

*BIOGRAPHICAL SKETCH*

**Artemis P. Simopoulos,  
M.D.**

**Artemis P. Simopoulos, M.D.** is the Founder and President of The Center for Genetics, Nutrition and Health (CGNH), a nonprofit educational organization in Washington, D.C. since 1990.

Dr. Simopoulos was born in Greece and graduated first in her class from the Kalamata Gymnasium for Girls. A graduate of Barnard College, Columbia University, with a major in Chemistry, and a graduate of the Boston University School of Medicine, Dr. Simopoulos is certified by the American Board of Pediatrics and is a member of the American Academy of Pediatrics, the Society for Pediatric Research, the American Pediatric Society, the Endocrine Society, the American Institute of Nutrition, the American Society for Clinical Nutrition, the American College of Nutrition, the North American Association for the Study of Obesity, the International Society for the Study of Fatty Acids and Lipids (ISSFAL), the International Society of Nutrigenetics/Nutrigenomics (ISNN) and the American Society of Human Genetics.

Along with Dr. Leaf she founded the International Society for the Study of Fatty Acids and Lipids (ISSFAL) in 1991, with Dr. Leaf as President and Dr. Simopoulos as Secretary/Treasurer from 1991 to 1998, and was a member of the Editorial Board of the ISSFAL Newsletter from 1994 to 2000. ISSFAL operated out of the CGNH for the first 7 years of its existence. Dr. Simopoulos founded and was the first President of the International Society of Nutrigenetics/Nutrigenomics (ISNN) from September 2005 to December 31<sup>st</sup>, 2009, and in January 2017 became Editor-in-Chief of the ISNN Journal of Nutrigenetics and Nutrigenomics. In November 2017 she was appointed Consulting Editor for the new Journal Lifestyle Genomics, which replaced the ISNN Journal of Nutrigenetics and Nutrigenomics.

Dr. Simopoulos was Director of the Newborn Nursery at the George Washington University Hospital in Washington, D.C. and Assistant Professor in both Pediatrics and Obstetrics and Gynecology from 1962 to 1967 at the George Washington University Medical School. From 1968 to 1972 she did research at the Endocrinology Branch of the National Heart, Lung, and Blood Institute (NHLBI) on the Genetic and Nutritional aspects of Endocrine Disorders. Dr. Simopoulos was Executive Secretary of the Division on Medical Sciences at the National Research Council, National Academy of Sciences in Washington, D.C. from 1972 to 1977 and Project Director for the pioneering book *Genetic Screening: Programs, Principles and Research* published in 1975 by the National Academy of Sciences-National Research Council. This was the first book that analyzed in depth the scientific, legal, ethical, economic, and public policy aspects of genetic screening. The book was distributed in all the medical libraries around the world. In 1975 Dr. Simopoulos was the Project Officer for the International Conference on Recombinant DNA Molecules and responsible for the statement of the Asilomar Conference on Recombinant DNA Molecules. From 1977 to 1978 she was Director of the Developmental Biology and Nutrition Branch of the National Institute of Child Health and Human Development (NICHD). Dr. Simopoulos chaired the Nutrition Coordinating Committee at the National Institutes of Health (NIH) from 1978 to 1986. She is a pediatrician and endocrinologist with a long and distinguished career, whose research was originally focused on the nutritional, endocrine, and genetic aspects of growth and development in children and later on throughout the life cycle. Since 1984, her research has been on genetic variation and nutrition, the evolutionary aspects of diet, and the omega-6/omega-3 balance. In addition to her responsibilities at NIH, Dr. Simopoulos served as Consultant on Nutrition and Health to Ms. Ester Peterson, Special Assistant to The President for consumer Affairs, The White House, from 1978 to 1980. During that time, she was a member of a number of White House delegations to the World Health Organization and the Food and Agriculture Organization. From 1978 to 1983 she was Cochairman and Executive Secretary of the Joint Subcommittee on Human Nutrition Research, Federal Coordinating Council on Science, Engineering, and Technology, Office of Science and Technology Policy, Executive Office of The President, The White House, and a member of its successor, the Interagency Committee for Human Nutrition Research from 1983-1986.

Dr. Simopoulos was the Editor of the Karger series *World Review of Nutrition and Dietetics* from 1989-2011 ([www.karger.com/wrund](http://www.karger.com/wrund)) and she has been or currently is a member of the Editorial Boards of the International Journal for Vitamin and Nutrition Research, the Annals of Nutrition and Metabolism, Food Reviews International, Environmental Health and Preventive Medicine, Biomedicine & Pharmacotherapy, Current Food and Nutrition Science, Turkiye Klinikeri Journal of Medical Sciences, the Hellenic Journal of Nutrition and Dietetics; and the Chinese Journal of Clinicians; consulting editor to the Journal of the American Medical Association (JAMA) from 1987 to 2003; and was contributing editor to Nutrition Reviews from 1979 to 1986. Dr. Simopoulos has been on the Board of Trustees for the Hellenic American University from 2005 to 2022. In September 2010 Dr. Simopoulos was appointed to the Greek Council on Research and Technology. She is listed in eleven of the Who's Who Directories, including Who's Who in America, Who's Who in Science, Who's Who in Medicine and Healthcare, American Men and Women of Science, and the International Directory of Distinguished Leadership.

Dr. Simopoulos has written extensively on genetic variation and nutrition; nutrition and fitness; the characteristics of obesity and body weight standards; evolutionary aspects of diet and fatty acids; and on the role of omega-3 fatty acids in health and disease and in growth and development. She has edited over 60 books and journal supplements in addition to publishing over 370 scientific papers. She served as a consultant to the "Eat Well, Be Well" television series. She coauthored a book for the public entitled *Genetic Nutrition. Designing a Diet Based on Your Family Medical History* (Macmillan, 1993) and printed in paperback in 1995 with the new title *The Healing Diet*. Her book for the public *The Omega Plan* (hardcover, Harper Collins, 1998, USA; paperback, Hodder Headline Australia, 1998) is now in paperback in the United States with the title *The Omega Diet* (HarperCollins, 1999) is based on her extensive studies on the traditional diet of Greece prior to 1960 that defined "What is so special about the diet of Greece: The Scientific Evidence." The Omega diet has been translated into Dutch, Swedish, French, Greek, published in Australia, New Zealand and the U.K, Chinese (2 editions), Korean (2 editions), Arabic, Persian, Turkish, Bulgarian, and in Taiwanese. Her latest book for the public is *The Healthiest Diet for You: Scientific Aspects* (MDPI, 2022).

Dr. Simopoulos is the recipient of numerous honors and awards, including the first Presidential Award for Studies in the Field of Obesity and Weight Control (Columbia University, USA), the 1991 Boston University School of Medicine Distinguished Alumna Award (USA) for her outstanding career in Pediatrics and Nutrition, and particularly for contributions in the areas of Omega-3 Fatty Acids and Genetic Variation and Nutrition, the 1998 Gopalan Oration Award (India), the 1999 Geoffrey H. Bourne Lecture at Saint George's University in Grenada, British West Indies, the 2003 Michael J. Hill Memorial Lecture in London, U.K.; the 2008 Louisiana State University (LSU) Chancellor's Award Lecture in New Orleans, Louisiana, the 2010 Dr. Demetrios Flessas Lecture at the Hellenic American Medical Society of New York City, NY, and the 2013 Mary Kalopothakes Award at the Hellenic American Medical Society of New York City, NY. In 2008 she was 1 of 9 selected women in the U.S. recognized by the Education Update in their March issue "Women Shaping History." In 2015 Dr. Simopoulos was appointed Chairman of the Selection Committee for the Global Award for Omega-3 Research by the More Love Foundation in Shanghai, China. In April 2018 Dr. Simopoulos received The Lifetime Achievement Award by The More Love Foundation of Shanghai, China. In May 2018 she received the "Best Paper Award" from the journal Nutrients for her paper on "An Increase in the Omega-6/Omega-3 Fatty Acid Ratio Increases the Risk for Obesity," which was the most cited paper for 2017. In November 2018 she received The Humanitarian Award from the American College of Nutrition. In 2019 she received the Great Thinkers Award Lecture at Hunter College in New York City, for her work on the omega6/omega-3 ratio. In 2021 she received the Alexander and Mildred Seelig Award from the American Nutrition Association Awards Committee. This award recognizes a highly esteemed scientist who has made outstanding contributions to the field of nutrient research and is given in memory of Drs. Alexander and Mildred Seelig.

Dr. Simopoulos has been Visiting Professor at many Universities in the U.S. and around the world including being a member of the Committee that established Harokopio as a four-year University in Athens, Greece, and gave a series of lectures on nutrition during the first three years. Dr. Simopoulos lectured for 3 years at the Mediterranean Agronomic Institute of Chania in Crete, Greece. She has been

interviewed nationally and internationally on television, radio and by the printed media, including the British Broadcasting Corporation (BBC) Horizon Documentary “Could Fish Make My Child Smart?” and the Metropolitan Life’s *Eat Well Be Well* television series that was shown by satellite in the junior high schools in all 50 states in 1986. The documentary “The Good Fat Diet” based on her book *The Omega Diet* has been shown at many scientific meetings worldwide. She has participated in several podcasts:

- On the omega-6/omega-3 ratio for Gary Kirwan’s health podcast Biohackers Lab in England.
- On the omega-6/omega-3 balance and dietary guidelines for Dr. Karl Goldkamp’s Keto Naturopath Podcast, South Carolina, US.
- On her paper “The importance of a balanced omega-6/omega-3 ratio in the prevention and management of obesity” for the Open Heart/British Medical Journal Podcast.
- On Dr. Russell Jaffe’s DocTalk podcast on her latest book for the public and the omega-6/omega-3 ratio.
- She is currently involved in the production of a series of podcasts based on her book “The Healthiest Diet for You: Scientific Aspects.”

The book “The Healthiest Diet for You: Scientific Aspects” is available to download for free at: <https://www.mdpi.com/books> and to purchase in print (hardcover).