

The Center for Health and Nutrition Research is funded by the Vitamin Case Consumer Settlement Fund, which was established using funds paid to settle the State of California's anti-trust lawsuit over price fixing by six vitamin manufacturers that controlled 80 percent of the world's vitamin market. A major goal of the Center is to promote the health of Californians by identifying the roles of California fruits, vegetables and nuts in providing vitamins and other phytochemicals that can lower the risk of chronic diseases such as cancer and heart disease.

Pilot grants for innovative, biology-based approaches to the investigation of how nutrients and combinations of nutrients in whole foods can act to reduce the risk for chronic diseases, focusing on food-derived micronutrients, phytochemicals and bioactive food constituents, are a key part of the Center's research objectives.

Center derived funds have also been provided to support larger scale research projects aimed at assessing the impact of diets that are rich in plant-based flavonoids during pregnancy, the effects of diets combining walnuts and fish on coronary heart disease risks and the effects of almond consumption on cardiovascular disease prevention, as well as providing education programs designed to improve health.

A key aspect of the Center is the recognition that the findings and results of the Center's funded research projects must be disseminated in order to achieve its goals. This will be approached by the following ways:

- **Peer-reviewed publications:** In order for the Center to contribute to formulation of sound public policy in food and nutrition, the results of its research must and will be published in peer-reviewed publications. Both the federal government and National Academy of Sciences require that findings be reported in peer-reviewed publications if they are to be used as a basis for public policy and in developing recommendations related to diet, nutrition, and health.
- **Website:** The Center has established a website (<http://chnr.ucdavis.edu/>) and will populate this site with web pages developed for specific target audiences.
- **Professional Education:** Continuing education programs for physicians and other health care providers will be offered that educate the health care community about reducing the risk of chronic disease through food based strategies.
- **Annual Stakeholders Meeting:** The Center will hold an annual stakeholders meeting at which investigators will discuss their research and present findings. The meeting will also be an opportunity for the Steering Committee to gather input on future direction from consumer representatives, health professionals, growers, handlers, public officials, and community leaders.