

Individual Weight Management



Marit Nilsen-Hamilton

Professor, Roy J Carver Department of Biochemistry, Biophysics and Molecular Biology

CURRENT RESEARCH

Understanding weight-gain zones for better weight management

Obesity in America is a health issue we are all familiar with, and much research has been done to control and reverse it. Studies that determine these parameters are performed with groups of people from which average values are obtained, that are then applied to all people. The unfortunate result of this kind of study is that the dietary requirements and the number of calories for maintaining a certain weight determined by research may not be relevant at the individual level. Therefore, the generalized advice of the government to the public to, "keep the sugar level as low as possible," or "the fat in our diet as low as possible," may or may not be beneficial to all individuals. Dr. Marit Nilsen-Hamilton, Professor of Biochemistry, Biophysics and Molecular Biology at the Iowa State University, is thus developing a weight model that can ultimately reflect the state and the needs of each individual. By accumulating and analyzing data, Dr. Nilsen-Hamilton hopes to create a system that provides an accurate assessment of each person's caloric needs, and present positive solutions to managing our body weight.

A cell biologist currently heavily involved in a number of projects that involve applications of RNA molecules, Dr. Nilsen-Hamilton has built a strong scientific background over the last 45 years that has given her a deep perspective from the molecular to the organismal level from bacteria to mammals. Recently, she embarked on a new, exciting project on weight gain and weight loss that began when she made some significant discoveries while tracking her own weight loss program. She is currently building a series of testable hypotheses from these discoveries to develop a model for weight gain and loss...

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AFFILIATION



Iowa State University

EDUCATION

- Postdoctoral Fellow in 1975, The Salk Institute
- Ph.D. in Biochemistry 1973, Cornell University
- B.S. in Biochemistry 1969, Cornell University

AWARDS

- AAAS Fellow, 2007
- Regents Award for Faculty Excellence, 2003
- Inventor Incentive Award, 2002
- Iowa Regents Faculty Citation Award, 2000

RESEARCH AREAS

Life Science, Health IT, Metabolic / Diabetes

FUNDING REQUEST

Your contributions will support the continued research of Dr. Marit Nilsen-Hamilton as she probes into the mechanisms of weight gain and loss using a unique approach. Donations will help expand the number of personnel in her studies to help conduct research with other people as subjects and to examine the gut DNA for microbial types. Partner with her as she embarks on determining the weight zones that can potentially rewrite the way we address obesity!