



Clinical and Translational Research Grand Rounds:
**" Better Understanding Diet, Physical Activity, and
Cardio-Metabolic Health in American Indians"**

Speaker: Amanda M Fretts, PhD, MPH

Dr. Fretts, Associate Professor of Epidemiology in the Cardiovascular Health Research Unit at the University of Washington School of Public Health, leads observational and interventional studies to improve cardio-metabolic health, with a particular focus on members of underserved and rural communities. Her research interests include nutrition, physical activity, fatty acids, and diabetes. She leads the Dakotas Center of the NHLBI-supported Strong Heart Study and is PI of a community-based diet and cooking skills RCT for American Indians with diabetes. As an American Indian investigator (*Mi'kmaq, Eel Ground First Nation*), Dr. Fretts seeks to mitigate obesity-related health disparities and improve health behaviors and health outcomes among American Indian people. In addition to her work with these Native communities, Dr. Fretts leads and collaborates in studies of fatty acids, diet, diet*gene interactions, and CVD outcomes in the Cardiovascular Health Study and the CHARGE (Cohorts for Heart and Aging Research in Genomic Epidemiology) consortium and contributes to the national research agenda by her service on the NHLBI advisory council.

Her talk will focus on the integration of observational evidence, clinical trials, and community-based research to better understand lifestyle factors and develop interventions to improve cardio-metabolic health among American Indians

Friday, December 2th, 2022

Presentation: 12noon – 1pm

With ongoing accommodations to the pandemic, this month's talk will again only be streamed online.

Live Stream Link: <https://georgetown.zoom.us/j/527229623>

Research Grand Rounds are sponsored by the Georgetown-Howard Universities Center for Clinical and Translational Science (GHUCCTS) and MedStar Health Research Institute to bring together our diverse clinical and research communities to share research that spans disciplines and stages of translation to improve individual and community health.

For more information please contact research@medstar.net or visit www.georgetownhowardctsa.org