



Nutritional Epidemiology (Monographs in Epidemiology and Biostatistics)

By Walter Willett

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This text is intended for those who wish to understand the complex relationships between diet and risks of important diseases, such as cancer and cardiovascular disease. It is aimed both at researchers engaged in the unraveling of these complex relationships and at readers of the rapidly multiplying and often confusing scholarly literature on the subject.

The book starts with an overview of research strategies in nutritional epidemiology—still a relatively new discipline that combines the vast knowledge compiled by nutritionists during the 20th century with the methodologies developed by epidemiologists to study the determinants of diseases with multiple etiologies and long latent periods. A major section is devoted to the methods of dietary assessment using data on food intake, biochemical indicators of diet, and measures of body composition and size. The reproducibility and validity of each approach and the implications of measurement error are considered in detail. The analysis, presentation, and interpretation of data from epidemiologic studies of diet and disease are explored in depth. Particular attention is paid to the important influence of total energy intake on findings in such studies. To illustrate methodological issues in nutritional epidemiology, relationships of dietary factors to the incidence of lung and breast cancer, heart disease, and birth defects are examined in depth.

The first edition of *Nutritional Epidemiology*, published in 1989, was widely praised and quickly established itself as the standard reference in this field. The second edition, published in 1998, added new chapters on the analysis and presentation of dietary data, nutritional surveillance, and folic acid and neural tube defects. This new edition, in addition to substantial updating of existing chapters, includes new chapters on assessment of physical activity, nutrition and genetic epidemiology, and the role of nutritional epidemiology in policy. This book will benefit epidemiologists, nutritionists, dietitians, policy makers, public health practitioners, oncologists, and cardiovascular and other clinical specialists.

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Editorial Review

Review

"This path-breaking book by Walter Willett documents such critical relationships between diet and disease. Beyond that, this book is a guide for students and scientists to develop and conduct studies that would examine those relationships and provide critical data showing cause-and-effect evidence between certain types of diets and certain diseases. This is a vital book in the study of diet and disease--not only on the 'how-to' for students but also on the 'what was found' from actual studies. We congratulate him on his important work in nutritional epidemiology." -Nano Khilnani, *Biz India*

"Very valuable reading for anyone considering undertaking a dietary survey. For those attempting to measure dietary intakes in an epidemiologic context, Willett's book will be essential reading." -- *American Journal of Epidemiology*

"Very valuable to the growing group of researchers and graduate students wanting to understand the relationship between diet and the incidence of chronic disease among adult Americans... The volume as a whole makes a valuable contribution, since it is comprehensive and summarizes significant developments from the last ten years; a compilation of information about nutrition epidemiology has long been lacking. Willett's book will be most useful to advanced students, practitioners, and researchers." -- *Journal of Nutrition Education*

"Covers, with unusual clarity, complex issues related to the nature of variation in diet and its implications in the design and interpretation of studies of nutritional epidemiology." -- *International Journal of Epidemiology*

"Walter Willett, of the Harvard School of Public Health, is recognized as working at the cutting edge of this demanding field... *Nutritional Epidemiology* was written specifically for researchers actively engaged in studies of diet and disease. It is a clear, coherent, and eminently readable expose of a very complex, multifaceted new discipline." -- *Community Health Studies*

"Dr. Willett in his third edition of *Nutritional Epidemiology* provides a practical and straightforward discussion of how to conduct and interpret studies of diet in relation to chronic disease risk, which is unparalleled in breadth and depth. He incorporates many recent advances, encourages rigorous and thoughtful conduct and interpretation of study results and often challenges conventional interpretations from medical and nutritional sciences. This outstanding book is essential reading for graduate students and researchers in the field. It is also a useful resource for any nutritional scientists, epidemiologists, and health professionals who use results of epidemiological studies to make policies that promote healthy eating." -- Julie A. Mares, PhD, Professor of Nutrition, Department of Ophthalmology and Visual Sciences, University

of Wisconsin School of Medicine and Public Health

"In this new edition, Dr. Willett condenses a vast and rapidly expanding literature, from the history of nutritional epidemiology to future directions. New chapters on physical activity and genetics, as well as discussion of new methodologies-and thoughtful analysis of recent debates on measurement error-make this required reading for anyone working in nutrition and health research, and a welcome up-to-date text for graduate teaching." -- Katherine L. Tucker, PhD, Professor, Department of Health Sciences, Northeastern University

Praise for earlier editions

"Very valuable reading for anyone considering undertaking a dietary survey. For those attempting to measure dietary intakes in an epidemiologic context, Willett's book will be essential reading." -- *American Journal of Epidemiology*

"Very valuable to the growing group of researchers and graduate students wanting to understand the relationship between diet and the incidence of chronic disease among adult Americans... The volume as a whole makes a valuable contribution, since it is comprehensive and summarizes significant developments from the last ten years; a compilation of information about nutrition epidemiology has long been lacking. Willett's book will be most useful to advanced students, practitioners, and researchers." -- *Journal of Nutrition Education*

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"This remains an excellent textbook for students learning to evaluate the literature or design their own studies. New chapters on physical activity, genetics, and policy provide much needed updates on the methods used by today's researchers. Overall, the book is a nearly comprehensive introduction to the basic principles of studying diet and long-term health and disease." -- *DOODY'S*

About the Author

Walter Willett, MD, DrPH, is the Stare Professor of Epidemiology and Nutrition and Chair of the Department of Nutrition at the Harvard School of Public Health.

Users Review

From reader reviews:

Jose Murry:

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their free time with their family, or all their friends. Usually they carrying out activity like watching television, planning to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? May be reading a book may be option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to try out look for book, may be the guide untitled Nutritional Epidemiology (Monographs in Epidemiology and Biostatistics) can be fine book to read. May be it can be best activity to you.

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