

Dr. Heidi J. Silver is an Associate Professor in the Division of Gastroenterology, Hepatology and Nutrition at Vanderbilt University and Founding Director of the Vanderbilt Diet, Body Composition, and Human Metabolism Core. Her expertise in nutrition, metabolism, energy balance, body composition and physical activity informs the translational research and training efforts of this research team. Her research interests focus on integrating *in vivo* physiology, macronutrient composition, body weight, imaging of body composition, and biomarkers of insulin resistance and cardiometabolic risk. Thus, Dr. Silver designs, executes, and evaluates experiments and interventions targeting modulation of dietary macronutrients (fats and carbohydrates) in adults and children to determine effects on the pathophysiology, risk factors and outcomes of chronic disease states. These trials typically include comprehensive diet and nutrition assessments, diet or nutrition intervention (diet, dietary supplements, oral liquid nutrition supplements, tube feeding), nutrition education, and nutrition counseling. Overall, Dr. Silver is interested in how human nutrition, obesity, and body composition generates inflammation, insulin resistance, dyslipidemia, and thereby, chronic disease risk. Having over a dozen years of prior clinical nutrition practice uniquely informs her research and its' clinical applications in that she has firsthand experience with the challenges of living with and caring for chronic disease and its comorbidities. Dr. Silver is also a Health Scientist at the Tennessee Valley Healthcare System VA and an instructor in the Vanderbilt School of Nursing and Vanderbilt School of Medicine.