



Dr. Herbert and Nicole Wertheim Leadership in Healthcare and Medicine Lecture Series

Lifestyle interventions in people with prediabetes

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Registration Link: <https://go.fiu.edu/register>

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Abstract: During the last 20 years, type 2 diabetes (T2D) prevention has become a primary public health concern globally. More than 400 genetic variants associated with T2D have been identified, and genetic risk scores have been developed using a sum of these variants. However, it has been shown that adding genetic information to the non-laboratory risk score does not improve the T2D prediction with non-genetic factors in the general population. Therefore, several prevention trials and programs have been established with various designs and outcomes. The interventions in these trials have been based on diet and physical activity. A common finding in observational studies and T2D prevention trials is that the risk reduction will be achieved best by practicing comprehensive, simultaneous multiple healthy lifestyle habits. Another significant result is that people who have a high genetic risk for T2D benefit most from a healthy lifestyle.

Biography: Professor Jaakko Tuomilehto received his MD from the University of Turku in Finland, followed by an MPoIsc in sociology, statistics, and psychology. He completed his PhD in Epidemiology and Community Medicine at the University of Kuopio, Finland. He developed a simple, non-laboratory type 2 diabetes risk score FINDRISC (FINNish Diabetes Risk Score) that has been validated and adopted globally. Dr. Tuomilehto is a recipient of several prestigious awards, including India's Prof. M. Viswanathan DRC Silver Jubilee Oration Award, Hans Chiari Award of the Austrian Stroke Research Society, the Kelly West Award for Outstanding Achievement in Epidemiology and Harold Rifkin Award for Distinguished International Service in the Cause of Diabetes, and the Peter Bennett Diabetes Epidemiology Award from the International Epidemiology Group. He served as the Editor-in-Chief of the Primary Care Diabetes journal. He has published > 1400 scientific publications and is the most cited author worldwide (Google Scholar) in four fields: epidemiology, public health, diabetes, and cardiovascular disease, with >430,000 citations, and his h-index is 279.

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