

Chris D'Adamo, Ph.D.



Dr. Chris D'Adamo is an epidemiologist with expertise in the synergistic effects of healthy lifestyle practices on human health and wellness. He received his Ph.D. in Epidemiology from the University of Maryland School of Medicine and is currently an Assistant Professor with dual appointments in the Center for Integrative Medicine within the Department of Family & Community Medicine as well as in the Department of Epidemiology & Public Health. Dr. D'Adamo serves as Director of Research and Education at the Center for Integrative Medicine and holds adjunct faculty positions in the Gerontology Doctoral Program of the University of Maryland and at Maryland University of Integrative Health, where he was involved in the creation of the Nutrition and Integrative Health graduate program.

Dr. D'Adamo has served as Principal Investigator on a wide variety of clinical trials, observational studies, and community-based interventions in integrative health and medicine. These studies have included clinical trials evaluating the efficacy of dietary supplements in promoting overall health and wellness, basic science investigations in the emerging fields of nutrigenetics and nutrigenomics, systematic reviews of integrative therapies, outcomes evaluations of a practice-based research network in integrative health and medicine, and multi-modal integrative health interventions in underserved communities in Baltimore involving nutrition, physical activity, yoga, qi gong, and other integrative therapies. He has published his findings in peer-reviewed scientific and medical journals including *Clinical Nutrition*, *Nutrition Research*, *American Journal of Health Promotion*, *Nutrients*, *Journal of Nutrition*, *Journal of Nutrigenetics and Nutrigenomics*, *Journal of Nutrition, Aging, and Health*, and *American Journal of Preventive Medicine*, among many others. His work has also been featured in USA Today, Men's Health, Natural Health, SHAPE Magazine, Dr. Oz, Food Network, Good Housekeeping, PBS News Hour, AARP, and many other popular media outlets.

In addition to his academic positions, Dr. D'Adamo serves as a Senior Program Advisor to The Institute for Integrative Health, a Baltimore-based non-profit with expertise in community health. In this and other capacities he lectures extensively on the topics of nutrition, dietary supplements, physical activity, stress management, and other healthy lifestyle practices to both the medical community and general public. He is a Certified Personal Trainer through the American Council on Exercise (ACE), a Certified Sports Nutrition Consultant through the International Sports Medicine Association (ISMA), and has received advanced training in Mind-Body Medicine and Ayurvedic Medicine from The Institute for Integrative Health.

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