



***Mark L. Wahlqvist***

***MD (Adelaide), MD (Uppsala)***

### ◎Education

- MD in the Faculty of Medicine, Uppsala University, Sweden
- MD in the Faculty of Medicine, University of Adelaide, Australia
- MB, BS in the Faculty of Medicine, University of Adelaide, Australia
- BmedSc in the Faculty of Medicine, University of Adelaide, Australia

### ◎Diplomas

- MRACP (Member, Royal Australasian College of Physicians)
- FRACP (Fellow, Royal Australasian College of Physicians)
- FAIFST (Fellow, Australian Institute of Food Science & Technology)
- FACN (Fellow of American College of Nutrition)
- FAFPHM (Fellow, Australasian Faculty of Public Health Medicine)
- FTSE (Fellow, Australian Academy of Technological Sciences & Engineering)

### ◎Professional Experiences

- Emeritus Professor, Monash University, Australia (2011-)
- Visiting Professor, Center for Health Policy Research and Development, National Health Research Institutes, Taiwan (2010-)
- Principle Investigator, Center for Health Policy Research and Development, National Health Research Institutes, Taiwan (2008-2009)
- Jointly Appointed Professor, School of Public Health, National Defense Medical Center, Taiwan (2007-)
- Visiting Professor in Medicine, Zhejiang University, Zhejiang Province, China (2005-)
- Honorary Professor, Epidemiology & Preventive Medicine, Faculty of Medicine, Monash University (2003-)
- President, International Union of Nutritional Sciences (2001-2005)
- Director, Asia Pacific Health and Nutrition Centre, Monash Asia Institute, Monash University, Australia (1999-2010)
- Member, World Health Organization Expert Advisory Panel on Nutrition (1988-).
- Professor of Medicine, Monash University, Melbourne, Australia (1987-2002)
- Head, Department of Medicine, Monash University, Australia (1987-1999)
- Chairman, Division of Medicine, Monash Medical Centre Hospital, Australia (1987-1994)
- Foundation Professor of Human Nutrition, Department of Human Nutrition, Division of Biological and Health Sciences, Deakin University, Geelong, Victoria,

Australia (1978-1987)

## ◎Research Interests

- Dr. Wahlqvist's current research interests reflect an extensive multidisciplinary career ranging from bench, bed and field to multicentre clinical and longitudinal population studies. He remains involved in cross-cultural medicine and health with a view to community development and health advancement. He is on the advisory Board of the Harvest Plus program to improve the nutritional value of staple crops and the Nutrition Advisory Panel of WHO. In 2007, he launched the 2nd report of the WCRF and AICR on Diet, Activity and Cancer in Beijing and Hong Kong. He has joined NHRI to further his work on Healthy Ageing policy, taking advantage of the extensive data bases and expertise available in Taiwan to understand these issues in the interest of Chinese-speaking and Indigenous peoples.

## ◎Research Activities & Accomplishments

His research has led to paradigm shifts in several areas:

- Arterial biology at least as important as blood components in atherogenesis (1962)
- Regulation of human myocardial fuel consumption and ischaemic heart disease (1972)
- Nutritional factors beyond carbohydrate in diabetes (1978)
- Foods and arterial health (food variety and fish) (1989)
- Food and the menopause (1990)
- Food cultural indices (ageing and survival) (1995)
- Nutrient synergy and bowel tumours (1995)
- Phytoestrogens and bone health (1998)
- Skin and ageing (2000)
- Lactogogic plant foods (2004)
- Wellness on-line (2005)
- Healthy ageing (2007)
- Nutrition economics (2008)
- Climate change and health (2010)

## ◎Honors and Awards

- Charlotta Medal, Sweden, 1994
- Australian Institute of Food Science & Technology – Food Industry Innovation Award, 1998
- Officer of the Order of Australia (AO), Australia Day, 26th Jan 2000
- Life Honorary Member, British Nutrition Society
- EV McCollum International Lecture, American Society for Nutritional Sciences, 21st Sep 2005

## ©Selected Publications

### Selected Refereed Journal

- Day AJ, Gould-Hurst PRS, Wahlqvist ML. The uptake and metabolism of 3H-cholesterol labelled lipoprotein by macrophages in vitro. *Journal of the Reticuloendothelial Society* 1964;1:40-9.
- Day AJ, Wahlqvist ML. Uptake and metabolism of 14C-labeled oleic acid by atherosclerotic lesions in rabbit aorta. *Circ Res* 1968;23:779-88.
- Wahlqvist ML, Day AJ, Tume RK. Incorporation of oleic acid into lipid by foam cells in human atherosclerotic lesions. *Circ Res* 1969;24:123-30.
- Wahlqvist ML, Day AJ. Phospholipid synthesis by foam cells in human atheroma. *Exp Mol Pathol* 1970;11:275-84.
- Day AJ, Wahlqvist ML, Campbell DJ. Differential uptake of cholesterol and of different cholesterol esters by atherosclerotic intima in vivo and in vitro. *Atherosclerosis* 1970;11:301-20.
- Wahlqvist ML. Insulin stimulation of cholesterol synthesis by arterial tissue. *Lancet* 1970;1:248.
- Lassers BW, Wahlqvist ML, Kaijser L et al. Relationship in man between plasma free fatty acids and myocardial metabolism of carbohydrate substrates. *Lancet* 1971;11:448-50.
- Wahlqvist ML, Kaijser L, Lassers BW et al. Glucocorticoid uptake and release from the human heart : Studies at rest, during prolonged exercise and during nicotinic acid infusion. *Scand J Clin Lab Invest* 1972;30:261-6.
- Wahlqvist ML, Kaijser L, Lassers BW et al. Release of immunoreactive insulin from the human heart. *Eur J Clin Invest* 1972;2:407-11.
- Wahlqvist ML, Kaijser L, Lassers BW et al. Fatty acid as determinant of myocardial substrate and oxygen metabolism in men at rest and during prolonged exercise. *Acta Medica Scandinavia* 1973;193:89-96.
- Wahlqvist ML, Kaijser L, Low H et al. The role of fatty acid and of hormones in the determination of myocardial carbohydrate metabolism in healthy fasting men. *Eur J Clin Invest* 1973;3:57-65.
- Wahlqvist ML, Hurley BP. Hyperlipoproteinaemia and dietary fat modification in haemodialysis and renal transplant patients. *Med J Aust* 1977;11:207-8.
- Wahlqvist ML, Shanahan EA, Dennis PM et al. Cardiac effects of salbutamol-induced hypokalaemia in the conscious dog. *Clin Exp Pharmacol Physiol* 1978;5: 617-25.
- Wahlqvist ML, Wilmshurst EG, Murton CR et al. The effect of chain length on glucose absorption and the related metabolic response. *Am J Clin Nutr* 1978;31: 1998-2001.
- Nestel PJ, Hunt D, Wahlqvist ML. Clofibrate raises plasma apoprotein in A-1 and HDL-cholesterol concentration. *Atherosclerosis* 1980;37:625-9.
- Fazio V, Flint DM, Wahlqvist ML. Acute effects of alcohol on plasma ascorbic acid in healthy subjects. *Am J Clin Nutr* 1981;34:2394-6.
- Wahlqvist ML, Isaksson B. Training in clinical nutrition: undergraduate and

postgraduate. Lancet 1983;ii:1295-7.

- Wahlqvist ML, Flint DM, Parish AE. Dietary fibre and protein intakes as factors affecting bioavailability of zinc in elderly Australians. Nutr Res 1985;S213-S6.
- Simpson RW, McDonald J, Wahlqvist ML et al. Food physical factors have different metabolic effects in non-diabetics and diabetics. Am J Clin Nutr 1985; 42:462-9.
- Simpson RW, McDonald J, Wahlqvist ML et al. Macronutrients have different metabolic effects in non-diabetics and diabetics. Am J Clin Nutr 1985;42:449- 53.
- Relf IRN, Lo CS, Myers KA, Wahlqvist ML. Risk factors for changes in aorto- iliac arterial compliance in healthy men. Arteriosclerosis 1986;6:105-8.
- Wahlqvist ML. Dietary fibre and carbohydrate metabolism. Am J Clin Nutr 1987; 45:1232-6.
- Kouris A, Wahlqvist ML, Worsley AJ. Characteristics that enhance diabetic adherence to high carbohydrate high-fiber diets by persons with diabetes. J Am Diet Assoc 1988;88:1422-5.
- Wahlqvist ML, Flint DM. Assessment of loss of height in elderly women. Eur J Clin Nutr 1988;42:679-82.
- Wahlqvist ML, Lo CS, Myers KA et al. Putative determinants of arterial wall compliance in NIDDM. Diabetes Care 1988;11:787-90.
- Wahlqvist ML, Lo CS, Myers KA. Food variety is associated with less macrovascular disease in those with Type II diabetes and their healthy controls. J Am Coll Nutr 1989;8:515-23.
- Wahlqvist ML, Lo CS, Myers KA. Fish intake and arterial wall characteristics in healthy people and diabetic patients. Lancet 1989;ii:944-6.
- Stewart AJ, Wahlqvist ML, Stewart BJ et al. Fatty acid pattern outcomes of a nutritional programme for overweight and hyperlipidemic Australian men. J Am Coll Nutr 1990;9:107-13.
- Wilcox G, Wahlqvist ML, Burger HG et al. Oestrogenic effects of plant-derived foods in postmenopausal women. Br Med J 1990;301:905-6.
- Wahlqvist ML, Kouris A. Trans-cultural aspects on nutrition in old age. Age Ageing 1990;19(Suppl 1):S43-52.
- Wahlqvist ML, Kouris A, Gracey M et al. An anthropological approach to the study of food and health in an indigenous population. Food Nutr Bull 1991;13: 145-9.
- Matthews PG, Wahlqvist ML, Marks S et al. Improvement in arterial stiffness during hypolipidaemic therapy is offset by weight gain. Int J Obes 1993;17:579-83.
- Hodgson JM, Wahlqvist ML, Boxall JA et al. Can linoleic acid contribute to coronary artery disease? Am J Clin Nutr 1993;58:228-34.
- Hodgson JM, Hsu-Hage BH-H, Wahlqvist ML. Food variety as a quantitative descriptor of food intake. Ecol Food Nutr 1994;32:137-48.
- Hodgson JM, Wahlqvist ML, Balazs NDH et al. Coronary atherosclerosis in relation to body fatness and its distribution. Int J Obes 1994;18:41-6.
- Kempster PA, Wahlqvist ML. Dietary factors in the management of Parkinson's Disease. Nutr Rev 1994;52(Part 1):51-8.
- Wahlqvist ML, Wattanapenpaiboon N, Macrae FA et al. Changes in serum carotenoids in subjects with colorectal adenomas after 24-month Beta- carotene

supplementation. *Am J Clin Nutr* 1994;60:936-43.

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- Wahlqvist ML, Hodgson JM, Ng FM et al. The role of nutrition in abdominal obesity. *Nutr Res* 1998;19:85-101.
- Wahlqvist ML, Specht RL. Food variety and biodiversity: Econutrition. *Asia Pac J Clin Nutr* 1998;7:314-9.
- Clarke DM, Wahlqvist ML, Rassias C et al. Psychological factors in nutritional disorders of the elderly: Part of the spectrum of eating disorders. *Int J Eat Disord* 1999;25:345-8.
- Wahlqvist ML, Kouris-Blazos A. International Union of Nutritional Sciences Committee II/4 on Nutrition and Ageing: Food Habits in Later Life (FHILL) Program. *Asia Pac J Clin Nutr* 1999;8:282-4.
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- Huang YC, Lee MS, Pan WH, Wahlqvist ML. Validation of a simplified food frequency questionnaire as used in the Nutrition and Health Survey in Taiwan (NAHSIT) for the elderly. *Asia Pac J Clin Nutr* 2011;20(1):134-140.
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- Chiang PH, Wahlqvist ML\*, Lee MS, Huang LY, Chen HH, Huang STY. Fast food outlets and walkability in school neighbourhoods predict fatness in boys and height in girls: A Taiwanese population study. *Public Health Nutr* 2011;14(9): 1601-1609.
- Huang T, Zheng J, Chen Y, Yang B, Wahlqvist ML, Li D. High consumption of  $\Omega$ -3 polyunsaturated fatty acids decrease plasma homocysteine: a meta- analysis of randomized, placebo-controlled trials. *Nutrition* 2011;27(9): 863-867.
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