

Professor Arne Astrup, MD, DMSc

Head of the Department of Nutrition, Exercise and Sports at the University of Copenhagen, Denmark, and Senior Consultant at Clinical Research Unit, Herlev-Gentofte University Hospital.

Main research areas: The physiology and pathophysiology of energy and substrate metabolism and appetite regulation, with special emphasis on the etiology and treatment of obesity treatment by methods that have included the role of diet composition and of specific nutrients, lifestyle modification, very-low-calorie diets, exercise, and medication. He has also conducted research on effects of beer and wine on energy balance and CVD risk. He led research that showed that GLP-1 is a satiety hormone in humans, and was instrumental in Denmark being the first country to ban industrial trans-fat in 2014. His research groups have produced 32 PhD's to date.

Publications: Over 700 scientific papers a number in journals such as The Lancet, New England Journal of Medicine, British Medical Journal, and Journal of Clinical Investigation. Citations H-index: 76, Google Scholar H-Index: 98.

Arne Astrup is currently Associate Editor of American Journal of Clinical Nutrition and member of the Editorial Boards of among others, Annals of Nutrition and Metabolism, Annual Review of Nutrition, and Journal of Obesity and Metabolic Research.

Honours include: Knight of the First Order of Dannebrog 2012. IASO André Mayer Award 1994; Danone Chair in Nutrition 2002 at The University of Antwerp. Finnish Association of Internal Medicine Esko Nikkilä Prize 2012. American Society for Nutrition Robert H. Herman Award 2012. IASO Willendorf Award 2014.