

Asia Pacific Clinical Nutrition Society Lifetime Achievement Award

Mark L. Wahlqvist

FRACP, FAFPHM, FAIFST, FTSE

EDUCATION

MD, Uppsala University, Sweden, 1972

MD, University of Adelaide, Australia, 1970

MB, BS, University of Adelaide, Australia, 1966

BMedSc, University of Adelaide, Australia, 1962



PROFESSIONAL APPOINTMENTS

- **Emeritus Professor , Monash University, Melbourne, Australia**
- Visiting professor, Center for Health Policy Research and Development, National Health Research Institutes (2007-present)
- Visiting Professor in Food and Nutritional Science, Zhejiang University, Zhejiang Province, Hangzhou, China (2005-present)
- Honorary/Adjunct Professor, Epidemiology & Preventive Medicine, Faculty of Medicine, Monash University (2003-present)
- Honorary Professor, Health & Behavioural Sciences, Deakin University (2002-2005)
- Chair, FAO (Food & Agriculture Organization of UN) Centre of Excellence, Monash University (1999-2006)
- Director, Asia Pacific Health and Nutrition Centre, Monash Asia Institute, Monash University, Melbourne, Australia (1999-present)
- Associate Dean, International Health and Development, Faculty of Medicine, Monash University (1999-2002)
- Visiting Professor, Department of Medicine, Faculty of Medicine, University of Indonesia (1994-1996)
- Professorial Associate, Deakin Institute of Human Nutrition (1990-2001)
- Head, Department of Medicine, Monash University (1987-1999)
- Chairman, Division of Medicine, Monash Medical Centre Hospital (1987-1994)
- Professor of Medicine, Monash University, Melbourne (1987-2002)
- Director, Deakin Institute of Human Nutrition (1985-1987)
- Honorary Senior Associate, National Research Institute of Gerontology & Geriatric Medicine, Melbourne (1985-1986)
- Director, Clinical Nutrition & Metabolism Unit, Prince Henry's Hospital and Monash Medical Centre (1982-1998)
- Chairman, Dietitians Board of Victoria (1982-1986)
- Consultant Nutritionist, ADAB, Department of Foreign Affairs, Australian Government

(1980-1982)

- Associate, Department of Medicine, Monash University, Melbourne (1979-1986)
- Clinical Teacher, Faculty of Medicine, Monash University (1979-1986)
- Honorary Consulting Physician, Geelong Hospital, Geelong, Victoria (1979-1987)
- Consultant Physician (Endocrine and Diabetes), Prince Henry's Hospital and Monash Medical Centre, Melbourne (1978-1999)
- Foundation Professor of Human Nutrition, Department of Human Nutrition, Division of Biological and Health Sciences, Deakin University, Geelong, Victoria, Australia (1978-1987)
- Physician, Clinical Nutrition & Metabolism Unit, Prince Henry's Hospital and Monash Medical Centre, Melbourne (1976-1981)
- Senior Lecturer, Department of Medicine, Monash University, Prince Henry's Hospital, Melbourne (1976-1977)
- Honorary Fellow and Registrar, Department of Clinical Science, Australian National University, Canberra Hospital (1973-1975)
- Visiting Fellow, Department of Clinical Science, John Curtin School of Medical Research, Australian National University (1972)
- Research Fellow, Department of Geriatrics, University of Uppsala, Sweden (1971-1972)
- Research Fellow, King Gustaf Research Institute, Karolinska Hospital, Stockholm, Sweden (1970-1971)
- Research Fellow, National Heart Foundation of Australia, Department of Physiology, University of Melbourne (1968-1970)
- Resident Medical Officer, Royal Adelaide Hospital (1966)

RESEARCH INTERESTS

- Dr. Wahlqvist's current research interests reflect an extensive multidisciplinary career ranging from bench, bed and field to multicentre clinical and longitudinal population studies. He remains involved in cross-cultural medicine and health, with particular reference to community development and health advancement. He has been on the executive of the ICSU (International Science Council) Sciences for Health and Well-being initiative. He is on the advisory Board of the Harvest Plus program of IFPRI (International Food Policy Research Institute) to improve the nutritional value of staple crops and on the Nutrition Advisory Panel of WHO.
- In 2007, he launched the 2nd report of the WCRF and AICR on Diet, Activity and Cancer in Beijing and Hong Kong, along with Chen Jun-Shi and Jim Mann.
- At NHRI he works on Healthy Ageing policy, and on Food Security taking advantage of the extensive data bases and expertise available in Taiwan to understand these issues in the interest of Chinese-speaking and Indigenous peoples.

RESEARCH ACTIVITIES & ACCOMPLISHMENTS

- As an alumnus of Adelaide and Uppsala Universities in Australia and Sweden, respectively, he has had a combined career in Internal Medicine, Nutrition Science and

Public Health with Chairs in these fields; this has involved work in clinical, community, academic, governmental and commercial settings. He has held various Australian and International positions in Science, Technology, Health and Public Policy, including Food safety and regulation.

- International positions in Science, Technology, Health and Public Policy, including Food safety and regulation. As President of the International Union of Nutritional Science, he developed a focus on the critical nutrition-health problems of Africa, whilst maintaining and evolving his life-long interests in Asia and Chinese-speaking peoples. His studies have ranged over food patterns, metabolic disorders, the nature and determinants of disease, and ageing. He has several hundred peer-reviewed publications, a score of books and is the Founding Editor-in-Chief of the Asia Pacific Journal of Clinical Nutrition.

His research has led to paradigm shifts in several areas:

- Arterial biology at least as important as blood components in atherogenesis (1962)
- Regulation of human myocardial fuel consumption and ischaemic heart disease (1972)
- Nutritional factors beyond carbohydrate in diabetes (1978)
- Foods and arterial health (food variety and fish) (1989)
- Food and the menopause (1990)
- Food cultural indices (ageing and survival) (1995)
- Nutrient synergy and bowel tumours (1995)
- Phytoestrogens and bone health (1998)
- Skin and ageing (2000)
- Lactogogic plant foods (2004)
- Wellness on-line (2005)
- Prevention and management of neurodegenerative disorders.

ORGANISATIONAL DEVELOPMENT

- Asian Australian Family Association (AAFA) -co-founder and first President (1968)
- International Society for Heart Research (ISHR) Australasian Section Founding President (1977)
- Australian Nutrition Foundation (ANF) Founding Executive, based in Melbourne (circa 1978)
- Asia Pacific Clinical Nutrition Society (APCNS) Founding Executive with Akira Okada and Vichai Tanpaichit
- Food in Health Security (FIHS) Network for the Asia Pacific Region (2009)

HONORS & AWARDS

- Life member Nutrition Australia (Australian Nutrition Foundation)
- EV McCollum International Lecture, American Society for Nutritional Sciences, 21st September 2005
- Fellow Nutrition Society of Australia, 2004

- Life Honorary Member, British Nutrition Society, 2003
- Officer of the Order of Australia (AO), Australia Day, 26th January 2000
- Australian Institute of Food Science & Technology- Food Industry Innovation Award, 1998
- Charlotta Medal, Emigrants' Research Institute, Sweden, 1994, Visiting Professor

It is for Mark L Wahlqvist's outstanding contribution in research, education and leadership of nutritional science in the region, Asia Pacific Clinical Nutrition Society is privileged that Mark L Wahlqvist is the recipient of the Lifetime Achievement Award.

Citation by

Duo Li

Chair of APCNS Award Nomination Committee

Co-Editor of APJCN