

ISSFAL Board of Directors Candidate Statement: Barbara Meyer, BSc(Hons), PhD, RNutr

I completed my PhD research in the area of Lipid Metabolism at the Baker Medical Research Institute and graduated in 1993 from Monash University in Victoria Australia. I am a Professor in the School of Medicine and the Director of the Lipid Research Centre at the University of Wollongong, Australia. I am also on the Omega-3 Centre Scientific Advisory Board.

The aim of the Lipid Research Centre's research is to understand the role of lipids in health, ageing and disease. We have state of the art lipidomics set up at the University of Wollongong. My current research interest is in the area of lipid metabolism, including omega-3 long chain polyunsaturated fatty acids (n-3 LCPUFA) in relation to health and disease as well as during pregnancy. I have taken a lead role in determining the Australian n-3 LCPUFA intakes. The National Health & Medical Research Council (NHMRC) in Australia have based their Nutrient Reference Values (2006); namely "Adequate Intakes" and "Suggested Dietary Target" intakes, for various PUFA, based on my research. I have investigated the role of lipids in cardiovascular disease, depression and post-natal depression and during healthy and complicated pregnancies and a recent example of research outcome: "Meyer et al. Maternal docosahexaenoic acid, which is vital for neurodevelopment, is mobilised prior to 28 days of gestation: a prospective, observational study of human pregnancy. *Journal of Clinical Endocrinology and Metabolism* 2016;101:1745-1753 doi: 10.1210/jc.2015-3". My research work has also influenced policy: for example the results of my publication "Meyer BJ, Hammervold T, Rustan ACHr, Howe PRC. Dose Dependent Effects of DHA Supplementation in Statin Treated Hyperlipidaemic Subjects. *Lipids* 2007;42(2):109-115" were included in the National Heart Foundation of Australia Position Statement (2008) on "Fish, fish oils, n-3 polyunsaturated fatty acids and cardiovascular health". The National Heart Foundation of Australia stated that "Marine n-3 PUFA has an additive effect to statin therapy in decreasing TG levels and increasing HDL-C (Level 11 NHMRC evidence)". I am an effective research team player nationally and internationally. I have recently set up a multi-disciplinary research team and received an NHMRC Partnership Grant (\$1.8 million) to conduct a randomised controlled multi-centre trial entitled "Does Omega-3 Supplementation Attenuate Aggressive Behaviour: A Multi-Centre Randomised Controlled Trial of a Broadly Disseminable Strategy", which will investigate the effect of n-3 LCPUFA supplementation on aggressive behaviour in male prisoners as well as translate the research outcomes into policy/practice.

I have been a member of ISSFAL since November 1998 and I actively take part in the ISSFAL conferences. I think ISSFAL is an exemplary professional society because it has a core focus of lipid and fatty acid research interest and it translates the research into Authoritative Statements available on the ISSFAL website. I am currently writing such a statement which will be circulated to the ISSFAL members soon. I am passionate about translating the science into clear nutritional messages that is supported by scientific substantiation. Given my expertise, I can add considerable value to this Society as a Board member.

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