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Professional Qualifications

1976 MD, Universität Heidelberg, Germany
1977 Dr.med. (Biochemistry), Universität Heidelberg, Germany
1983 Clinical Chemist (German Society of Clinical Chemistry, Cologne, Germany)
1986 Board Certification in Laboratory Medicine (Karlsruhe, Germany)
1992 PhD (Dr.med.habil. Clin.Chemistry and Biochemistry), Freie Universität Berlin

Major Appointments and Professional Affiliations

1976-1977 Postdoctoral Fellow, Bioinformatics, MPI Nutrition, Dortmund, Germany
1978-1979 Resident in Internal Medicine, Medical University Hospital, Heidelberg
1978-1987 Research Fellow, Clinical Institute for Cardiovascular Research, Heidelberg
1979-1985 Clinical Fellow in Lab.Medicine, Medical University Hospital Heidelberg
1985-1987 Deputy Director, Central Hospital Laboratories, Universität Heidelberg
1986-1987 Medical Director, Nutrition Services, Medical Univ. Hospital, Heidelberg
1987-1992 Deputy Director, Institute Clin Chem & Biochem, Freie Universität Berlin
1990-present Editorial Board, Clinical Laboratory
1992-1994 Privatdozent, Clinical Chemistry and Biochemistry, Freie Universität Berlin
1992-present Research Professor, Dept. of Nutrition, UNC-Chapel Hill, School of Medicine
and School of Public Health
2010-present Member, UNC Nutrition Research Institute, Kannapolis, NC
1996-1999 Member, CET review panel, CDMRP Breast Cancer Research Program
2000-2008 Chair, CET review panel, CDMRP Breast Cancer Research Program
2003 Member, CET review panel, CDMRP Prostate Cancer Research Program
2004-2010 Chief Science Officer, PogoHealth Inc.
2008-2009 External Site Visitor, Pre-Clinical Sciences, University West Indies, Trinidad
2008-2010 Chair, Con-CET review panel, CDMRP Breast Cancer Research Program
2008-2009 Member, grant review panel, Komen Breast Cancer Research Program
2009 Member, grant review panel, Salud America, RW Johnson Foundation
2009-2012 Member, ASN Committee for Professional Nutrition Education
2010 Member, BRCP Idea awards, CDMRP Breast Cancer Research Program
2010 Chair, Ad-Hoc panels, CDMRP Breast Cancer Research Program
2010-present Faculty Member, UNC Nutrition Research Institute, Kannapolis
2011 Member, MBG review panel, CDMRP Breast Cancer Research Program
2012 Member, CET-1 review panel, CDMRP Breast Cancer Research Program
2012-present Chair, ASN Nutrition Educators Meeting and Mentoring Committee
2014-present Secretary, International Society of Nutrigenetics/Nutrigenomics
2014 ASN Clinical Conference Program Committee

Recent Awards

- 2013 UNC Nutrition Department Delta Omega Faculty Award
2013 Roland Weinsier Award for Excellence in Medical/Dental Nutrition Education,
 American Society for Nutrition

Current Membership in Professional Organizations

Gesellschaft für Biochemie und Molekularbiologie
American Society for Bone and Mineral Research
American Society for Nutrition
American Public Health Association
International Society of Nutrigenetics/Nutrigenomics

Main research and teaching activities

Dr. Kohlmeier's expertise is in laboratory diagnostics, nutritional genetics and the use of computers for professional and lay nutrition education. He has more than thirty years of experience in nutrition research, using in-vitro and animal studies, clinical trials of nutrients and other dietary supplement ingredients, and national nutrition surveys. He has developed novel biochemical methods for the assessment of dietary intake and nutrient adequacy. He authored a comprehensive textbook on nutrient metabolism, and is the lead author and developer of numerous on-line nutrition courses for medical students, physicians and other healthcare professionals.

Dr. Kohlmeier's genetic research has focused on the influence of genetic variation as a modulator of nutrient disposition and on the assessment of nutritional status of normal populations and its impact on health. He identified low endogenous cholesterol synthesis as a cause of increased cholesterol sensitivity, the apolipoprotein E polymorphism as the main genetic influence on vitamin K status, lactase persistence as a promoter of phytoestrogen bioavailability, and a very common MTHFD1 variant as a predictor of choline requirements. He has developed online tools that provide genotype-specific personalized nutrition guidance without revealing genetic information. His latest textbook, "Nutrigenetics: Applying the Science of Personal Nutrition", has been published by Academic Press in 2012.

He has taught courses in biochemistry, pathophysiology, laboratory medicine and nutrition at several universities for more than thirty years. He has initiated the Train Nutrition Trainers (TNT) network of medical nutrition educators at the American Society for Nutrition and is director of the Nutrition in Medicine (NIM) and Nutrition Education for Practicing Physicians (NEPP) projects. He has contributed to the development, implementation and evaluation of numerous computer-based multimedia programs. He has developed innovative online techniques for adaptive instruction that emphasize continuous performance evaluation without burdening learners with assessment questions. The NIM materials are currently used by more than one hundred US medical schools and international institutions. Current efforts focus on innovative web-based delivery of metabolomics instruction, expanding the use of adaptive learning strategies and the development of training environments with video-realistic virtual patients.

RECENT MAJOR PRESENTATIONS

- Kohlmeier M. *The Landscape of Nutrition Education in the Medical Student Curriculum*. Keynote lecture. Conference on Capacity Building in Nutrition Science: Revisiting the Curricula for Medical Professionals, New York Academy of Sciences, NY, NY, June 6, 2013
- Kohlmeier M. *Changing Medical School Curricula to Support Prevention-Oriented Care: Online Medical School*. Forum on Teaching Nutrition and Physical Activity in Medical School: Training Doctors for Prevention-Oriented Care Bipartisan Policy Center, the Alliance for a Healthier Generation (AHG), and the American College of Sports Medicine (ACSM), Washington, DC, October 17, 2013
- Kohlmeier M. *Metabolomics in Medicine*. First Annual Metabolomics Consortium Meeting, Ann Arbor, September 28, 2013
- Kohlmeier M. *Prevention-Focused Health Care Training: A Model for Educating Medical Professionals in Effective Nutrition Counseling*. The Economic and National Security Imperative for Moving Communities Toward Obesity Prevention: Implementing Evidence-Based Policy Change Across Sectors at the American Public Health Association Annual Conference, Boston, November 5, 2013
- Kohlmeier M. *How to use genetic information for dietary counseling*. DCHDA Seminar Series, Duke University Stedman Center, Durham, NC, January 14, 2014
- Kohlmeier M. *Personal nutrition: Making it happen now*. Metabolomics Symposium at RTI International, Research Triangle Park, NC, March 7, 2014
- Kohlmeier M. *Medical nutrition education*. Congressional Briefing on the EAT Healthy and ENRICH bills, Washington, DC, April 4, 2014
- Kohlmeier M. *The state of nutrition education at US medical schools*. Session on Medical Nutrition Education, Experimental Biology, San Diego, April 28, 2014
- Kohlmeier M. *Nutrition in medical education: Impact, opportunities and challenges*. Seminar Series, School of Exercise and Nutrition Sciences, Deakin University, Geelong, Australia, May 5, 2014
- Kohlmeier M. *How effective is genome-based nutrition?* Grand Rounds, Geelong/Deakin Clinical School, Deakin University, Geelong, Australia, May 6, 2014

A SELECTION OF PUBLICATIONS

- Kris-Etherton PM, Akabas SR, Douglas P, Kohlmeier M, Laur C, Lenders CM, Levy MD, Nowson C, Ray S, Pratt CA, Seidner DL, Saltzman E. Nutrition Competencies in Health Professionals' Education and Training: A New Paradigm. *Adv Nutr* 2014 in press
- Lenders CM, Deen DD, Bistrain B, Edwards MS, Seidner DL, McMahon MM, Kohlmeier M, Krebs N. Residency and specialties training in nutrition: a call for action. *Am J Clin Nutr*. 2014;99:1167S-73S
- Kushner RF, Horn L, Rock CL, Edwards MS, Bales CW, Kohlmeier M, Akabas SR. Nutrition education in medical school: a time of opportunity. *Am J Clin Nutr* 2014;99:1174S-83S
- DiMaria-Ghalili RA, Edwards M, Friedman G, Jaferi A, Kohlmeier M, Kris-Etherton P, Lenders C, Palmer C, Wylie-Rosett J. Capacity building in nutrition science: revisiting the curricula for medical professionals. *Ann NY Acad Sci* 2013;1306:21-40
- Jia W, Kohlmeier M, Lu A, Zeng R. Translational research in complementary and alternative medicine. *Evid Based Complement Alternat Med* 2013;2013:296817

- Zhu J, Wu L, Kohlmeier M, Ye F, Cai W. Association between MTHFR C677T, MTHFR A1298C and MS A2756G polymorphisms and risk of cervical intraepithelial neoplasia II/III and cervical cancer: a meta-analysis. *Mol Med Rep* 2013;8:919-27
- Fernandez CSP, Adams KM, Kohlmeier M. Vegetarian diets in health promotion and disease prevention. In *Handbook of Nutrition and Food*, 3rd ed. Berdanier CD, Dwyer JT, Heber D. CRC Press, Boca Raton, 2013, pp. 403-434
- Kohlmeier M. *Nutrigenetics: Applying the Science of Personalized Nutrition*. Academic Press, London, 2012, 395 pp. ISBN 9-780123-859-00-6
- Adams KM, Kohlmeier M, Zeisel SH. Nutrition education in U.S. medical schools: latest update of a national survey. *Acad Med* 2010;85:1537-42
- Adams KM, Kohlmeier M, Powell, M, Zeisel SH. Nutrition in medicine: nutrition education for medical students and residents. *Nutr in Clin Prac* 2010;25:471-80
- Kohlmeier M, Adams K, Zeisel S. Nutrition Education for Practicing Physicians (NEPP). *FASEB J* 2011;25:989.29
- Kohlmeier M. Genotype-based online nutrition guidance *FASEB J* 2010;24:552.5
- Kohlmeier M. Anonymization of genetic data for nutrition guidance. *J Nutrigenet Nutrigenomics* 2008;1:303.
- Kohlmeier M, Zeisel SH. Dietary Supplements. In *Walker's Nutrition in Pediatrics*, 4th Edition, C. Duggan, W.A. Walker, J Watkins, Eds. McGraw-Hill, ISBN 1-550093-61-4 2008
- Lindell KC, Adams KM, Kohlmeier M, Zeisel SH. Evolution of a computer-assisted nutrition curriculum. *Am J Clin Nutr* 2006;83:956S-962S
- Adams KM, Lindell KC, Kohlmeier M, Zeisel SH. Status of nutrition education in medical schools. *Am J Clin Nutr* 2006;83:941S-944S
- Kohlmeier M, da Costa KA, Fischer LM, Zeisel SH. Genetic variation of folate-mediated one-carbon transfer pathway predicts susceptibility to choline deficiency in humans. *PNAS* 2005;102:16025-16030
- Song J, da Costa KA, Fischer LM, Kohlmeier M, Kwock L, Wang S, Zeisel SH. Polymorphism of the PEMT gene and susceptibility to nonalcoholic fatty liver disease (NAFLD). *FASEB J* 2005;9:1266-1271
- Kohlmeier M, Zeisel SH. Teaching preventive nutrition in medical schools. In *Preventive Nutrition: The Comprehensive Guide for Health Professionals*. 3rd ed. Bendich A, Deckelbaum RJ, eds. Humana Press Inc, Totowa, NJ, 2005, 889-899
- Kohlmeier M, Adams K, Lindell K. *Sports nutrition: Physical activity and health*. The Nutrition in Medicine Series, University of North Carolina, 2004. ISBN 1-888778-22-9
- Kohlmeier M. *Nutrient Metabolism*. Academic Press, London, 2003, 826 pp. ISBN 0-12-417762-X
- Kohlmeier M, McConathy W, Lindell KC, Zeisel SH. Adapting the contents of computer-based instruction based on knowledge tests maintains effectiveness of nutrition education. *Am J Clin Nutr* 2003;74:1025-1027
- Anderson JJ, Chen X, Boass A, Symons M, Kohlmeier M, Renner JB, Garner SC. Soy isoflavones: no effects on bone mineral content and bone mineral density in healthy, menstruating young adult women after one year. *J Am Coll Nutr* 2002;21:388-393
- Kohlmeier M, Lindell K, Adams K, Fernandez C. *Nutrition for the second half of life*. The Nutrition in Medicine Series, University of North Carolina, 2002. ISBN 1-888778-22-9
- Kohlmeier M, Cooksey K, Plaisted C, Adams K. *Dietary supplements and fortified foods*. The Nutrition in Medicine Series, University of North Carolina, 2001. ISBN 1-888778-08-3

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- Kohlmeier M, Althouse L, Stritter F, Zeisel SH. Introducing cancer nutrition to medical students: effectiveness of computer-based instruction. *Am J Clin Nutr* 2000;71:873-877
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