The past few decades witnessed a rapid rise in nutrition-related disorders such as obesity in the United States and over the world. Traditional nutrition research has associated various foods and nutrients with obesity. Recent advances in genomics have led to the identification of genetic variants determining body weight. In the past few years, we have performed a series of analyses on gene-diet/lifestyle interactions, and identified dietary factors such as sugar sweetened beverage and macronutrient intakes, lifestyle factors such as physical activity and TV watching might modify genetic effects on obesity risk and weight change. These findings provide support to the concept of ‘personalized nutrition’, with hope to ultimately endorse person-centric diet intervention to mitigate obesity and related disorders.

Lu Qi is an Assistant Professor of Medicine at Harvard Medical School and Assistant Professor of Nutrition at Harvard School of Public Health. His research has focused on biochemical, genetic, and lifestyle determinants of obesity, diabetes, and cardiovascular diseases. Dr. Qi is the Principal Investigator of NIH R01 ‘genome-wide study on cardiovascular disease among diabetes’ (NHLBI), NIH R01 ‘Obesity Genes, Energy Regulation in Response to Weight-Loss Diets’ (NIDDK), and a metabolomic study in two diet intervention trials funded by U.S. – Israel Binational Science Foundation. He is also the co-Principal Investigator of European Foundation for the Study of Diabetes (EFSD) funded randomized trial studying lifestyle intervention on diabetes risk in Chinese women with gestational diabetes. Dr. Qi has extensive research experience in conducting epidemiology study in large cohorts and randomized clinical trials, and strong clinical and methodological background and a proven track record of publications.

Speaker: Lu Qi, MD, PhD
Date: Wednesday, March 5
Location: 160 Cunz Hall
Time: 3:15 – 4:00 p.m.
Presented by: Division of Epidemiology