

# JUNK FOOD AND THE MODERN MIND

Are nutritional deficiencies a risk factor for depression, aggression, and violence? Experts discuss the research and the global implications of the modern American diet.



**Thursday, April 17, 2014**

5:30 PM - 7:00 PM

MIT Bldg 66-110 | 25 Ames St, Cambridge

## About the speakers

**Capt Joseph Hibbeln**, MD, is Lead Clinical Investigator, Unit on Nutrition in Psychiatry, NIAAA, Washington DC; and a Commander in the United States Public Health Service. A psychiatrist and lipid biochemist by training, Dr Hibbeln is now one of the world's leading experts on the importance of dietary fats for human brain development and function. Dr Hibbeln received a BA with special honors from the University of Chicago and an MD from the University of Illinois at Chicago.

**Rachel V Gow** is currently working as a Guest Researcher in the Section of Nutritional Neurosciences at the National Institutes of Health. Her main research interests are in the role of brain selective nutrients such as omega-3 highly unsaturated fatty acids and neurodevelopmental disorders including ADHD and conduct disorder related behaviors. Dr Gow completed a PhD in the department of Child and Adolescent Psychiatry at the Institute of Psychiatry, King's College London.

**Lynn C Todman** is currently a Visiting Scholar in the Center for International Studies at MIT. Trained as an urban planner, Dr Todman's areas of interest include urban poverty, social exclusion, community development, and the social determinants of health and mental health. Her current research focuses on the relationship between urban food deserts, diet and nutrition, and community violence. Dr Todman earned a BA from Wellesley College and a Master's in City Planning and a PhD in Urban and Regional Planning from MIT.

