

Mary Margaret Flynn, PhD, RD, LDN

PERSONAL INFORMATION

Business address: The Miriam Hospital
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EDUCATION

University of Rhode Island, Kingston, Rhode Island. Nutrition. BS 1978
University of Maryland, College Park, Maryland. Nutrition. MS 1984
University of Rhode Island, Kingston, Rhode Island. Nutrition. PhD 1994

POSTGRADUATE HONORS AND AWARDS

Dean's Teaching Excellence Award 2005
Bank of America Local Hero Award for Volunteer Work at Food Pantries 2007
Rhode Island Dietetic Association – 24 Carat Award (2010) for public service
Partners in Philanthropy Award - 2019

PROFESSIONAL LICENSES AND BOARD CERTIFICATION

Dietitian 1984
Nutritionist 1994

ACADEMIC APPOINTMENTS

Assistant Professor of Medicine, Research, Brown University, 3-96 to 4-10
Assistant Professor of Medicine, Clinical, Brown University, 5-10 to 6-12
Associate Professor of Medicine, Clinical, Brown University, 7-12 to present.
Adjunct Ryan Associate Research Professor of Neuroscience, URI, 3-17 to present.

HOSPITAL APPOINTMENTS

ID HIV Clinic Dietitian, 2019 to 2022
Medical Clinic dietitian, 2007 to 2022
Lyme Disease Clinic dietitian, 2018 to 2020
Stone Center Dietitian, 2013 to 2018
Men's Health Center Outpatient Dietitian, 2009 to present.
Comprehensive Cancer Center Outpatient Dietitian, 2007 to present.
Lifespan Outpatient Dietitian, 2001 to 2015
Chief Research Dietitian, The Miriam Hospital, 1984 to present.

OTHER APPOINTMENTS

Yale Olive Center, Nutrition and Health Committee, 2018 to present.
The Miriam Hospital, Governor, Board of Trustees, 2017 to present.
Advisor, Olive Wellness Institute, 2017 to 2022
Johnson and Wales University Culinary Nutrition Program, Advisory Board, 2014-2017
American Cancer Society Medical Advisory Network Member, 6/10 to 2015
RI Foundation Grant Review 2007-2014
Women Ending Hunger, RICFB, 2005 to present; Co-chair 2012 to 2016

Board member, Rhode Island Community Food Bank (RICFB), 2005 to present

Secretary 2009 to 2015; Vice President, 2015 to 2019

Nutritionist, Cranston Community Action Agency, 1980-81

Food Specialist, Rhode Island Seafood Council, 1979-1980

Outreach Worker, South County Community Action, 1979

Peace Corps Volunteer, Ecuador, South America 1978

HOSPITAL COMMITTEES

Cancer Control Committee, 2009 to present.

Scientific Review and Monitoring Committee, 2002 to present.

UNIVERSITY COMMITTEES

Nutrition Theme Committee, Brown University 1999-2008 (Chair, 2004)

Ensuring Food Security @ Brown, March 2019 to 2021

Food Insecurity Task Force – Warren Alpert Medical School, November 2019 to 2021

MEMBERSHIP IN SOCIETIES

The American Dietetic Association, 1984- present

American Society of Nutrition, 2013 - present

PUBLICATIONS

1. Thompson, P.D., Cullinane, E.M., Sady, S.P., **Flynn, M.M.**, Bernier, D.N., Kantor, M.A., Saritelli, A.L., Herbert, P.N.: Modest changes in high-density lipoprotein concentration and metabolism with prolonged exercise training. *Circulation* 1988. 78:25
2. Niaura, R., Herbert, P.N., Saritelli, A.L., Goldstein, M.G., **Flynn, M.M.**, Follick, M.J., Gorkin, L., and Ahern, D.K. Lipid and lipoprotein responses to episodic occupational and academic stress. *Arch. Intern. Med.* 1991.151:2172
3. Thompson, P.D., Cullinane, E.M., Sady, S.P., **Flynn, M.M.**, Chenevert, C.B., Herbert, P.N. High Density Lipoprotein Metabolism in Endurance Athletes and Sedentary Men. *Circulation* 1991. 84:140.
4. Thompson PD, Yurgalevitch SM, **Flynn MM**, et al. Effect of prolonged exercise training without weight loss on high- density lipoprotein metabolism in overweight men. *Metabolism.* 1997.46:217-23.
5. Zmuda, J.M., Yurgalevitch, S.M., **Flynn, M.M.**, Bausserman, L.L., Saratelli, A., Spannaus-Martin, D.J., Herbert, P.N., Thompson, P.D. Exercise training has little effect on HDL levels and metabolism in men with initially low HDL cholesterol. *Atherosclerosis* 1998. 137:215-21.
6. Dong, K.L., Bausserman, L.L, **Flynn, M.M.**, Dickinson, B.P., Flanigan, T.P., Milano, M.D., Tashima, K.T., Carpenter, C.C.J. Changes in body habitus and serum lipid abnormalities in HIV-Positive women on highly active antiretroviral therapy (HAART). *JAIDS* 1999. 21:1107.
7. Vigilante, K.C., **Flynn, M.M.**, Affleck, P.A., Stunkel, J.C., Merriman, N.A., Flanigan, T.P., Rich, J.D., Primary Care, Peer Counseling, and Discharge Planning Reduce Recidivism of In-

- carcerated Women. *J Women's Health* 1999. 8:409-15.
8. **Flynn, M.M.**, Zmuda, J.M., Milosavljevic, D. Caldwell, M.J., Herbert, P.N. Lipoprotein response to a National Cholesterol Education Program Step II diet with and without energy restriction. *Metabolism* 1999. 48: 822-6.
 9. Vigilante, K., **Flynn, M.M.** From Atkins to Zone: The truth about high-fat, high-protein diets for weight loss. *Medicine and Health, Rhode Island* 2000. 83: 337-338
 10. Mahajan, A. P., Tashima, K. T., Bausserman, L.L. **Flynn, M. M.**, Carpenter, C.C. J. Plateau in body habitus changes and serum lipid abnormalities in HIV-Positive Women on Highly Active Antiretroviral Therapy: a 3.5 – year study. *JAIDS* 2001. 28:332-335.
 11. Vigilante, K. C. and **Flynn, M.M.** The traditional Mediterranean Diet: The scientific basis for its health benefits. *International Journal of Integrative Medicine*. 2001. 3:32-36.
 12. **Flynn, M. M.**, Sciamanna, C.N., Vigilante, K.V. Inadequate physician knowledge of the effects of diet on blood lipids and lipoproteins. *Nutrition Journal* 2003. 2:19.
 13. **Flynn, M. M.**, Reinert, S. E. Comparing an olive oil enriched diet to a standard lower fat diet for weight loss in breast cancer survivors: a pilot study. *J Women's Health* 2010; 19:1-7.
 14. **Flynn, M. M.** , Schiff, A. Food insecurity is decreased by adopting a plant-based, olive oil diet. *J Hunger & Environ Nutrition* 2011; 6: 506-512.
 15. **Flynn, M. M.**, Reinert, S., Schiff, A. R. A six-week cooking program of plant-based recipes improves food security, body weight, and food purchases for food pantry clients. *J Hunger & Environ Nutrition* 2013; 8: 73-84.
 16. **Flynn, M. M.**, Schiff, A R. Economical healthy diets (2012): Including lean animal protein costs more than using extra virgin olive oil. *J Hunger & Environmental Nutrition* 2015; 10: 467-482
 17. Xueqi, L., Bremer, G. C., Connell, K. N., Ngai, C., Pham, Q. A. T., Wang, S., **Flynn, M. M.**, Ravetti, L., Guillaume, C., Wang, Y., Wang, S.C. Changes in chemical compositions of olive oil under different heating temperatures similar to home cooking. *J Food Chem Nutr* 2016; 4:1:7-15.
 18. **Flynn, M.M.**, Cunningham, J., Renzulli, J., Mega, A. Including extra virgin olive oil may more improve glycemic control despite similar weight loss compared to the diet recommended by the Prostate Cancer Foundation: a randomized, pilot study. *J Cancer Therapy* 2017;8: 880-890.
 19. Decker, D., **Flynn, M.M.**, Food insecurity and chronic disease: Addressing food access as a healthcare issue. *RI Med J* 2018; May: 28-30.
 20. **Flynn, M.M.**, George, P., Schiffman, F.J. Food Is Medicine: Using a 4-Week Cooking Pro-

gram of Plant-Based, Olive oil Recipes to Improve Diet and Nutrition Knowledge in Medical Students. *Med Sci Ed.* 2019; 29, (1), pp 61–66. <https://doi.org/10.1007/s40670-018-00678-x>

21. **Flynn, M.M.**, George, P., Schiffman, F.J. Improving Food Security in Medical Students Using a Cooking Program. *J Hunger Environ Nutr.* 2021;16, (2): 246-254; DOI: 10.1080/19320248.2019.1693470.
22. **Flynn, M.M.**, Monteiro, K., George, P., Tunkel, A.R., Assessing Food Insecurity in Medical Students *Fam Med* 2020; 52, (7), pp. 512-513.
23. **Flynn, M.M.** *Letter to the editor re: Extra-virgin olive oil improves depression symptoms without affecting salivary cortisol and brain-derived neurotrophic factor in patients with major depression: a double-blind randomized controlled trial.* *JAND* 2022

BOOKS AND BOOK CHAPTERS

1. **Flynn, M.M.** and Herbert, P.N. Effect of Lowering Dietary Fat on Health Status, Handbook of Low-Calorie Foods (A.M. Altshul, ed.) Marcel Dekker. 1993

OTHER NON-PEER REVIEWED PUBLICATIONS

1. **Flynn, M.M.** Eating Well with HIV. A Curriculum for Operation Frontline. Share Our Strength 1996
2. Vigilante, K.V. and **Flynn, M.M.**. Low-fat Lies. Lifeline Press, 1999.
3. **Flynn, M.M.** and Barr, N.V. The Pink Ribbon Diet: A revolutionary new weight loss plan to lower your breast cancer risk. DaCapo Press, 2010.
4. **Flynn, M.M.** and Wang, S. Olive oil as Medicine: the effect on lipids and lipoproteins. UC David Olive Center, March 2015. http://olivecenter.ucdavis.edu/research/files/blood-lipid_updated
5. **Flynn, M.M.** and Wang, S. Olive oil as Medicine: the effect on blood pressure. UC David Olive Center, December 2015. <http://olivecenter.ucdavis.edu/publications/olive-oil-as-medicine>
6. Healing Foods Project – recipe book for low-income congregate meal sites. www.HealingFoodsProject.org
7. Food is Medicine – recipe book for type 2 diabetes. www.medfooddiet.com

ABSTRACTS

1. Romm, P.A., **Flynn, M.M.**, Sady, S.P., Herbert, P.N. Response of hyperlipidemic patients to a fish-vegetarian diet is related to the baseline lipoprotein profile. *J. Amer. Coll. Nutr* 1987.6:437.

2. Herbert, P.N., **Flynn, M.M.**, Nugent, A.M., Peloquin, S.E., Pucci, M.J., Chenevert, C.B., Thompson P.D., and Sady, S.P. Caffeine does not affect lipoprotein metabolism. *Clin. Res.* 1987. 35:578A.
3. Herbert, P.N., **Flynn, M.M.**, Nugent, A.M., Peloquin, S.E., Pucci, M.J., Chenevert, C.B., Thompson, P.D., Sady, S.P. Efficacy of the American Heart Association Diets in Men with Coronary Heart Disease. *Circulation* 1987. 76:IV-292.
4. **Flynn, M.M.**, Sady, S.P., and Herbert, P.N. Rapid Identification of Responders to Lipid Lowering Diets in Clinical Practice. *Circulation* 1988. 76:II-74.
5. Terry, R.B., **Flynn, M.M.**, Yurgalevitch, S., Bausserman, L.B., Younkin, B., Terry, R.B., Herbert, P.N. Weight loss is not required to increase HDL-c with exercise training. *Circulation* 1992. 18:I-590.
6. Yurgalevitch, S., Terry, R.B., **Flynn, M.M.**, Bausserman, L. Zmuda, J.M., Herbert, P.N., Thompson, P.D. Exercise is equally effective in increasing HDL-c in men with high or low initial HDL-c. *Med. Sci. Sports Exerc.* 1992. 25 (suppl) 1068.
7. Dong, K.L., **Flynn, M.M.**, Dickinson, B.P., Rich, J.D., Tashima, K. Flanigan, T.P., Carpenter, C.C.J. Changes in body habitus in HIV(+) women after initiation of protease inhibitor therapy. International AIDS Conference Presentation. Geneva, Switzerland. 1998.
8. **Flynn, M.** A Mediterranean diet may improve weight loss and weight loss maintenance. *The FASEB Journal* 2002. 16(4):301.4
9. **Flynn, M. M.** Comparison of weight loss with a National Cancer Institute diet and a plant-based olive oil diet in overweight women with invasive breast cancer. *Journal of Clinical Oncology.* 2007. 25 (18S):1532
10. **Flynn, MM**, Mega A. Treating recurrent prostate cancer with a plant-based, olive oil diet. *JADA* 2010; 110: (9) suppl:A-12.
11. **Flynn, MM**, Wang, SC. Phenol loss in heating of extra virgin olive oil is dependent on temperature, time, and cooking conditions. *FASEB* 2015; 924.1. #103.
12. **Flynn, MM**, Mega, A, Cunningham, J, Renzulli, J, Benson, S. Comparing diets for weight loss and improvement in biomarkers in men with prostate cancer on surveillance: a pilot study. *J Clin Oncol* 35, 2017 (suppl 5S; abstr 159)
13. Paulos, M, **Flynn, MM**, Miner, M, Cunningham, J. Comparing extra virgin olive oils differing in phenol content for improving glycemic control *JAND* 2018; 118 (suppl 2; 10), A-131.

SCHOLARLY WORK PUBLISHED IN OTHER MEDIA

1. Guest Editor, *Absolute Advantage. The Workplace Wellness Magazine.* WELCOA. 2004. Vol. 3, Number 9

2. Common Sense Cooking. RI Community Food Bank. 2007.
http://www.rifoodbank.org/matriarch/MultiPiecePage.asp?Q_PageID=E_90_A_PageName_E_CommonSenseLandingPage
3. Flynn, M. M. and Wang, S. E. Olive oil as medicine: the effect on blood lipids and lipoproteins. UC Davis Olive Center Reports. March 2015.
4. Flynn, M. M. and Wang, S. E. Olive oil as medicine: the effect on blood pressure. UC Davis Olive Center Reports. December 2015.

INVITED PRESENTATIONS

1. Presenter, *Weight loss diets and the truth behind fad diets*. South County Hospital Physicians, CME Program. January 25, 2002. Wakefield, RI.
2. Presenter, *Weight loss and metabolic improvement with a Mediterranean diet in patients with heart disease*. National Cardiovascular Health Conference, Washington, DC. April 2002.
3. Presenter, *A Mediterranean diet may improve weight loss and weight maintenance*. Experimental Biology. April 21, 2002. New Orleans, LA.
4. Presenter, *Health benefits of a Mediterranean diet and use for weight loss*. Clinical Laboratory Science Society of Central New England Annual Meeting. May 8, 2002. Providence, RI.
5. Presenter, *Beyond Calcium – Lifestyle risk factors for osteoporosis*. Lifespan Wellness Conference. March 29, 2003.
6. Presenter, *Health benefits of wine*. Brown University Staff Development Day. August 8, 2003
7. Presenter, *Osteoporosis. Beyond Calcium*. Rhode Island Blood Bankers Society. September 18, 2003. Providence, RI.
8. Presenter, *Diet for a Healthy Heart*. Mended Heart Society Meeting, December 2, 2003. Providence, RI.
9. Presenter, *Diet and Heart Disease*. Retired Navy Veterans. Southeast New England Meeting, March 16, 2004. Newport, RI.
10. Presenter, *Colorful Choices*. March Nutrition Month, Lifespan Hospitals, March 2004.
11. Presenter, *Weight loss with a Mediterranean diet*. Wellness Campaign kick-off. St Joseph's and Fatima Hospitals, RI. March 30 and 31, 2004.
12. Invited Lunch Speaker, *The health benefit of a Mediterranean diet*. Clinical Laboratory Science Society of Central New England, Annual Meeting. May 5, 2004. Providence, RI.
13. Presenter, *Beyond calcium – how lifestyle affects osteoporosis*. Clinical Laboratory Science Society of Central New England, Annual Meeting. May 5, 2004. Providence, RI.

14. Presenter, *Dieting Dilemmas – Atkins v South Beach v The Mediterranean diet*. Brown University Staff Development Day. June 15, 2004
15. Invited faculty member, Alumni College in Italy, Orvieto. Brown Alumni Travel Program. *Health Benefits of the Foods of Italy; The Health Benefits of Olive Oil; and The Health Benefits of Red Wine*. October 2004.
16. Luncheon speaker, Clinical Laboratory Science Society of Central New England. *Health benefits of a Mediterranean diet*. May 12, 2005. Providence, RI.
17. Invited Speaker, *The Mediterranean diet – a model for health and weight management*. Women and Cardiovascular Disease, Newport RI. June 18, 2005
18. Invited faculty member, Alumni College in Italy, Pienza. Brown Alumni Travel Program. *Diet and Chronic Diseases; Health Benefits of the Foods of Italy; and Health Benefits of Olive Oil*. September 2005.
19. Invited Speaker, *Olive Oil: A healthy lifestyle- naturally*. Brown University Parent's Weekend. October 15, 2005
20. Invited Speaker, Dr Elise M. Coletta Annual Lecture. *The Mediterranean diet: a model for healthy and weight management*. Rhode Island Medical Women's Association. October 27, 2005. Providence, RI
21. Oncology Grand Rounds, Lifespan. *Weight loss and breast cancer*. March 9, 2006.
22. Invited Speaker, The World Congress Leadership Summit on: Implementation and Cost Benefit of Work Place Weight Management Strategies. *Case Study: going Mediterranean with weight loss at the company cafeteria*. June 1, 2006. Chicago, IL.
23. Invited faculty member, Alumni College in Italy. Brown Alumni Travel Program. *Diet and Chronic Diseases; Health Benefits of the Foods of Italy; and Health Benefits of Olive Oil*. June 2008.
24. Invited faculty member, Alumni College in Greece, Athens and Poros. Brown Alumni Travel Program. *The Mediterranean diet; Health Benefits of Wine; and Health Benefits of Olive Oil*. June 2009
25. Invited Speaker for Florida Dietetic Annual Convention July 2009. *Diet and Breast Cancer*. Naples, FL
26. Keynote Speaker Lifespan Women's Wellness Workshop. *Diet and Breast Cancer*. September 26, 2009
27. Invited Speaker for Florida Dietetic Annual Symposium. July 19, 2011. *The Health Benefits of Red Wine*. Weston, FL.

28. Keynote Speaker South County Hospital Women’s Wellness Day. *Diet and Breast Cancer*. October 29, 2011.
29. Invited Speaker: Olive oil Summit. Veronica Foods, Berkeley, California. *The Health Benefits of Olive Oil*. July 2013.
30. Invited faculty member, Alumni College in France. Brown Alumni Travel Program. *The Health Benefits of Drinking Wine; Olive Oil – More Medicine than Food; and Food as Medicine – what to eat to decrease your risk of chronic diseases*. September 2013.
31. Panel Member, RI Healthcare Showcase, “Medical Nutrition – Treatment of Disease and Conditions Using Nutritional Strategies. October 2013
32. Presenter, *Food as Medicine*. Sturdy Memorial Hospital. CME program, March 19, 2014. Attleboro, MA.
33. Keynote Speaker for Nutrition Australia and the Olive Oil Association of Australia; *The Health Benefits of Olive Oil*; talks in Melbourne, Canberra, Nossal, Brisbane, Sydney. June 1 to June 12, 2014.
34. Invited speaker, UC Davis Olive Center, Advanced Olive Oil Sensory course, *Olive oil as medicine*. September 16 to 19, 2014.
35. Grand Rounds. The Health Benefits of Red Wine. Sturdy Memorial Hospital, March 16, 2016.
36. Invited Speaker, Oleocanthol International Society Conference, 2016. *The clinical use of extra virgin olive oil*. June 2-3, 2016, Olympia, Greece.
37. Invited faculty member, Alumni College Verona, Italy. Brown Alumni Travel Program. *Olive Oil – More Medicine than Food; and Food as Medicine – what to eat to decrease your risk of chronic diseases*. June 2016.
38. Keynote Speaker – American Olive Oil Producers Association. *The true health benefits of extra virgin olive oil*. San Antonio, TX. February 2018.
39. Keynote Speaker – Yale Olive Oil Center. *The role of extra virgin olive oil in decreasing the risk of CVD and the metabolic syndrome*. September 2019.
40. Invited faculty member, Alumni College, Sicily by Sea. *The health benefits of extra virgin olive oil and Food is Medicine*. October 2019.
41. Speaker – Health Matters Oleocanthol Conference. *The case for extra virgin olive oil in medical nutrition*. September 2022.

GRANTS

1. Food is Medicine. Strategy Grant; The Rhode Island Foundation. \$52,203. 9.1.15 to 9.1.16; PI: MM Flynn, PhD, RD, LDN.
2. Comparing a plant-based olive oil diet to a conventional diet in women diagnosed with invasive breast cancer after the age of 50 for improvement in biomarkers and weight loss. Susan G. Komen Foundation, \$248,772; 5.1.04 to 4.30.08, PI: MM. Flynn, PhD, RD, LDN
3. Comparison of a Mediterranean diet with a conventional diet for metabolic improvement in patients with type 2 diabetes. Lifespan Development Grant, \$19 400, 7.1.01 to 12.31.03, PI: MM. Flynn, PhD, RD, LDN
4. Comparison of a Mediterranean diet with a NCEP Step II diet for weight loss and metabolic improvement. Rhode Island Foundation, \$10,000,1.1.01-11.1.02, PI: MM.Flynn, PhD, RD, LDN

UNIVERSITY TEACHING ROLES

Undergraduate

Principles of Nutrition, BI003, 1998 to 2022 (n=100/semester)
Principles of Nutrition, BI003 section, 2005
Diet and Chronic Disease, BI86, 2002 to present (n=20/semester)
Nutrition for Fitness and Physical Activity, 2011 to 2022
TRI-lab faculty – Healthy Food Access, 2014-15

Warren Alpert Medical School

Cancer Prevention & Survivorship Elective, 2022- present.
Lifestyle Medicine Clinical Elective, 2022- present.
Food is Medicine – AMS students, 2015 to 2018 (n=63).
Brown undergraduate advising, 1998 to 2023.
Brown Medical Students, Affinity Group Leader, Preventive Medicine, 1996 to 2000.
Nutrition Pathophysiology Group Leader, Bio-Med 351, 1993 to 2010
SFM Section: Popular Diet lecture: 2006 to 2010
IMS Section: Nutrient Processing lecture: 2008 to 2014