



David JA Jenkins, MD, D.Sc, Ph.D

Educated at Oxford University, Dr. Jenkins is currently a professor in both the Departments of Nutritional Sciences and Medicine, Faculty of Medicine, University of Toronto, a staff physician in the Division of Endocrinology and Metabolism, the Director of the Clinical Nutrition and Risk Factor Modification Center, and a Scientist in the Li Ka Shing Knowledge Institute of St. Michael's Hospital. He has served on committees in Canada and the United States that have formulated nutritional guidelines for the treatment of diabetes and recommendations for fibre and macronutrient intake (fat protein and carbohydrates) for the general population (the recommended daily intakes e.g. that you see on food labels) under the joint United States-Canada DRI system (RDAs) of the National Academy of Sciences (Washington, DC). He and his colleagues developed the cholesterol lowering dietary portfolio, that was

the only dietary approach referenced in 2004 Guidelines update of the US National Cholesterol Education Program (ATP III) for Americans and is one of three diets recommended by the Canadian Cardiovascular Society (CCS) guidelines for Canadians for 2012. He has received many National and International awards in recognition of his contribution to nutrition research. He believes in the value of plant based diets, and that a major effort is required to mount large studies to determine the extent of their health benefits. He also believes that diets have to be environmentally sustainable.

The “Lifestyle Portfolio Trial” rationale and design

With success of the PREDIMED study interest is renewed in dietary prevention and management of cardiovascular disease. However large intensive trials have been referred to by NHLBI as “Dinosaurs”. In this environment we are funded for a pilot study for a diet and exercise large international trial on CVD outcomes. The funding, or lack of, will however determine its future shape.

Ideally we will recruit ~7,500 individuals internationally with known CVD, or three of more major risk factors. Participants will be instructed on the dietary portfolio and physical activity. Key foods will be provided as supplements on the test diet as well as the control. The study will last 8y with MACE as primary outcome.

We believe such studies must be carried out internationally, with sufficient enrolment for conclusions to be reached using the same criteria that established the efficacy and effectiveness of statins.

Learning objectives:

1. Value of Nutritional Trials
2. In determining dietary advice to the needful food supplements to enhanced compliance
3. Issues related to subject selections and recruitments