

## **Episode 6: Avocados and Almonds**

### **Researcher Biography**

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Ella Haddad, DrPH

Dr. Haddad completed her undergraduate work at La Sierra University in Riverside in 1957, her Dietetic Internship at the White Memorial Hospital in Los Angeles in 1958, and her doctoral degree at Loma Linda University in 1979. Moving to Lebanon, she taught at both Middle East College and the American University of Beirut. She is currently an Associate Professor at the School of Public Health, Loma Linda University—a position she has held since 1989. She is the program director of the Master of Public Health (MPH) program in nutrition and in nutrition and dietetics.

In addition to her many teaching and administrative responsibilities, Dr Haddad is the resident nutritional biochemist for the nutrition research group. She has been instrumental in conducting laboratory research for many of the group's feeding trials and training students in biochemical analysis techniques. She provides hand-on learning experience to those with an interest in laboratory work. Dr. Haddad is also supervising the laboratory work for sub-studies of the Adventist Health Study-2, a cohort study of approximately 100,000 Seventh-day Adventist participants.

Dr Haddad is a member and has served in many associations and committees including the American Dietetic Association, American Public Health Association, the Society for Nutrition Education and Behavior and the Inland District Dietetic Association where she served as the chair of the legislative committee for many years.

What she enjoys most are her grandchildren and gardening.