

SCCR Science Series

An Overview of Science of Nutrition



Monday, February 1st, 2021
9:00-11:00 am Zoom Webinar

Click [HERE](#) to Register!

The mission of the Stanford Center for Clinical Research (SCCR) includes offering educational resources, training, and support for investigators and research staff. We have invited Professor of Medicine, **Dr. Christopher Gardner, PhD**, to provide you with a foundational overview of the types of study design that are used in nutrition science - Ecological studies, Case-Control, Cohort, and Randomized Clinical Trials. In this interactive webinar, Dr. Gardner will cover specific topics related to weight loss diets, artificial sweeteners, plant-based alternative meats, the microbiome, red meat, ketogenic and Mediterranean diets, and organic. Underlying themes will include food insecurity, food politics, and the importance of including the roles of cultural heritage, taste, joy, and pleasure in choosing what to consume or avoid consuming

At the conclusion of this class, you will:

- Learn the basic types of human nutrition study design, including pros and cons
- Be able to differentiate answerable vs unanswerable questions
- Understand the essential components of context necessary for framing important questions in the field of nutrition

Attendance is open to all research staff

About the Instructor:



Dr. Christopher Gardner, PhD, holds a PhD in Nutrition Science and is the Rehnborg Farquhara Professor of Medicine at Stanford. For over 25 years his research has examined what to eat and what to avoid for optimal health. This includes more than 20 nutrition intervention trials conducted with more than 2,000 participants. He is also actively involved with the American Heart Association, American Diabetes Association, and Menus of Change collaborative involving scientists, business leaders and chefs, focusing on unapologetically delicious, healthy food.

BRN OPTIONAL

Spectrum is an approved provider by the California Board of Registered Nursing, Provider Number CEP15435 for 2 contact hour(s).

To receive your certificate with BRN credit, you are required to complete an evaluation at the conclusion of this class.

BRN Cancellation Policy: If you wish to cancel your registration, please contact Susan Saba at ssaba@stanford.edu.