

## Daiva E Nielsen

Assistant Professor  
 School of Human Nutrition

Daiva Nielsen obtained her PhD from the University of Toronto in the areas of nutrigenomics and personalized nutrition. She went on to conduct postdoctoral research in translation genomics at Brigham and Women's Hospital and Harvard Medical School in Boston, MA, USA, where she was involved in some of the first clinical trials aimed at evaluating the medical, behavioural and economic outcomes of incorporating genomic sequencing into medical practice. Dr. Nielsen's training background has provided her with skills in dietary assessment, behaviour modification, genomics and knowledge translation. Her research goals include utilizing genomic information to design tailored strategies for prevention of cardiometabolic diseases, and ensuring optimal knowledge translation to health professionals.



### Research and Scientific Expertise

**Applying genomics to nutrition:** Variability in response to dietary intervention is a common occurrence in nutrition research and practice. The application of genomics to nutrition investigations enables more precise conclusions regarding diet and health. Dr. Nielsen specializes in methods to evaluate the relationship between genetic variation, dietary response, and indicators of cardiometabolic health.

**Theories of behaviour change to promote lifestyle modification:** Diet is one of the most important modifiable lifestyle factors implicated in chronic disease development. However, health behaviours, including diet and exercise, can be challenging to modify. The application of theories of behaviour change to lifestyle intervention has been shown to improve intervention efficacy. Dr. Nielsen aims to apply theory to genetically-informed lifestyle interventions to maximize the potential for efficacy and impact.

**Knowledge translation:** Health professionals, in particular registered dietitians, are uniquely positioned to apply personalized nutrition strategies in clinical practice. Dr. Nielsen is experienced in research methods for knowledge translation and education, and will develop innovative training programs to build on the skillsets of dietetics professionals.



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