

COLLOQUIUM BY YAN LIJING

MAKING HEALTHY DIETARY CHOICES: FADS, MYTHS, AND SCIENTIFIC EVIDENCE

TIME: 7-8PM, WEDNESDAY 13 MAY 2015

VENUE: CC 1103

Speaker: Lijing L. Yan, PhD, MPH, Associate Research Professor at the Duke Global Health Institute; Head of Non-communicable Chronic Diseases (NCDs) Research at the Global Health Research Center of Duke Kunshan University.

ABSTRACT:

We face many choices every day. A healthful diet is one of the most important lifestyle factors affecting our health and longevity. There are many fad diets and myths surrounding what constitutes a healthful diet. In this lecture, we will examine the scientific evidence behind why diet plays such a key role in individual and public health. We will also discuss fundamental scientific principles not only to dispel fads and myths but also to help us make healthy dietary choices in our daily living. Science does not have an answer for everything; but when she does, will you choose to listen to her?



BIO:

Lijing L. Yan, PhD, MPH, is currently an Associate Research Professor at the Duke Global Health Institute, Duke University in the USA and the Head of Non-communicable Chronic Diseases (NCDs) Research at the Global Health Research Center of Duke Kunshan University in China since July 2014. Previously, she was the Deputy Director of the George Institute for Global Health at Peking University Health Science Center and Director of the China International Center for Chronic Disease Prevention, a large network of 5 international academic institutions and 7 Chinese institutions dedicated to combat NCDs in China. She is also an Honorary Professorial Fellow at the George Institute for Global Health at Peking University Health Science Center, a Senior Research Associate at the China Center for Health Economic Research, National School of Development, Peking University, Beijing, China and an Adjunct Associate Professor at the Department of Preventive Medicine, Feinberg School of Medicine, Northwestern University, Chicago, IL, USA and Sydney Medical School, University of Sydney, Australia. She has a bachelor's degree in

Sociology from Peking University, a Master of Public Health degree in Epidemiology and a doctoral degree in Demography from the University of California, Berkeley. Her main areas of research are chronic disease prevention and control (hypertension, heart disease, and stroke in particular), economic evaluations in health care, and integrated health management. She is the Principal Investigator or Co-Investigator on a number of US NIH-funded and China-funded research grants. She has published dozens of peer-reviewed scientific papers some of which in leading medical journals such as JAMA, Circulation, and Archives of Internal Medicine.