Dr. Steven B. Heymsfield
Professor
Metabolism & Body Composition Laboratory
Pennington Biomedical Research Center

Education

Hunter College, City University of NY	BA	06/1966	Chemistry
Mt. Sinai School of Medicine, NY	MD	06/1971	Medicine
Emory University, Atlanta, GA		06/1972	Medical Intern
Emory Univ., Atlanta, GA (Internal Medicine)		06/1973	Medical Resident
Emory Univ., Atlanta, GA (Pharmacology)		06/1975	Fellow in Medicine
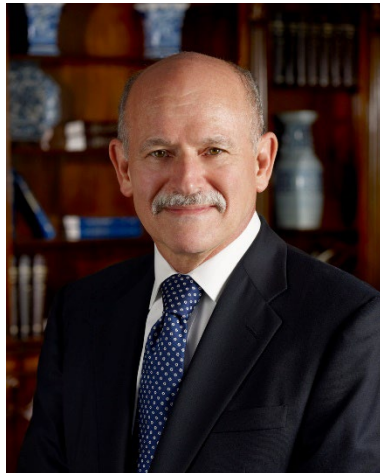
Dr. Heymsfield is currently a Professor at the LSU Pennington Biomedical Research Center in Baton Rouge, LA. He served as Executive Director of Pennington for three years before assuming his current academic position. Prior to Pennington, he was Global Director of Scientific Affairs for the obesity group at Merck & Co. and before that, Associate Director of the New York Obesity Research Center and Professor of Medicine at Columbia University, College of Physicians and Surgeons. He is past president of The Obesity Society, the American Society of Clinical Nutrition, and the American Society of Parenteral and Enteral Nutrition. Dr. Heymsfield also was a member of the 2020 US Dietary Guidelines Committee.

Dr. Heymsfield's research over the past several decades focused on nutritional and metabolic aspects of human energy balance. He played a major role in developing evaluation protocols and treatment methods related to protein-calorie malnutrition, sarcopenia, obesity, and other disorders associated with adipose tissue and skeletal muscle. His research has centered on human phenotyping and development of methods for evaluating body composition and application of new technologies such as MRI (DTI, fMRI, structural imaging, etc.), PET, and 3D optical imaging. While at St. Luke's-Roosevelt Hospital/Columbia University, he led groups focused on the development of new body composition methods and mathematical models that are in clinical use today. Over the past several years, he has worked on developing new imaging devices such as 3D laser body scanning for phenotyping body shape, including machine-learning algorithms, as related to body composition.

Dr. Heymsfield currently participates in an international group with colleagues at Harvard, Cornell, and Cambridge universities focused on elaborating the mechanisms of cancer cachexia at the genetic, molecular, and whole-body levels in animal models and in humans with advanced malignancies.