Dear members of the Press,

Thank you for your interest in the 6th International Congress on Vegetarian Nutrition. As in previous years, no doubt this event will present the best of the best research in vegetarian diets, and raise some provocative ideas.

The 2013 Congress will cover many areas on the benefits of a vegetarian diet including topics on soy, dairy foods, cancer prevention, diabetes prevention, obesity and aging. Complete information on the 6th Congress including abstracts of the presentations can be found at the congress website www.VegetarianNutrition.org.

We invite you to take part in the congress all three days, February 24-26, and attend the special events we have planned beginning Saturday, February 23rd.

To register for the congress, please contact Loma Linda Universities Media relations Specialist, Herbert Atienza at hatienza@llu.edu.

Best Regards,

Krystal Gheen, MPH RD
Executive Coordinator, 6th International Congress on Vegetarian Nutrition

***** LLU 6ICVN Press Conference *****

Date: Sunday, February 24, 2013
Time: 10:30 – 11:15AM
Location: Drayson Center, Studio B
25040 Stewart Street
Loma Linda, CA 92354

Wi-fi Access Code: Username: Draysonguest, Password: Miracle

Press work-room location: Studio B, Drayson Center
To schedule an interview with the following speakers, please email Herbert Atienza, hatienza@llu.edu.

### Speaker Interview Schedule

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<th>Day</th>
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<td>David Jacobs, PhD</td>
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<td>Barbara Shukitt-Hale, PhD</td>
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<td>Gregory Cole, PhD</td>
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<td>Bonnie Farmer, MS RD</td>
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<td>Chef Cory Gheen</td>
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<td>Chef Betty Crocker, MPH RD</td>
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<td>Wendy Bazillian DrPH, RD</td>
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<td>Jordi Salas-Salvado, MD, PhD</td>
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<td>Richard Mattes, MPH, PhD</td>
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<td>Rashmi Sinha, PhD</td>
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<td>Sharon Ross, PhD</td>
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<td>Howard Hodis, MD</td>
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<td>Julia Wong, PhD, RD</td>
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<td>Thomas Sanders, PhD</td>
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<td>Joan Sabate, MD, DrPH</td>
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<td>Harry Aiking, PhD, ERT</td>
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<td>Samuel Soret, PhD</td>
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<td>Tuesday</td>
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<td>Rosalind Gibson, PhD</td>
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<td>John Kelly, MD, MPH</td>
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<td>Peter Elwood, MD, DSc, FRCP, FFPHM</td>
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Notes:
- The 6th International Congress on Vegetarian Nutrition (ICVN) was held at Loma Linda University, School of Public Health, Office of Public Health Practice & Workforce Development. The conference website is www.VegetarianNutrition.org.
6th International Congress on Vegetarian Nutrition
February 24-26, 2013 | Loma Linda, CA

Every five years this scientific conference on the health effects of plant based diets offers an opportunity for health professionals and researchers to learn from each other in plenary sessions, workshops, poster presentations and social gatherings.

Professional interest in vegetarian nutrition has now reached unprecedented levels; however, scientific knowledge regarding vegetarian diets and their effects on human health is far from complete. The International Congress on Vegetarian Nutrition is designed to provide a review of the accumulated findings, and introduce theoretical concepts, practical applications, and implications of vegetarian dietary practices for both the prevention of disease and the promotion of health, as well as for the furthering of research endeavors.

Symposium Highlights

- Plant based diet patterns & healthy aging
- Epidemiological studies of vegetarians
- Role of nuts in disease prevention
- Vegetarian diet patterns & obesity
- Vegetarian diet and prevention of cancer
- Role of soy in health and disease
- Vegetarian studies: A global perspective
- Are all n-3 fatty acids created equal?
- Vegetarian diet patterns & cardiometabolic syndrome
- Efficiency & environmental aspects of meatless diets
- Foods & nutrients of interest to vegetarians: The science & application
- Classification of vegetarian dietary patterns

Contact Information

Website: http://www.vegetariannutrition.org

Congress Coordinator
Krystal Gheen, MPH, RD
Executive Coordinator, 6ICVN
Loma Linda University, School of Public Health
10970 Parkland Street, Loma Linda, CA 92350
909-558-4595 | kboyce@llu.edu

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Media Relations Specialist - LLUMC
P: 909-558-8419
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Congress Chair:
Joan Sabate, MD, DrPH
Professor & Chair - Department of Nutrition
LOMA LINDA UNIVERSITY | School of Public Health
24951 North Circle Drive, Room #1122
Nichol Hall, Loma Linda, CA 92350, USA
(909) 558-4598 | jsabate@llu.edu

Location
Drayson Center, Loma Linda CA
25040 Stewart St
Loma Linda University
Loma Linda, CA 92350
About the School of Public Health

The School of Public Health emphasizes educational, interpersonal community, preventative, legislative factors that promote positive health behaviors. There are seven academic departments under the overarching School of Public Health, encompassing academic fields in Earth and biological Sciences, Environmental Health and Geoinformatic Sciences, Epidemiology, Biostatistics, and Population Medicine, Global Health, Health Policy and Management, Health Promotion and Education, and Nutrition. The ultimate goal is to sustain the well-being of the communities in which we serve. In seeking to do this, Loma Linda University’s School of Public Health will provide a superior learning environment and will equip students with universal tools and values that are relevant for any setting.

About the Department of Nutrition

The Department of Nutrition uses the science of nutrition and related disciplines to identify and solve nutrition-related health problems. Students in the Department of Nutrition are disciplined to integrate knowledge of nutrition science with competencies in education, behavioral science, management, and public policy to enhance the nutrition status of individuals, group, and populations. The program seeks to protect the health, safety and welfare of the public by encouraging higher standards of persons practicing nutrition and dietetics, and equips students to become future leading minds of nutrition.

About Loma Linda University

Loma Linda University is a health-science university in Southern California known for its nutrition and lifestyle research in relation to chronic diseases. For more information about the University please visit www.llu.edu.

6ICVN Schedule of Events

Saturday, February 23
6:30 PM  Pre-Conference Session: Vegetarianism: the Interface of Science & Values
8:30 PM  Reception, following Vegetarianism Pre-conference Session

Sunday, February 24
8:00 AM  Day 1 Scientific Program
12:40 PM  A Vegetarian Culinary Adventure Lunch
12:40 PM  Simultaneous session: Short oral presentations I
6:30 PM  Vegetarian Congress Reception

Monday, February 25
8:00 AM  Day 2 Scientific Program
12:30 PM  Simultaneous session: Short oral presentations II
12:30 PM  Simultaneous Session: Vegetarian studies: A global perspective (Panel)
7:00 PM  Vegetarian Congress Banquet

Tuesday, February 26
8:00 AM  Day 2, Scientific Program
11:40 PM  School of Public Health Alumni Luncheon
12:00 PM  Simultaneous session: Short oral presentations III
12:00 PM  Simultaneous session: Short oral Presentations IV
4:45 PM  Scientific Program Concludes
History & Statistics for ICVN

- **First:** The First International Congress on Vegetarian Nutrition was held in 1987 in Washington DC, and drew 400 researchers and nutrition experts from around the globe.

- **Second:** In July 1992 the 2nd International Congress on Vegetarian Nutrition was held in Arlington, VA. The congress saw a growth in attendance and sponsorships. Although the congress primarily addressed issues related to dietary practices, nutritional status, and health, it also considered the potential relationship of vegetarian diets to the growing concerns of ecology and environmental conditions, as well as the growing challenge of meeting world food needs. In addition the congress provided a forum for sharing practical applications, including the development of a guide to planning nutritionally adequate vegetarian diets.

- **Third:** The 3rd Congress was held in March 1997 on the campus of Loma Linda University. While most of the information presented at this congress continued the focus on the dietary practices of vegetarians, it had a broader application to the general population. In the years since the previous congress much information had accumulated on the health effects of plant foods such as cereals, legumes, nuts, fruit, and vegetables. The evidence came from basic science and clinical and epidemiologic research. This information was reviewed and presented at the congress as part of a symposium on plant foods and health. As before, the congress emphasized practical applications. The third congress included the presentation of a new vegetarian food guide pyramid developed through consensus by a group of nutrition scientists representing various institutions and dietary traditions.

- **Fourth:** The Fourth Congress was held April 8-11, 2002 and was also convened at the campus of Loma Linda University. The 4th installment saw the attendance grow to over 500 participants and included four plenary sessions, ten symposia, short oral sessions and poster presentations. As in previous congresses, participants in this congress discussed recent work in the areas of vegetarian diets and chronic disease risk, epidemiologic studies on vegetarians, and adequacy issues related to vegetarian diets. There were two special symposia: the first was a forum to explore and discuss the challenges of nutrients, foods, and dietary patterns as exposures in diet and health research, the second discussed the ecologic and environmental impacts of different dietary choices.

- **Fifth:** 689 Participants, from 44 different countries.

  **Participant profession profile sphere**
  - Dietitians
  - Physicians
  - Health Educators
  - Nurses
  - LLU Faculty & Staff
  - Students
  - General Public
  - Researchers
  - Other

  **International Representation**
  - Europe: 8%
  - Asia: 2%
  - South America: 3%
  - North America: 2%
  - Africa: 3%
  - Australia: 84%
6ICVN Current Statistics & Happenings

Presenters:
48 Total, representing 9 Countries

Affiliated Institution (alphabetical):
- Andrews University
- Cardiff University
- Harvard Medical School
- Harvard School of Public Health
- Imperial College London
- Institute of Alternative and Sustainable Nutrition
- Justus Liebig Universität
- King’s College London
- Loma Linda University
- National Cancer Institute
- National Cancer Institute
- National Eye Institute National Institute of Health
- Northwestern University
- Feinberg School of Medicine
- Physicians Committee for Responsible Medicine
- Purdue University
- Rocky Mt. Lifestyle Health Center
- Slovak Medical University
- Tufts University
- Universidade de Sao Paulo
- Universitat Rovira I Virgili
- University of California, Los Angeles
- University of California, Los Angeles
- University of Minnesota
- University of Navarra
- University of Otago
- University of Oxford
- University of Pennsylvania
- University of South Dakota
- University of Southern California Keck School of Medicine
- University of Texas
- University of Toronto
- Vegetarian Resource Group
- Vrije Universiteit

2013 Sponsoring Organizations
- California Walnut Commission (TOP RANK - Premier Nut Sponsor)
  Contact: Jennifer Olmstead, jennifer@walnuts.org, http://www.walnuts.org/
- Harding Heritage Foundation
  Contact: Corrine Garvey, harding-evans@att.net, no website
- Silk
  Contact: Jessica Farlow, jessica.farlow@whitewave.com
  http://silksoymilk.com
- CHIP Health
  Contact: Stephen Herzog, stephan.herzog@chiphealth.com
- Lifelong Health, Wellsource
  Contact: Kathryn McLane, kathryn@wellsource.com, http://www.wellsource.org/
- International Nut Council
  Contact: Goretti Guasch, copia.goretti.guasch@treenuts.org, http://www.nutfruit.org/en/

Registration Information:
3-days: $550  2-days: $450  1-day: $350  Student/postdoc/resident: $225

Continuing Professional Education credit:
Up to 19.0 units will be available for: CDE, CME category 1, Registered Nurses (BRN), Certified Health Educators (CHES), Registered Dietitians (RD), Respiratory Therapists, Social Workers, Marriage and Family Therapists, Chaplains and culinary professionals, Pharmacy.

Hotel Accommodations:
- Hilton San Bernardino, $99/night with code: ICV, (909) 388-7910
SPECIAL EVENT

Vegetarianism: the Interface of Science & Values

Date: February 23, 2013
Time: 6:30-8:30PM
Cost: $10 person
Location: 4th Floor Centennial complex, LLU
24760 Stewart St., Loma Linda, CA, 92350

Sponsored by:
Brought to you by the School of Public Health’s Department of Nutrition, in collaboration with the Loma Linda University Center for Christian Bioethics, and the Harding-Heritage Foundation.

Summary:
“Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet.” Albert Einstein

What values drive research, public policy and advocacy concerning vegetarian diets? Scientists, ethicists, theologians and policy advocates explore ideas in a roundtable discussion that will shape the future of vegetarian nutrition.

As a special pre-conference session of the 6th International Congress on Vegetarian Nutrition, this gathering explores diverse topics in the realm of vegetarianism, including environmental sustainability, animal rights, and religious practices that have sparked inquisitive minds around the world.

Claus Leitzmann, PhD
Retired professor of the Justus Liebig University in Giessen, Germany, who practices and advocates a vegetarian lifestyle. Claus Leitzmann authored a Dictionary of Nutrition published 30 books and more than 400 scientific papers.

Sigve Tonstad, PhD, MD
A professor of Religion at Loma Linda University, Sigve Tonstad is both a physician and a New Testament scholar. He has written several books, the most recent of which is The Lost Meaning of the Seventh Day. He has lectured on the moral issues raised by industrial

Marianne Thieme, LL.M
Marianne Louise Thieme is the founder and leader of the Party for Animals, which now exists in several countries. Since 2006, Ms. Thieme has been the leader of her party in the Dutch Parliament, where two other members of her party also serve. A vegetarian, Ms. Thieme is the author of the book The Century of the Animal.
SPECIAL EVENT

A Vegetarian Culinary Adventure

Date: February 24, 2013
Time: 12:40 – 1:40 PM
Cost: $15 person 6ICVN Attendee, $40 non-6ICVN attendee
Location: 11072 Anderson Street, Loma Linda, CA 92350, US
Sponsor: California Walnut Commission

“Eat food. Not too much. Mostly plants.” Michael Pollan

The opportunities are endless! Extend your skills as you learn from Chef’s Cory Gheen and Betty Crocker, MPH RD – and experience the array of plant based possibilities that can beautify your plate and tantalize your senses.

This highly dynamic culinary exploration will teach you how to create real-world vegetarian meals that integrate the latest research findings presented at the 6th International Congress on Vegetarian Nutrition.

Taste for yourself – lunch is included!

Vegetarian Congress Reception

Date: February 24, 2013
Time: 6:30 - 8:30 PM
Cost: Included with registration, additional guests are $15
Location: 4th Floor, LLU Centennial Complex, 24760 Stewart Street, Loma Linda, CA 92350

Vegetarian Congress Banquet:

Date: February 25, 2013
Time: 6:30 - 8:30 PM
Cost: $40
Location: San Bernardino Hilton, 285 E. Hospitality Lane, San Bernardino, CA 92408
Honorees: Drs. Hans Diehl, Don Hall, Georgia Hodgkin, and Patricia Johnston

Vegetarian Congress & Alumni Luncheon

Date: February 24, 2013
Time: 11:40 – 1:30 PM
Cost: Included with registration
Location: Drayson Center, 25040 Stewart St. Loma Linda University Loma Linda, CA 92350
6ICVN Plenary Lectures

The Environmental Cost of Food

Date: February 26, 2013
Time: 8:00 – 9:50AM

Public Health Significance

A 2009 Californian study, comparing the environmental effects of vegetarian versus non-vegetarian diets, found that a non-vegetarian diet consumed 2.9 times more water, 2.5 times more primary energy, 13 times more fertilizer, and 1.4 times more pesticide than a vegetarian diet. (http://umurj.org/feature-articles/vegetarianism-and-the-environment)

Speakers & Topics:

Harry Aiking, PhD, ERT  |  Protein production: Planet, profit plus people
David R. Jacobs, PhD   |  Diet patterns and Longevity: plenty of plant foods or absence of meat?
Joan Sabate, MD, DrPH  |  Sustainability of plant based diets-Back to the future

What to Expect:

Abstract Submission by Dr. Sabate
Sustainable diets have low environmental impacts while contributing to nutrition security and to healthy life for present and future generations. For millennia mankind has obtained the necessary food for its sustenance in a sustainable manner. Presently this is not the case.

Abstract Submission by Dr. Aiking
Food sustainability and food security are increasingly in the spotlight. According to FAO projections we will need to nearly double food production in the next four decades. This paper argues that protein production and consumption are pivotal, for anthropogenic contributions to the nitrogen cycle are 100-200% (compared to 1-2% to the carbon cycle), with biodiversity as the main casualty.

Abstract Submission by Dr. Soret
Worldwide, agricultural activities account for about 20-50% of total greenhouse gas emissions (GHGEs), thus contributing to climate change and its adverse environmental and health consequences. According to recent estimates, 80% of GHGEs of all food production arises from livestock. Hence, the carbon footprint of vegetarian diets appears to be substantially lower compared to meat-based diets.
Loma Linda University, School of Public Health  |  Office of Public Health Practice & Workforce Development
10970 Parkland Street, Loma Linda, CA 92354  |  909-558-4595  |  sphcpe@llu.edu
www.VegetarianNutrition.org

6ICVN Primary Health Themes

Vegetarian Diets & Healthy Aging

Date:  February 24, 2013
Time:  9:30 - 11:25AM

Public Health Significance
One in eight older Americans has Alzheimer’s disease. Alzheimer’s disease is the sixth leading cause of death in the US (http://www.alz.org/alzheimers_disease_facts_and_figures.asp)

Approximately 9.1 million people in the United States older than 40 suffer from age-related macular degeneration (http://www.maculardegenerationassociation.org/aboutmd/facts.aspx)

Speakers & Topics:
Barbara Shukitt-Hale, PhD  |  Walnuts and Berries for the Brain
Gregory Cole, PhD  |  Dietary n-3 fatty acids and cognition: Does the Source Matter?
Katherine L Tucker, PhD  |  Plant based diet, n-3 fatty acids and risk of osteoporosis
Paul SanGiovanni, ScD  |  Preventing macular degeneration: The vegetarian advantage

What to Expect:

*Abstract Submission by Dr. Shukitt-Hale*
Foods high in antioxidant and anti-inflammatory activity, such as berries and nuts, prevent and reverse neurochemical and behavioral changes that occur with aging.

*Abstract by Dr. Gregory Cole*
Risk for dementia, most notably Alzheimer Disease (AD), rises with age, doubling every 5 years after age 65 to eventually impact 30 to 50 percent of those over 90 years of age. With an aging population and no cure in sight, researchers have discovered effective biomarkers to diagnose AD.

*Abstract Submission by Dr. Tucker*
In contrast to an earlier almost exclusive focus on calcium and vitamin D for protecting bone, recent investigation of diet and osteoporosis has identified fatty acids and plant-base diets to have potential effects on bone mineral density and fracture risks.

*Abstract by John Paul San Giovanni*
Advanced age-related macular degeneration (AAMD) is the leading cause of blindness in elderly people of western European ancestry. More than 2 million U.S. residents have AAMD. Current treatments (intraocular injections with anti-angiogenic drugs) are a substantial financial burden on society, with direct annual medical costs reaching ~570 million dollars. However, dietary intake research shows promise in AAMP prevention and treatment.
6ICVN Primary Health Themes

Vegetarian Diets & Obesity

Date: February 24, 2013
Time: 4:40 - 6:35 PM

Public Health Significance

In 2009–2010, 35.7% of U.S. adults were obese.
(http://www.cdc.gov/obesity/data/adult.html)

In 2009–2010, 16.9% of U.S. children and adolescents were obese.
(http://www.cdc.gov/obesity/data/adult.html)

The World Health Organization predicts there will be 2.3 billion overweight adults in the world by 2015 and more than 700 million of them will be obese.
(http://www.who.int/mediacentre/factsheets/fs311/en/)

Speakers & Topics:

Pramil Singh, DrPH | Obesity epidemic in a vegetarian sub-continent
Neal Barnard, MD | Vegetarian diets for weight control
Bonnie Farmer, MS, RD | Plant based diet pattern, plant foods and weight control: Observations from NHANES
Serena Tonstad, MD, PhD, MPH | Vegetarian dietary patterns and body weight: Evidence from cohort studies

What to Expect:

Abstract by Pramil Singh
The substantial increase in the prevalence of diabetes, CHD, and stroke in India points to the occurrence of an epidemiologic transition due to a higher prevalence of traditional cardiovascular disease risk factors such as diet (higher saturated fat and meat intake), physical inactivity, and tobacco use. Our

Abstract by Neal Barnard
In observational studies, people following vegetarian diets typically have lower body weights, compared with individuals following omnivorous diets.

Abstract by Bonnie Farmer
Population-based studies have shown that body mass index is lower for vegetarians than non-vegetarians, and that caloric intake for vegetarian diet patterns can be as much as 460 kcal less than those of non-vegetarians. This suggests the usefulness of vegetarian diet patterns as an approach for weight management.

Abstract by Serena Tonstad
Diets eliminating animal products may protect against autoimmune disease. We studied a range of vegetarian diets in relation to risk of hypo- and hyperthyroidism in the Adventist Health Study-2.
6ICVN Primary Health Themes
Vegetarian Diets & Cancer

Date: February 25, 2013
Time: 8:50 - 10:20 AM

Public Health Significance
Based on rates from 2007-2009, 41.24% of men and women born today will be diagnosed with cancer of all sites at some time during their lifetime.
(http://www.cdc.gov/nchs/data/databriefs/db82.pdf)

According to World Cancer Research Fund International, there were be an estimated 12.7 million cancer cases around the world in 2008, of these 6.6 million cases were in men and 6.0 million in women.
(http://www.wcrf.org/cancer_statistics/world_cancer_statistics.php)

Speakers & Topics:
Rashmi Sinha, PhD
Meat, dairy and cancer risk

Tim Key, PhD
Plant based dietary patterns, plant foods and cancer risk: Findings from EPIC

Sharon Ross, PhD, MPH
Nutrigenomics, plant based dietary patterns and cancer

What to Expect:

Abstract by Rashmi Sinha
The World Cancer Research Fund and American Institute for Cancer Research (WCRF/AICR) report in 2007 judged that red and processed meat consumption were “convincing” linked to colorectal cancer, and that milk consumption was “probably” protective against colorectal cancer. Since the publication of that report, the relationship between meat, dairy and cancer remains a matter of scientific debate in the literature.

Abstract by Timothy Key
Ecological studies have shown that, for several of the major cancer sites, the incidence is higher in rich countries with high intakes of meat and dairy products than in poor countries with proportionately higher intakes of plant foods.

Abstract by Sharon Ross
Both epidemiological and preclinical evidence suggest that consumption of dietary phytochemicals (e.g., genistein and other isoflavones from soy products, epigallocatechin-3-gallate and other polyphenols in tea, isothiocyanates and indole-3-carbinol from cruciferous vegetables) are likely to alter susceptibility to cancer.
Speaker Biographies

Julio Acosta Navarro, MD, PhD
Currently, Dr. Navarro is the Senior Clinical Cardiologist at the Heart Institute, which is part of Hospital das Clínicas de São Paulo. He is also an author who has dedicated his professional life to the study of vegetarian diets in relation to the prevention and treatment of chronic diseases.

Bharat Aggarwal, PhD
Dr. Bharat is a professor of many disciplines including Cancer Research, Immunology, Biochemistry, Experimental Therapeutics and more at the University of Texas M.D. Anderson Cancer Center. He has published more than 600 papers and his research has been involved with the prevention and therapy of cancer and other chronic diseases.

Harry Aiking, PhD, ERT
Dr. Aiking is an associate professor of Chemistry & Food at the Institute for Environmental Studies, located in the Netherlands. Dr. Aiking has been leading dozens of multidisciplinary projects on the interface of natural and social sciences.

Neal Barnard, MD
Dr. Neal Barnard is a nutrition researcher, author, and health advocate. He conducts studies on the role of nutrition in diabetes, obesity, and lipid management, among other health issues. His most recent clinical trial established the value of a novel dietary program for type 2 diabetes.

Wendy Bazilian, DrPH, MA, RD
Wendy is a writer, researcher, educator, food enthusiast and award-winning journalist. Dr. Bazilian brings extensive experience in nutrition science and counseling to her work and is frequently invited as a guest expert on local and national media including NBC’s TODAY, Live with Kelly and Michael, and Good Morning America. Dr. Bazilian is Nutrition Advisor at Golden Door fitness resort and spa since 2003 and co-owner of Bazilian’s Health Clinic in San Diego.

Raymond Bergan, MD
Dr. Bergan is Professor of Medicine and Director of Experimental Therapeutics for the Robert H. Lurie Comprehensive Cancer Center of Northwestern University, and Co-Director of the Center for Molecular Innovation and Drug Discovery. He directs a National Institute of Health (NIH) funded basic research laboratory, focusing upon cancer drug discovery. His group was the first to successfully therapeutically inhibit pathways in humans that drive cancer metastasis.

Tina Chiu, MPH, RD
Ms. Chiu is a nutritionist and co-investigator for the Tzu Chi Health Study (TCHS), a new cohort in Taiwan looking into the health effect of maintaining a vegetarian diet. She has been analyzing data on diabetes and cardiometabolic risk factors and has a special interest on diet’s impact on the environment.

Peter Clarys, PhD, MS
Dr. Peter Clarys is an assistant professor at the Faculty of Physical Education and Physiotherapy of the Vrije Universiteit Brussel, located in Belgium. He has devoted special attention to the field of nutrition and health and is currently researching physical inactivity and physical activity promotion.
Gregory Cole, PhD
Dr. Cole is a professor and associate director for research at the Geriatric Research, Education and Clinical Center as well as the UCLA Alzheimer’s Center. His work over the last two decades has been centered on the production and role of beta amyloid in Alzheimer's disease. His recent studies concentrate on n-3 fatty acids in the prevention of Alzheimer’s disease.

Peter Elwood, MD, DSc, FRCP, FFPHM
Dr. Elwood is an honorary chair of Cardiff University, located in the United Kingdom. He continues working on issues in public health, and in particular, healthy lifestyles. Other areas that interest him are stroke prevention and the effects of aspirin in the prevention of cancer.

Gary Fraser, MBChB, PhD
Dr. Fraser is a professor of epidemiology and preventive care at Loma Linda University, located in California. His research has led him to focus on how diet and lifestyle affect life expectancy and the occurrence of chronic disease.

Cory Gheen
An inquisitive food lover from childhood, Chef Cory studied at the Culinary Institute of America in New York before commencing a career in the Napa Valley and Central California. While working as a chef and restaurant manager; as well as managing in food retail, he developed a wide ranging knowledge about the world of food and culinary arts. Although vegetarian cuisine has been his focus, he never misses an opportunity to explore other areas. Continuing with that passion, Chef Cory now works with students to spark their interest and develop the skills needed to be successful in the amazing world of professional foodservice.

Rosalind Gibson, PhD, FRSNZ
Dr. Gibson is a research professor in Human Nutrition at the University of Otago, Dunedin, New Zealand. For the last twenty years, Prof. Gibson has worked on micro-nutrient nutrition in Ethiopia, Mongolia and Brazil, emphasizing sustainable diet-based strategies to combat micro-nutrient deficiencies.

Ella Haddad, DrPH
Dr. Haddad is currently an associate professor in the Department of Nutrition at the School of Public Health, at Loma Linda University, California. In addition, Dr. Haddad is the resident nutritional biochemist for the department and has been instrumental in conducting laboratory research including work for the Adventist Health Study-2.

William Harris, PhD
Dr. Harris is a professor in the Department of Medicine at the Sanford School of Medicine and the President and CEO of OmegaQuant, LLC. His main focus is in human lipid and lipoprotein metabolism.

Howard Hodis, MD
Dr. Hodis is a professor of Cardiology, Professor of Medicine and Preventative Medicine, Molecular Pharmacology and Toxicology as well as Director of the Atherosclerosis Research Unit at the University of Southern California Keck School of Medicine. His overarching research interest is in the area of vascular
disease and atherobiology with investigative pursuits to understand the biology and genetics of the etiology and progression of the disease processes including prevention and intervention.

**Frank Hu, MD, PhD**
Dr. Hu is a professor of Nutrition, Epidemiology and Medicine; director of the Boston Obesity Nutrition Research Center Epidemiology and Genetics Core; co-director of the Program in Obesity Epidemiology and Prevention, HSPH; and director of the Harvard Transdisciplinary Research in Energetics and Cancer Center. Dr. Hu’s research has focused on diet and lifestyle determinants of type 2 diabetes and cardiovascular disease.

**Karen Jaceldo-Siegl, DrPH**
Dr. Jaceldo-Siegl is a research associate for the Adventist Health Study-2. Her current role as co-investigator in AHS-2 has given her the opportunity to focus on the validation of food frequency questionnaires using dietary recalls and biomarkers as references.

**David Jacobs, PhD**
Dr. Jacobs is a professor of epidemiology at the University of Minnesota. His research has brought him to analyze diet and chronic diseases. Currently, he is one of the principal investigators in several important epidemiological studies such as MRFIT, CARDI and MESA projects.

**Markus Keller, PhD**
Dr. Keller is an expert on nutrition, founder and director of IFANE (Institute of Alternative and Sustainable Nutrition), head of Science and Research of UGB (Association of Independent Health Counseling). Dr. Keller’s primary interests include the health and ecological benefits of vegetarian and vegan diets. He is the coauthor of leading German vegetarian textbook *Vegetarian Nutrition*. One of Dr. Keller’s most recent studies focused on the effects of a vitamin B12-fortified toothpaste on the cobalamin status of vegans and vegetarians.

**John Kelly, Jr., MD, MPH**
Dr. Kelly is board certified in Preventive Medicine and has done private and government-funded research in Lifestyle Medicine. He was founding President of the American College of Lifestyle Medicine, and serves as adjunct faculty at three medical schools, including Loma Linda University. He currently practices Lifestyle Medicine in Rocky Mount, Virginia.

**Cyril Kendall, PhD**
Dr. Kendall is a professor and research scientist in Nutritional Sciences Department at the University of Toronto, Canada. He has extensive research experience in dietary studies on foods and cardiovascular disease and diabetes and has published several scholarly articles and presented at several prestigious conferences.

**Timothy Key, PhD**
Dr. Key is the chairman of the EPIC prostate cancer group. He is also co-principal investigator of the Endogenous Hormones and Breast Cancer Collaborative Group. His main interests are the roles of diet and hormones in the etiology of cancer, particularly cancers of the breast, prostate and colon.

**Zora Krivošíková, PhD**
Dr. Krivošiková is a professor at the Slovak Medical University. Her interests lie with bone health and onset of osteoporosis in various populations. Most recently she has studied the bone mineral density of Slovak women on vegetarian diets.

Claus Leitzmann, PhD
Dr. Leitzmann is a highly respected and retired professor of Justus Liebig University, located in Germany. He is an advocate for vegetarian lifestyles and is the author of many nutrition books including *Dictionary of Nutrition*.

Reed Mangels, PhD, RD, LD, FADA
Dr. Reed is a nutrition advisor for the Vegetarian Resource Group; Professor of Nutrition at the University of Minnesota; editor and columnist for Vegetarian Journal; co-author of the Academy of Nutrition and Dietetics’ position paper on vegetarian diets and advocate for vegan diets.

Miguel Angel Martinez-Gonzalez, MD, MPH, PhD
Dr. Martínez is physician, epidemiologist, professor, and nutrition researcher. He is the Chair of the Department of Preventive Medicine and Public Health at the University of Navarra. He is the principal investigator of the SUN cohort study and the PREDIMED Network.

Richard Mattes, MPH, PhD, RD
Dr. Mattes is a distinguished professor of Nutrition Sciences at Purdue University, located in Indiana. He has focused his research to ingestive behavior. He has provided valuable insight into fat taste and its role in regulating lipid metabolism, food rheology in energy compensation in food intake, and the influence of nuts on appetite and lipid metabolism.

Mark Messina, PhD, MS
Long time program director with the National Cancer Institute, Dr. Messina is now co-owner of Nutrition Matters, Inc., a nutrition consulting company. He is adjunct associate professor at Loma Linda University, and the Executive Director of the Soy Nutrition Institute. He has published more than 50 articles and book chapters for health professionals, and has given more than 400 presentations.

Virginia Messina, MPH, RD
Co-owner of Nutrition Matters, Inc., a nutrition consulting company, as well as co-author of the two most recent position papers on vegetarian diets from the Academy of Nutrition and Dietetics. In addition, Messina also authors the blog “The Vegan R.D.” relaying nutrition information to the public and peers.

Peter Pribis, MD, DrPH
Graduate of Loma Linda University and epidemiologist for the Adventist Health Study. He has worked in various countries as a medical advisor and health director for health ministry. He has conducted research in the area of nuts, vegetarian lifestyle and n-3 fatty acids.

Sujatha Rajaram, PhD
Dr. Rajaram is an assistant professor in nutrition at Loma Linda University. Her research interest is on the role of nuts in the prevention of chronic diseases. She has published several articles in peer-reviewed journals and written several chapters for books on nutrition.
Elio Riboli, MD, HonFPH, FMedSci
Dr. Riboli is the director of the School of Public Health at Imperial College London, located in the United Kingdom. He is noted for initiating the EPIC study and has been greatly involved with the IARC.

Sharon Ross, PhD, MPH
Dr. Ross is the program director in the Nutritional Science Research Group, Division of Cancer Prevention at the National Cancer Institute, located in Maryland. She has interests in molecular approaches to diet and pancreatic cancer; diet, epigenetic events, and cancer prevention; nutrition and nanotechnology; as well as diet, obesity and cancer risk.

Joan Sabaté, MD, PhD
Dr. Sabaté is a professor and chair of the Department of Nutrition at Loma Linda University, located in California. He is one of the pioneers in the field of research involving nut consumption and prevention of heart disease.

Jordi Salas-Salvado, MD, PhD
Professor of food science and nutrition and director of the Nutrition Unit at Universitat Rovira I Virgili.

Thomas Sanders, PhD, DSc
Dr. Sanders is the head of the Diabetes and Nutritional Sciences Division at King’s College London, located in the United Kingdom. His research has focused on the health aspects of dietary fats particularly in relation to cardiovascular disease and type 2 diabetes.

John Paul San Giovanni, ScD
He is a staff scientist at the Division of Epidemiology and Clinical Applications at the National Eye Institute, located in Maryland. His research focuses on the protective effects on retinal blood vessels of n-3 fatty acids.

Barbara Shukitt-Hale, PhD
Dr. Shukitt-Hale is a research psychologist at USDA, ARS, Neuroscience and Aging Laboratory. Her main focus is on behavioral and neurochemical effects of aging in rodents and the investigation of motor and cognitive performance changes due to oxidative stress, using the free-radical theory of aging.

Pramil Singh, DrPH
Dr. Singh is the Director for the Center for Health Research at Loma Linda University and an Associate Professor of Epidemiology and Global Health. During the past decade, his research has focused on the study and measurement of lifestyle exposures (diet, tobacco, physical activity) in population-based studies in the U.S. and Asia. On the Adventist Health Studies, he has authored or co-authored a number of reports on the vegetarian diet, body mass index, and health outcomes, and is currently expanding the work to multiethnic samples.

Rashmi Sinha, PhD
Dr. Sinha is an expert in nutritional epidemiology who is noted with being the Co-Principal Investigator of the NIH-AARP Diet and Health Study. Her research interests include diet and cancer etiology; diet, lifestyle, and chronic disease in Asian populations; and the role of gut microflora in nutrition.

Samuel Soret, PhD
Dr. Soret is the Associate Dean of Public Health Practice, and professor in the Department of Environmental Health and Geoinformatics Sciences at Loma Linda University, located in California. His research interests include the application of spatial analysis and GIS technology in public and environmental health.

**Serena Tonstad, MD, PhD, MPH**  
**Dr. Tonstad** is a professor in the Department of Health Promotion and Education and Department of Preventive Medicine. She has dedicated her career to the preventive care of patients with lifestyle related disorders including tobacco addiction, obesity and the metabolic syndrome and lipid disorders.

**Katherine Tucker, PhD**  
Dr. Tucker is a visiting scientist in the Nutritional Epidemiology Laboratory in Jean Mayer USDA HNRCA. Her research interests are diet and health, dietary methodology, and nutritional status of high-risk populations.

**Julia Wong, PhD, RD**  
**Dr. Wong** is a postdoctoral research fellow at Children’s Hospital Boston. She has published findings on the gut microbiota, diet and heart disease.
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