in Population Health Sciences Curriculum Committee	Harvard Chan Member
2015	Nutrition Admissions Committee	Harvard Chan Member
2016-2017	Postdoc Advisory Committee 2016-2017	Harvard Chan Member

Regional

2002	Executive Committee	Boston Obesity Nutrition Research Center, Boston, MA Member
2006	Full Professor <i>ad hoc</i> Review Committee	Friedman School of Nutrition Science and Policy, Tufts University, Medford, MA Member
2013-	Internal Advisory Committee	Boston Obesity Nutrition Research Center, Boston, MA Member

National

2000-2002	United States Dietary References Intakes Committee on Macronutrients	Institute of Medicine, Food and Nutrition Board, National Academy of Sciences, Washington, DC Member
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2004	Nutrition Subcommittee Meeting	Food and Drug Administration Washington, DC, Special External Advisor
2004-	Scientific Advisory Committee	Culinary Institute of America/HSPH, Worlds of Healthy Flavors, St. Helena, CA Member
2005	Advisory Committee	Marine Resource Research Institute for the South Carolina Department of Natural Resources, Charleston, SC Member
2006	Cancer Prevention Study, Cohort Advisory Committee	American Cancer Society, Atlanta, GA Member
2008-2010	2010 Dietary Guidelines Advisory Committee	U.S. Department of Agriculture (USDA), Department of Health and Human Services (DHSS), Washington, DC Member
	2008-2010	Ethanol Subcommittee Chair
	2008-2010	Fatty Acids Subcommittee Member
2010	Panel Member	Scientific Advisory Committee; 2010 U.S. Dietary Guidelines for Americans; Chair Alcohol Subcommittee
2011-2012	Inaugural Leadership Award panel	James Beard Foundation Member
2015	Executive Committee	Culinary Institute of America; Menus of Change University Research Collaborative

2016-	Advisory Board	U.S. Highbush Blueberry Council Member
2016-2017	Advisory Board Member	USU-UU USDA Project, “Multi-Disciplinary Methods For Effective, Sustainable, and Scalable Evaluations of Nutrition Education Programs”
2017	Review Committee Member	American Heart Association’s Obesity Research Network, peer Review Committee
2017-	Committee Member	American Society for Nutrition, Scientific Program Committee
2017-	Panel Member	Technical Advisory Planning Committee; USDA FoodAPS-2
2018-2019	Panel Member	CNSTAT, National Academy of Sciences

International

2011-	NU-AGE Advisory Board	Collaborative project funded under the Seventh Framework Programme (FP7) Funding Call, European Union, University of Bologna, Italy Member
2012-	DIPI - Diet and Prevention of Ischemic Heart Disease: a Translational Approach. Advisory Board	Strategic Research in Health, Food and Welfare. Aarhus University, Denmark Member

Professional Societies

1986-	Society for Epidemiologic Research	Member
1992-	American Heart Association (AHA)	Council on Epidemiology and Prevention
1992-		Fellow

		Council on Nutrition, Physical Activity, and Metabolism Fellow
1992-		
		Membership/Credentials Committee, Council on Epidemiology and Prevention
1997		Member
1998-2002		Chair
		Program Committee, Council on Epidemiology and Prevention
1997-2004		Member
2006-2007		Vice Chair
2008-2010		Chair
		Membership/Credentials Committee, Council on Epidemiology and Prevention
		Chair
		Executive Committee, Council on Epidemiology and Prevention
1998-2002		Member
		Executive Committee, Council on Nutrition, Physical Activity, and Metabolism
2012-		Member
2015-		Lifestyle and Cardiometabolic Health Leadership Committee
		Member
2015-		Lifestyle and Cardiometabolic Health Nutrition Committee
		Member
2007-	American Society of Nutrition	Member
2015-		Dietary Guidelines Working group Member

2010- American Epidemiological Society Member

Grant Review Activities

1996	Special Review Board, Epidemiology	Canadian National Cancer Institute Unit, Toronto, Canada Member
1999-2001	Ad Hoc Review	National Institute on Alcohol Abuse and Alcoholism (NIAAA), Alcohol – Toxicology Section Ad Hoc Member
2001	Cardiovascular and Renal Special Emphasis Panel	National Institutes of Health Chair
2003	Reverse Site Visit, Alcohol Research Center Application	National Institute on Alcohol Abuse and Alcoholism Member
2004, 2006	Center for Scientific Review Special Emphasis Panel	National Heart Lung and Blood Institute (NHLBI) Member
2008	Ad hoc Review Committee	NIH Neurological, Aging and Musculoskeletal Epidemiology study section Ad Hoc Member
2008	Special Emphasis Panel	National Institute on Alcohol Abuse and Alcoholism Member
2009-2011	Pilot Grant Funding Review Committee	Harvard Clinical and Translational Science Center (Catalyst)
2010-	Review Committee	Lown Fellowship Program, HSPH
2010-	Review Committee	Yerby Fellowship Program, HSPH

2011	Expert Panel on Alcohol and Chronic Disease Epidemiology	National Institute on Alcohol Abuse and Alcoholism Member
2012	Age, Gene/Environment Susceptibility Study Review Panel	National Institute on Aging (NIA) Member

Editorial Activities

Ad hoc Reviewer

New England Journal of Medicine (NEJM)

Journal of the American Medical Association (JAMA)

Lancet

Circulation

American Journal of Clinical Nutrition

Obesity Research, Alcohol and Alcoholism

Journal of Nutrition

Clinical Chemistry

European Heart Journal

International Journal of Epidemiology

Science

Diabetes Care

American Journal of Epidemiology

Arteriosclerosis, Thrombosis, and Vascular Biology

Other Editorial Roles

1996-2000	Technical Editor	New England Journal of Medicine
1996-2006	Associate Editor	Alcohol Research- Netherlands Organization for Applied Scientific Research Institute
1997, 2003	Editor pro tem	American Journal of Epidemiology
1998-	Associate Editor	American Journal of Epidemiology
2002-2005	Associate Editor	Obesity Research
2006-	Guest Editor	Circulation
2007-	Associate Editor Editorial Board	American Journal of Clinical Nutrition
2013-	Member	BMJ Board of US Fellows

Honors and Prizes

1986-1991	National Institute of Environmental Health Sciences National Research Service Award	National Institutes of Health Training Award
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1989	Student Workshop Award, Society for Epidemiologic Research	Society for Epidemiologic Research	Workshop
1996	HSPH, Mentor/Teaching Award		Teaching, Mentoring
2010	Frederick H. Epstein Memorial Lecture Award	European Society of Cardiology	Scientific contributions to the advancement of the understanding of diet and lifestyle in the prevention of CVD
2012	2012 General Mills Institute of Health and Nutrition Innovation Award	American Society for Nutrition	Scientific contributions to the advancement of the understanding of the health benefits of whole grains
2012	Postdoctoral Association Outstanding Mentor Award	Postdoctoral Association	Outstanding Mentor Award

Funding Information

Past:

1991-2013 Prospective Studies of Diet and Cancer in Men and Women
NIH/National Cancer Institute (NCI) P01 CA055075

Core Director, Co-Investigator

This core of a large program project grant was to continue the follow-up a long term prospective study of a male health professionals

Associate Director, Co-Investigator

This program project grant of four projects continues the prospective examination of dietary and genetic exposures of cancer in men using data from the Health Professionals Follow-up Study and in women using data from the Nurses' Health Study. One of the projects also is examining the association between dietary factors and colorectal, ovarian, and pancreatic cancer in the Pooling Project of Prospective Studies of Diet and Cancer.

Core Blood Laboratory Director, Co-Investigator

This position within the core is responsible for oversight of all projects that need to access blood samples in the large program project grant to study

dietary and genetic exposures of cancer in men using data from the Health Professionals Follow-up Study and in women using data from the Nurses' Health Study.

- 1996 Pilot Project Award,
Center for Cancer Prevention
PI (\$10,000)
Summary of alcohol and cancer incidence.
- 1997-2003 Alcohol Consumption Patterns, Biomarkers, and Health
NIH R01-AA11181
PI (\$2,000,000)
To study the benefits and risks of moderate alcohol consumption on risk of hypertension, diabetes, coronary heart disease (CHD), and total mortality in the population of men from the Health Professionals Follow-up Study and women from the Nurses' Health Study (NHS) II
- 1999-2001 Effects of Dietary and Lifestyle Characteristics on Soluble Tumor Necrosis Factor-receptor (sTNF-R) and IL-6 Concentrations
Boston Obesity Nutrition Research Center
PI (\$36,709)
To examine the associations between diet and other lifestyle factors on sTNF-R and IL-6 concentrations among 468 male participants in the Health Professionals Follow-up Study and 475 female participants in the Nurses' Health Study
- 1999-2003 Etiology of Erectile Dysfunction in the Health Professionals Follow-Up Study
Pfizer, Inc. P0003007
PI (\$200,000)
To study the epidemiology of erectile dysfunction in a population of 51,529 middle-aged men enrolled in the Health Professionals Follow-up Study
- 2000-2003 Cancer Center Support: Measurement Core
NIH P30-CA06516
Faculty Consultant
The Measurement Core is a shared facility which supports a central repository of core measures for use with human populations, and provides consultation, collaboration and service concerning measurements used in epidemiological, intervention and clinical research by investigators throughout the Dana-Farber/Harvard Cancer Center (DF/HCC). Consultation is provided concerning measurement selection to improve existing research, to develop new measures, and to assist in the development

of reliability and validation studies of new and extant measures.

- 2000-2006 Myocardial Infarction and Serum Biomarkers of Inflammation in Patients With and Without Rheumatoid Arthritis in the Nurses' Health Study Biospecimen Cohort
Merck
PI (\$1,000,000)
The main goal of this study is to assess the association between confirmed rheumatoid arthritis and risk of cardiovascular disease (CVD) and total mortality, as well as to assess the association between cardiovascular disease in patients with confirmed rheumatoid arthritis and the levels of blood inflammatory markers.
- 2001-2005 Whole Grain Diets and Health
Kellogg Company
PI (\$200,000)
In this proposal, we expanded our definition of whole grain, first to include only those foods and cereals that truly have whole grain (i.e., exclude bran food, bran, and other whole grain components) and create a new whole grain score, which includes only those foods that contain at least 50% whole grain. Finally, we created a semiquantitative estimate of total bran intake. With the old definition of whole grain (>25% whole grain) and these new definitions of whole grain (>50% whole grain) and bran, several hypotheses were tested.
- 2001-2006 Dyslipidemia and Risk of CVD in Diabetic Men and Women
NIH R01-HL65582
Co-Investigator
The major goal of the project is to assess the relationship between biochemical markers of dyslipidemia and risk of CVD in diabetic men and women.
- 2002-2003 Analyses of a Nested Case-Control Study of Biological Markers of Coronary Heart Disease
Merck
PI (\$112,445)
Analyses of a nested case-control study of obesity-related biological markers of coronary heart disease.
- 2002-2005 Diet and Genetic Interactions in Relation to Coronary Heart Disease
American Heart Association 0240150N
PI (\$272,728)
The major aims of this proposal are to evaluate a number of new and timely

hypotheses concerning the dietary and genetic determinants of cardiovascular disease among men.

- 2002-2005 Estimating Alcohol-Attributable Fractions for U.S. Morbidity & Mortality Based on Meta-Analyses of Epidemiologic Studies
NIH AA-2-04
Co-Investigator
The objectives of this study are to conduct meta-analyses of epidemiologic studies of the association between alcohol consumption and a wide variety of health conditions thought to be associated with different levels of alcohol consumption, and using the summary measures of relative risk obtained from the meta-analyses, estimate the fractions of U.S. morbidity and mortality from various conditions that are attributable to alcohol consumption.
- 2003-2004 Formation of a Boston Obesity Nutrition Center
NIH P30-DK046200
Co-Investigator
The epidemiology core of the Boston Obesity/Nutrition Center provides support for analysis of existing data sets and planning of new clinical studies by members of the Obesity Center.
- 2003-2006 Dietary Fatty Acids, Peroxisome Proliferator-Activated Receptor Genes and Heart Disease
NIH R01-HL071888
Co-Investigator
In this study, we will use a gene-diet association and a “candidate pathway” approach to elucidate genetic mechanisms that link fatty acid intake [including cis and trans isomers of linoleic acid (n-6) and alpha-linolenic acid (n-3)] to risk of myocardial infarction. We will focus on genes that control lipoprotein metabolism and vascular wall inflammation, important systems in the process of atherosclerosis.
- 2003-2007 Very Low Density Lipoprotein and Low Density Lipoprotein Particle Types as Coronary Heart Disease Risk Factors
NIH R01-HL70159
Co-Investigator
The major aims of this proposal are to evaluate Apolipoprotein C3 in very low-density lipoprotein and low-density lipoprotein particle types as CHD risk factors from men in the Health Professionals Follow-up Study.
- 2003-2008 Dietary Etiologies of Heart Disease and Cancer
NIH R01-HL035464
PI (\$1,500,000)

The major aims of this proposal are to evaluate several new and timely hypotheses concerning the determinants of cardiovascular disease among men in the Health Professionals Follow-up Study.

- 2003-2008 Folate, 1-Carbon Nutrients, Gene Variants & Colon Cancer
NIH U54-CA100971
Core Co-Investigator
The overall long-term objective of this program project is to establish the role of folate and other nutritional contributors to one-carbon metabolism in colorectal cancer by combining animal, mechanistic, human observational trials and clinical trials.
- PI (Pilot Project \$50,000)
The major aims of the pilot project are to investigate gene diet interactions between folate metabolizing genes and intake of folate and alcohol in a large cross sectional study of male and female health professionals.
- 2004-2005 Etiology of Erectile Dysfunction and Lower Urinary Tract Symptoms in the Health Professionals Follow-Up Study
Pfizer, Inc.
PI (\$200,000)
To study the epidemiology of erectile dysfunction in a population of 51,529 middle-aged men enrolled in the Health Professionals Follow-up Study
- 2004-2006 Coastal Eutrophication and Hypoxia: Implications for Mercury Methylation, Mercury Biomagnification, and Human Health
National Oceanic and Atmospheric Administration NA040AR4600207
Co-Investigator
The major goal of this study is to assess whether coastal eutrophication and hypoxia in the Gulf of Mexico play a role in controlling Hg methylation and biomagnification, and thereby impact human exposure to methyl mercury via seafood consumption.
- 2004-2007 Study of the Cardiovascular Risks Associated with Obesity
Sanofi-Synthelabo Inc.
PI (\$400,000)
We propose to assess the risk of ischemic cardiovascular disease and overall mortality associated with obesity among men and women.
- 2004-2009 Alcohol and Chronic Disease among Vulnerable Populations
NIH R01-AA11181
PI (\$1,900,000)
Prospective study of alcohol consumption and risk of coronary heart disease

and mortality among clinically vulnerable populations defined by pre-existing diseases or genetic susceptibility conducted among women in the Nurses' Health Study and men in the Health Professionals Follow-up Study.

- 2005-2007 Heavy Drinking & Coronary Disease: Acute/Chronic Effects
National Institute on Alcohol Abuse and Alcoholism (NIAAA) R21
AA014900-01A1
Co-Investigator
This grant uses the resources of the Determinants of Myocardial Infarction Onset Study and the Health Professionals Follow-up Study to assess the effects of binge drinking on three aspects of coronary heart disease: triggering of acute myocardial infarction, long-term risk of incident myocardial infarction, and long-term prognosis of patients with acute myocardial infarction.
- 2005-2009 Estimating Effects of Interventions in Longitudinal Data
NIH/ National Heart, Lung, and Blood Institute (NHLBI) R01 HL080644
Co-Investigator
This study aims to apply and further develop analytic methods for estimating the effects of public health interventions using complex longitudinal data from observational studies.
- 2006-2008 Prospective Studies of Lp-PLA2 and Risk of Coronary Heart Disease: A Diabetic Cohort within the Nurses' Health Study and Health Professionals Follow-up Study
GlaxoSmithKline
PI (\$700,000)
This study will assess the association between Lp-PLA2 and risk of coronary heart disease in a cohort of diabetics among men and women in the Health Professionals Follow-Up Study and the Nurses' Health Study. The influence of diet and lifestyle factors on Lp-LPA2 levels will also be examined among these men and women.
- 2006-2009 Health Effects of Lifetime Exposure to Food Contaminants
NIH/ National Institute of Environmental Health Sciences (NIEHS)
ES013692
Co-Investigator
This study will provide evidence on long-term health implications of developmental and postnatal exposures to these neurotoxicants, which are widely present in freshwater fish and seafood, and the possible compensatory effects of concomitant intakes of essential nutrients. This study will provide unique evidence on adverse health effects of prenatal contaminant exposure as they appear at an advanced age. The results may therefore provide new

information that could very likely have an impact on the preventive efforts and standard-setting of the Environmental Protection Agency (EPA) and other regulatory agencies in the U.S and elsewhere.

- 2006-2012 Fatty Acids and Major Cardiovascular Disease
NIH/NHLBI R01 HL085710
Co-Investigator
This study will measure plasma phospholipids fatty acids in stored samples to investigate prospectively the association between n-3 and trans-fatty acids and incidence of CHD, atrial fibrillation, stroke, and total mortality.
- 2007-2009 Prospective Study of Diet, Physical Activity, Body Mass Index (BMI), and Risk of Pulmonary Embolism
NIA 21 AG32079
Subcontract PI
The primary objective of this study is to examine the relationship of dietary factors and BMI to risk of pulmonary embolism.
- 2007-2012 Mercury, Selenium, and Risk of Cardiovascular Disease in Women and Men
NIH/NIEHS R01 ESO14433-01A1
Co-Investigator
This study provides a unique and cost-efficient opportunity to evaluate the importance of mercury and selenium intake for cardiovascular risk in women and men using a prospective nested case-control design among women and men participating in two large U.S. cohort studies, including 6,470 incident CVD cases.
- 2008-2010 Alcohol and Colorectal Cancer: The Influence of Inherited and Nutritional Factors
NIH/NIAAA R21 AA017693
Co-Investigator
In this proposal, we will evaluate whether the association between alcohol and colorectal adenoma/cancer would be as strong as post fortification. Even if the overall association is weakened after the fortification, the positive association between alcohol consumption and colorectal adenoma/cancer may still persist among particularly susceptible populations.
- 2008-2013 Risk Factors for CVD in Women
NIH/NHLBI R01 HL034594
Co-Investigator
The major aim is to evaluate several biomarkers related to adiposity, vascular inflammation, lipid peroxidation, and related cellular aging with risk of CHD in women. By 2010, more than 600 cases of myocardial infarction will have

been confirmed by medical record review among women in the fasting blood cohort.

- 2008-2013 Genetic Markers of CHD and T2D in the Health Professionals Follow-up Study/Nurses' Health Study/Merck
Co-PI (\$850,000)
This study proposes to use information on the joint effects of genes and set of viable biomarkers to develop models of prediction for type 2 diabetes (T2D) and CHD.
- 2009-2012 Endothelial Dysfunction, Oxidative Stress and Risk of Peripheral Arterial Disease
NIH/NHLBI R01 HL091874
Co-Investigator
The goal of this project is to evaluate the roles of endothelial function, oxidative stress, their correlates, and dietary antioxidant capacity in the development of peripheral arterial disease among women and men.
- 2009-2013 CVD Epidemiology Training Program in Behavior, the Environment and Global Health
NIH/NHLBI T32 HL098048
Co-PI (\$954,540)
This training grant serves to fund predoctoral and postdoctoral trainees in CVD epidemiology with an interest in non-genetic predictors of CVD at HSPH or HMS.
- 2009-2013 Diet, Physical Activity, and the Relationship between Air Pollution and CVD
NIH/NIEHS R01 ES017017
Co-Investigator
Diet, Physical Activity, and the Relationship between Air Pollution and CVD
The aims of this study are to examine different size fractions of particulate matter (PM) (fine [PM_{2.5}] and coarse [PM_{10-2.5}]), and evaluate the role of diet and other modifiers on the observed risks of all-cause and cardiovascular mortality in the Nurses' Health Study and the Health Professionals Follow-up Study.
- 2010-2013 Using Genome Wide Association Data for Enhanced Mendelian Randomization Studies
NIH/National Institute of Mental Health (NIMH) RC4 MH092707
Co-Investigator
We propose capitalizing on the GWAS data to allow important innovations in MR studies.

- 2010-2015 Validity of Diet and Activity Measures in Men
NIH/NCI R01 CA152904
Co-PI (\$4,692,935)
This grant will provide detailed multiple measurements in 750 Caucasian and African American men to allow for the evaluation of the error structure associated with dietary and physical activity assessment methods, in particular the influences of variation over time for each method and correlated errors between methods. Additional analyses will indicate the optimal approaches to adjust nutrient intakes for total energy intake, which is critical for the interpretation of epidemiologic findings.
- 2010-2016 Dietary Etiologies of Heart Disease and Cancer
NIH/NHLBI R01-HL035464
PI (\$2,768,964)
The proposed study will explore the role of several broad markers of oxidation or susceptibility to oxidation in predicting CHD risk in the Health Professionals Follow-up Study. The proposed study will also examine prospectively the risk of CHD and ischemic stroke associated with dietary antioxidants and dietary pattern scores derived through principal component factor analyses.
- 2011-2016 The Role of Circadian Periodicity in Human Cardiovascular Disease and Diabetes
NIH/NHLBI R01 HL103607
Co-Investigator
This study aims to elucidate the role of human circadian elements, specifically melatonin (the nighttime hormone) plus genes that control the circadian system, in the development of cardiovascular disease and diabetes, as well as to determine whether there is an interplay between these circadian elements and lifestyle-induced circadian disruption (like sleep deprivation and snoring). Our project may help provide a framework for innovative approaches in cardiovascular disease and diabetes treatment and prevention.
- 2011-2017 Study of School Meal Consumption
Project Bread
PI (\$214,818)
This study proposes to examine the impact of a professional chef on school meal consumption among elementary and middle school students. This study will also examine how altering the cafeteria environment using a behavioral psychology intervention modifies the selection and consumption of school meal components.

- 2012-2013 Study of Competitive Foods in Schools
Harvard Catalyst
NOURISH (Nutrition Opportunities to Understand Reforms Involving Student Health)
PI (\$110,000)
This pilot study proposes to collect baseline data to examine the impact of a healthier competitive food law in Massachusetts on the availability of competitive foods (sold or served that are not part of the National School Lunch Program), school finances, product reformulation, and students' diets in Massachusetts compared with a control state, Rhode Island. This study will also determine best practices for successfully providing healthier competitive foods in a revenue-neutral manner.
- 2012- 2014 NOURISH Study
Robert Wood Johnson Foundation
PI (\$170,000)
We propose to evaluate the impact of a new Massachusetts law that mandates a healthier food environment for children in schools. The law covers all "competitive" foods. The findings from this project will be the first evidence-based evaluation of a standard similar to that recommended by the Institute of Medicine (IOM) for competitive foods and will be valuable for setting future state and national policies on healthier school food environments.
- 2012-2016 DIPI: Diet and Prevention of Ischemic Heart Disease: a Translational Approach
Danish Agency for Science, Technology and Innovation
Co-Investigator
To provide novel, comprehensive knowledge of how foods and macronutrients affect ischemic heart disease (IHD) development, and to translate the knowledge obtained into food-based dietary guidelines targeted at preventing IHD.
- 2013-2014 The Associations between Changes in Fruit and Vegetable Intake and Risk of Hypertension and Diabetes - Three Large Prospective Observational Studies
U.S. Highbush Blueberry Council
PI (\$200,000)
To investigate the relationship between change in total and specific fruit intake over 30 years of follow-up and a) incident hypertension and b) incident T2DM.
- 2013-2014 Randomized Trial of Financial Incentives to Reduce Sugar-Sweetened Beverage Purchases among Families on SNAP
Harvard Catalyst

Co-PI (\$99,972)

This pilot project proposes to test an innovative strategy to reduce purchase of non-nutritive, SSBs by families with children on SNAP by combining targeted point-of-purchase education with a randomized trial of financial incentives to discourage purchase of unhealthy beverages. The study will take place at a mid-size grocery store in Chelsea, MA, a low-income, Latino community. Targeted beverage education will be provided to all study subjects with a traffic-light system to identify healthy and unhealthy beverages at the point-of-purchase. Individual beverage purchases will be tracked by electronically stored cash register sales and linked to SNAP debit card reimbursement data. Results of this project will provide pilot data for larger scale interventions to promote healthy choices among SNAP beneficiaries.

- 2013-2015 Role of Fatty Acid Metabolism for the Prevention of Sudden Cardiac Death
NIH/NHLBI 4R00HL097068-01
Sub PI
Role of Fatty Acid Metabolism for the Prevention of Sudden Cardiac Death
Work at the Harvard School of Public Health will focus primarily on
participants in the Health Professionals Follow-up Study principally located at
the School. This study is the R00 portion of a K99 grant for a co-mentored
award with Dr. Rimm as the site PI working closely with Dr. Chiuve on her
research of fatty acids measured in plasma and red blood cells in relation to
sudden cardiac death.
- 2013-2017 Dietary Patterns and Risk of Cardiovascular Disease
NIH/NHLBI 2R01HL060712-12
Co-Investigator
The major goals of this project are to identify dietary patterns and examine
their relationship with risk of coronary heart disease and stroke in men and
women.
- 2014-2016 Planning Grant for a Multi-Center RCT of Moderate Alcohol Use on Chronic
Disease
NIH/NIAAMS 1U34AA023258
Co-Investigator
The primary aims of this project are to develop a clinical protocol to conduct a
multi-center, international randomized controlled trial of moderate alcohol use
on key outcomes, including cardiovascular disease, diabetes, cancer, and
mortality.
- 2014-2018 HDL Proteins and Coronary Heart Disease
NIH/NHLBI R01HL123917
Co-Investigator

This proposal builds on our previous HDL speciation work that showed the concentration of HDL with apoC-III predicts higher incidence of CHD. The ultimate objective is to identify new types of HDL based on protein content that together are useful in risk prediction and then can be studied as targets for treatments that either increase or decrease HDL subtypes depending on their relation to CHD risk

- 2015-2016 Blueberries and bugs: exploring the relationship of blueberry consumption with the structure and function of the human microbiome
U.S. Highbush Blueberry Council No Award Number
PI \$73,791
The major goals of this project are: 1) to identify and explore the microbiome composition of blueberry consumers and 2) to deepen our understanding of how blueberries are metabolized by the microbiome, by exploring the relationship blueberries have with the metabolic status of the microbiome. By exploring the microbiomic fingerprint of blueberry consumers, this project examines important and fundamental questions in new and innovative ways.
- 2015-2016 Healthy Double at Hannaford: Fruit & Vegetable Grocery Store Incentive
Robert Wood Johnson Foundation No Award Number
Co-Investigator Harvard Chan
This research study proposes to use implementation methods from the highly effective, double-dollar incentive program used by farmer's markets to increase purchases of fresh, frozen and canned fruits and vegetables (F&V) in a large grocery store retail setting, ultimately improving nutrition for low-income children and families. Currently there is much interest in incentivizing the purchase of healthier food items among low-income populations, instead of restricting purchases (such as restricting sugar-sweetened beverage purchases with SNAP dollars). Findings from this research will help inform grocery retailer efforts to encourage healthier purchases by low-income populations, and help policymakers identify impactful strategies that support regional system drivers to encourage population level shifts in obesity prevalence.
- 2015-2016 Supplementing Healthy Eating Research on in-store Marketing Practices and Care on Education in Early Childhood to Prevent Childhood Obesity
Robert Wood Johnson Foundation Number not available
Polacsek-UNE; Rimm-Harvard Chan (\$5,416)
- 2016-2017 A Pilot Program to Increase Selection of Frequently Consumed Healthier SNAP-Eligible Ready to Heat Foods
USDA: Duke University (BECR) 59-5000-4-0062
PI (\$31,272)

Current

- 2012-2022 Cancer Epidemiology Cohort in Male Health Professionals
NIH/NCI UM1 CA167552
Co-Investigator
To continue follow-up of the Health Professional's Follow-up Study, a cancer epidemiology cohort of 51,529 men enrolled in 1986 when they were 40 to 75 years of age.
- 2014-2019 CVD Epidemiology Training Program in Behavior, the Environment and Global Health
NIH/NHLBI T32 HL098048
PI (\$1,200,000)
This training grant serves to fund predoctoral and postdoctoral trainees in CVD epidemiology with an interest in non-genetic predictors of CVD at HSPH or HMS.
- 2014-2019 Risk Factors for CVD in Women
NIH/NHLBI R01HL034594
Co-Investigator
The primary goal of this study is to perform a prospective analysis on the relation between blood levels of gut flora metabolites and coronary heart disease (CHD) risk in 425 CHD cases and 425 non-CHD controls from the Nurses' Health Study. We will also analyze the 10-year dynamic change in gut flora metabolites in prediction of CHD.
- 2015-2020 Promoting employee health through the worksite food environment
NIH/NHLBI 1R01HL125486-01
Co-Investigator
This study is a randomized controlled trial of 600 employees to test a one year intervention based on behavioral economics to provide personalized feedback about worksite food choices, energy balance, and social norms plus small financial incentives for healthy worksite food purchases. The aims of the project will be to determine if the intervention prevents weight gain and improves cardiovascular risk factors. Secondary outcomes include dietary intake and healthy eating patterns of socially connected co-workers over two years.
- 2016-2019 Supermarket Science: Multipronged Approaches to Increasing Fresh, Frozen and Canned Fruit and Vegetable Purchases

USDA Not Available

Co-PI

This subcontract will be involved with the overall PI, Dr. Polacsek, in developing content for personalized nutrition letters and emails that will be sent during the intervention phase and in developing and designing the data collection and data analyses strategy.

2016-2020

Dietary Etiologies of Heart Disease

NIH/NHLBI 2R01 HL035464-26

PI \$): \$2,306,193)

Eating a healthful diet has been identified as a key measure for coronary heart disease (CHD) prevention, although biologically-active compounds that explain the effects of diet are poorly understood. The proposed investigation aims to utilize data from large prospective cohorts of men and women to examine whether enterolignans and trimethylamine N-oxide, metabolites exclusively produced by gut microbiota through an omnivore diet, may exert effects on CHD risk. The study will shed light on prospective associations between the gut metabolites and CHD risk and help refine dietary recommendations for CHD prevention.

2016-2021

The Moderate Alcohol and Cardiovascular Health Trial (Harvard

Biostatistical and Biospecimen Core)

NIH/NIAAA U10AA025286

Co-PI

The biorepository and biostatistical core (BBC) will develop and distribute standard operating procedures to all recruitment centers for blood and urine collection. Upon confirming proper methodology for collecting, processing, and labeling of samples, the biorepository will coordinate shipment of biospecimen samples to the BBC for long term storage for future analysis. The statistical coordinating center within the BBC will work to finalize the study protocol by contributing to the final analysis plan, updating the power calculations, and develop procedures for continuous monitoring of data collection quality and clinical assessment practices.

2017-2022

Post Traumatic Stress Disorder and Accelerated Aging in Women

NIMH R01 MH101269

Co-Investigator

The purpose of this research is to better understand whether posttraumatic stress disorder (PTSD) causes accelerated aging in women and to identify underlying disease mechanisms. If PTSD truly contributes to accelerated aging, then new avenues for ameliorating the adverse effects of PTSD must be considered and the effectiveness of various prevention or intervention strategies compared.

- 2017-2022 Relationship Between Multiple Environmental Exposures and CVD Incidence and Survival: Vulnerability and Susceptibility
NIH R01ES028033
Co-Investigator
The major goals of the proposed project are to study associations of multiple environmental exposures on cardiovascular disease (CVD), mortality and survival after a non-fatal CVD event in the context of multiple confounders and effect modifications. We will be developing new statistical methods, assessing air pollution (particulate matter, nitrogen dioxide, and ozone) and weather (e.g. temperature variability) as main effects, and evaluating effect modification by contextual, lifestyle and genetic factors.
- 2018-2023 New Insight into the Federal Calorie Labeling Law
NIH/HPHC 1R01DK115492
Co-Investigator
Dr. Rimm will collaborate with the study team on study design methods, data processing, analysis and writing reports/journal manuscripts, and will be involved in the decision making of all aspects of the execution of the study. He currently oversees the statistical programmer responsible for the database management and analysis of the multiple terabytes of data collected from individual food sales at Hannaford Supermarkets (Aim 2) from April 2012 onward, including the baseline study period for this proposal, which will include May 2015 to April 2017.
- 2019-2026 Integrating lifecourse approaches, biologic and digital phenotypes in support of heart and lung disease epidemiologic research
NIH/NIHLBI 1U01HL145386-01
Co-Investigator
The purpose of this project is to strengthen the shared infrastructure of three related prospective cohorts – the Nurses’ Health Study II (NHS-II), the Growing Up Today Study (GUTS) and the Nurses’ Health Study 3 (NHS3) – with the goal of supporting research aimed at identifying intergenerational, reproductive and early life risk factors for CVD (CHD, stroke) and obstructive lung disease (COPD and asthma) by focusing in four areas: 1) the maximization of existing resources, 2) the collection of biological specimens and in-person measurements of blood pressure and anthropometric data, 3) the expansion of web-based mobile technology and “Big Data” capabilities for the cohorts, and 4) strengthening our capability for data sharing. The ability to combine biomarker data, state-of-the-art mobile high-resolution measures, and traditional epidemiologic risk factor data, collected across generations and throughout the life-course in three related cohorts will enable us and others to conduct powerful etiologic and translational research.

2019-2021 Reducing the impact of deceptive front-of-packaging beverage marketing
 RWJF 76336
 PI
 Our proposed research contributes to these important knowledge gaps by (Aim 1) documenting the most common FOP marketing strategies to which parents of young children are exposed, and evaluating differential exposure by income, Supplemental Nutrition Assistance Program (SNAP)/WIC participation, and race/ethnicity; and by (Aim 2) testing the effects of modifications to existing FOP marketing strategies on parents' perceptions and purchases of SSBs, using a randomized trial in an online store.

Report of Local Teaching and Training

Teaching of Students in Courses

Harvard University School of Public Health

1991-1997	Cardiovascular Epidemiology Graduate students	1 2-hr session/year
1991-Present	Practice of Epidemiology Graduate Students	8 2-hr sessions/year 2 3-hr sessions/year
1994-1997	Practice of Quantitative Methods Graduate students	1 2-hr session/year
1996-1999	Introduction to Epidemiology Graduate Students	10 2-hr sessions/year
1999-2004	Nutrition & Heart Disease Graduate Students	4 1-hr sessions/year
2001-2007	Cardiovascular Epidemiology Graduate Students	16 2-hr sessions/year
2002	“America’s Food Environment: The New Health Hazard?”	

	Graduate Students	1 2-hr session/year
2005-Present	The Science of Human Nutrition Graduate Students	1 2-hr session/year
2008-2016	Cardiovascular Epidemiology Graduate Students	1 2-hr session/year
2009-Present	Introduction to Clinical Epidemiology Graduate Students	4 2-hr sessions/year

Laboratory and Other Research Supervisory and Training Responsibilities

1993-Present	Supervision of college students, clinical fellows, graduate students, post-doctoral fellows, junior faculty, and international senior faculty in conducting research, experimental design, data management, analysis and interpretation of data, manuscript preparation, preparation of grant proposals, career development. Harvard School of Public Health and Brigham and Women's Hospital, Boston, MA.	Varied levels of mentorship from a single visit to daily or weekly, lasting a few months to several years
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Formally Supervised Trainees and Faculty

1994-1995	David MacIntosh, ScD/ Adjunct Associate Professor, Department of Environmental Health, HSPH, Boston, MA Published 3 papers in environmental journals
1994-1999	Nain-Feng Chu, MD/ Professor, National Defense Medical Center, Taipei, Taiwan

- Published 5 papers on obesity biomarkers in children and adults and received pilot grant funding from Boston Obesity Society
- 1995-1996 Carlos Camargo, DrPH/ Professor, Department of Epidemiology, HSPH, Boston, MA
Published 3 papers on cardiovascular risk factors
- 1995-2004 Mei-Shyuan Lee, MPH, DrPH/ Assistant Professor, National Medical Center, Taipei, Taiwan
Published 3 papers on lifestyle predictors of colon polyps and colon cancer
- 1996-2000 Michael Leitzmann, MPH, DrPH/ Chair, Department of Epidemiology and Preventive Medicine, University of Regensburg, Regensburg, Germany
Published 5 important papers on lifestyle predictors of gallstones including papers in Journal of the American Medical Association (JAMA) and Journal of the National Cancer Institute (JNCI)
- 1996-2001 Mona Eng, ScD/ Project Manager, Ingenix, Waltham, MA
Published 3 papers in epidemiology journals on stress related exposures and CVD
- 1997-1998 Carolyn Cannuscio, ScD/ Assistant Professor of Family Medicine and Community Health, University of Pennsylvania, Philadelphia, PA
Published 2 papers on stress and depression related to caring for a sick spouse or parent
- 1997-1999 Marji McCullough, ScD/ Research Director, American Cancer Society, Atlanta, GA
Published 3 important papers on adherence to US dietary guidelines and on adherence to a healthier guideline
- 1997-2000 Katie Meyer, MPH, DSc/ Assistant Professor, University of Minnesota, Minneapolis, MN
Published 3 papers on biomarkers of alcohol consumption in epidemiology and nutrition journals
- 1997-2000 Jean Kim, ScD/ Unknown
Published 2 papers on diet among individuals with Human Immunodeficiency Virus

- 1998-1999 Matthew Miller, ScD/ Associate Professor, Department of Health Policy and Management, HSPH, Boston, MA
Published 3 papers on predictors of injury including papers in the American Journal of Public Health and the American Journal of Epidemiology
- 1998-1999 Kathleen Koehler/ Epidemiologist, Center for Food Safety and Applied Nutrition/Food and Drug Administration, Silver Spring, MD
Published 1 paper on predictors of plasma homocysteine
- 1998-2003 Pauline Koh-Banerjee, DSc/ Out of profession
Published 3 papers on whole grains and other predictors of reduced weight gain
- 1999 Kathleen Conigrave, FACHAM, FAFHPM, PhD/ Staff Specialist, Drug Health Services, Royal Prince Alfred Hospital and Conjoint Associate Professor, Central Clinical School and School of Public Health, University of Sydney, and National Drug and Alcohol Research Centre, University of New South Wales, Sydney, Australia
Published 2 papers on alcohol and inverse risk of diabetes
- 1999 Catherine Kroenke, ScD/ Staff Scientist, Kaiser-Permanente, Oakland, CA
Published 1 paper on biomarkers of alcohol consumption
- 1999-2000 Teresa Fung, ScD/ Professor of Nutrition, Simmons College, Boston, MA
Published 4 papers on benefits associated with healthy dietary patterns.
- 1999-2001 Lisa Hines, ScD/ Assistant Professor, University of Colorado, Colorado Springs, CO
Published 3 papers on gene alcohol interactions including a paper in the New England Journal of Medicine (NEJM)
- 2000-2002 Connie Bacon, ScD/ Out of profession
Published 3 papers on predictors of erectile dysfunction including a frequently cited paper in Annals of Internal Medicine
- 2001-2002 Michaela Tanasecu, ScD/ Executive Dean, College of Health,

- Human Services, and Science, Ashford University, Clinton, IA
Published 3 papers on diet and alcohol on risk of diabetes
- 2001-2002 Yvonne van der Schouw, MD, PhD/ Full Professor of Clinical Epidemiology, Julius Center for Health Sciences and Primary Care, Utrecht, The Netherlands
Published 1 paper on dietary phenolic compounds and CVD
- 2001/2002 Linda Kelemen, ScD/ Department of Population Health Research, Alberta Cancer Board, Calgary, Alberta, Canada
Published 3 papers on diet and chronic disease
- 2001-2004 Tobias Pischon, MD, PhD/ Head, Biomarker Research Group, Department of Epidemiology, German Institute of Human Nutrition, Nuthetal, Germany
Published 11 papers on adipocytes-derived cytokines and risks of CVD including papers in JAMA and NEJM; also was recipient of top trainee Jeremiah Stamler Award for Epidemiology from the American Heart Association Epidemiology Council (2003)
- 2001-2008 Tianying Wu, PhD/ Assistant Professor, Department of Environmental Health, University of Cincinnati, Cincinnati, OH
Published 3 papers on a novel marker of oxidation in relation to CHD; also was recipient of top trainee Jeremiah Stamler Award for Epidemiology from the American Heart Association Epidemiology Council (2004)
- 2001-2016 Stephanie Chiuve, ScD/ Assistant Professor of Medicine, HMS, Boston, MA
Published 9 papers on biomarkers and lifestyle factors for CHD including papers in Circulation and the American Journal of Clinical Nutrition; also was recipient of top trainee award for Epidemiology from the American Heart Association Epidemiology Council (2005).
- 2001- Kenneth Mukamal, MD, MPH/ Associate Professor of Medicine, HMS; Associate Physician, Dept. of Medicine, Beth Israel Deaconess Medical Center, Boston, MA
Published 11 papers on alcohol and chronic disease, including a paper in the NEJM, and also received K08 and R21 funding on drinking and health effects
- 2002-2003 Goya Wannamethee, PhD/ Professor of Epidemiology,

Department of Primary Care and Population Health, University
College London Medical School, London, UK
Published 2 papers on alcohol and diabetes

- 2002-2005 Iris Shai, PhD/ Professor, The S. Daniel Abraham International
Center for Health and Nutrition, Department of Epidemiology,
Faculty of Health Sciences, Ben Gurion University, Negev, Israel
Published 3 papers on biomarkers of cardiovascular disease
- 2002-2016 Alan Flint, MD, DrPH/ Research Scientist, Project Director,
Health Professionals Follow-Up Study, HSPH, Boston, MA
Published 4 papers on obesity and whole grains in relation to
CVD
- 2003-2004 Daniel Wong, MD/ Surgery Resident/ University of Toronto,
Ontario, Canada
Published two papers on aortic aneurysms
- 2003-2006 Dariush Mozaffarian, MD, MPH, DrPH/ Associate Professor of
Epidemiology, HSPH, Boston, MA
Published 11 papers on dietary fatty acids and other related
exposures in relation to CVD in JAMA, Circulation, and
American Journal of Clinical Nutrition, and also received 2 R01s
on CVD and the Searle Scholar Award
- 2003-2012 Majken Jensen, PhD/Assistant Professor of Nutrition and Genetic
Epidemiology, HSPH, Boston, MA
Published 13 papers on diet, biomarkers and genetics of CVD
- 2004-2007 John Forman, MD/ Associate Physician, Renal Division, Brigham
and Women's Hospital, Assistant Professor of Medicine, HMS,
Boston, MA
Published 5 papers on risk factors for hypertension including two
in JAMA
- 2004-2007 Eric Taylor, MD/ Assistant Clinical Professor of Medicine,
Brigham and Women's Hospital, HMS, Boston, MA
Published 2 papers on biomarkers of renal function
- 2005-2006 Folkert Asselbergs, MD, PhD/ Associate Professor of Cardiology,
University Medical Center Utrecht, The Netherlands; Adjunct
Assistant Professor of Community and Family Medicine in
Epidemiology, Dartmouth Medical School, Hanover, NH

Published 3 papers on genetics of CVD

- 2005-2007 Joline Beulens, PhD/ Assistant Professor, University Medical Center Utrecht, Julius Center for Health Sciences and Primary Care, Utrecht, The Netherlands
Published 3 papers on the study of alcohol and mediators of chronic disease risk
- 2005-2007 Chandra Jackson, PhD/Research Associate in Clinical and Translational Research, Harvard Medical School, Boston, MA
Finished her master's degree before moving to a separate doctoral program
- 2005-2008 Jyrki Virtanen, PhD/Adjunct Professor of Nutritional Epidemiology at University of Eastern Finland, Finland
Published 1 paper on fish intake and CVD risk
- 2005-2013 Jennifer Pai, ScD/ Research Scientist, Department of Informatics, Merck and Company, Boston, MA
Published 8 papers on biomarkers of CVD risk including one in the NEJM and received a 4-year K99 from NIH
- 2007-2009 Daniel Enquobahrie, MD, PhD/ Assistant Professor of Epidemiology, University of Washington, Seattle, WA
Published 5 papers on biomarkers of CVD
- 2007-2011 Meredith Foster, ScD, MPH / Postdoc, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD
- 2007-2011 Goodarz Danaei, MD, ScD/ Assistant Professor of Global Health, Department of Global Health and Population, HSPH, Boston, MA
Published 5 papers on global risk scores and distribution of disease across the eight Americas, including in Lancet and Public Library of Science (PLOS) Medicine
- 2007-2011 Ida Hatoum, ScD/ Postdoctoral Fellow, Department of Medicine, HMS, Massachusetts General Hospital, Boston, MA
Published 3 papers on biomarkers of CVD risk
- 2007-2013 Andrea Chomistek, ScD/ Research Fellow, Department of Nutrition/HSPH, Boston, MA
Published 3 papers on physical activity and CHD, 1 paper on physical activity, genetic predisposition, BMI, 1 paper on

physical activity and chronic disease, 1 on healthy lifestyle in the primordial prevention of CVD

- 2007-2015 Juliana Cohen, ScM/ Adjunct Assistant Professor, Department of Nutrition, HSPH, Boston, MA
Published 5 articles on impact of a chef on school lunch consumption- Boston middle schools
- 2008-2012 Cindy Leung, ScD/ Postdoctoral Scholar, Center for Health and Community, School of Medicine, University of California, San Francisco, San Francisco, CA
Published 3 articles on food security and dietary intake of low-income adults on SNAP
- 2008-2010 Beinan Zhao, ScM/ Statistical Programmer, Palo Alto Medical Foundation Research Institute, Palo Alto, CA
- 2009-2011 Jae Yeon Lee, MS/ HSPH, Boston, MA
- 2009-2013 Shanshan Li, ScD / Postdoctoral Fellow, Epidemiology Branch at the Eunice Kennedy Shriver National Institute of Child Health and Human Development, National Institutes of Health
Published 3 articles on cardiovascular disease
- 2010-2012 Michel Joosten, PhD/ Postdoctoral Research Fellow, Department of Internal Medicine, University Medical Center, Groningen, and at the Top Institute Food and Nutrition, Wageningen, The Netherlands
Published 1 article on alcohol consumption and type 2 diabetes, 2 articles on cardiovascular risk factors and peripheral artery disease, and 1 article on β 2-microglobulin, cystatin C, and creatinine and risk of symptomatic peripheral artery disease
- 2010-2012 Fadar Odite/ Part-time data analyst, Brigham and Women's Hospital, Boston, MA
- 2010-2015 Rachel Adler/ Center for Surgery and Public Health at Brigham and Women's Hospital, Boston, MA
- 2010-2015 Rachel Blaine/ Faculty position, University of California system
- 2010- Leah Cahill, PhD/ Research Fellow, Department of Nutrition,

	HSPH, Boston, MA Published 4 articles on coronary heart disease
2010-2014	Jessica Cohen/ Predoctoral Candidate, Department of Epidemiology, HSPH, Boston, MA Not employed in public health
2011-2012	Daniela Schmid, PhD/ Research Associate, Department of Epidemiology and Preventive Medicine, University of Regensburg, Germany
2011-2012	Jonathan Hansen, MD/ Master's Candidate, HSPH, Boston, MA
2011-2012	Anthony Hawkins, MD/ Master's Candidate, HSPH, Boston, MA
2011-2014	Isha Agarwal, ScD/Department of Epidemiology, HSPH, Boston, MA Published 3 articles on biomarkers and cardiovascular disease
2011-2016	Monica Bertoia, MD, PhD/ Epidemiologist at Optum Published 1 article on the roles of homocysteine and related nutrients in the development of peripheral artery disease Published 1 article on Oxidation-specific biomarkers and risk of peripheral artery disease
2012-	Mette Damborg Hansen, Postdoc, Aarhus University, Denmark Co-authored article on red meat, poultry and fish and risk of myocardial infarction
2012-	Anne Mette Lund Würtz, Postdoc, Aarhus University, Denmark Published 2 articles on red meat, poultry and fish and risk of myocardial infarction
2013-2013	Christina Catherine Dahm, Associate Professor, Department of Public Health, Aarhus University
2014-2015	Ilse Schrieks, TNO, The Netherlands
2014-	Kerry Ivey, PhD/Postdoc, Department of Nutrition, HSPH, Boston, MA
2015-	Stephanie Bonn, Postdoc, Karolinska Institutet, Stockholm,

Sweden
Published 1 article on physical activity energy expenditure

- 2015-2016 Rosalie Malsberger
- 2015- Alyssa Moran, Predoctoral Fellow, Department of Nutrition, Harvard Chan, Boston, MA
- 2015 Aviva Musicus, ScD Candidate, Department of Nutrition, Harvard Chan, Boston, MA
- 2015- Laura Zatz, Doctoral Student, Department of Nutrition, Harvard Chan, Boston, MA
- 2015- Sara Raposo f. d. Christensen, Postdoctoral Research Fellow, Department of Nutrition, Harvard Chan, Boston, MA
- 2016- Mary Townsend, K01 mentor
- 2016- Katherine Howe, Doctoral Candidate, Harvard Chan, Boston, MA
- 2016- Carolyn Brooks, Doctoral Candidate, Harvard Chan, Boston, MA
- 2016- Amanda Markovitz, Doctor of Science Student
- 2016 Jacklyn Jackson, Predoc, University of Newcastle, Australia

Formal Teaching of Peers

No presentations below were sponsored by outside entities.

Although the following presentations have the same titles, each talk was a substantial update. Over the years, I have added topics such as new longer-term weight-loss trials of high and low fat, the Atkins diet, and the Mediterranean Diet. I also added substantial new information on phytonutrients in foods and beverages and on mono- and polyunsaturated fat to ensure that the presentations offer the most current information to attendees.

- 2004 Invited Speaker, “Wine, Other Alcoholic Beverages and Health,” “High? Low? Moderate? Optimal Proportions of Protein, Carbohydrates and Fats in the Diet,” Culinary Institute of America/HSPH, Worlds of Healthy Flavors Invitational Retreat, Napa Valley, CA

- 2005 Invited Speaker, “Wine, Other Alcoholic Beverages and Health,” “High? Low? Moderate? Optimal Proportions of Protein, Carbohydrates and Fats in the Diet,” Culinary Institute of America/HSPH, Worlds of Healthy Flavors Invitational Retreat, Napa Valley, CA
- 2006 Invited Speaker, “Wine, Other Alcoholic Beverages and Health,” “Fad Diets and Optimal Proportions of Protein, Carbohydrates and Fats in the Diet,” Culinary Institute of America/HSPH, Worlds of Healthy Flavors Invitational Retreat, Napa Valley, CA
- 2007 Invited Speaker, “Wine, Other Alcoholic Beverages and Health,” “Fad Diets and Optimal Proportions of Protein, Carbohydrates and Fats in the Diet,” Culinary Institute of America/HSPH, Worlds of Healthy Flavors Invitational Retreat, Napa Valley, CA
- 2008 Invited Speaker, “Wine, Other Alcoholic Beverages and Health,” “Fad Diets and Optimal Proportions of Protein, Carbohydrates and Fats in the Diet,” Culinary Institute of America/HSPH, Worlds of Healthy Flavors Invitational Retreat, Napa Valley, CA
- 2009 Invited Speaker, “Wine, Other Alcoholic Beverages and Health,” “Fad Diets and Optimal Proportions of Protein, Carbohydrates and Fats in the Diet,” Culinary Institute of America/HSPH, Worlds of Healthy Flavors Invitational Retreat, Napa Valley, CA
- 2010 Invited Speaker, “Wine, Other Alcoholic Beverages and Health,” “Fad Diets and Optimal Proportions of Protein, Carbohydrates and Fats in the Diet,” Culinary Institute of America/HSPH, Worlds of Healthy Flavors Invitational Retreat, Napa Valley, CA
- 2011 Invited Speaker, “Wine, Other Alcoholic Beverages and Health,” “Fad Diets and Optimal Proportions of Protein, Carbohydrates and Fats in the Diet,” Culinary Institute of America/HSPH, Worlds of Healthy Flavors Invitational Retreat, Napa Valley, CA
- 2012 Invited Speaker, “Wine, Other Alcoholic Beverages and Health,” “Fad Diets and Optimal Proportions of Protein, Carbohydrates and Fats in the Diet,” Culinary Institute of America/HSPH, Worlds of Healthy Flavors Invitational Retreat, Napa Valley, CA
- 2013 Invited Keynote Address Speaker, “Principals of Healthy Menu R&D: Where Should Chefs and Menu Decision Makers Focus Their Attention and Efforts?,” Culinary Institute of America/HSPH, Worlds of Healthy Flavors Invitational Retreat,

Napa Valley, CA

- 2014 Invited Keynote Address Speaker, “What is a Healthy Diet?,” Culinary Institute of America/HSPH, Worlds of Healthy Flavors Invitational Retreat, Napa Valley, CA
- 2015 Invited Speaker, “Is Butter Back? And Other Vexing Questions from the Nutrition Science and News World,” Culinary Institute of America/HSPH, Worlds of Healthy Flavors Invitational Retreat, Napa Valley, CA
- 2019 Invited Speaker, “Research Insights on All Things Sweeteners: From Stevia to Agave, Honey to High-Fructose Corn Syrup. Sucralose to Saccharin – What the Science Tells Us So Far”, Culinary Institute of America/HSPH, Worlds of Healthy Flavors Invitational Retreat, Napa Valley, CA

Local Invited Presentations

No presentations below were sponsored by outside entities.

- 1997 Invited Speaker, “Antioxidants and Risk of Cardiovascular Disease,” Medical Grand Rounds, Department of Medicine, Brigham & Women’s Hospital
- 2002 Invited Speaker, “America’s Food Environment: the New Health Hazard,” The Dean’s Forum Series, HSPH
- 2003 Invited Speaker, “You Are What You Eat – But Do You Know What You Are Eating?” Hot Topics 2003 Series, HSPH
- 2003 Invited Session Chair, “Fats, Oils and Health,” and Speaker, “Wine and Cardiovascular Health,” 2003 Conference on the Mediterranean Diet, Celebrating the Pyramid’s Tenth Anniversary “Med-Style Eating for the 21st Century,” HSPH/Oldways Boston, MA
- 2005 Invited Speaker, “Nutrition and Preventive Medicine: Facts on Foods and Fitness,” Longwood Seminar on Nutrition, HMS
- 2007 Invited Speaker: “Inflammation and Obesity Related Pathologies,” 9th Postgraduate Nutrition Symposium, Obesity and Inflammation, Division of Nutrition and Harvard Clinical Nutrition Research Center, HMS, and the Department of Nutrition and the Department of Genetics and Complex Diseases, HSPH, Boston, MA
- 2009 Invited Speaker, “Mercury and Health Risks in Adults,” Seafood, Environment, and Health, HSPH, Monterey Bay Aquarium, Environmental Defense Fund, Boston, MA

- 2010 “Alcohol and Health – Who Should(n’t) Drink?” Nutrition Grand Rounds, Brigham and Women’s Hospital
- 2012 “Obesity: Can Research Outrun the Epidemic,” Revolutionizing Health Science & Technology; From the Genes to the Globe, HSPH Leadership Council Annual Meeting
- 2013 Invited Speaker, “Fad Diets and Weight Loss,” Longwood Seminar on Nutrition, HMS
- 2014 Invited Speaker, “Assessing Popular Diets,” Nutrition Webinar Series Presented by the Institute of Lifestyle Medicine, Joslin Diabetes Center, Boston, MA
- 2014 Invited Speaker, “Fundamental Components of the Mediterranean Diet”, Mediterranean Diet and Workplace Health Initiative for Productivity and Health Management Conference, Harvard T.H. Chan School of Public Health, Boston, MA
- 2015 Invited Speaker, “What Do Kids Actually Eat: The Current State of Student Nutrition”, Healthy Food Fuels Hungry Minds: Serving Change in Public School Food, Let’s Talk About Food and Harvard University, Cambridge, MA

**Report of Regional, National and International Invited Teaching and Presentations
Invited Presentations and Courses**

Regional:

No presentations below were sponsored by outside entities.

- 1990-1992 Invited Lecturer, Introduction to Epidemiology, Northeastern University, Boston, MA
- 1992 Invited Speaker, Conference on the Diets of the Mediterranean, HSPH/Oldways Boston, MA
- 1993-1994 Invited Lecturer, Introductory Epidemiology, Northeastern University, Boston, MA
- 1994 Invited Speaker, Maine Nutrition Council, Portland, ME
- 1995 Invited Speaker, Traditional Diets as Models for Healthy Eating, Cambridge, MA
- 2000 Invited Participant, Boston Obesity Nutrition Research Center’s Annual Program, Boston, MA

- 2003 Invited Session Chair, “Fats, Oils and Health,” and Speaker, “Wine and Cardiovascular Health,” 2003 Conference on the Mediterranean Diet, Celebrating the Pyramid’s Tenth Anniversary “Med-Style Eating for the 21st Century,” HSPH/Oldways Boston, MA
- 2003 Invited Speaker, “Toenail Chromium Status and Risk of Coronary Heart Disease in Men,” Chromium in Human Health and Disease: A Council for the Advancement of Diabetes Research and Education Research Summit, Boston, MA
- 2006 Invited Speaker: “Diet and Health: A Progress Report,” Yankee Dental Association Boston, MA
- 2006 Invited Speaker: “Mercury: The Risks and Benefits of Consuming Seafood,” Northeast Regional Mercury Science & Policy Conference, Environmental Protection Agency, Newport, RI
- 2007 Invited Participant: Food and Addiction, Yale Rudd Center for Food Policy & Obesity, Yale University, New Haven, CT
- 2008 Invited Speaker, “Practical Diet Solutions for Your Patients,” Third Annual Women’s Cardiac Health Conference – Wellness Strategies for a Healthy Heart, Massachusetts Medical Society, Waltham, MA
- 2009 Invited Speaker, “The Pros and Cons of Antioxidants,” HMS – Division of Nutrition 11th Annual Postgraduate Nutrition Symposium, “Protective Nutrients: Are They Here to Stay?” Boston, MA
- 2010 Invited Speaker, “Vitamin D and Cardiometabolic Risk,” 2010 Cardiometabolic Health Congress, Boston, MA
- 2010 Invited Speaker: “Obesity and Other Preventable Causes of Cardiovascular Disease,” Boston Nutrition Obesity Research Center, 2010 Annual Program, Boston, MA
- 2014 Invited Moderator, “Settled versus Unsettled (and Bad) Science: Ending the Theater of Confusion,” Culinary Institute of America-Harvard Menus of Change National Leadership Summit 2014, Cambridge, MA
- 2015 Invited Speaker, “Moderate and Light Alcohol Use, Obesity and Diabetes Risk”, American Society for Nutrition, Scientific Sessions and Annual Meeting at EB Symposium, Boston, MA
- 2015 Invited Speaker, “To Drink or Not to Drink Alcohol?”, American Diabetes Association, Nutrition and Diabetes-Are You Giving Evidence-based Advice

Symposium, Boston, MA

2016 Invited Speaker, Tufts University, HNRCA Seminar Series, Boston, MA

National:

Those presentations below sponsored by outside entities are so noted and the sponsor(s) is (are) identified.

- 1992 Invited Speaker, "Carotenoids and Cardiovascular Disease." Tobacco, Smoking and Nutrition, University of Kentucky, Louisville, KY
- 1992 Invited Speaker, "Alcohol and Cardiovascular Disease," Workshop on Alcohol and Cardiovascular Disease, La Jolla, CA
- 1992 Invited Speaker, "Alcohol and Cardiovascular Disease," Potential Health Effects of Components of Plant Foods and Beverages in the Diet Meeting, University of California-Davis, CA
- 1993 Discussant, FDA-initiated Public Conference: Antioxidant Vitamins and Cancer and Cardiovascular Disease, Washington, DC
- 1994 Invited Speaker, "Antioxidants and Cardiovascular Disease," Frontiers in Wyoming Medicine Conference, Jackson Hole, WY
- 1994 Invited Speaker, "Vitamin Supplements and Chronic Disease," American Society for Clinical Nutrition Conference on Nutrition and Cardiovascular Disease, Richmond, VA
- 1995 Invited Speaker, American Association for Clinical Chemistry: Full meeting of the New York Upstate Section, Niagara-on-the Lake, Ontario, Canada
- 1995 Invited Speaker, "Antioxidants and Cardiovascular Disease," The Year in Internal Medicine, Northwestern University Medical School, Chicago, IL
- 1996 Invited Speaker, "Antioxidants and Cardiovascular Disease," Visiting Speaker on Cancer Seminar Series, Case Western Reserve University, Cleveland, OH
- 1996 Invited Speaker, "What Should I Tell My Patient about Supplements," Cardiology 1996: Concepts and Controversies, Sacramento, CA
- 1996 Discussant, USDA-initiated public conference: Dietary Guidelines for Americans - Alcohol, Washington, DC

- 1996 Invited Speaker, "Antioxidants and Cardiovascular Disease," Toxicology Forum, Aspen, CO
- 1998 Invited Speaker, "Antioxidants and Cardiovascular Disease," National Academy of Sciences - Institute of Medicine, Subcommittee on Interpretation and Uses of Dietary Reference Intakes, Washington, DC
- 1998 Invited Speaker, "Vitamin Supplements," Texas Tech Eighth Annual Internal Medicine Primary Care Symposium, Amarillo, TX
- 1998 Chairman and Speaker, "Alcohol, Nutrition and Health," New Frontiers in Health, Institute of Food Technologists Annual Meeting, Atlanta, GA
- 1998 Invited Speaker, "To 'B' or not to 'B' - Pros and Cons of adding Folic Acid to Food," Society for Epidemiological Research Annual Meeting, Chicago, IL
- 1998 Invited Speaker, "Alcohol Consumption: Weighing Cardiovascular Benefits Versus Health Risks," Institute of Food Technologists Food Science Communicators Meeting, Chicago, IL
- 1998 Invited Speaker, "Should Vitamin E and Folate Be Prescribed?" American Heart Association 71st Scientific Session, Plenary Session, Dallas, TX
- 1999 Invited Speaker, "Alcohol and Cardiovascular Disease," The Epidemiology of Moderate Alcohol Consumption and Risk of Chronic Disease, NIAAA, Washington, DC
- 1999 Invited Speaker, "Micronutrients, Coronary Heart Disease and Cancer: Should We All Be on Supplements?," Linus Pauling Institute, Corvallis, OR
- 1999 Invited Speaker, "Use of Anthropometry to Estimate Health Risk in Epidemiologic Settings," Annual Meeting of the North American Association for the Study of Obesity, Charleston, SC
- 2000 Invited Participant, Pooling of Diet and Cancer Studies, Cohort Consortium Meeting, National Cancer Institute, Rockville, MD
- 2000 Invited Speaker, "Alcohol and Chronic Disease," Symposium on Alcohol Consumption - From Patients to Public Health, Annual Food and Nutrition Conference, American Dietetic Association, Denver, CO
- 2000 Invited Speaker, "Dietary Fiber and Coronary Heart Disease," Kellogg Symposium,

- Annual Food and Nutrition Conference, American Dietetic Association, Denver, CO
- 2000 Invited Speaker, “Epidemiological Studies on Folic Acid Related to Health Outcomes,” Kellogg Company, Washington, DC (Sponsored by Kellogg Company)
- 2000 Invited Speaker, “Folate and Heart Disease,” Meeting of the International Life Sciences Institute – North America, Technical Committee on Carbohydrates, Washington, DC
- 2001 Invited Speaker, “A Prospective Study of Vitamin E and Coronary Heart Disease Among Men: Is Benefit Restricted Only to Primary Prevention?” and “What Should Replace Saturated Fat,” 41st Annual Conference on Cardiovascular Disease Epidemiology and Prevention, American Heart Association, San Antonio, TX
- 2002 Invited Speaker, “Alcohol, Cardiovascular Disease and Health: Is There Ethnic Diversity,” NIAAA Workshop on Alcohol Use and Health Disparities 2002: A Call to Arms, Rockville, MD
- 2003 Invited Speaker, “Role of Folate and B₁₂ in Population Health,” Recommended Levels of Folic Acid and Vitamin B₁₂ Fortification in the Americas, Technical Consultation, Food and Nutrition Program, Pan American Health Organization (PAHO), March of Dimes, Centers for Disease Control and Prevention (CDC), Washington, DC
- 2003 Invited Speaker, “Epidemiology of Alcohol and Cardiovascular Disease,” Alcohol and the Cardiovascular System: Research Challenges and Opportunities, NIAAA, Washington, DC
- 2003 Invited Participant, “Alcohol and Coronary Heart Disease,” Dietary Guidelines (Moderate Drinking) Working Group Meeting, National Institute on Alcohol Abuse and Alcoholism, Bethesda, MD
- 2003 Invited Speaker, “Adiponectin and Coronary Heart Disease,” Adipose Tissue Secretary Function and Its Role in Obesity-Related Co-Morbidities Meeting, National Institute of Diabetes and Digestive and Kidney Diseases, Washington, DC
- 2004 Invited Speaker, “Biomarkers in Cohort Studies—Lessons from CVD,” US-Japan Meeting on Cohort Studies for Molecular Epidemiology, San Diego, CA
- 2004 Invited Speaker, “Dietary Assessment of Mercury Exposure and Risk of Cardiovascular Disease,” Department of Health and Human Services, U.S. Environmental Protection Agency, U.S. National Oceanic and Atmospheric Administration Symposium on “Mercury: Medical and Public Health Issues,”

Tampa, FL

- 2004 Invited Participant, “Predictors of Weight Gain,” Working Group on Predictors of Obesity, Weight Gain, Diet, and Physical Activity, National Heart, Lung and Blood Institute, Bethesda, MD
- 2004 Invited Speaker, “Diet, Lifestyle and Obesity,” Bunge Forum on Lipids Nutrition, Chicago, IL (Sponsored by Bunge)
- 2005 Invited Speaker: “Review of Cardiovascular Health Effects of Mercury,” National Forum on Contaminants in Fish, U.S. Environmental Protection Agency, Baltimore, MD
- 2005 Invited Keynote Speaker: “Setting the Stage: What Science Tells Us About the Health Benefits of Seafood,” Seafood & Health ’05: Issues, Questions & Answers, U. S. Environmental Protection Agency, Washington, DC
- 2006 Invited Speaker: “Of Ethanol and Phytochemicals: The Latest Research on the Health Impacts of Wine and Other Alcoholic Beverages,” Culinary Institute of America/HSPH, Worlds of Healthy Flavors Invitational Retreat, Napa, CA
- 2006 Invited Speaker: “Communicating Nutritional Benefits from Foods,” Food Forum Meeting, Food and Nutrition Board, Institute of Medicine, Washington, DC
- 2006 Invited Discussion Leader: Professional Development Roundtable Luncheon, “Alcohol and CHD: Is There a Role for Nutrient Genetic Interactions?” American Heart Association, 46th Annual Conference on CVD Epidemiology and Prevention, Phoenix, AZ
- 2006 Invited Panel Discussant: 2006 Cardiovascular Biomarkers and Surrogate Endpoints Symposium, US Food and Drug Administration (FDA) and Montreal Heart Institute, North Bethesda, MD
- 2006 Invited Session Speaker: “Folic Acid and Vitamin B6,” Session: Helps to Maintain a Healthy Heart: The Science Behind Popular Nutrition Claims, American Heart Association, Scientific Sessions, Chicago, IL
- 2007 Invited Speaker: “I’ll Have a Glass of Wine with That Fish: Research We Can Toast To,” Third Annual Worlds of Healthy Flavors Invitational Leadership Retreat, The Culinary Institute of America, HSPH, Napa Valley, CA

- 2007 Invited Speaker: “Evaluating the New Evidence III: Results of the Health Professionals Follow-Up Study – Diabetes Cohort,” 2007 Lp-PLA₂ Global Epidemiology Summit, Biocentric, Inc., Tampa, FL
- 2007 Invited Speaker: “Effects of Lifestyle Modification on Obesity-Associated Inflammation and Cardiovascular Diseases,” Experimental Biology Symposium, Obesity-Associated Inflammation, Immune Dysfunction, and Effects of Nutrient and Lifestyle Modification, Washington, DC
- 2007 Invited Speaker: “Modifiable Predictors of Coronary Heart Disease,” Cardiovascular Institute Seminar Series, University of Pennsylvania School of Medicine, Philadelphia, PA
- 2007 Invited Speaker: “Diet & Health: A Progress Report” Session: Nutrition & Exercise Epidemiology: Evolving Public Health, 29th Annual Lillian Fountain Smith Conference for Nutrition Educators, Fort Collins, CO
- 2008 Invited Speaker: Expert Meeting of Natural History Working Group, Pfizer, New York, NY (Sponsored by Pfizer)
- 2008 Invited Speaker: “Healthy Menus: The Science and Art of Fish, Legumes and Wine,” and Invited Moderator: “Carbohydrates on the Menu: Agreeing on the Immensity of the Challenge,” Worlds of Healthy Flavors, The Culinary Institute of America, Napa Valley, CA
- 2008 Invited Speaker: “Obesity and Coronary Heart Disease: Pathways to Prevention,” Siteman Cancer Center, Washington University School of Medicine, St. Louis, MO
- 2010 Invited Speaker, “Carbohydrates, Protein, and Fat: What Matters More? The Diet (e.g., Low-Fat, Low-Carb, etc.) or Overall Diet Quality?” and Invited Panelist, “Where Do We Go From Here? Asking Questions, Building Consensus: A Town Hall Forum,” 2010 Worlds of Healthy Flavors, The Culinary Institute of America, Napa Valley, CA
- 2011 Invited Speaker, “2010 Dietary Guidelines: What’s new? What’s different? What issues are unresolved?” and Invited Panelist, “Protein on the American Plate: A Call to Action for Volume Foodservice,” 2011 Worlds of Health Flavors, The Culinary Institute of America, Napa Valley, CA
- 2011 Invited Speaker, “Alcohol and Risk of Diabetes,” Expert Panel on Alcohol and Chronic Disease Epidemiology, NIAAA, Rockville, MD

- 2011 Invited Speaker, “Fiber, Folate, and Cardiovascular Disease,” Nutritional Medicine for Adults Workshop Series, Rush University, Chicago, IL
- 2011 Invited Speaker, “The New 2010 U. S. Dietary Guidelines: What is New, Different or Left Unresolved,” University of Michigan School of Public Health, Ann Arbor, MI
- 2012 Invited Speaker, “Fishing for Omega-3 Fatty Acids in a Sea of Protein Options: Lessons from Asian Dietary Patterns,” 2012 Worlds of Health Flavors, The Culinary Institute of America, Napa Valley, CA
- 2012 Invited Speaker, “The Harvard MyPlate,” 2012 Florida Dietetic Association 77th Annual Symposium, Lake Buena Vista, FL
- 2013 Invited Speaker, “Nutrition and Weight Gain—Can’t We all Just Eat, Drink and Be Merry?,” A Clement and Hilda Freeman Silverman Memorial Lecture, State University of New York Upstate Medical University, Syracuse, NY
- 2013 Invited Speaker, “Polyphenols and Health—More Than Just a Berry Good Idea,” Diet and Optimum Health Conference, Linus Pauling Institute, Corvallis, OR
- 2013 Invited Speaker, “Blueberries and Health,” North American Blueberry Council Spring Meeting, Savannah, GA
- 2013 Invited Speaker, “Health Benefits of Grain Consumption,” American Association of Cereal Chemists International Thought Leader Meeting – Identifying the Health Benefits of Grain Science Gap, St. Paul, MN
- 2014 Invited Data Advisory Group, USDA Agricultural Research Service Beltsville Human Nutrition Research Center/University of Maryland Center for Food Safety and Security Systems Data Project Meeting, Greenbelt, MD
- 2014 Invited Speaker, “Flavonoids and Cardiovascular Disease-Berries and Dark Chocolate for Lunch, 2014 Graduate Summer Institute of Epidemiology and Biostatistics, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD
- 2014 Invited Speaker, “Optimal Nutrition for Cardiovascular Health Across the Life Course,” Preventive Cardiovascular Nurses Association Annual Symposium, Atlanta, GA
- 2014 Invited Plenary Session Speaker, “ Polyphenols and Health: More Than Just a Berry Good Idea,” 11th Annual Nutrition & Health Conference, Dallas, Tx

- 2014 Invited Moderator, “Food Access and Dietary Quality,” Healthy Eating Research 8th Annual Grantee Meeting, Chapel Hill, NC
- 2014 Invited Speaker, “Deconstructing Popular Diets and Current Views on Non-Nutritive Sweeteners”, Culinary Institute of America, Healthy Kitchens, Healthy Lives, Napa Valley, CA
- 2015 Invited Speaker, “Association Between Changes in Fruit and Vegetable Intake and Risk of Hypertension and Diabetes,” Health Research Committee Meeting and Roundtable, U.S. Highbush Blueberry Council, San Diego, CA.
- 2015 Invited Speaker, “Deconstructing Popular Diets, Benefits of Plant-Based Foods, and Current Views on Non-Nutritive Sweeteners” and “Wine: The Latest Research on the Health Impacts plus a Guided Tasting”, Culinary Institute of America, Healthy Kitchens, Healthy Lives, Napa Valley, CA
- 2015 Invited Speaker, “Plant-Forward: The New Science and the Next Culinary Approach”, Culinary Institute of America, Menus of Change, The Business of Healthy, Sustainable, Delicious Food Choices, 3rd Annual Leadership Summit, Hyde Park, NY
- 2018 Invited Speaker, “The Impact of the Monthly SNAP Issuance Cycle on Sugar-Sweetened Beverage Purchasing and Implications for Policy Change”, Research Innovation and Development Grants in Economics (RIDGE) Conference, Washington DC
- 2018 Invited Speaker, “Nutrition and Health – The Good, the Bad, the Ugly!”, UMass Amherst, 24th Annual Taste of the World Chef Culinary Conference, Amherst, MA

International:

Those presentations below sponsored by outside entities are so noted and the sponsor(s) is (are) identified.

- 1993 Invited Speaker, “Alcohol and Cardiovascular Disease,” Expert Hearing of the Swiss Commission on Alcohol, Zurich, Switzerland
- 1994 Invited Speaker, “Alcohol and Chronic Disease,” Third International Symposium, Multiple Risk Factors in Cardiovascular Disease, Florence, Italy
- 1994 Invited Speaker, “The Benefits of Moderate Alcohol Consumption,” Cardiovascular Disease Prevention II, an international symposium of the prevention of cardiovascular disease, London, England

- 1997 Invited Speaker, “Alcohol and Health,” Cardiovascular Disease Prevention III, an International Symposium of the Prevention of Cardiovascular Disease, London, England
- 1997 Invited Speaker, “Antioxidants and Cardiovascular Disease,” Functions of Vitamins beyond the Recommended Dietary Allowance, European Nutrition Society, Nice, France
- 1999 Invited Speaker and Steering Committee Member, “Does Beverage Preference Really Matter?” - International Satellite Symposium on Moderate Alcohol Consumption and Cardiovascular Disease, Venice, Italy
- 2001 Invited Speaker, “What’s the Skinny on Fat Intake,” Symposium on Dietary Strategies for the Prevention of Chronic Disease, Olive Oil Council, Toronto, Canada (Sponsored by the Olive Oil Council)
- 2002 Invited Speaker, “Fibre, Whole Grains and Weight Loss,” Seventh International Vahouny Symposium: Dietary Fibre in Health and Disease, Royal College of Physicians, Edinburgh, Scotland
- 2003 Invited Speaker, “Alcohol and Exercise,” Global Symposium on Cardiovascular Prevention, Marbella, Spain
- 2004 Invited Speaker and Satellite Symposium Chair, “Non-cardiovascular effects of moderate alcohol consumption,” Moderate Alcohol Consumption and Human Health: An Updated Overview Satellite Symposium, XV International Symposium on Drugs Affecting Lipid Metabolism, Venice, Italy
- 2005 Invited Chair, Session – Adding Life to Years & Years to Life, and Invited Speaker, “Lifestyle Impact on Healthy Ageing, Unilever Health Institute Symposium: “Healthy for Longer,” Rotterdam, The Netherlands
- 2005 Invited Speaker, “Longitudinal Studies of Modifiable Lifestyle Predictors of Change,” 2005 North American Association for the Study of Obesity Annual Scientific Meeting, Vancouver, BC
- 2005 Invited Keynote Speaker, “Dieting and the Effects of Obesity, Heart Disease and Diabetes,” International Corporate Chefs’ Association Third Annual Summit, Denver, CO
- 2005 Invited Speaker, “Lifestyle Modulation of Inflammatory Processes,” XIV International Symposium on Atherosclerosis, Rome, Italy

- 2006 Invited Chair: Oral session, Nutrition and Physical Activity, International Society for Behavioral Nutrition and Physical Activity 2006 Meeting, Boston, MA
- 2008 Invited Participant, Adipogenesis and Obesity, Keystone Symposia, Banff, Alberta, Canada
- 2009 Invited Keynote Speaker and Panel Chair, “Polyphenols: An Agenda for the Next Decade,” The 4th International Conference on Polyphenols and Health, Yorkshire, England
- 2009 Invited Speaker, “Alcohol, Wine Polyphenols, and CVD Risk,” XV International Symposium on Atherosclerosis, Satellite Symposium, Nutrition, Lifestyle, and Atherosclerosis, Bretton Woods, NH
- 2010 Invited Speaker, Frederick H. Epstein Lecture, “Diet and Lifestyle in the Prevention of CVD: Where Is the Biggest Bang for the Buck?” EuroPREvent 2010, Prague, Czech Republic
- 2010 Invited Participant, “A Prioritized Research Agenda for Prevention of Noncommunicable Diseases,” World Health Organization, Geneva, Switzerland
- 2011 Invited Speaker, “Balanced View on the Health Aspects of Beer Drinking,” Mini Symposium on Beer, Utrecht University, The Netherlands
- 2011 Invited Speaker, “Diet and Health,” University of Barcelona Medical School, Barcelona, Spain
- 2011 Invited Speaker and Chair, “Epidemiology and Health,” 5th International Conference on Polyphenols and Health, Barcelona, Spain
- 2012 Invited Speaker, “Nutrition and Health: Where Are We Going and What Is Next?” – International Corporate Chefs Association 10th Anniversary Summit, San Francisco, CA
- 2012 Invited Speaker, “Fats & Oils: Their Impact on Cardiovascular Health” and Invited Panelist, “Worlds of Healthy Flavors in Asia and Beyond: The Future of Foodservice and Public Health,” Worlds of Healthy Flavors-Asia, Singapore Department of Public Health, Raffles City, Singapore
- 2013 Invited Speaker, “Anthocyanins and Disease – Strong Evidence from Epidemiological Studies,” VI International Conference on Polyphenols and Health, Buenos Aires, Argentina

- 2014 Invited Speaker, “Wine, Beer, and Alcohol. Epidemiological Evidence of Their Protective Effect Against Cardiovascular Disease,” X International Conference Mediterranean Diet, Barcelona, Spain
- 2014 Invited Speaker, “Nutrition and Weight Gain: Can’t we all just eat, drink and be merry?,” Swedish Society for Epidemiology, Stockholm, Sweden
- 2015 Invited Keynote Speaker, “Polyphenols and Chronic Disease Prevention: A View From the Population Sciences,” Institute of Food Research, Norwich, UK
- 2017 Invited Speaker, “Fundamental Components of the Mediterranean Diet”, Mediterranean Diet & Health: A Nutritional Odyssey in Greece, The Cooking Odyssey Show, Sani Resort, Greece
- 2018 Invited Speaker, “The optimal diet – so many pieces to that pie!”, The Nutrition Society Winter Conference, Optimal Diet and Lifestyle Strategies for the Management of Cardio-Metabolic Risk, London, UK

Report of Technological and Other Scientific Innovations

Compositions and Methods for Assessing Cardiovascular Disease US Patent Application, PCT/US13/40430, EFS ID 15739732, filed May 9, 2013

My colleagues and I devised a new diagnostic measure which uses an index of apolipoproteins on the surface of HDL-cholesterol and LDL-cholesterol to better predict risk of CHD.

Report of Education of Patients and Service to the Community

Activities

No activities below were sponsored by outside entities.

- 2005 Invited Speaker, “Should Alcohol Be Part of a Healthy, Lifestyle,” Longwood Nutrition Seminar, HMS, Boston, MA
- 2011 Invited Speaker, “Healthy Eating Plate: Harvard’s New Guide to Healthy Eating,” Brigham and Women’s Hospital, The Kessler Health Education Library, Boston, MA

Educational Material for Patients and the Lay Community

Books, monographs, articles and presentations in other media

No material below was sponsored by outside entities.

- 2004 Rimm S and **Rimm E**. Rescuing the Emotional Lives of Overweight Children: What Our Kids Go Through - And How We Can Help. New York: Rodale Press, 2004.

There are numerous articles, interviews, and information products in the national and global popular media (on-line, in print, broadcast news, etc.) related to my work or for which I have served as a contributor, including the following select examples:

Landau, E. Farmed or wild fish: Which is healthier? *CNN Health*. January 14, 2010. Available online at <http://www.cnn.com/2010/HEALTH/01/13/salmon.farmed.fresh/?hpt=Sbin>

Neighmond, P. When Does Moderate Drinking Become a Problem? *National Public Radio*. Morning Edition. Broadcast on December 27, 2010.

Mann, D. Moderate Alcohol Drinking May Boost Heart Health. WebMD Health News. February 24, 2011. Available online at <http://www.webmd.com/heart-disease/news/20110224/moderate-alcohol-drinking-may-boost-heart-health?page=1>

Harvard's Healthy Food Plate. *ABC News*. Updated September 16th, 2011. Available online at <http://abcnews.go.com/Health/video/harvards-healthy-food-plate-14539241>

Hageman, W. Hey, Half Pint. *Chicago Tribune*. January 13, 2012. Available online at http://articles.chicagotribune.com/2012-01-13/health/ct-health-mag-moderate-drinker-hey-half-pint-20120113_1_moderate-drinking-three-drinks-alcohol-program.

Bazell, R. Studies Link Sugary Drinks to Obesity. *NBC Nightly News*. Broadcast September 21, 2012.

Report of Scholarship

Peer Reviewed Publications in Print or Other Media

Research Investigations

1. **Rimm E**. Study takes aim at lowering risks of cancer, heart disease. *J Am Vet Med Assoc*. 1989 Nov 1;195(9):1201.
2. **Rimm EB**, Stampfer MJ, Colditz GC, Giovannucci E, Willett WC. Effectiveness of

- various mailing strategies among nonrespondents in a prospective cohort study. *Am J Epidemiol.* 1990 Jun;131(6):1068-1071
3. Grobbee DE, **Rimm EB**, Giovannucci E, Colditz G, Stampfer MJ, Willett WC. Coffee, caffeine and cardiovascular disease in men. *N Engl J Med.* 1990 Oct 11;323(15):1026-1032.
 4. **Rimm EB**, Stampfer MJ, Colditz GA, Chute C, Litin L, Willett WC. Validity of self-reported waist and hip circumferences in men and women. *Epidemiology.* 1990 Nov;1(6):466-473.
 5. Giovannucci E, Colditz GA, Stampfer MJ, **Rimm EB**, Litin L, Samson L, Willett WC. The assessment of alcohol consumption by a simple self-administered questionnaire. *Am J Epidemiol.* 1991 Apr 15;133(8):810-817.
 6. Petros JG, **Rimm EB**, Robillard R, Argy O. Factors influencing postoperative urinary retention in patients undergoing elective inguinal herniorrhaphy. *Am J Surg.* 1991 Apr;161(4):431-433.
 7. Colditz GA, **Rimm EB**, Giovannucci E, Stampfer MJ, Rosner B, Willett WC. A prospective study of parental history of myocardial infarction and coronary artery disease in men. *Am J Cardiol.* 1991 May 1;67(11):933-938.
 8. Stampfer M, **Rimm E**. Moderate alcohol consumption. *Lancet.* 1991 May 18;337(8751):1228-1229.
 9. Colditz GA, Giovannucci E, **Rimm EB**, Stampfer MJ, Rosner B, Speizer FE, Gordis E, Willett, WC. Alcohol intake in relation to diet and obesity in women and men. *Am J Clin Nutr.* 1991 Jul;54(1):49-55.
 10. **Rimm EB**, Giovannucci E, Willett WC, Colditz GA, Ascherio A, Rosner B, Stampfer MJ. Prospective study of alcohol consumption and risk of coronary disease in men. *Lancet.* 1991 Aug 24;338(8765):464-468.
 11. Manson J, **Rimm EB**, Stampfer MJ, Colditz GA, Willett WC, Krolewski AS, Rosner B, Hennekens CH, Speizer FE. Physical activity and incidence of non-insulin-dependent diabetes mellitus in women. *Lancet.* 1991 Sep 28;338(8770):774-778.
 12. Giovannucci E, Stampfer MJ, Colditz GA, **Rimm EB**, Willett WC. Relationship of diet to risk of colorectal adenoma in men. *J Natl Cancer Inst.* 1992 Jan 15;84(2):91-98.

13. Hunter DJ, **Rimm EB**, Sacks FM, Stampfer MJ, Colditz GA, Litin LB, Willett WC. Comparison of measures of fatty acid intake by subcutaneous fat aspirate, food frequency questionnaire, and diet records in a free-living population of US men. *Am J Epidemiol.* 1992 Feb 15;135(4):418-427.
14. **Rimm EB**, Giovannucci E, Stampfer MJ, Colditz GA, Litin LB, Willett WC. Reproducibility and validity of an expanded self-administered semiquantitative food frequency questionnaire among male health professionals. *Am J Epidemiol.* 1992 May 15;135(10):1114-1126.
15. Petros JG, **Rimm EB**, Robillard RJ. Factors influencing urinary retention after elective open cholecystectomy. *Surg Gynecol Obstet.* 1992 Jun;174(6):497-500.
16. Manson JE, **Rimm EB**, Colditz GA, Stampfer MJ, Willett WC, Arky RA, Rosner B, Hennekens CH, Speizer FE. Parity and incidence of non-insulin-dependent diabetes mellitus. *Am J Med.* 1992 Jul;93(1):13-18.
17. Ascherio A, Stampfer MJ, Colditz GA, **Rimm EB**, Litin L, Willett WC. Correlations of vitamin A and E intakes with the plasma concentrations of carotenoids and tocopherols among American men and women. *J Nutr.* 1992 Sep;122(9):1792-1801.
18. Manson JE, **Rimm EB**, Colditz GA, Willett WC, Nathan DM, Arky RA, Rosner B, Hennekens CH, Speizer FE, Stampfer MJ. A prospective study of postmenopausal estrogen therapy and subsequent incidence of non-insulin-dependent diabetes mellitus. *Ann Epidemiol.* 1992 Sep;2(5):665-673.
19. **Rimm EB**, Manson JE, Stampfer MJ, Colditz GA, Willett WC, Rosner B, Hennekens CH, Speizer FE. Oral contraceptive use and the risk of Type 2 (non-insulin dependent) diabetes mellitus in a large prospective study of women. *Diabetologia.* 1992 Oct;35(10):967-972.
20. Ascherio A, **Rimm EB**, Giovannucci EL, Colditz GA, Rosner B, Willett WC, Sacks F, Stampfer MJ. A prospective study of nutritional factors and hypertension among US men. *Circulation.* 1992 Nov;86(5):1475-1484.
21. Giovannucci E, Ascherio A, **Rimm EB**, Colditz GA, Stampfer MJ, Willett WC. A prospective cohort study of vasectomy and prostate cancer in US men. *JAMA.* 1993 Feb 17;269(7):873-877.
22. **Rimm EB**, Manson JE, Stampfer MJ, Colditz GA, Willett WC, Rosner B, Hennekens CH, Speizer FE. Cigarette smoking and the risk of diabetes in women. *Am J Public Health.* 1993 Feb;83(2):211-214. PMID: PMC1694562.
23. Curhan GC, Willett WC, **Rimm EB**, Stampfer MJ. A prospective study of dietary

- calcium and other nutrients and the risk of symptomatic kidney stones. *N Engl J Med*. 1993 Mar 25;328(12):833-838.
24. **Rimm EB**, Stampfer MJ, Ascherio A, Giovannucci E, Colditz GA, Willett WC. Vitamin E consumption and the risk of coronary heart disease in men. *N Engl J Med*. 1993 May 20;328(20):1450-1456.
 25. **Rimm E**, Colditz G. Smoking, alcohol, and plasma levels of carotenes and vitamin E. *Ann N Y Acad Sci*. 1993 May 28;686:323-333; discussion 333-334.
 26. Giovannucci E, Stampfer MJ, Colditz GA, **Rimm EB**, Trichopoulos D, Rosner BA, Speizer FE, Willett WC. Folate, methionine and alcohol intake and risk of colorectal adenoma. *J Natl Cancer Inst*. 1993 Jun 2;85(11):875-884.
 27. Stampfer MJ, **Rimm EB**, Walsh DC. Commentary: alcohol, the heart, and public policy. *Am J Public Health*. 1993 Jun;83(6):801-804. PMID: PMC1694750.
 28. Feskanich D, **Rimm EB**, Giovannucci EL, Colditz GA, Stampfer MJ, Litin LB, Willett WC. Reproducibility and validity of food intake measurements from a semiquantitative food frequency questionnaire. *J Am Dietetic Assoc*. 1993 Jul;93(7):790-796.
 29. Petros JG, Mallen JK, Howe K, **Rimm EB**, Robillard RJ. Patient-controlled analgesia and postoperative urinary retention after open appendectomy. *Surgery Gynecol Obstet*. 1993 Aug;177(2):172-175.
 30. Petros JG, **Rimm EB**, Robillard R. Clinical presentation of chronic anal fissures. *Am Surg*. 1993 Oct;59(10):666-668.
 31. Giovannucci EL, **Rimm EB**, Colditz GA, Stampfer MJ, Ascherio A, Chute CC, Willett WC. A prospective study of dietary fat and risk of prostate cancer. *J Natl Cancer Inst*. 1993 Oct 6;85(19):1571-79.
 32. Kampman E, Giovannucci E, van't Veer P, **Rimm EB**, Stampfer MJ, Colditz GA, Kok FJ, Willett WC. Calcium, vitamin D, dairy foods, and the occurrence of colorectal adenomas among men and women in two prospective studies. *Am J Epidemiol*. 1994 Jan 1;139(1):16-29.
 33. Giovannucci EL, **Rimm EB**, Stampfer MJ, Colditz GA, Ascherio A, Kearney J, Willett WC. A prospective study of cigarette smoking and risk of colorectal adenoma and colorectal cancer in U.S. men. *J Natl Cancer Inst*. 1994 Feb 2;86(3):183-191.
 34. Ascherio A, Willett WC, **Rimm EB**, Giovannucci E, Stampfer MJ. Dietary iron intake and risk of coronary disease among men. *Circulation*. 1994 Mar;89(3):969-974.

35. Curhan GC, **Rimm EB**, Willett WC, Stampfer MJ. Regional variation in nephrolithiasis incidence and prevalence among United States men. *J Urol*. 1994 Apr;151(4):838-841.
36. Feskanich D, Marshall J, **Rimm EB**, Litin L, Willett WC. Simulated validation of a brief food frequency questionnaire. *Ann Epidemiol*. 1994 May;4(3):181-187.
37. Kawachi I, Colditz GA, Ascherio A, **Rimm EB**, Giovannucci EL, Stampfer MJ, Willett WC. Prospective study of phobic anxiety and risk of coronary heart disease in men. *Circulation*. 1994 May;89(5):1992-1997.
38. Giovannucci E, **Rimm EB**, Stampfer MJ, Colditz GA, Ascherio A, Willett WC. Intake of fat, meat and fiber in relation to risk of colon cancer in men. *Cancer Res*. 1994 May 1;54(9):2390-2397.
39. Giovannucci E, **Rimm EB**, Stampfer MJ, Colditz GA, Ascherio A, Willett WC. Aspirin use and the risk for colorectal cancer and adenoma in male health professionals. *Ann Intern Med*. 1994 Aug 15;121(4):241-246.
40. Hemenway D, Azrael DR, **Rimm EB**, Feskanich D, Willett WC. Risk factors for wrist fracture: effect of age, cigarettes, alcohol, body height, relative weight and handedness on the risk of distal forearm fractures in men. *Am J Epidemiol*. 1994 Aug 15;140(4):361-367.
41. Chan JM, **Rimm EB**, Colditz GA, Stampfer MJ, Willett WC. Obesity, fat distribution, and weight gain as risk factors for clinical diabetes in men. *Diabetes Care*. 1994 Sep;17(9):961-969
42. Aldoori WH, Giovannucci EL, **Rimm EB**, Wing AL, Trichopoulos DV, Willett WC. A prospective study of diet and the risk of symptomatic diverticular disease in men. *Am J Clin Nutr*. 1994 Nov;60(5):757-764.
43. Hemenway D, Azrael DR, **Rimm EB**, Feskanich D, Willett WC. Risk factors for hip fracture in US men aged 40 through 75 years. *Am J Public Health*. 1994 Nov;84(11):1843-1845. PMID: PMC1615197.
44. Giovannucci EL, **Rimm EB**, Chute C, Kawachi I, Colditz GA, Stampfer MJ, Willett WC. Obesity and benign prostatic hyperplasia. *Am J Epidemiol*. 1994;140:989-1002.
45. Petros JG, Alameddine F, Testa E, **Rimm EB**, Robillard RJ. Patient-controlled analgesia and postoperative urinary retention after hysterectomy for benign disease. *J Am Coll Surg*. 1994 Dec;179(6):663-667.
46. Gnardellis C, Trichopoulou A, Katsouyanni K, Polychronopoulos E, **Rimm E**,

- Trichopoulos D. Reproducibility and validity of an extensive semiquantitative food frequency questionnaire among Greek school teachers. *Epidemiology*. 1995 Jan;6(1):74-77.
47. Trichopoulou A, Katsouyanni K, Stuver S, Tzala L, Gnardellis C, **Rimm E**, Trichopoulos D. Consumption of olive oil and specific food groups in relation to breast cancer risk in Greece. *J Natl Cancer Inst*. 1995 Jan 18;87(2):110-116.
 48. Kearney J, Giovannucci EL, **Rimm EB**, Stampfer MJ, Colditz GA, Ascherio A, Bleday R, Willett WC. Diet, alcohol, and smoking and the occurrence of hyperplastic polyps of the colon and rectum (United States). *Cancer Causes Control*. 1995 Jan;6(1):45-56.
 49. Giovannucci E, **Rimm EB**, Ascherio A, Stampfer MJ, Colditz GA, Willett WC. Alcohol, low-methionine-low-folate diets, and risk of colon cancer in men. *J Natl Cancer Inst*. 1995 Feb 15;87(4):265-273.
 50. Aloori WH, Giovannucci EL, **Rimm EB**, Ascherio A, Stampfer MJ, Colditz GA, Wing AL, Trichopoulos DV, Willett WC. Prospective study of physical activity and the risk of symptomatic diverticular disease in men. *GUT*. 1995 Feb;36(2):276-282.
 51. Giovannucci E, Ascherio A, **Rimm EB**, Colditz GA, Stampfer MJ, Willett WC. Physical activity, obesity, and risk for colon cancer and adenoma in men. *Ann Intern Med*. 1995 Mar 1;122:327-334.
 52. **Rimm EB**, Chan J, Stampfer MJ, Colditz GA, Willett WC. Prospective study of cigarette smoking, alcohol use and the risk of diabetes in men. *BMJ*. 1995 Mar 4;310(6979):555-559.
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Research Publications Without Named Authorship

1. Collaborative overview ('meta-analysis') of prospective observational studies of the associations of usual blood pressure and usual cholesterol levels with common causes of death: protocol for the second cycle of the Prospective Studies Collaboration. *J Cardiovasc Risk* 1999;6:315-320. (I was an NHS and HPFS investigator for this collaboration, cited in the appendix; I contributed data and commentary on the final draft of the manuscript)
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Narrative Report

I am a nutritional epidemiologist focused on cardiovascular disease prevention. I direct the Program in Cardiovascular Epidemiology at HSPH. My core research oversight includes serving as the lead investigator for cardiovascular research efforts for the HPFS and NHS II at the HSPH and a co-investigator for CHD research efforts for the NHS in the Channing Division of Network Medicine at BWH. Within Channing, I am also the senior advisor for CVD research on the Biomarker Laboratory Advisory Board, which encompasses all research on biomarkers as a core facility for our cohort studies.

I am committed to excellence as an educator and mentor. I co-teach the Practice of Epidemiology course, a methods course for advanced doctoral students in epidemiology. During the summers, I serve as a faculty facilitator for the clinical epidemiology course, mainly focused on HMS-based fellows. I am the primary advisor for five pre-doctoral trainees, five post-doctoral students and two international fellows. I also mentor fellows, instructors, and junior faculty members at BWH and HMS.

I have led a team of students, post-docs, residents, Harvard-based and international fellows, and junior faculty for over 18 years and have shown that moderate alcohol consumption in men and women lowers the risk of CHD, stroke, gallstones, and diabetes. My research group has published numerous articles in the *Lancet*, *Circulation* and *NEJM*, where we have highlighted the importance of drinking patterns and demonstrated that the greatest benefits are among those who consume only light or moderate amounts on most days. Further, we showed that the benefits are mediated through direct effects of alcohol on lipids, markers of insulin sensitivity, and coagulation. This work has received international recognition through many invitations to speak at cardiovascular conferences worldwide. As a member of the 2010 US Dietary Guidelines Advisory Committee, I served as the chair of the ethanol subcommittee.

My research on the health effects of whole grains has taken a similar trajectory. I have published novel results showing a substantial inverse association between dietary fiber and CHD in *JAMA*. This launched a new research program on whole grains funded by grants from the NIH and industry. I oversaw the creation of a new food composition database for quantitative epidemiological research on whole grain intake and chronic disease risk. This work has been published in the top nutrition journals, and I have received international invitations to speak on the topic. I was recognized with the Nutrition Innovation Award for research on whole grains from the American Society of Nutrition at the 2012 Experimental Biology meeting.

I have applied a similarly systematic approach to examining the relationships between biomarkers such as HDL-cholesterol subclasses, adiponectin, haptoglobin, and several markers of oxidation and CHD. My work has quantified (1) the magnitude of the associations, (2) the modifiable lifestyle choices such as alcohol consumption, fatty acid

intake, physical and sedentary activity that affect circulating levels, and (3) the polymorphisms in genes which regulate circulating levels to determine their impact on CHD. This work has been published in *NEJM*, *JAMA*, *Circulation*, and *PNAS* and has led to over \$12 million of funding from NIH, \$4 million from industry sources, and a patent application for novel diagnostic approaches for CHD prevention.

In the last several years, I have extended my commitment to CVD prevention to translational research and practice. I have worked with Project Bread, a local non-profit hunger organization, to devise and evaluate a new healthier school lunch program in public schools that serve predominantly free and reduced-fare students. This has proven to be successful in pilot schools in Boston and has now been more broadly launched through a \$1 million foundation grant. I also lead a research team to evaluate a newly implemented state law for nutritional standards for all “competitive” foods sold in schools, with funding from Harvard Catalyst and the Robert Wood Johnson Foundation. Finally, the Deputy Under Secretary for Food Safety at the USDA asked me to lead an interstate team to create ideas for a novel public/private partnership to improve the government-supported Supplemental Nutrition Assistance Program (food stamps). We currently have a \$5 million grant at the USDA under review.

My commitment to preventing CVD has led me to (a) advance the body of knowledge in this area through the direct research efforts of my research group; (b) teach and mentor the next generation of researchers and policy experts; and (c) translate these academic findings into action that has both a direct and indirect impact on the public's health by driving policy action and behavioral changes of individuals and organizations that impact the food choices millions of people make every day.