

Scientific Director **Prof. Dr. Tilman Grune**

Administrative Director **Dr. Birgit Schröder-Smeibidl**

Contact **Arthur-Scheunert-Allee 114-116, 14558 Nuthetal**

Science Coordination **Dr. Petra Wiedmer**

Website & Social media **[www.dife.de](http://www.dife.de)**



## General Information

Boosting Health by Nutrition Research. Following this guiding principle, the German Institute of Human Nutrition Potsdam-Rehbruecke (DifE) conducts basic research in the field of nutrition and health. The overall aim is to develop new strategies for the prevention and therapy of nutrition-related diseases and to create a scientifically sound basis for dietary recommendations. Thereby, three societally relevant research areas are in focus:

- the influence of diet on the development of obesity and its complications, especially type 2 diabetes,
- the role of nutrition in healthy aging, and
- the biological basis of food choices and dietary behavior.

DifE scientists perform research in an interdisciplinary manner and use a broad spectrum of scientific, medical and epidemiological methodologies. The insights gained on the molecular level can be verified in epidemiological study populations or in intervention studies, and can then be transferred to humans by means of translational research. As a partner in national and international projects, DifE contributes to the development and shaping of nutrition and health research through its expertise. DifE participates in two German Centers for Health Research, funded by the Federal Ministry of Education and Research (BMBF): the German Center for Diabetes Research (DZD) and the German Centre for Cardiovascular Research (DZHK). It also partners in the upcoming new German Center for Mental Health (DZPG). DifE operates the EPIC-Potsdam Study and the Study Center Berlin-South/Brandenburg of the German National Cohort (NAKO-Gesundheitsstudie). Moreover, it has coordinated the NutriAct competence cluster Berlin-Potsdam until the end of 2021.

DifE keeps close research relationships to regional universities, especially to the University of Potsdam and to the Charité–Universitätsmedizin Berlin. At the Research Campus for Nutrition and Health in Potsdam- Rehbruecke we cooperate with the Institute for Nutritional Science of the University of Potsdam. In addition, the majority of our scientific leaders hold joint professorships with this university.

## Key facts

- Member of Leibniz Association, Section Life Sciences
- Founded in 1992
- Research is dedicated to elucidating the influence of nutrition on health
- Main research foci are on the role of nutrition in the development of obesity and type 2 diabetes and on healthy aging as well as on the biological basis of food choice and nutritional behaviour
- Research output generated by a combination of experimental (in cells and mice), epidemiological and intervention studies

## CENTRAL RELATED INFRASTRUCTURE & RESOURCES

- Human Study Center (implementation of epidemiologic and intervention studies)
- Biobank (processing and long-term cryo-conservation of biological samples)
- Max Rubner Laboratory (Central facility for laboratory animals: maintenance, breeding and experimental equipment for metabolic studies)
- Study Center of the German National Cohort: DIfE is responsible for NAKO research modules investigating nutritional behaviour and physical activity
- DIfE – GERMAN DIABETES RISK SCORE  
With this score, the individual risk of developing type 2 diabetes can be determined. It also suggests targeted preventive measures for lowering the risk.



Gerty-Cori-House (photo: Juliane Dräger/DIfE)



Examination of a participant of the German National Cohort (photo: David Ausserhofer/DIfE)



Questionnaire on food consumption of the German National Cohort (photo: David Ausserhofer/DIfE)