

BIOGRAPHICAL SKETCH

Rev. 10.05

NAME Adam Drewnowski		POSITION TITLE Professor	
eRA COMMONS USER NAME adrewnowski			
EDUCATION/TRAINING <i>(Begin with baccalaureate or other initial professional education, such as nursing, and include postdoctoral training.)</i>			
INSTITUTION AND LOCATION	DEGREE <i>(if applicable)</i>	YEAR(s)	FIELD OF STUDY
Balliol College, Oxford University, England	BA, MA	1971	Biochemistry
Rockefeller University, New York, NY	Ph.D.	1978	Psychology
University of Toronto, Toronto, Ontario	Postdoctoral	1978-80	Psychology

A. POSITIONS AND HONORS

- 1980-83 Assistant Professor, Laboratory of Human Behavior and Metabolism, The Rockefeller University, New York.
- 1983-88 Assistant Professor, Program in Human Nutrition, School of Public Health, University of Michigan.
- 1986-88 Assistant Professor of Psychology in Psychiatry, University of Michigan Medical School.
- 1988-91 Associate Prof. and Director, Program in Human Nutrition, School of Public Health, University of Michigan
- 1990-95 Associate Professor of Psychology in Psychiatry, University of Michigan Medical School.
- 1991-98 Professor and Director, Program in Human Nutrition, School of Public Health, University of Michigan.
- 1995-98 Adjunct Professor of Psychology in Psychiatry, University of Michigan Medical School
- 1997 Chercheur Invité, Institut Scientifique et Technique de la Nutrition et d'Alimentation, Conservatoire National des Arts et Metiers, Paris, France.
- 1998- Professor of Epidemiology, School of Public Health and Community Medicine, University of Washington
Director, Nutritional Sciences Program, University of Washington
- 1998- Adjunct Professor, Department of Medicine, University of Washington Medical School
- 1998- Member, Fred Hutchinson Cancer Research Center, Seattle, WA
- 2002- Director, Center for Public Health Nutrition, University of Washington
- 2004- Director, UW Center for Obesity Research, University of Washington

Professional Societies

American College of Nutrition (Fellow), American Dietetic Association, American Nutrition Society, American Psychological Association (Fellow, Divisions 3, 6, and 38), American Public Health Association, Association for Chemoreceptor Sciences (AChemS), International Society for Behavioral Nutrition and Physical Activity, North American Association for the Study of Obesity (NAASO), Society for the Study of Ingestive Behavior (SSIB).

B. SELECTED PUBLICATIONS (since 2001)

- Hann CS, Rock CL, King I, Drewnowski A. Validation of the Healthy Eating Index (HEI) using plasma biomarkers in a clinical sample of women. *Am J Clin Nutr* 2001;74:479-86.
- Drewnowski A, Evans WJ. Nutrition, physical activity and quality of life in older adults: summary. *J Geront* (series A) 2002;56A (special issue II):89-94.
- Drewnowski A. Genetics of human taste perception. In: R. Doty (ed). *Handbook of Olfaction and Gustation*, 2nd ed, New York: Marcel Dekker, 2002.
- Drewnowski A, Levine AS. Sugar and fat: from genes to culture. *J Nutr* 2003;133:829S-30S.
- Drewnowski A. Fat and sugar: an economic analysis. *J Nutr* 2003;133:838S-40S.
- Drewnowski A. The role of energy density. *Lipids* 2003;38:109-115.

- Almiron-Roig E, Drewnowski A. Hunger, thirst and food intakes following consumption of caloric beverages. Physiol Behav 2003;79:767-773.
- Almiron-Roig E, Yu-Chen, Drewnowski A. Liquid calories and the failure of satiety: how good is the evidence? Obesity Reviews 2003; 4(4):201-12.
- Drewnowski A, Specter SE. Poverty and obesity: the role of energy density and energy costs. Am J Clin Nutr 2004; 79(1):6-16.
- Darmon N, Briend A, Drewnowski A. Energy-dense diets are associated with lower diet costs: a community study of French adults. Public Health Nutrition 2004;7:21-27.
- Drewnowski A, Darmon N, Briend A. Replacing fats and sweets with vegetables and fruit – a question of cost. American Journal of Public Health 2004;94:1555-1559.
- Almiron-Roig E, Flores E, Drewnowski A. No difference in satiety or in subsequent energy intakes between a beverage and a solid food. Physiol Behav 2004;82:671-677.
- Drewnowski A, Barratt-Fornell A. Do healthier diets cost more? Nutrition Today 2004;39:161-168.
- Drewnowski A. Obesity and the food environment: dietary energy density and diet costs. American Journal of Preventive Medicine 2004;27(3S):154-162. In: Hill JO, Sturm R, Orleans CT, eds. *An Economic Analysis of Eating and Physical Activity Behaviors: Exploring Effective Strategies to Combat Obesity*.
- Drewnowski A, Almiron-Roig A, Marmonier C, Lluch A. Dietary energy density and body weight: is there a relationship? Nutr Rev 2004; 62(11): 403-413.
- Krahn DD, Kurth CL, Gomberg E, Drewnowski A. Pathological dieting and alcohol use in college women--a continuum of behaviors. Eating Behav 2005 Jan;6(1):43-52.
- Drewnowski A, Almiron-Roig A, Marmonier C, and Lluch A, Dietary energy density and body weight: is there a relationship? Nutr Rev. 62 (11):403-413, 2004.
- Rolls BJ, Drewnowski A, Ledikwe J. Changing the energy density of the diet as a strategy for weight management. J Am Dietet Assoc 2005; 105(5Suppl 1):S98-103.
- Drewnowski A, Rolls BJ. How to modify the food environment. J Nutr 2005; 135:898-899.
- Drewnowski A, Darmon N. Food choices and diet costs: an economic analysis. J Nutr 2005; 135:900-4.
- B. J. Rolls, A. Drewnowski, and J. H. Ledikwe. Changing the energy density of the diet as a strategy for weight management. J.Am.Diet.Assoc. 105 (5 Suppl 1):S98-103, 2005.
- Drewnowski A, Darmon N. The economics of obesity: dietary energy density and energy cost. Am J Clin Nutr 2005; 82(1 Suppl) 265S-273S.
- Drewnowski A. Concept of a nutritious food: toward a nutrient density score. Am J Clin Nutr 2005;82(4) 721–2.
- Darmon N, Darmon M, Maillot M, Drewnowski A. A nutrient density standard for vegetables and fruits: nutrients per calorie and nutrients per unit cost. J Am Dietet Assoc, 2005; 105(12):1881-1887.
- Ziegler PJ, Nelson JA, Tay C, Bruemmer B, Drewnowski A. A comparison of three methods of determination of energy density of elite figure skaters. Int J Sport Nutr Exercise Metabolism 2005;15:537-549.
- Andrieu E, Darmon N, Drewnowski A. Low cost diets: more energy, fewer nutrients. Eur J Clin Nutr 2006;60:434-6.
- Thirlby RC, Babiraei F, Randall J, Drewnowski A. Effect of Roux-en-Y gastric bypass on satiety and food likes: the role of genetics. J Gastrointest Surg 2006;10:270-277.
- Tsuchiya A, Almiron-Roig E, Lluch A, Guyonnet D, Drewnowski A. Higher satiety ratings following yogurt consumption relative to fruit drink or dairy fruit drink. J Am Dietet Assoc 2006;106:550-557.
- Mendoza JA, Drewnowski A, Cheadle A, Christakis DA. Dietary energy density is associated with selected predictors of obesity in US children. J Nutrition 2006;136:1318-22.
- Bretz WA, Corby PM, Melo MR, Coelho MQ, Costa SM, Robinson M, Schork NJ, Drewnowski A, Hart TC. Heritability estimates for dental caries and sucrose sweetness preference. Arch Oral Biol.2006;51:1156-60.
- Mendoza JA, Drewnowski A, Christakis DA. Dietary energy density is associated with obesity and the metabolic syndrome in US adults. Diabetes Care. 2007; 30:974-9.
- Nguyen MD, Drewnowski A, Beresford S. Trends in overweight by socioeconomic status in Vietnam: 1992-2002. Public Health Nutrition 2007;10:115-21.
- Drewnowski A, Bellisle F. Liquid calories, sugar, and body weight. Am J Clin Nutr 2007;85:651-61.
- Drewnowski A, Bellisle F. Is sweetness addictive? Nutrition Bulletin 2007;32 (suppl 1):52-60.
- Bellisle F, Drewnowski A. Intense sweeteners, energy intake, and the control of body weight. Eur J Clin Nutr 2007;61:691-700.

- Drewnowski A, Monsivais P, Maillot M, Darmon N. Low-energy-density diets are associated with higher diet quality and higher diet costs in French adults. J Am Dietet Assoc 2007;107:1028-32.
- Maillot M, Darmon N, Darmon M, Lafay L, Drewnowski A. Nutrient dense food groups have high energy costs: an econometric approach to nutrient profiling. J Nutr 2007;137:1815-20.
- Monsivais P, Perrigue MM, Drewnowski A. Sugars and satiety : Does the type of sweetener make a difference ? Am J Clin Nutr 2007;86:116-23.
- Drewnowski A. The real role of added sugars and fats in obesity. Epidemiologic Reviews 2007;29:160-71.
- Drewnowski A, Henderson SA, Cockroft JE. Genetic sensitivity to 6-n-propylthiouracil has no influence on dietary patterns, body mass indexes, or plasma lipid profiles of women. J Am Dietet Assoc 2007;107:1340-8.
- Drewnowski A. What's next for nutrition labeling and health claims? An update on nutrient profiling in the European Union and the United States. Nutrition Today 2007; 45(2):1-9.

C. RESEARCH SUPPORT (Current and past three years)

ONGOING

1 P20 RR020774-01 NIH/RR

Exploratory Center for Obesity Research

10/2004-10/2008

To devise a transdisciplinary approach to obesity research, with a focus on the environment, economics, and public health policy.

USDA/NRI

6/2004-5/2008

Poverty and Obesity: the role of energy density and cost of diets

To develop new measures of estimated diet cost and to link diet quality and diet cost.

P50ES012762-02 NIH (Faustman-PI)

5/01/04–12/31/06

H2O Informatics NIH 2

This project explores the impact of contaminated seafood consumption on health outcomes.

COMPLETED

1 R01 DK063899-01 NIH/NIDDK (Johnson-PI)

10/1/02–6/31/05

Impact of a Non-Commercialism Policy in Seattle Schools.

To assess the impact of a real-life policy decision by Seattle Schools on obesity-related health outcomes.