

BIOGRAPHICAL SKETCH

NAME: Mary R. L'Abbe

POSITION TITLE: Earle W. McHenry Professor, and Chair, Department of Nutritional Sciences, Faculty of Medicine, University of Toronto

EDUCATION/TRAINING:

INSTITUTION AND LOCATION	DEGREE (if applicable)	Completion Date MM/YYYY	FIELD OF STUDY
Carleton University, Ottawa, Ontario, Canada	B.Sc. (Honours)	05/75	Biochemistry
McGill University, Montreal, Quebec, Canada	M.Sc.	12/83	Nutrition
McGill University, Montreal, Quebec, Canada	Ph.D.	05/88	Nutrition

A. Personal Statement

As the Earle W. McHenry Professor (endowed research professor) and Chair, Department of Nutritional Sciences, in the Faculty of Medicine, my research group is focused on *Food and Nutrition Policy for Population Health*. Having spent many years prior to this in the Canadian government, as Director of Nutritional Sciences, I was responsible for Health Canada's nutrition laboratory research, surveillance, scientific evaluation and regulatory programs, served as Canadian Head of Delegation to the Codex Alimentarius Committees on Nutrition and on Food Labelling, and coordinated Canada's participation with the US in the development of the Dietary Reference Intakes. Thus I am an expert in public health nutrition, nutrition policy, and food and nutrition regulations. My current research includes examination of the nutritional quality of the Canadian food supply, particularly by using nutrient profiling methods; investigation of national population-level dietary patterns associated with obesity, metabolic syndrome, diabetes and cardiovascular disease; consumer surveys of food choices related to obesity and chronic disease; and experiments on food labelling and how it supports or misleads the healthy choices of consumers. I currently supervise 1 MSc, 5 PhD, 1 PDF and several undergraduate and MPH practicum students. I was co-chair of the Canadian Trans Fat Task Force, led the Trans Fat Monitoring Program and served as Chair and vice-Chair of the Canadian Sodium Working Group. I am a member of the C-CHANGE initiative harmonizing Canadian medical guidelines for cardiovascular disease, the PAHO regional expert group on Cardiovascular Disease Prevention through Dietary Salt Reduction, and a member of the World Health Organization Nutrition Guidance Expert Advisory Group on Diet and Health and the WHO Global Coordinating Committee on Prevention and Control of NCDs. In the last 5 years I have published 13 studies on the nutritional quality of the food supply, 9 consumer studies, and have been part of 14 publications based on global collaborations in these areas.

B. Positions and HonorsPositions and Employment

04/1989 - 02/2003	Research Scientist, RES 02, 03, 04, Nutrition Research Division, Health Canada
04/1991 - 02/2003	Head, Nutrition Research and Micronutrients Section, Health Canada
01/2005 - 06/2006	Co-Chair, Trans Fat Task Force, established in response to a Parliamentary motion, Canadian House of Commons, November 2004.
03/2001 - Present	Adjunct Professor, School Dietetics & Human Nutrition, McGill University
11/2007 - 12/2010	Chair/Vice Chair, Canadian Sodium Working Group, established by Minister of Health to develop a national sodium reduction strategy
12/2003 - 06/2009	Director, Bureau of Nutritional Sciences, Food Directorate, Health Products and Food Branch, Health Canada
07/2009 - Present	Earle W. McHenry Professor and Chair, Dept. of Nutritional Sciences, Faculty of Medicine, University of Toronto

Honours and Awards (partial list)

- Centrum Foundation New Scientist Award, Canadian Society for Nutritional Sciences, 2001
- Queen's Golden Jubilee Commemorative Medal, Governor General of Canada, 2002
- Collaborative Leadership award (with HSFC) for the Trans Fat Task Force, Health Canada, 2007
- YMCA-YWCA Women of Distinction Awards - Science, Research & Technology Award finalist, 2007
- Earle Willard McHenry Award for Distinguished Service in Nutrition, Canadian Nutrition Society, 2010
- Certificate of Excellence for sodium leadership in Canada and internationally, Hypertension Canada, 2011
- Earle W. Crampton Award for Leadership in Nutrition, McGill University, 2012
- World Hypertension League Notable Achievement in Dietary Salt Reduction Awardee, World Hypertension League, Hertfordshire, United Kingdom, March 2014

Memberships (partial lists of relevant work)

International Consultations/Committees

- Member of the Pan American Health Organization (PAHO) Regional expert group on dietary salt reduction (2009-2011); PAHO Technical Advisory Group (2011-2015); Chair (2015 -); Lead the sub-group on dietary salt surveillance (2009-2015).
- Member WHO Nutrition Guidance Expert Advisory Group (NUGAG) and member of the Diet and Health sub-committee, (2010 – Present). Two WHO Guidelines Reports (for sodium and potassium) published 2012; Sugar report published 2014.
- Member, WHO Expert Advisory Panel on Nutrition. (2011-Present).
- Member, World Obesity, International Network for Food and Obesity/NCDs Research, Monitoring and Action Support (INFORMAS) (2012-Present). 12 articles published: Obesity Reviews Suppl Sept 2013.
- Member, World Obesity Policy & Prevention – Scientific and Technical Advisory Network. (2012-Present).
- Chair, speaker and organized a Joint FAO/WHO Codex workshop for Codex Committee on Food Labelling regarding front-of-pack labelling (FOP). (Charlottetown, Canada 2013).
- Co-chair, WHO European Meeting on the "Development of a single Regional nutrient profiling model for reducing marketing of foods high in fat, sugar and salt to children" Copenhagen, December 16 - 17, 2013
- Member, World Health Organization (WHO) Global Coordination Mechanism on the Prevention and Control of NCDs (2015-Present)

National Consultations/Committees

- Co-chair, Canadian Interdepartmental Committee on DRIs (2006-2009)
- Co-chair, Canadian Trans Fat Task Force (2005-2006)
- Member, International Advisory Board, AFMNet, University of Guelph (2007-2011)
- Chair, Canadian Sodium Reduction Strategy (Chair 11/2007-09/2009; Vice Chair 09/2009-07/2010)
- Member and Program co-chair, Ontario Sodium Summit (2011-2012)
- Member, Council on Mission: Priorities, Advice, Science and Strategy, Heart and Stroke Foundation of Canada (2013-Present)
- Consultation on Sodium to Members of Parliament of Canadian. Sodium Bill C-460 (March 2013).
- Member, Ontario Healthy Active Living Panel (2013-2014)

C. Contribution to Science; PubMed Link: <http://www.ncbi.nlm.nih.gov/pubmed/?term=l%27abbe+m>

Leadership of Nutrition Policy for Population Health

- (i) ***Trans Fat*** I co-Chaired, with the President/CEO of the Heart & Stroke Foundation of Canada, Canada's Trans Fat Task Force (2005-2006). Report submitted to the Minister of Health and Canadian Parliament House of Commons Standing Committee on Health (*TRANSforming the Food Supply, 2006*). I also oversaw Canada's Trans Fat Monitoring Program and further research since coming to UofT:
- Arcand J, Scourboutakos MJ, Au JT, **L'Abbe MR**. 2014 Trends in trans fatty acids in the Canadian food supply: an updated analysis. *Am J Clin Nutr*. 2014;100(4):1116-23.
- Krenosky S, **L'Abbé M**, Lee N, Underhill L, Vigneault M, Godefroy S, Ratnayake N. 2012. Risk Assessment of Exposure to Trans Fat in Canada. *Int. Food Risk Anal. J.* 2:1-15.
- Pantazopoulos P, Kwong K, Lillycrop W, Wong L, Gao Y, Chalouh S, Samadhin M, Ratnayake WMN, Krenosky S, Dumais L, **L'Abbe MR**. 2011. Trans and Saturated Fat on Food Labels in Canada: Fact or Fiction? *Can J Public Health* 102 (4): 313-16.

L'Abbé MR, Stender S, Skeaff M, Ghafoorunissa, Tavella M. 2009. Approaches to removing trans fats from the food supply in industrialized and developing countries. *Eur. J. Clin. Nutr.*63: S50–S67.

- (ii) Sodium** led (Chair 11/2007-09/2009; Vice Chair 09/2009-08/2010) Canada's multi-stakeholder Sodium Working Group to develop a national sodium reduction strategy for Canada (*SODIUM REDUCTION STRATEGY FOR CANADA Recommendations of the Sodium Working Group, July 2010*). Member of the PAHO Regional expert group on dietary salt reduction and lead the sub-group on dietary salt surveillance (2009-2015); Chair Technical Advisory Group (2015-Present). Authored many PAHO/WHO publications: *Salt Smart Americas - Guide for Action in the Countries*. Pan American Health Organization, Washington DC 2013; *SALTSMART CONSORTIUM CONSENSUS STATEMENT to Advance Target Harmonization For The Salt/Sodium Content of Key Food Categories* (2015); these and other reports available at: http://www.paho.org/hq/index.php?option=com_topics&view=readall&cid=4269&Itemid=40940&lang=en
- Scourboutakos MJ, **L'Abbe MR**. 2014. Changes in sodium levels in chain restaurant foods in Canada (2010-2013): a longitudinal study. *Can Med Assoc J Open* 2014 Oct 1;2(4):E343-51.
- Scourboutakos MJ, Corey PN, Mendoza J, Henson SJ, **L'Abbé MR**. 2014. Restaurant menu-labelling: Is it worth adding sodium to the label? *Can J Public Health*, 2014; 31;105(5): e354-61.
- Arcand J, Au JTC, Schermel A, **L'Abbe MR**. 2014. A comprehensive analysis of sodium levels in the Canadian packaged food supply. *Am J Prev Med* 2014;46(6):633–642.
- Arcand J, Abdulaziz K, Bennett C, **L'Abbe MR**, Manuel DG. 2013. Developing a web-based dietary sodium screening tool for personalized assessment and feedback. *Appl Physiol Nutr Metab*. 2014;39(3):413-4.
- (iii) Chronic Disease Prevention** I currently serve as a member of the WHO Nutrition Guidance Expert Advisory Group on Diet and Chronic Disease (2010-present); member of the WHO Expert Committee on Nutrition (2011-present); member of the WHO Global Coordinating Mechanism for NCDs (2014-Present); member WHO Consultation on Updating Appendix 3 of the Global NCD Action Plan 2013-2020 (2015). Member World Obesity, Scientific and Technical Advisory Network (2014-present); member International Network for Food and Obesity/NCDs Research, Monitoring and Action Support (INFORMAS), lead the Public Food Procurement Module (2012-Present). Sample reports where I took a leading authorship role: *WHO Guideline on Sugars intake for adult and children*. Geneva, World Health Organization (WHO), 2015. **L'Abbé M**, Schermel A, Minaker L, et al., INFORMAS. Monitoring foods and beverages provided and sold in public sector settings, *Obesity Reviews*, 2013; 14(S1), 96-107. Co-Author on 10 additional reviews. *WHO Guideline: Sodium intake for adults and children**. Geneva, World Health Organization (WHO), 2012. *WHO Guideline: Potassium intake for adults and children**. Geneva, WHO, 2012.
- (iv) Research on healthy eating, food labelling and consumer attitudes regarding food and health.** My research program provides an evidence base to support public health nutrition policy in areas such as health claims on foods, front-of-pack labelling, nutritional quality of packaged and restaurant foods, food fortification, food-like NHPs, trans fat, sodium; assessing and modelling population intakes using national food consumption survey data; and research on consumer knowledge, attitudes and behaviours related to foods and nutrition. My research group has developed two databases, a Canadian food label information (FLIP) database containing information on ~26,000 packaged foods and the other containing nutritional information for about 20,500 restaurant foods (from the leading national and private label brands and top take out and sit-down chain restaurants, respectively) available on the Canadian marketplace in 2010-11 and 2013. These databases have been developed to answer a number of research questions under my *Food and Nutrition Policy for Population Health Research* program. Some examples:
- Jessri M, Lou WY, **L'Abbe MR**. 2015. Evaluation of different methods to handle misreporting in obesity research: evidence from the Canadian national nutrition survey. *Br J Nutr*. Oct 1: 1-13
- Schermel A, Wong CL, **L'Abbe MR**. 2015. Are Foods with Fat-Related Claims Useful for Weight Management? *Appetite*. 2015 Sep 8;96:154-159.
- Emrich TE, Qi Y, Mendoza JE, Lou W, Cohen JE, **L'Abbé MR**. 2014. Consumer perceptions of the Nutrition Facts table and Front-of-Pack nutrition rating systems. *Appl Physiol Nutr Metab*, 2014 Apr; 39(4):417-24.
- Schermel A, Mendoza J, Henson S, Dukeshire S, Pasut L, Emrich TE, Lou W, Qi Y, **L'Abbé MR**. Canadians' perceptions of food, diet, and health - a national survey. *PLoS One*. 2014 Jan 23;9(1):e86000.

D. Research Support

ONGOING:

Program	Title and Goal	Role	Dates
Burroughs-Wellcome Foundation	Evaluation of Nutrient Profiling Methods for Regulation. Goal: To evaluate different nutrient profiling systems and develop novel tools to support their application in regulation	PI	09/2014-09/2019
Canadian Institutes of Health Research (CIHR)	Food EPI - Assessing the food policy environment in Canada. Goal: Assessing government and food industry actions and outcomes to support healthy eating	PI	07/2015-06/2018
One Sweet Film Inc (TV Ontario, Telus Media Fund)	One Sweet App - Canadian Consumers on their Perceptions and Intakes of Free Sugars. Goal: Develop iPhone app to inform consumers of sugar levels in foods by brand name and track their intakes of total and free sugar	PI	04/2015-06/2017
Heart and Stroke Foundation	Food Switch: Testing the effectiveness of a food information app to promote the selection of healthier foods. Goal: Randomized Controlled Trial to determine which technology-enabled front-of-pack nutrition system best enables consumers to make healthy food choices at point of purchase	PI	07/2015-06/2018
CIHR	PAUSE - Prevalence and consumer attitudes, understanding, and use of supplemented foods to inform education in Canada. Goal: To determine whether Canadians, particularly those with low health literacy, can identify and safely use supplemented foods	PI	10/2014-09/2017
CIHR	Population Health Impact Assessment Tools for Cardiovascular Disease. Goal: Development of risk algorithms for CVD risk	Co-I	04/2014-03/2017
Social Sciences & Humanities Res Council (SSHRC)	Paths of Convergence for Agriculture, Health and Wealth: a Trans-disciplinary Whole-of-Society Paradigm in Food and Nutrition Goal: analyzing the roles of different sectors in food and nutrition	Co-I	04/2014-03/2019
Fonds de recherche Société et culture Québec (FRQSC)	Comportement du consommateur et dynamique de production, distribution et compétition en alimentation: Équilibrer la santé, le plaisir, et les affaires à court et long terme. Goal: role of the consumer in influencing the food production system	Collab	2014-2018
SSHRC	Convergent Innovation Coalition for Sustainable Prosperity: Development Work for Agri-Food Systems. Goal: analyzing food systems related to sustainability	Co-I	2014-2017
Program in Food Safety, Nutrition and Regulatory Affairs, UofT	Eating Patterns of Canadians. Goal: analyzing the food and dietary pattern intakes of Canadian, adults, adolescents and children	PI	01/2014-06/2015
Retail Council of Canada	Sodium and trans levels and changes in the Canadian food supply Goal: Determine longitudinal changes in sodium and trans levels	PI	02/2014-12/2015
Quebec Ministère de l'Agriculture, des Pêcheries et de l'Alimentation	A Management Flight Simulator tool to improve economic performance of nutrition-sensitive food innovation and enabling policy environment. Goal: methods to predict price elasticity related to nutrition	Co-I	01/2014-12/2016
CIHR	Impact of a simple standardized retail nutrition labelling system on the nutritional quality of supermarket food purchases Goal: Evaluation of a supermarket on shelf labelling system on the nutrition quality of food purchases by consumers	Co-I	03/2014-03/2016
International Development Research Centre	Implementation of a population-wide program to reduce salt/sodium consumption in Costa Rica. Goal: set up and measure effects of a salt reduction program in CR	Co-PI	04/2012-03/2016
University of Toronto	Earle W McHenry Research Chair, Univ Toronto unrestricted research grant "Food and Nutrition Policy for Population Health".	PI	07/2014-05/2020

	Goal: research on food and nutrition policy in Canada		
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FUNDED RESEARCH - COMPLETED (last 3 years):

Program	Title	Role	Dates
Defense Res & Development Canada	Field Feeding and Energy Expenditure Research (FFEER), Field-Feeding for Canadian Forces Land Military Operations. Goal: Assess the dietary intakes of Canadian forces under varying environmental and physical activity levels	Co-I	05/2012-09/2015
FAO, UN Food and Agriculture Organization	Provision of a "Handbook on Nutrition and Food Safety Labelling". Goal: Develop and prepare a resource handbook on food labelling for government regulators and food industry	PI	10/2013-05/2015
Dairy Farmers of Canada	Examination of food sources of vitamin D in order to meet the new Dietary Reference Intakes (DRIs). Goal: model fortification levels needed to meet new DRIs for vitamin D	PI	02/2012-04/2015
University of Toronto	Earle W McHenry Research Chair, University of Toronto unrestricted research grant "Food and Nutrition Policy for Population Health"	PI	07/2009-06/2014
CIHR and Canadian Stroke Network (CSN)	Evaluating the impact of Canada's Sodium Reduction Strategy on dietary intakes of sodium, the overall nutritional quality of the food supply, changes in food labelling, and consumer knowledge and attitudes towards sodium. Goal: To conduct a detailed analysis of the changing Canadian food supply and evaluate the attitudes of consumers related to sodium	PI	10/2011-09/2014
CSN Knowledge Mobilization Grant	Sodium dietary assessment tools to enable consumers and health practitioners to rapidly and accurately assess sodium intakes. Goal: Development and validation of the <i>Big Life Salt Calculator</i>	PI	04/2013-03/2014
Health Canada	Nutrition Labelling Research Synthesis. Goal: Systematic review of consumer KAB related to nutrition labelling	PI	09/2013-11/2013
Canadian Foundation for Dietetic Research	Phosphorus and Potassium Content of Low Sodium Meat, Poultry and Fish Products: Implications for Patients with Chronic Kidney Disease. Goal: Determine the meat choices of patients with CKD and levels of phosphorus, potassium and sodium, especially in low sodium products	Co-I	07/2012-06/2013
UN Food and Agriculture Organization	Preparation of a Workshop on Front of Package Labelling for the Codex Alimentarius Commission Food Labelling Committee. Goal: To review information for Codex delegates regarding front-of-pack labelling (FOP) including: 1) role and use of FOP, 2) how FOP is developed, 3) challenges with FOP, and 4) country experiences.	PI	12/2012-12/2013
CIHR	Programmatic Grant LOI - Evaluation of the food and policy environment to reduce obesity and chronic disease. Goal: To conduct comprehensive evaluations of the Canadian food policy environment, and cost benefit evaluations of policy options.	PI	04/2012-03/2013
Dairy Research Cluster (DFC, AAFC, Can Dairy Com)	Consumer attitudes and behaviours towards lower sodium cheese. Goal: evaluate the effects of different food labelling conditions on consumer KAB related to low sodium products;	PI	01/2012-12/2012
Beef Information Centre	Iron Bioavailability of the Diets of Canadians. Goal: Determine heme/non-heme content of Canadian foods	PI	11/2009-03/2013
Healthy Public Policy Directorate, Toronto PH	Testing the provision of different menu labelling information - Results of Subgroup analysis of Toronto Residents. Goal: to determine the effects of menu labelling that includes sodium on the food purchases of Toronto residents	PI	2012/11-2013/3