

Press release

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Basic information

Name: Daniel Borch Ibsen Email: dbi@ph.au.dk Phone: +45 93 50 88 94

Department of: Public Health

Main supervisor: Professor Kim Overvad

Title of dissertation: Replacing red meat with other food sources of protein on risk of type 2 diabetes

Date for defence: 27 Nov 2020 at (time of day): 13:00-15:00 (DK time) Place: The Eduard Biermann Auditorium (1252-204) at the Lakeside Lecture Theatre, Aarhus Univeristy (only for invited guests) and online via Zoom (link below)

Press release (Danish)

Rødt kød og type 2 diabetes

Et nyt ph.d.-projekt fra Aarhus Universitet, Health, har undersøgt sammenhængen mellem udbytning af rødt kød med andre fødevarer til protein og risikoen for udvikling af type 2 diabetes. Projektet er gennemført af Daniel Borch Ibsen, der forsvare sin afhandling d. 27. november 2020.

Mange kostråd verden over anbefaler at indtaget af rød kød sænkes, men hvis folk skal spise mindre rødt kød vil de højst sandsynligt spise mere af andre proteinrige fødevarer. Få videnskabelige studier har undersøgt sammenhængen mellem udbytning af rødt kød med andre proteinrige fødevarer og risikoen for udvikling af type 2 diabetes. Det er vigtigt at forstå, at sundhedseffekten af hvilken som helst fødevarer ikke kun afhænger af den pågældende fødevarer, men også hvad fødevaren erstatter eller bliver erstattet med i kosten. Ph.d.-projektet undersøgte sammenhængen mellem udbytning af rød kød med andre fødevarer til protein og risikoen for udvikling af type 2 diabetes i europæiske befolkninger.

Forsvaret af ph.d.-projektet er offentligt og finder sted d. 27. november 2020 kl. 13:00-15:00 online via Zoom: <https://aarhusuniversity.zoom.us/j/68140867284>. Titlen på projektet er "Replacing red meat with other food sources of protein on risk of type 2 diabetes". Yderligere oplysninger: Ph.d.-studerende Daniel Borch Ibsen, e-mail: dbi@ph.au.dk, tlf. 93508894.

Bedømmelsesudvalg:

Professor Jens M. Bruun (Formand)

Steno Diabetes Center Aarhus, Institut for Klinisk Medicin, Aarhus Universitet

Professor Lau C. Thygesen

Statens Institut for Folkesundhed, Syddansk Universitet

Associate Professor Sabita Soedamah-Muthu

Center of Research on Psychology in Somatic Diseases, Department of Medical and Clinical Psychology, Tilburg School of Social and Behavioral Sciences, Tilburg University, Wageningen, the Netherlands

Press release (English)

Red meat and type 2 diabetes risk

A new PhD project from Aarhus Univeristy, Health investigated replacements of red meat with other food sources of protein on the risk of type 2 diabetes. The project was carried out by Daniel Borch Ibsen, who is defending his dissertation on 27 Nov 2020.

Many dietary guidelines across the world recommend lowering the consumption of red meat, but if people eat less red meat they will likely eat more of other protein rich foods. Yet, little research evidence has been published on the link between replacing red meat consumption with other specific foods on type 2 diabetes risk. It is important to understand that the health effect of any given food is not only determined by the food itself, but also what replaces it or it replaces in the diet. The PhD project investigated the association between replacing red meat with other food sources of protein on the risk of developing type 2 diabetes in European populations.

The defence is public and takes place online via Zoom:

<https://aarhusuniversity.zoom.us/j/68140867284>. The title of the project is "Replacing red meat with other food sources of protein on risk of type 2 diabetes". For more information, please contact PhD student Daniel Borch Ibsen, email: dbi@ph.au.dk, Phone +45 93508894.

Assessment committee:

Professor Jens M. Bruun (Chair)

Steno Diabetes Center Aarhus, Department of Clinical Medicine, Aarhus University

Professor Lau C. Thygesen

National Institute of Public Health, University of Southern Denmark, Denmark

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