

# MedStar Research Institute

## Barbara V. Howard, Ph.D.



Barbara V. Howard, Ph.D. is the president of MedStar Research Institute. She received her Ph.D. in microbiology from the University of Pennsylvania in 1968 and currently holds faculty appointments in the Department of Medicine at Georgetown University and the University of Maryland, and the Department of Biochemistry at Howard University. Formerly, she was the associate chief of the Phoenix Clinical Diabetes and Nutrition Section, NIDDK, National Institutes of Health. She is the past chair of the Nutrition Committee of the American Heart Association and the Nutrition Study Section of the National Institutes of Health, and the current vice chair of the American Heart Association Council on Nutrition, Physical Activity, and Metabolism. She served as a member of the NIH Expert Panel on Obesity that developed national guidelines for the treatment and prevention of obesity, and she also serves on the editorial boards for several scientific journals, including *Diabetes Care*, *Atherosclerosis*, and *Diabetes/Metabolism Research and Reviews*.

She has received the Bolton Corson Medal from the Franklin Institute for research in nutrition and atherosclerosis, and the Special Recognition Award from the Arteriosclerosis Council of the American Heart Association. She was chosen as the Kelly West Lecturer by the American Diabetes Association in 2003. Her major research interests are in cardiovascular disease, particularly in relation to diabetes and its occurrence in diverse ethnic groups. Her current research projects include the Strong Heart Study, a multicenter study of cardiovascular disease and its risk factors in American Indians; GOCADAN, a study of the genetics of cardiovascular disease in Alaskan Eskimos; the Women's Health Initiative, a multicenter study of postmenopausal women and their health; and the SANDS study, a multicenter study examining lower targets for blood pressure and lipid control in diabetes patients.

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