

## Appendix E-6: Biographical Sketches of the 2010 Dietary Guidelines Advisory Committee Members

### **Linda V. Van Horn, PhD, RD, LD, Chair**

Dr. Van Horn is a Professor in the Department of Preventive Medicine, and the Associate Dean for Faculty Development at the Feinberg School of Medicine at Northwestern University, Chicago. Dr. Van Horn received her doctorate from the School of Public Health at the University of Illinois, Chicago and her master's in exercise physiology from the University of Pittsburgh. Her undergraduate degree is in dietetics, from Purdue University, West Lafayette. She also is a registered and licensed dietitian.

Dr. Van Horn's expertise extends across many areas of nutrition research, medical nutrition education and public health policy relevant to the work of the Dietary Guidelines Advisory Committee. She is a clinical nutrition epidemiologist who has conducted population level research and clinical trials in the prevention and treatment of cardiovascular disease, obesity, and breast cancer. She specializes in research on women and children and is currently the principal investigator in the Women's Health Initiative Extension Study and the Dietary Intervention Study in Children follow-up study. Her research focuses on the benefits of a fat-modified diet that is high in fruits, vegetables, and fiber-rich whole grains as part of a low risk lifestyle to prevent cardiovascular disease, obesity and cancer. In addition to her comprehensive nutrition expertise, she has demonstrated successful leadership through multiple research teams.

### **Naomi K. Fukagawa, MD, PhD, Vice Chair**

Dr. Fukagawa is a Professor of Medicine, the Acting Director of Gerontology, and the Associate Program Director for the Clinical Research Center at the University of Vermont and Fletcher Allen Health Care. She received her medical degree from Northwestern University and her doctorate in nutritional biochemistry and metabolism from the Massachusetts Institute of Technology. She is a board-certified pediatrician, but has focused her research on age-related issues.

Dr. Fukagawa is an expert in nutritional biochemistry and metabolism. Her expertise spans several areas including protein and energy metabolism; oxidants and antioxidants; and the role of diet in aging and chronic diseases, such as diabetes mellitus. She has chaired the National Institutes of Health Clinical Research Centers' Committee and is currently a member of the National Institutes of Health Integrative Physiology of Diabetes and Obesity Study Section.

### **Cheryl Achterberg, PhD**

Dr. Achterberg is the Dean and Professor of the College of Education and Human Ecology at The Ohio State University. She received her doctorate in nutrition from Cornell University and her master's in human development from the University of Maine at Orono.

Dr. Achterberg is an expert in health behavior research. Her studies have evaluated consumer understanding of the dietary guidelines as well as the impact of behavior on the dietary patterns of varying groups, including low-income, young children and elderly Americans. She has served as a Panel member for World Health Organization for setting international guidelines for Developing Food Based Dietary Guidance. She has been a resource to Institute of Medicine as an invited

panelist for numerous workshops. She has also worked with the United Nations as an expert in nutrition education and community interventions.

### **Lawrence J. Appel, MD, MPH**

Dr. Lawrence Appel is a Professor of Medicine, Epidemiology, and International Health (Human Nutrition), Division of General Internal Medicine, and Director of the ProHealth Clinical Research Unit at the Johns Hopkins Medical Institutions. Dr. Appel received his medical degree from the New York University School of Medicine and his master's of public health from Johns Hopkins University. He is also a practicing internist and a certified specialist in hypertension.

The focus of Dr. Appel's career has been to conduct research pertaining to the prevention of hypertension, cardiovascular disease, and kidney disease, typically through lifestyle modification. His research evaluates the health effects of dietary patterns, macronutrient intake, weight loss, and dietary electrolytes, such as sodium and potassium. He has a strong interest in research methods, particularly the evaluation of scientific evidence. Dr. Appel served on the 2005 Dietary Guidelines Advisory Committee where he was a member of the science review subcommittee and was the Chair of the electrolytes subcommittee. In addition, he has served on several committees for the Institute of Medicine, including the Dietary Reference Intake Panel for electrolytes and water, which he chaired.

### **Roger A. Clemens, DrPH**

Dr. Clemens is the Associate Director of Regulatory Science and an Adjunct Professor of Pharmacology and Pharmaceutical Science at the University of Southern California. In addition, he is the Vice President of Science & Technology for PolyScience Consulting LLC (consultants) and consulting Scientific Advisor for E.T. Horn (sales organization of raw materials and ingredients). He received his doctorate of public health in nutrition and biological chemistry and his master's of public health in nutrition at the University of California, Los Angeles.

Dr. Clemens has extensive experience at the interface of nutrition, food science and technology, and health. He has expertise in food toxicology and food safety, as well as practical knowledge of food production and food regulations. He is a spokesperson for the American Society for Nutrition and the Institute of Food Technologists.

### **Miriam E. Nelson, PhD**

Dr. Nelson is the founder and Director of the John Hancock Research Center on Physical Activity, Nutrition, and Obesity Prevention and an Associate Professor at the Friedman School of Nutrition Science and Policy at Tufts University. She is an Adjunct Professor in the Tisch College of Citizenship and Public Service. Dr. Nelson received her doctorate and master's degrees in nutrition from Tufts University.

Dr. Nelson recently served as Vice Chair of the first Physical Activity Guidelines for Americans Advisory Committee (PAGAC) chartered by HHS. She is a leading authority on physical activity and energy balance. Her work with the PAGAC provides continuity by bridging the work of the PAGAC and the Dietary Guidelines Advisory Committee.

**Sharon (Shelly) M. Nickols-Richardson, PhD, RD**

Dr. Nickols-Richardson is an Associate Professor and Coordinator of the Graduate Program in Nutrition in the Department of Nutritional Sciences at The Pennsylvania State University. She received her doctorate and her master's in foods and nutrition at The University of Georgia. She is also a registered dietitian.

Dr. Nickols-Richardson's expertise focuses on dietary and physical activity determinants of bone density. She also has expertise in dietary intervention for obesity and nutrition over the lifecycle from child nutrition to older adults. She served the Institute of Medicine as a consultant on the Dietary Reference Intake book *The Essential Guide to Nutrient Requirements*.

**Thomas A. Pearson, MD, PhD, MPH**

Dr. Pearson is the Senior Associate Dean for Clinical Research and the Albert D. Kaiser Professor in the Department of Community and Preventive Medicine and Director of the Rochester Clinical and Translational Science Institute at the University of Rochester School of Medicine and Dentistry. He received his medical degree, his doctoral degree in epidemiology, and his master's in public health from Johns Hopkins University.

Dr. Pearson is an epidemiologist specializing in lipid metabolism and the prevention of cardiovascular disease. He contributed significantly to the American Heart Association's guidelines for prevention of heart disease and stroke. His public health interests include investigating the impact of these guidelines on Americans. His expertise spans both nationally and internationally, as is evident in his contributions as current Chair of the National Forum for Heart Disease and Stroke Prevention.

**Rafael Pérez-Escamilla, PhD**

Dr. Perez-Escamilla is a Professor of Epidemiology and Public Health and the Director of the Office of Community Health at the Yale University School of Public Health. He is also the Director and Principal Investigator of the Connecticut NIH EXPORT Center of Excellence for Eliminating Health Disparities among Latinos (CEHDL). Dr. Perez-Escamilla received his doctorate in nutrition and his master's in food science from the University of California at Davis.

Dr. Perez-Escamilla is a nationally and internationally recognized scholar in the area of community nutrition for his work in food safety, obesity, diabetes, and food security. He has specialized experience with Latinos and low-income Americans, as well as numerous international populations. Dr. Pérez-Escamilla was a member of the 2009 Institute of Medicine/National Academy of Sciences Pregnancy Weight Gain Guidelines Committee and has served on editorial boards of the *Journal of Nutrition*, the *Journal of Human Lactation*, and the *Journal of Hunger and Environmental Nutrition*. Dr. Pérez-Escamilla is a trustee of the Pan American Health and Education Foundation based in Washington DC, has been a senior advisor to a number of community nutrition programs as well as household food security measurement projects, and has been a major advisor to master's and doctoral students from all over the world.

**F. Xavier Pi-Sunyer, MD, MPH**

Dr. Pi-Sunyer is Professor of Medicine at Columbia University College of Physicians and Surgeons and Chief of the Division of Endocrinology, Diabetes, and Nutrition at St. Luke's-Roosevelt Hospital. He received his medical degree from Columbia University and his master's of public health from Harvard University.

Dr. Pi-Sunyer has expertise in obesity, type 2 diabetes, carbohydrate and lipid metabolism, and general medicine with over 350 research papers on these topics. He chaired a National Heart Lung and Blood Institute obesity treatment and prevention guidelines committee and is now on the NHLBI's task force on Combined Heart Disease Prevention Guidelines. He has served on the Institute of Medicine Dietary Reference Intake Panel on macronutrients. He has also served on the Food and Drug Administration's Science Board Advisory Committee to the Commissioner. He was also a member of the 2005 Dietary Guidelines Advisory Committee.

**Eric B. Rimm, ScD**

Dr. Rimm is an Associate Professor of Medicine at Harvard Medical School and an Associate Professor of Epidemiology and Nutrition at the Harvard School of Public Health. In addition, he is the Director of the Program in Cardiovascular Epidemiology. Dr. Rimm received his doctorate in epidemiology at the Harvard School of Public Health.

Dr. Rimm is a nutritional epidemiologist who studies the impact of lifestyle factors, particularly diet, that relate to the risk for obesity, diabetes, heart disease, and stroke. He has published extensively on the health effects of moderate alcohol consumption, whole grains, fatty acids, dietary fiber, antioxidants, Vitamin D, and the B vitamins. He has published more than 400 peer-reviewed manuscripts and previously served on the Institute of Medicine Dietary Reference Intake Panel for macronutrients. He serves as an Associate Editor for the *American Journal of Clinical Nutrition* and the *American Journal of Epidemiology*.

**Joanne L. Slavin, PhD, RD**

Dr. Slavin is a Professor in the Department of Food Science and Nutrition at the University of Minnesota. She received her doctorate and master's in nutrition science at the University of Wisconsin.

Dr. Slavin is an expert in carbohydrates and dietary fiber, and has published more than 150 articles in her field. Her research focuses on the impact of whole grain consumption in chronic diseases, such as cancer, cardiovascular disease, and diabetes, as well as the role of dietary fiber in satiety. Because of her expertise in the area of whole grains, she was an invited presenter to the 2005 Dietary Guidelines Advisory Committee.

**Christine L. Williams, MD, MPH**

Dr. Williams is Vice President and Medical Director of Healthy Directions, Inc., a non-profit organization dedicated to the health and nutrition of children and families. She was formerly a Professor of Clinical Pediatrics, and Director of the Children's Cardiovascular Health Center in the Department of Pediatrics and Institute of Human Nutrition at Columbia University, College of Physicians and Surgeons. Dr. Williams earned her medical degree from the University of Pittsburgh,

and a master's of public health from Harvard University. She is a board certified pediatrician and is also board certified in preventive medicine and public health.

Dr. Williams' expertise includes nutrition in cancer prevention and preventive cardiology, especially hypercholesterolemia in children. She has knowledge of dietary requirements of children, particularly dietary fiber and fat. She also has expertise in obesity and public health. In addition, she has received the prestigious Preventive Cardiology Academic Award from the National Heart Lung and Blood Institute for her work in preventive cardiology for children.