MAJOR RESEARCH INTERESTS

Rob M. van Dam is an epidemiologist with a focus on nutritional epidemiology. His research is primarily focused on the dietary determinants of obesity, type 2 diabetes, and cardiovascular diseases. The ultimate goal is to identify opportunities for the prevention of type 2 diabetes and cardiovascular diseases particularly in the Asian context where the prevalence of these conditions is increasing rapidly. This research is mostly based on large-scale cohort studies (particularly the Singapore Chinese Health Study and the Nurses’ Health Study) integrating data on reported diet, dietary biomarkers, biomarkers of intermediate pathways, and genetic variation. In addition, he conducts dietary intervention studies, meta-analyses, and studies of the cultural and physical environment as determinants of dietary behaviours. He has published more than 100 peer-reviewed articles on these topics.

SELECTED PUBLICATIONS