NUTRITION AND VASCULAR/CARDIOMETABOLIC STUDIES

BACKGROUND

Cardiovascular disease (CVD) is an umbrella term for the conditions that affect vascular and heart functions, such as coronary heart disease, myocardial infarction (heart attack) and stroke. Despite estimates that 80% of cardiovascular disease can be prevented (American Heart Association, 2018), around 17.9 million people are still dying from circulatory and heart diseases each year worldwide (WHO, 2017). In the UK only, there are more than 170.000 deaths in one year, with one in four happening before individuals reach 70 years of age (British Heart Foundation, 2019). CVD brings great financial burden for public and private sectors, premature loss in productivity and quality of life, and suffering for individuals and families.

AIM:

To produce cutting-edge research to support the achievement of the Global Development Goal to reduce by one-third premature mortality from chronic diseases by 2030, including Cardiovascular disease.

CURRENT PROJECTS:

CAUSAL INFERENCE

LINKING DIET, NUTRITION, VASCULAR RISK AND CARDIOMETABOLIC HEALTH OUTCOMES

Causal inference tools will be applied to a variety of individual level and population-level data sources to unveil causal pathways linking diet, nutrition and cardiovascular disease risk. It is hoped that this work will help to identify key candidate variables/targets along causal inference pathways linking diet and CVD events.

HEALTH RISK SCORING

LINKING DIET, LIFESTYLE AND NUTRITIONAL STATUS WITH NON-COMMUNICABLE DISEASE RISK AND OUTCOMES

Help to inform enhancements in prediction algorithms designed to aid data-informed decision making in preventative practice and primary care.

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