



## Chicago Section IFT the First Section



### **Dr. Connie Weaver Presented the 51<sup>st</sup> Tanner Lecture for CSIFT**

Chicago Section IFT awarded the 51<sup>st</sup> Fred W. Tanner Lecture Award to Dr. Connie Weaver, Distinguished Professor and head of the Department of Nutrition Science at Purdue University. Dr. Weaver presented the Tanner Lecture, Translating Nutrition Science to Dietary Guidelines, at Northbrook Hilton Hotel on May 13, 2013.

Dr. Weaver received B.S. and M.S. degrees in food science and human nutrition from Oregon State University, and Ph.D. in food science and human nutrition from Florida State University.

Dr. Weaver is past-president of American Society for Nutritional Sciences. She is on the Board of Trustees of the International Life Sciences Institute, National Osteoporosis Foundation and Science Advisory Board of Pharmavite. She is member of the Institute of Medicine of The National Academies, of which she is the Food and Nutrition Board member. In 2008, she became Deputy Director of NIH funded Indiana Clinical and Translational Science Institute. Her research interests include mineral bioavailability, calcium metabolism, and bone health. She has published over 260 research articles. Dr. Weaver has received numerous awards including Natural Products Association's Burton Kallman Scientific Award, American Society for Nutrition Robert H Herman Award, USDA A.O. Atwater Lecture Award, IFT Babcock Hart Award, etc. Dr. Weaver was appointed to the 2005 Dietary Guidelines Advisory Committee.

In the Tanner Lecture, Dr. Weaver has discussed some fundamental science of nutrition and health. In relating dietary habits to human health, Dr. Weaver used calcium as an example to show how factors such as food type, bioavailability of calcium, age, sex, race, genetics, etc. impacted calcium absorption and bone health using research data. Her research determined calcium intakes that optimize bone calcium accretion during puberty and identified underlying mechanisms and regulators.

This work was used to determine calcium requirements for adolescents in North America since 1997 which in turn influenced the Dietary Guidelines and Surgeon General's report on bone health. Her research group also determined calcium absorption from food sources, fortified foods, and dietary supplements.

She also talked about the very popular "Calcium Camp" established by her at Purdue University, which has increasingly gained attention and interest nationally. The Calcium Camp is like a special on-campus summer camp, open for volunteer students, free of charge, to participate in the nutritional study between dietary calcium and bone health.



## Chicago Section IFT the First Section



As a result, volunteers from all over the country to participate in the Calcium Camp have been overwhelming in recent years.

As an “insider” of the USDA Dietary Guidance Advisory Board, she also explained how the official USDA Dietary Guidelines for Americans were developed. The Dietary Guidelines are revised every 5 years by the U.S. Departments of Agriculture and Health and Human Sciences. The guidelines give advice on diet and exercise that promote health according to evidence-based science and propose food patterns that meet the nutrient recommendations set by the Institute of Medicine.

The Tanner Lecture was very well received. About 120 professionals from the food industry, universities, and government agencies attended the Lecture. As a long-standing tradition, CSIFT presented the 51<sup>st</sup> Tanner Lecture award plaque with an honorarium of \$2,000 and a Chicago photo book to Dr. Weaver.

To download and view the presentation click [here](#).

*Zuoxing Zheng, Ph.D.  
CSIFT Tanner Lecture Committee Chair  
Associate Principal Scientist  
Kraft Foods Group, Inc.  
Tel. 847-646-3388  
Email: [zuoxing.zheng@kraftfoods.com](mailto:zuoxing.zheng@kraftfoods.com)*