

## CURRICULUM VITAE

**Date Prepared:** March, 2009

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**Place of Birth:** Buffalo, New York

### Education:

1985 B.S. University of Wisconsin-Madison  
1991 Sc.D. Harvard School of Public Health (Epidemiology)

### Postdoctoral Training:

1991-92	Research Fellow	Nutrition and Epidemiology	Harvard School of Public Health
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### Academic Appointments:

1988-91	Teaching Fellow in Epidemiology	Harvard School of Public Health
1992-94	Research Associate in Epidemiology	Harvard School of Public Health
1994-98	Assistant Professor of Epidemiology and Nutrition	Harvard School of Public Health
1996-05	Assistant Professor of Medicine (Epidemiology)	Harvard Medical School
2005-	Associate Professor of Medicine (Epidemiology)	Harvard Medical School
1998-	Associate Professor of Epidemiology and Nutrition	Harvard School of Public Health

### 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, Harvard School of Public Health

**Other Professional Positions:** (Continued)

- 1997- Channing Computer Board Advisory Committee, Channing Laboratory, Brigham and Women's Hospital, Harvard School of Public Health
- 2001-07 Associate Director, Health Professionals Follow-up Study, Harvard School of Public Health
- 2003- Chair, Committee to develop an Oracle-based Laboratory Information Management System at the Channing Laboratory, Brigham and Women's Hospital, Harvard Medical School
- 2003- Project Bread, Board of Directors
- 2007- Brookline Wellness Committee
- 2007- Director, Program in Cardiovascular Epidemiology

**Major Committee Assignments:**

Local

- 1995-96 Committee on Educational Policy, Harvard School of Public Health
- 1995-99 Epidemiology Admissions and Scholarship Committee, Harvard School of Public Health
- 1999-00 Committee on Admissions and Degrees, Harvard School of Public Health
- 2001 Special Student Disciplinary Panel, Chair, Harvard School of Public Health
- 2001-02 & Faculty Council, Harvard School of Public Health
- 2005-07
- 2003-04 Allston Committee, Harvard School of Public Health
- 2003-05 Great Place to Work (GPTW) Steering Committee, Harvard School of Public Health
- 2003- Information Technology Advisory Committee, Harvard School of Public Health
- 2004-05 Chair of Search Committee for Assistant/Associate Professor of International Nutrition, Harvard School of Public Health, Department of Nutrition

National and Regional

- 1996 Special Review Board, Canadian National Cancer Institute, Epidemiology Unit, Toronto, Canada
- 1997 Membership/Credentials Committee, American Heart Association, Council on Epidemiology and Prevention
- 1997-99 Program Committee, American Heart Association, Council on Epidemiology and Prevention
- 1998-02 Membership/Credentials Committee, Chair, American Heart Association, Council on Epidemiology and Prevention

1998-02 Executive Committee, American Heart Association, Council on Epidemiology and Prevention

1999 & 01 Ad Hoc Review, National Institute on Alcohol Abuse and Alcoholism, Alcohol-Toxicology Section

2000-02 Dietary References Intake Committee on Macronutrients, Institute of Medicine, Food and Nutrition Board, National Academy of Sciences

2001 Cardiovascular and Renal Special Emphasis Panel, Chair, National Institutes of Health

2002 Executive Committee, Boston Obesity Nutrition Research Center

2003 Reverse Site Visit, Alcohol Research Center Application, National Institute of Alcohol Abuse and Alcoholism

2004 Nutrition Subcommittee Meeting, Special External Advisor, Food and Drug Administration

2004 & 06 Center for Scientific Review Special Emphasis Panel, National Institutes of Health

2004- Scientific Advisory Committee, Culinary Institute of America/Harvard School of Public Health, Worlds of Healthy Flavors

2005 Advisory Committee, Marine Resource Research Institute for the South Carolina Department of Natural Resources

2006 CPS Cohort Advisory Committee, American Cancer Society

2006-07 Program Committee, Vice Chair, Council on Epidemiology and Prevention, American Heart Association

2006 Full Professor *ad hoc* Review Committee, Friedman School of Nutrition Science and Policy, Tufts University

2008- Program Committee, Chair, Council on Epidemiology and Prevention, American Heart Association

2008 *Ad hoc* Review Committee, NIH Neurological, Aging and Musculoskeletal Epidemiology (NAME) Study Section

2008 National Institute on Alcohol Abuse and Alcoholism Special Emphasis Panel, National Institutes of Health

2008- 2010 Dietary Guidelines Advisory Committee

**Professional Societies:**

- 1986- Society for Epidemiologic Research (Member)
- 1992- American Heart Association (Member)
  - Council on Epidemiology and Prevention (Fellow)
  - Council on Nutrition, Physical Activity, and Metabolism (Fellow)
- 2002- NAASO (North American Association for the Study of Obesity) (Member)
- 2007- American Society of Nutrition (Member)

**Editorial Boards:**

- 1996-2006 Section Editor Alcohol Research-TNO Nutrition and Food Research Institute
- 1996-00 Technical Editor New England Journal of Medicine
- 1997, 2003 Editor pro tem American Journal Epidemiology
- 1998- Associate Editor American Journal of Epidemiology
- 2002-05 Associate Editor Obesity Research
- 2006- Guest Editor Circulation
- 2007- Associate Editor American Journal of Clinical Nutrition

**Manuscript Reviewer :** New England Journal of Medicine, Journal of the American Medical Association, Lancet, Circulation, American Journal of Clinical Nutrition, Obesity Research, Alcohol and Alcoholism, Journal of Nutrition, and 15 others.

**Awards and Honors:**

- 1986-1991 National Institute of Environmental Health Sciences National Research Service Award
- 1989 Student Workshop Award, Society for Epidemiologic Research
- 1996 Harvard School of Public Health, Mentor/Teaching Award

**Trainee Honors:**

- 2003 Postdoctoral Fellow, Tobias Pischon, Jeremiah Stamler Award national winner for outstanding research, American Heart Association
- 2004 Postdoctoral Fellow, Tianying Wu, Jeremiah Stamler Award national winner for outstanding research, American Heart Association
- 2006 Postdoctoral Fellow, Stephanie Chiuve, Jeremiah Stamler Award national winner for outstanding research, American Heart Association

## **A. Narrative Report of Research, Teaching, and Clinical Contributions:**

As a nutritional epidemiologist, my main responsibilities are in teaching and research. I am the Director of the Program in Cardiovascular Epidemiology at the Harvard School of Public Health and lead the core degree program in cardiovascular epidemiology at the School of Public Health. I co-teach the Practice of Epidemiology course, an intermediate methods course for doctoral students in epidemiology which introduces the fundamentals of grant writing and proposal presentation. I am the primary advisor for four post-doctoral students, five pre-doctoral students and three international fellows at the Harvard School of Public Health and mentor one to two renal fellows per year at the Brigham and Women's Hospital and Harvard Medical School.

My major research interests include the study of dietary etiologies of chronic disease, especially heart disease, stroke, and diabetes; the health effects of antioxidants, vitamins, alcohol, and obesity and related biological and genetic markers; and the development of methodologies to measure dietary factors in epidemiologic studies. In many cases, my approach is to examine these relationships from several different directions. For example, my work on HDL-cholesterol has been to look at the strength of the association of HDL-cholesterol as an independent biological marker of disease, to examine modifiable lifestyle choices such as alcohol consumption, fatty acid intake, physical and sedentary activity that impact blood levels, and finally to examine polymorphisms in genes which regulate circulating levels to determine their impact on disease and on their relationship in modifying known risk factors for coronary heart disease.

In other work on dietary fatty acids, the approach has been to look at contributions of specific fatty acids and then to explore their interactions with each other and with other risk factors. For example, previously, some had hypothesized that a diet high in n-6 fatty acids could attenuate the cardiovascular benefits of a high n-3 diet. However, my work showed that participants with the highest n-3 and n-6 intake have the lowest inflammatory markers – c-reactive protein and tumor necrosis factor alpha. Furthermore, when we looked at risk of coronary disease, we also found that the lowest risk was among participants with the highest level of n-3 and n-6 fatty acids. We extended this work further to show that in the absence of n-3 fatty acids from marine sources, participants who had sufficient intake of shorter chain n-3 intake from vegetable sources still had cardiovascular benefit.

In my work on the health effects of moderate alcohol consumption, I have become a world leader on the health effects of moderate alcohol consumption and have led a team of students, post-docs, medical school fellows, and international fellows for the last 15 years and have shown that moderate alcohol consumption in men and women lowers the risk of coronary heart disease, stroke, gallstones, and diabetes and that alcohol has beneficial associations with lipids, markers of insulin sensitivity, inflammatory markers and does not lead to weight gain. In our most recent work, we have highlighted the importance of drinking patterns to show that the greatest benefits are among participants who consume only light or moderate amounts on most days per week.

## B. Funding Information

- 1991-12 NIH P01-CA55075, Core Director, Associate Director, Co-investigator, Prospective Studies of Diet and Cancer in Men and Women
- 1996 Pilot Project Award, Principal Investigator, Center for Cancer Prevention
- 1997-03 NIH R01-AA11181, Principal Investigator, Alcohol Consumption Patterns, Biomarkers, and Health
- 1999-01 Boston Obesity Nutrition Research Center, Principal Investigator, Effects of Dietary and Lifestyle Characteristics on Soluble Tumor Necrosis Factor-receptor (sTNF-R) and IL-6 Concentrations
- 1999-03 Pfizer, Inc., Principal Investigator, Etiology of Erectile Dysfunction in the Health Professionals Follow-up Study
- 2000-03 NIH P30-CA06516, Faculty Consultant, Cancer Center Support Grant, Measurement Core
- 2000-06 Merck, Principal Investigator, Myocardial Infarction and Serum Biomarkers Of Inflammation in Patients with and Without Rheumatoid Arthritis in the Nurses' Health Study Biospecimen Cohort
- 2001-05 Kellogg Company, Principal Investigator, Whole Grain Diets and Health
- 2001-06 NIH R01-HL65582, Co-investigator, Dyslipidemia and Risk of CVD in Diabetic Men and Women
- 2002-05 American Heart Association, Principal Investigator, Diet and Genetic Interactions in Relation to Coronary Heart Disease
- 2002-05 NIH AA02-04, Co-investigator, Estimating Alcohol-Attributable Fractions for U.S. Morbidity & Mortality Based on Meta-Analyses of Epidemiology Studies
- 2002-03 Merck, Principal Investigator, Analyses of a Nested Case-control Study of Biological Markers of Coronary Heart Disease
- 2003-04 NIH P30-DK046200 (Sub from BUSM), Co-investigator, Formation of a Boston Obesity/Nutrition Center
- 2003-08 NIH R01-HL035464, Principal Investigator, Dietary Etiologies of Heart Disease and Cancer
- 2003-07 NIH R01-HL70159, Co-investigator, VLDL and LDL Particle Types as CHD Risk Factors
- 2003-08 NIH U54-CA100971, Core Co-investigator, Principal Investigator (Pilot Project) Folate, 1-Carbon Nutrients, Gene Variants & Colon Cancer
- 2003-06 NIH R01 HL071888, Co-investigator, Dietary Fatty Acids, PPAR-activated Genes and Heart Disease
- 2004-05 Pfizer, Inc., Principal Investigator, Etiology of Erectile Dysfunction and Lower Urinary Tract Symptoms in the Health Professionals Follow-up Study
- 2004-09 NIH R01 AA11181, Principal Investigator, Alcohol and Chronic Disease among Vulnerable Populations
- 2004-06 NIH NOAA NA04OAR4600207, Co-investigator, Coastal Eutrophication and Hypoxia: Implications for Mercury Methylation, Mercury Biomagnification, and Human Health
- 2004-07 Sanofi-Synthelabo, Inc., Principal Investigator, Study of the Cardiovascular Risks Associated with Obesity
- 2005-07 NIH R21 AA014900-01A1, Co-investigator, Heavy Drinking & Coronary Disease: Acute/Chronic Effects

- 2005-09 NIH R01 HL080644-1, Co-investigator, Estimating Effects of Interventions in Longitudinal Data
- 2006-08 NIH 1F32 HL083648-01, Co-investigator, Heart Disease, Inflammatory Markers and Particulates
- 2006-08 GlaxoSmithKline, Inc. Principal Investigator, Circulating Lp-PLA2 and Risk of Coronary Heart Disease among Healthy and Diabetic Men and Women
- 2006-11 NIH R01 HL085710-01, Co-investigator, Fatty Acids and Major Cardiovascular Disease
- 2006-10 NIH ES013692, Co-investigator, Health Effects of Lifetime Exposure to Food Contaminants.
- 2007-12 NIH R01 ESO14433, Co-investigator, Mercury, Selenium, and Risk of Cardiovascular Disease in Men and Women
- 2007-09 NIH R21 AG32079, Subcontract Principal Investigator, Prospective study of Diet, Physical Activity, BMI, and Risk of Pulmonary Embolism
- 2008-13 NIH R01 HL034594, Co-investigator, Risk Factors for CVD in Women
- 2008-09 Merck, Co-Principal Investigator, Genetic Markers of CHD and T2D in the HPFS/NHS.
- 2008-10 NIH R21 AA017693, Subcontract Principal Investigator, Alcohol and Colorectal Cancer: The Influence of Inherited and Nutritional Factors.

## C. Report of Teaching

### 1. Local Contributions

#### a. Harvard School of Public Health

##### i. Courses

#### 1991-97 **Cardiovascular Epidemiology**

Guest Lecturer  
 30 graduate students  
 Preparation time: 2 hours  
 Contact time: 2 hours

#### 1994-97 **Practice of Quantitative Methods**

Guest Lecturer  
 40 graduate students  
 Preparation time: 2 hours/year  
 Contact time: 2 hours/year

#### 1996-99 **Introduction to Epidemiology**

Co-Instructor  
 110 graduate students  
 Preparation time: 60 hours/year  
 Contact time: 20 hours/year

- 1999 & **Nutrition and Heart Disease**  
 2001-04 Co-instructor  
 20 students  
 Preparation time: 4 hours/year  
 Contact time: 4 hours/year
- 1991- **Practice of Epidemiology**  
 Course Co-Director/Director  
 16-32 graduate students  
 Preparation time: 20 hours/year  
 Contact time: 25 hours/year
- 2001-07 **Cardiovascular Epidemiology**  
 Course Director and Lecturer  
 40 graduate students  
 Preparation time: 30 hours/year  
 Contact time: 32 hours/year
- 2005- **The Science of Human Nutrition**  
 Guest Lecturer  
 25 graduate students  
 Preparation time: 3 hours/year  
 Contact time: 2 hours/year

b. Selected Local Invited Teaching Presentations

**Northeastern University**

- 1990-1992 **Introductory Epidemiology**  
 Lecturer  
 60 graduate students  
 Preparation time: 4 hours/year  
 Contact time: 6 hours/year
- 1993-1994 **Introductory Epidemiology**  
 Course Director  
 60 graduate students  
 Preparation time: 10 hours/year  
 Contact time: 25 hours/year

**Brigham and Women's Hospital**

- 1997 Medical Grand Rounds, Brigham & Women's Hospital,  
 Boston, MA  
 Lecturer

200 physicians  
Preparation time: 4 hours  
Contact time: 1 hour

### **Harvard School of Public Health**

- 2002 “America’s Food Environment: The New Health Hazard?”  
Harvard School of Public Health, Boston, MA  
Moderator  
200 students, faculty, staff, and health professionals  
Preparation time: 2 hours  
Contact time: 1 hour
- 2003 “You Are What You Eat – But Do You Know What You Are Eating?,” Hot Topics 2003 Series, Harvard School of Public Health, Boston, MA  
Invited Speaker  
100 students, faculty, staff, and health professionals  
Preparation time: 4 hours  
Contact time: 1.5 hours

### **Harvard Medical School**

- 2005 “Nutrition and Preventive Medicine: Facts on Food and Fitness,”  
Longwood Seminar on Nutrition, Harvard Medical School,  
Invited Speaker  
700 attendees from the public  
Preparation time 4 hours  
Contact time: 2 hours
- 2005 “Should Alcohol Be Part of a Healthy Lifestyle,”  
Longwood Nutrition Seminar, Harvard Medical School,  
Invited Speaker  
125 faculty, staff, and health professionals  
Preparation time: 4 hours  
Contact time: 2 hours

#### **c. Advisees/Trainees**

1994-99	Chu, N-F.	Assistant Professor, National Defense Medical Center, Taiwan
1994-95	MacIntosh, D.	Assistant Professor
1995-04	Lee, M-S.	Assistant Professor, National Taiwan Univ.
1995-96	Camargo, C	Associate Professor, Harvard Medical School
1996-00	Leitzman, M.	Investigator, National Cancer Institute
1996-01	Eng, M.	Project Manager, Ingenix
1997-00	Meyer, K.	Associate Scientist, Merck

1997-00	Kim, J.	unknown
1997-99	McCullough, M.	Research Director, American Cancer Society
1997-98	Cannuscio, C.	Research Instructor, Univ. of Pennsylvania
1998-03	Koh-Banerjee, P.	Assistant Professor, University of Tenn.
1998-99	Miller, M.	Assistant Professor, Harvard School of Public Health
1998-99	Koehler, K.	Epidemiologist, CFSAN, FDA
1999-01	Hines, L.	Assistant Professor, Univ. of Colorado
1999	Conigrave, K.	Conjoint Senior Lecturer, Department of Psychological Med., Sydney, Australia
1999-00	Fung, T.	Assistant Professor, Simmons College
1999	Kroenke, C.	Instructor, Channing Laboratory, Department of Medicine, Brigham & Women's Hospital and Harvard Medical School
2000-02	Bacon, C.	Not currently employed
2001	Burden, J.	Student
2001	Chiang, K-H.	Student
2001-05	Pai, J.	Student
2001-06	Chiuve, S.	Student
2001-	Wu, T.	Post-doc
2001-04	Pischon, T.	Research Faculty, German Institute of Human Nutrition, Germany
2001-02	van der Schouw, Y.	Associate Professor of Clinical Epidemiology, Julius Center for Health Sciences and Primary Care, The Netherlands
2001-02	Kelemen, L.	Post-doc, University of Minnesota
2001-	Mukamal, K.	Associate Professor of Medicine, Harvard Medical School
2001-02	Tanasecu, M.	Assistant Professor, College of Health Sciences, Touro University
2002-03	Wannamethee, S G.	Reader, University College London
2002-05	Shai, I.	Assistant Professor, Ben Gurion University
2002-	Flint, A.	Student
2003-	Jensen, M.	Danish Cancer Institute
2003-	Mozaffarian, D.	Instructor of Medicine, Harvard Medical School
2003-04	Wong, D.	Surgery Resident, University of Toronto
2004-07	Forman, J	Renal Fellow, Brigham and Women's Hospital, Harvard Medical School
2004-07	Taylor, E.	Renal Fellow, Brigham and Women's Hospital, Harvard Medical School
2005-07	Beulens, J.	Pre-doc
2005-	Pai, J.	Post-doc
2005-06	Asselbergs, F.	Fullbright Research Scholar
2005-08	Virtanen, J	Postdoctoral Fellow
2005-07	Jackson, C.	Student
2006	Chiuve, S.	Post-doc

2007-	Kaye-Chomistek, A.	Student
2007-	Enquobahrie, D.	Yerby Postdoctoral Fellow
2007-	Goodarz, D.	Student
2007-	Tate, J.	Student
2007-	Weinstein, J.	Student
2007-	Hatoum, I.	Student
2007-	Foster, M.	Student
2008-	Majken Jensen	Post-doc
2008-	Bernstein, Adam	Student
2008	Beinan Zhao	Student

## 2. Regional and National Contributions

### a. Invited Presentations

- 1992 Invited Speaker, Tobacco, Smoking and Nutrition, University of Kentucky, Louisville, Kentucky
- 1992 Invited Speaker, Workshop on Alcohol and Cardiovascular Disease, La Jolla, California
- 1992 Invited Speaker, Potential Health Effects of Components of Plant Foods and Beverages in the Diet, University of California-Davis, California
- 1992 Invited Speaker, International Conference on the Diets of the Mediterranean, Boston, Massachusetts
- 1993 Discussant, FDA-initiated Public Conference: Antioxidant Vitamins and Cancer and Cardiovascular Disease, Washington, DC
- 1994 Invited Speaker, Frontiers in Wyoming Medicine Conference, Jackson Hole, WY
- 1994 Invited Speaker, American Society for Clinical Nutrition Conference on Nutrition and Cardiovascular Disease, Virginia
- 1994 Invited Speaker, Maine Nutrition Council, Portland, ME
- 1995 Invited Speaker, The Year in Internal Medicine, Northwestern University Medical School, Chicago, IL
- 1995 Invited Speaker, Traditional Diets as Models for Healthy Eating, an international conference, Cambridge, Massachusetts
- 1996 Invited Speaker, Visiting Speaker on Cancer Seminar Series, Case Western Reserve University, Cleveland, Ohio
- 1996 Invited Speaker, Cardiology 1996: Concepts and Controversies, Sacramento, CA

- 1996 Discussant, USDA-initiated public conference: Dietary Guidelines for Americans - Alcohol, Washington, DC
- 1996 Invited Speaker, Toxicology Forum, Aspen, Colorado
- 1998 Invited Speaker, National Academy of Sciences - Institute of Medicine, Subcommittee on Interpretation and Uses of Dietary Reference Intakes, Washington DC
- 1998 Invited Speaker, Texas Tech Eighth Annual Internal Medicine Primary Care Symposium, Amarillo, Texas
- 1998 Chairman and Speaker, Technical session - "Alcohol, Nutrition and Health", Institute of Food Technologists Annual Meeting, Atlanta, Georgia
- 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, Illinois
- 1998 Invited Speaker, "Alcohol Consumption: Weighing Cardiovascular Benefits Versus Health Risks," IFT Food Science Communicators Meeting, Chicago, Illinois
- 1998 Invited Speaker, American Heart Association 71st Scientific Session, Plenary Session, "Should Vitamin E and Folate Be Prescribed?," Dallas, TX
- 1999 Invited Speaker, 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, Oregon
- 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, South Carolina
- 2000 Invited Participant, NCI Cohort Consortium Meeting, Rockville, Maryland
- 2000 Program Planner, Symposium on Alcohol Consumption - From Patients to Public Health, Annual Food and Nutrition Conference, American Dietetic Association, Denver, CO.
- 2000 Invited Speaker, 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.
- 2000 Invited Speaker, Meeting of the ILSI-NA Technical Committee on Carbohydrates, Washington, DC.

- 2000 Invited Participant, Boston Obesity Nutrition Research Center's Annual Program, Boston, MA.
- 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," 41<sup>st</sup> 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 B<sub>12</sub> in Population Health," Recommended Levels of Folic Acid and Vitamin B<sub>12</sub> 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 Session Chair, "Fats, Oils and Health," and Speaker, "Wine and Cardiovascular Health," 2003 International Conference on the Mediterranean Diet, Celebrating the Pyramid's Tenth Anniversary "Med-Style Eating for the 21<sup>st</sup> Century," Boston, MA.
- 2003 Invited Speaker, "Toenail Chromium Status and Risk of Coronary Heart Disease in Men," Chromium in Human Health and Disease: A CADRE Research Summit, Boston, MA.
- 2003 Invited Speaker, "Epidemiology of Alcohol and Cardiovascular Disease," Alcohol and the Cardiovascular System: Research Challenges and Opportunities, NIAAA, Washington, DC.
- 2003 Invited Participant, Dietary Guidelines (Moderate Drinking) Working Group Meeting, National Institute on Alcohol Abuse and Alcoholism, Bethesda, MD.
- 2003 Invited Speaker, Adipose Tissue Secretory 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, 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.
- 2004 Invited Speaker and Panelist, “Wine, Other Alcoholic Beverages and Health,” “High? Low? Moderate? Optimal Proportions of Protein, Carbohydrates and Fats in the Diet,” Culinary Institute of America/Harvard School of Public Health, Worlds of Healthy Flavors Invitational Retreat, Napa Valley, CA.
- 2005 Invited keynote Speaker, “Dieting and the Effects of Obesity, Heart Disease and Diabetes,” International Corporate Chefs Association Third Annual Summit, Denver, Colorado.
- 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, 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/Harvard School of Public Health, Worlds of Healthy Flavors Invitational Retreat, Napa, CA.
- 2006 Invited Speaker: “Diet and Health: A Progress Report,” Yankee Dental Association, Boston, MA
- 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 Gen Interactions?” American Heart Association, 46<sup>th</sup> Annual Conference on CVD Epidemiology and Prevention, Phoenix, AZ.
- 2006 Invited Speaker: “Mercury: The Risks and Benefits of Consuming Seafood,” Northeast Regional Mercury Science & Policy Conference, Environmental Protection Agency, Newport, RI.
- 2006 Invited Chair: Oral session, Nutrition and Physical Activity, ISNBPA 2006 Meeting, Boston, MA.

- 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, Harvard School of Public Health, Napa Valley, CA.
- 2007 Invited Speaker: “Evaluating the New Evidence III: Results of the Health Professionals Follow-Up Study – Diabetes Cohort,” 2007 Lp-PLA<sub>2</sub> 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: 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, 29<sup>th</sup> Annual Lillian Fountain Smith Conference for Nutrition Educators, Fort Collins, CO.
- 2007 Invited Participant: Food and Addiction, Yale Rudd Center for Food Policy & Obesity, Yale University, New Haven, CT.
- 2007 Invited Speaker: “Of Ethanol and Phytochemicals: Health Impact of Wine,” Healthy Kitchens, Healthy Lives – Caring for our Patients and Ourselves, The Culinary Institute of America, Harvard Medical School Osher Institute Continuing Education Conference, Napa Valley, CA.
- 2007 Invited Speaker: Expert Meeting of Natural History Working Group, Pfizer, New York, NY.
- 2007 Invited Speaker: Healthy Kitchens, Healthy Lives, The Culinary Institute of America, Harvard Medical School Continuing Education Conference, Napa Valley, CA.

- 2007 Invited Speaker: “Inflammation and Obesity Related Pathologies,” 9<sup>th</sup> Postgraduate Nutrition Symposium, Obesity and Inflammation, Division of Nutrition and Harvard Clinical Nutrition Research Center, Harvard Medical School, and the Department of Nutrition and the Department of Genetics and Complex Diseases, Harvard School of Public Health, Boston, MA
- 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: “Practical Diet Solutions for Your Patients,” Third Annual Women’s Cardiac Health Conference – Wellness Strategies for a Healthy Heart, Massachusetts Medical Society, Waltham, MA.
- 2008 Invited Speaker: “Obesity and Coronary Heart Disease: Pathways to Prevention,” Siteman Cancer Center, Washington University School of Medicine, St. Louis, MO
- 2008 Invited Speaker: “Plant-based Foods, Longevity, and Prevention of Chronic Disease: Deconstructing Popular Weight Loss Diets,” Healthy Kitchens, Healthy Lives, The Culinary Institute of America, Harvard Medical School Continuing Education Conference, Napa Valley, CA
- 2009 Invited Speaker: “Mercury and Health Risks in Adults,” Seafood, Environment, and Health, Harvard School of Public Health, Monterey Bay Aquarium, Environmental Defense Fund, Boston, MA

### 3. International Contributions

#### a. Invited Presentations

- 1993 Invited Speaker, Expert Hearing of the Swiss Commission on Alcohol, Zurich, Switzerland.
- 1994 Invited Speaker, Third International Symposium, Multiple Risk Factors in Cardiovascular Disease. Florence, Italy.
- 1994 Invited Speaker, Cardiovascular Disease Prevention II, an international symposium of the prevention of cardiovascular disease, London, England.
- 1995 Invited Speaker, American Association for Clinical Chemistry: Full meeting of the New York Upstate Section, Niagara-on-the Lake, Ontario, Canada.
- 1997 Invited Speaker, Cardiovascular Disease Prevention III, an international symposium of the prevention of cardiovascular disease, London, England.

- 1997 Invited Speaker, Functions of Vitamins beyond the RDA, 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.
- 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 NAASO Annual Scientific Meeting, Vancouver, BC.
- 2006 Invited Speaker, “Nutrition and Inflammation” and “Lifestyle Modulation of Inflammatory Processes,” XIV International Symposium on Atherosclerosis, Rome, Italy
- 2008 Invited Participant, Keystone Symposia, Adipogenesis and Obesity, Banff, Alberta, Canada

## BIBLIOGRAPHY

### Original Reports

This section with a total of **330 original manuscripts** is broken into primary contributory and collaborative research. Each represents scientific contribution, but the former are in 6 focused major areas of research (as denoted below) and the latter in the broader field of epidemiology of chronic disease.

#### 1. Primary Contributory Research

##### A. Alcohol

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### **Proceedings of Meetings**

1. Rimm EB, Stampfer MJ. Prospective studies of moderate alcohol consumption and the risk of coronary disease and stroke in women and men. In: Venstra J, van der Hiej DG, eds. *Alcohol and Cardiovascular Disease: Proceedings of an international symposium*, Scheveningen, Netherlands, 2 October 1991. Pudoc, Wageningen: 1-18 (1992).

### **Reviews, Chapters and Editorials**

#### **Reviews and Invited Editorials**

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