

BACKGROUND

Nutrition plays a key role in quality of life and the long-term health of individuals. Despite major scientific advances over the past 60 years, it remains a complex science, and health food is still a controversial subject. For example, despite longstanding and widely accepted nutritional recommendations on the topic, the link between saturated fats and cardiovascular health has recently been called into question. Université Laval, through the Chair in Nutrition, plays a leading international role in research, training, and knowledge transfer in the food and health sector.



Université Laval Chair in nutrition

The Université Laval Chair in Nutrition has been in existence for almost 20 years. Its main objectives are as follows:

- help train the next generation of nutrition and health researchers in Québec and across Canada;
- be an objective and respected voice in debates on nutrition at the scientific, political and public level;
- act as a proponent and leader in developing and conducting large-scale research projects on nutrition and health in Canada and internationally.



**The Université Laval
Chair in Nutrition
is a national and
international leader
in the field of nutrition
and health.**

The Chair's principal areas of research include the impacts of dietary fats and such comprehensive approaches as the Mediterranean diet on cardiometabolic risk factors associated with obesity. The Chair also supports research on food behaviour and its impact on weight control. Part of the Chair's research and knowledge transfer activities also focuses on sports nutrition.

Since 2004 the Chair in Nutrition has been led by Dr. Benoît Lamarche, full professor in the School of Nutrition at the Faculty of Agriculture and Food Sciences and member of the Université Laval Institute of Nutrition and Functional Foods (INAF). Dr. Lamarche holds a PhD in physiology from Université Laval. His work on the Mediterranean diet, dietary fats, and their impact on cardiometabolic health are known worldwide. He has published more than 250 scientific articles and has been cited over 12,000 times in leading journals. He has received numerous distinctions and awards over the years. A former Olympic athlete, he also competed in the 1984 Sarajevo Olympics and the 1988 Calgary Olympics in long track speed skating.

BUDGET

- Annual operating budget: **\$130,000**
- Annual budget targeted to achieve Chair objectives: **\$250,000**
- Donations may be endowments or for ongoing operations.

IMPACT

- The Chair plays an important role in **knowledge transfer** by assisting in the organization of numerous **public activities** as well as **major scientific gatherings**.
- Chair spokespersons are often **called upon by Quebec and Canadian media outlets to provide critical input** on nutrition topics of current interest.
- Through its scholarship program, the Chair has provided **support to more than 25 graduate students** since its inception.
- It also spearheaded the **recruitment of two productive young researchers**, who are now well established in the field of nutrition and health at Université Laval.