

APH Methodology travel grant

Research visit to Washington State University, WA, US

1-31 October, 2024

Bram J. Berntzen

Lessons learned

I would like to express my gratitude for receiving the APH Methodology travel grant to support my research visit to Professor Glen Duncan at Washington State University. The research visit took place from 1 to 31 October, and was highly productive and inspirational. My research project focused on developing an obesogenic environment index in the US, and investigating how the obesogenic environment impacts obesity in genetically identical and non-identical twins living in different neighborhoods. With support from Prof. Glen Duncan and Ally Avery, the Scientific Operations Manager of Washington State Twin Registry, I learned new twin research methods: multivariate twin modeling and cross-lagged panel model analyses. I can now apply these methods across any twin cohort, a key addition to my portfolio. Moreover, this was a fruitful start to a collaboration that we aim to continue building upon. Given my scientific focus on the obesogenic environment, it was fascinating to research a more obesogenic environment in the US compared to the Netherlands, and spend some time living in it. This theoretical and practical immersion amplified my learning. Overall, this experience has been transformative; I could not have achieved this personal and academic growth any other way. I would do it all over again if I could. Thank you, APH Methodology!

Quote

I thought outside the box, but little did I know,
that in such a short time, this much I would grow.



Maple Pass Loop, North Cascades, Washington, USA