

Professor Helen M Roche

- Full Professor Nutrition & Nutrigenomics, School of Public Health, Physiotherapy & Sports Science, UCD Institute of Food & Health / UCD Conway Institute, University College Dublin, Dublin 4, Ireland.
- Visiting Professor of Nutrition, Institute for Global Food Security, Queen's University Belfast, Belfast, Northern Ireland

Additional Professional Appointments:

- Associate Dean of Research, Innovation and Impact, College of Health and Agricultural Sciences at UCD.
- Chair of the European Healthy Diet Healthy Life, Joint Programming Initiative, Scientific Advisory Board.
- Fellow of the International Union of Nutritional Sciences.

Academic and Research Role

Helen Roche leads the Nutrigenomics Research Group at the UCD Conway Institute / UCD Institute of Food & Health. Nutrigenomics uses state-of-the-art 'omics' technologies to gain a greater understanding of the molecular effects of nutrition on health. Her team has a specific interest in Personalised Nutrition, identifying and understanding the molecular basis of responsiveness and efficacy of more targeted lifestyle interventions in population sub-groups. Her research team explores different aspects of the interactions between food related, nutritional stressors, metabolism and inflammation within the context of obesity, insulin resistance and type 2 diabetes. She leads / is co-PI within several national and international research programmes.

For further information see <http://www.ucd.ie/conway/cvsinvestigators.html>.