

**BIOGRAPHICAL SKETCH**

Provide the following information for the Senior/key personnel and other significant contributors.  
Follow this format for each person. **DO NOT EXCEED FIVE PAGES.**

NAME: Michael John Orlich

eRA COMMONS USER NAME (credential, e.g., agency login): MORLICH

POSITION TITLE: Assistant Professor, Preventive Medicine and Public Health, Loma Linda University

EDUCATION/TRAINING *(Begin with baccalaureate or other initial professional education, such as nursing, include postdoctoral training and residency training if applicable. Add/delete rows as necessary.)*

INSTITUTION AND LOCATION	DEGREE (if applicable)	Completion Date MM/YYYY	FIELD OF STUDY
Andrews University, Berrien Springs, Michigan	BS & BA	06/97	Biochemistry & Spanish
University of Michigan, Ann Arbor, Michigan	MD	06/01	Medicine
Tacoma Family Medicine, Tacoma, Washington		06/04	Family Medicine Residency
Loma Linda University, Loma Linda, California		06/10	Preventive Medicine Residency
Loma Linda University, Loma Linda, California		06/13	Postdoctoral fellowship in Epidemiology
Loma Linda University, Loma Linda, California	PhD	06/14	Epidemiology

**NOTE: The Biographical Sketch may not exceed five pages. Follow the formats and instructions below.**

**A. Personal Statement**

This proposal is for the continuation and modernization of the Adventist Health Study 2 (AHS-2) epidemiology cohort study of diet, lifestyle, and long-term health. It particularly emphasizes modernizing the study's digital infrastructure, collecting new information on diet and lifestyle, recruiting new participants, and conducting research to uncover biological mechanisms linking lifestyle to health status and disease risk. I have skills and experience that will enable me to make a helpful contribution to this effort, including formal training in preventive medicine and family medicine, clinical experience in residential lifestyle medicine and obesity medicine, a PhD in (nutritional) epidemiology, substantial experience and familiarity with the details of the Adventist Health Study 2 population, and prior administrative and leadership experience.

**B. Positions and Honors**Positions and Employment

2001-2004	Family Practice Resident, Tacoma Family Medicine, Tacoma, WA
2004-2006	Staff Physician, NEWSTART® Medical Clinic, Weimar, CA
2006-2008	Acting Academic Dean, Weimar College, Weimar, CA
2007-2008	Staff Physician, Roseville Extended Hours, Sutter Medical Group, Roseville, CA
2008-2010	Preventive Medicine Resident, Loma Linda University Medical Center
2010-2012	Instructor in Preventive Medicine, School of Medicine, Loma Linda University, Loma Linda, CA
2010-2013	Research Fellow, Adventist Health Studies, School of Public Health, Loma Linda University, Loma Linda, CA
2012-2016	Program Director, Preventive Medicine Residency, Loma Linda University Medical Center, Loma Linda, CA
2012-	Assistant Professor of Preventive Medicine, School of Medicine, Loma Linda University, Loma Linda, CA

2015- Assistant Professor, School of Public Health, Loma Linda University, Loma Linda, CA  
 2018- Program Director (interim), PhD Epidemiology program, School of Public Health, Loma Linda University, Loma Linda, CA  
 2019- Principal Investigator, Adventist Health Studies, School of Public Health, Loma Linda University, Loma Linda, CA.

#### Other Experience and Professional Memberships

2001- American Academy of Family Physicians  
 2004- Board Certified, American Board of Family Practice  
 2004- Licensure, Medical Board of California  
 2009- American College of Preventive Medicine  
 2012- Board Certified, American Board of Preventive Medicine  
 2012-2015 Board of Directors, California Academy of Preventive Medicine  
 2018- Board Certified, American Board of Obesity Medicine

#### Honors

1997 Phi Kappa Phi Graduate Fellowship  
 2000 MAP-Reader's Digest International Fellowship  
 2010 Alpha Omega Alpha National Medical Honor Society  
 2014 Delta Omega National Public Health Honor Society  
 2014 Dean's Award, School of Public Health  
 2014 First place poster, Society for Epidemiologic Research

### **C. Contribution to Science**

Health Effects of Vegetarian Dietary Patterns: Vegetarian dietary patterns are real-world diets chosen by an increasing number of persons for reasons of environmental sustainability, health, or ethics. They have several characteristics which might be expected to reduced chronic-disease risk and improve health. However, the health effects of vegetarian dietary patterns are not entirely well characterized. My early work has examined the relationship of several vegetarian or low-meat dietary patterns to mortality and colorectal cancer. It has also sought to better characterize the food intake of persons consuming vegetarian diets in a North American cohort of Adventists (a group with a large proportion of vegetarians). This research has provided evidence that certain vegetarian dietary patterns are associated with reductions in all-cause mortality and colorectal cancer incidence. I have taken the lead role in the analysis and reporting of these associations.

1. Orlich MJ, Singh PN, Sabaté J, Fan J, Sveen L, Bennett H, Knutsen SF, Beeson WL, Jaceldo-Siegl K, Butler TL, Herring RP, Fraser GE. Vegetarian dietary patterns and the risk of colorectal cancers. *JAMA Intern Med.* 2015 May 1;175(5):767-76. doi: 10.1001/jamainternmed.2015.59. PubMed PMID: 25751512; PubMed Central PMCID: PMC4420687.
2. Orlich MJ, Singh PN, Sabaté J, Jaceldo-Siegl K, Fan J, Knutsen S, Beeson WL, Fraser GE. Vegetarian dietary patterns and mortality in Adventist Health Study 2. *JAMA Intern Med.* 2013 Jul 8;173(13):1230-8. doi: 10.1001/jamainternmed.2013.6473. PubMed PMID: 23836264; PubMed Central PMCID: PMC4191896.
3. Orlich MJ, Jaceldo-Siegl K, Sabaté J, Fan J, Singh PN, Fraser GE. Patterns of food consumption among vegetarians and non-vegetarians. *Br J Nutr.* 2014 Nov 28;112(10):1644-53. doi: 10.1017/S000711451400261X. Epub 2014 Sep 23. PubMed PMID: 25247790; PubMed Central PMCID: PMC4232985.
4. Orlich MJ, Fraser GE. Vegetarian diets in the Adventist Health Study 2: a review of initial published findings. *Am J Clin Nutr.* 2014 Jul;100 Suppl 1:353S-8S. doi: 10.3945/ajcn.113.071233. Epub 2014 Jun 4. Review. PubMed PMID: 24898223; PubMed Central PMCID: PMC4144107.

## Complete List of Published Work in MyBibliography:

<http://www.ncbi.nlm.nih.gov/sites/myncbi/michael.orlich.1/bibliography/46772491/public/?sort=date&direction=descending>

### **D. Research Support**

#### Ongoing Research Support

Ardmore Institute of Health Grant (Fraser, Orlich) 01/01/2019 – 12/31/2020  
Project Name: Adventist Health Study: The Next Generation in Transformational Health Knowledge  
Role: Co-investigator (initially), Principal Investigator (currently)

LLUH GRASP Pilot Grant (Khoct, Orlich) 04/01/2016 – 06/31/2020 (extension)  
The Effect of a Vegetarian Diet on Periodontal Status  
Role: Joint Principal Investigator

#### Completed Research Support

2010-38938-20924 (Fraser PI) 06/01/2010 – 05/31/2012  
Nutrition, Diet, and Lifestyle Research for Longevity and Healthy Aging  
Role: Post-doctoral research fellow

U01 CA152939 NIH/NCI (Fraser) 09/26/2011 – 08/31/2016  
Plant-based diet and risk of cancer  
Role: Co-investigator

LLUH School of Public Health GRIP Pilot Grant (Orlich) 03/09/2015 – 07/08/2016  
The Microbiome in AHS-2: Feasibility and Dietary Associations  
Role: Principal Investigator