



### **Mads Fiil Hjorth**

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### **Biography**

Mads Hjorth is assistant professor at the Department of Nutrition, Exercise and Sports at the University of Copenhagen (UCPH). He holds a PhD degree in Prevention and Treatment of Obesity and Obesity-related Diseases.

His research focuses on prevention and treatment of obesity and obesity-related diseases with special emphasis on the role of diet composition, physical activity, sedentary lifestyle, and sleep.

Recently, he contributed to a breakthrough in the area of personalized nutrition showing that diets should be tailored to different groups of individuals based on biomarkers from blood and feces. He is author of 38 peer reviewed papers since 2012.

