

# Diet and Health: A Progress Report

Current Research and Controversy

*Featuring acclaimed nutrition and public health expert*

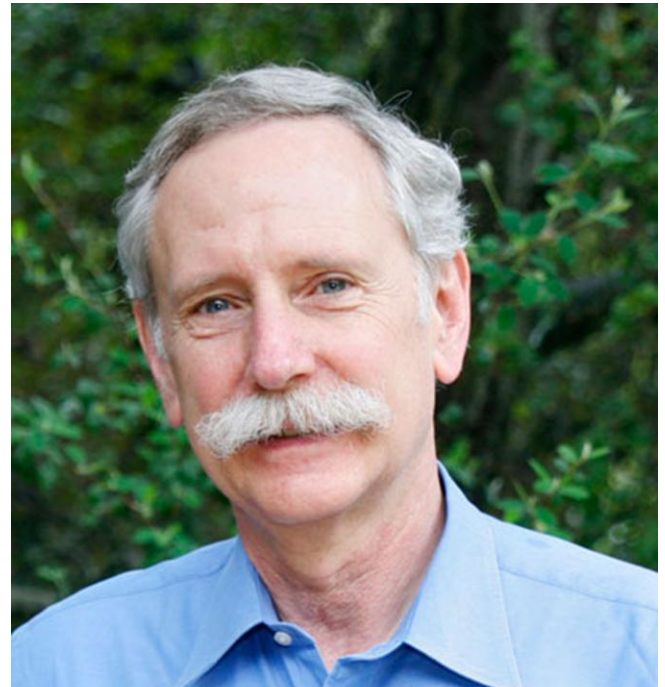
Walter Willett, MD, DrPH

Wednesday, February 29th

12:30 PM – 1:30 PM

Kiewitt Auditorium, UA Medical Center  
The University of Arizona

Dr. Walter Willett is Professor of Epidemiology and Nutrition and Chairman of the Department of Nutrition at Harvard School of Public Health and Professor of Medicine at Harvard Medical School. Dr. Willett has focused much of his work over the last 25 years studying the effects of diet on the occurrence of major diseases.



He has applied these methods starting in 1980 in the Nurses' Health Studies I and II and the Health Professionals Follow-up Study. Together, these cohorts that include nearly 300,000 men and women with repeated dietary assessments are providing the most detailed information on the long-term health consequences of food choices.

Dr. Willett has published over 1,500 articles, primarily on lifestyle risk factors for heart disease and cancer, and has written the textbook, *Nutritional Epidemiology*, published by Oxford University Press. His book for the general public, *Eat, Drink and Be Healthy: The Harvard Medical School Guide to Healthy Eating*, has appeared on most major bestseller lists, and he has recently published a second book, co-authored with Mollie Katzen, for a general audience, *Eat, Drink, and Weigh Less*. Dr. Willett is the most cited nutritionist internationally, and is among the five most cited persons in all fields of clinical science. He is a member of the Institute of Medicine of the National Academy of Sciences and the recipient of many national and international awards for his research.

**Free Event!**



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