

# Faculty Focus:

## Erin Campbell, MD, MPH

### What does your research focus on?

My research focuses on how intensive nutrition interventions using plant-based diets might be used not just for prevention, but for treatment of chronic diseases. Our team at the Highland Nutrition in Medicine Research Center includes a chef who prepares meals for our study subjects to ease the transition while subjects learn the knowledge and skills for making long-term changes to improve their health in our interventions.



### Why did you choose to do research in public and community health?

In my training as a physician, I experienced both curiosity and frustration with the many factors that negatively impacted my patients' health, but that were hard to address in the context of a brief clinic visit. I wanted to better understand health behaviors and do work that would be impactful at a population level, which led me to preventive medicine training.

### What do you enjoy most about University of Rochester?

My collaborations with other researchers and clinicians. I enjoy their enthusiasm, open-mindedness, and the depth and breadth of experience they bring to the studies we do together. I learn so much about both medicine and research.

### What opportunities are there for students to engage in your projects, both current and future?

I would encourage interested students to contact me to learn more about our studies. Depending on the student's interest and time commitment, their engagement could range from a brief shadowing experience, to a data analysis or survey-based project, to designing and implementing their own project with mentorship.