News Highlights

February 19, 2016

Chosen as One of the Ten Most Impactful Publications in 2015

The Lifestyle and Cardiometabolic Health Council of the American Heart Association has selected Brook Harmon's and Carol J. Boushey's paper "Associations of key diet-quality indexes with mortality in the Multiethnic Cohort: the Dietary Patterns Methods Project" as one of the ten most impactful publications in 2015 that are relevant to the Council's mission. Boushey (senior investigator and contact author), PhD, MPH, RD, is an associate researcher in the UH Cancer Center's Epidemiology Program.

The paper featured, in The American Journal of Clinical Nutrition, researched how healthy dietary patterns are linked with health and longevity in diverse populations. The study showed that in the Multiethnic Cohort population (located in California and Hawaii) a dietary pattern of food that is considered "high diet-quality" such as vegetables, fruit, nuts, legumes and fish is associated with lower risk of mortality from diseases such as cancer and cardiovascular disease in adult men and women. The findings by UH Cancer Center researchers have important implications on the development of dietary guidelines across the nation.

Dr. Boushey and her team will be acknowledged at the 2016 American Heart Association Spring Meeting in Phoenix, Arizona on March 3, 2016.