



# The Richard Doll Seminars in Public Health & Epidemiology

## Dr Nita Forouhi

MRC Epidemiology Unit,  
University of Cambridge

“Diet and the development of type 2 diabetes  
– where we are now”

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**Tuesday 2nd June 2015, 1-2 pm**

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**Lecture Theatre, Richard Doll Bldg,  
Old Road Campus  
All Welcome**

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## Dr Nita Forouhi



Dr Nita Forouhi is the Programme Leader for the Nutritional Epidemiology Programme at the MRC Epidemiology Unit at the University of Cambridge and a Consultant Public Health Physician. She trained in Medicine, specialising in Diabetes and Endocrinology at Newcastle and Edinburgh, in Epidemiology as a Wellcome Clinical Training Fellow at the London School of Hygiene & Tropical Medicine, and in Public Health Medicine in London and Cambridge.

Nita is interested in the causation and prevention of diabetes and related metabolic diseases. Her research focuses on identifying dietary factors that can elevate or reduce the risk of developing diabetes and in using improved methods to assess diet, including the use of objectively measured nutritional biomarkers. She is keen to promote methodological knowledge transfer in dietary assessment through web-based projects and she also works closely with colleagues at the Centre for Diet and Activity Research (CEDAR) to contribute to a greater understanding of the drivers, barriers and facilitators of healthy dietary behaviours.

Nita is principal investigator on several large cohort studies and works with international consortia including the EU-funded InterAct and InterConnect projects, she has authored 180 peer-reviewed publications, and is committed to teaching and training. She also chairs the multidisciplinary Managed Care Network for Diabetes for Cambridgeshire and Peterborough and has been an active member of several research and advisory national and international committees. She is also committed to the Athena SWAN agenda through her lead role as a Governance Group member.