

About Patricia Deuster, PhD, MPH, FACSM, CNS

Patricia A. Deuster, PhD, MPH, is a Professor in the Department of Military and Emergency Medicine at the Uniformed Services University of the Health Sciences (USU) in Bethesda, MD, and Acting Executive Director for the Consortium for Health and Military Performance (CHAMP), the Defense Center of Excellence for Human Performance Optimization. She obtained an AB in Mathematics and Computer Science and MA in Education and Physical Education from the College of William & Mary, a PhD in Nutritional Sciences and Physiology from the University of Maryland, and MPH with an emphasis in public health and epidemiology from USU. Dr. Deuster

serves on the Department of Defense (DoD) Dietary Supplement Subcommittee, the DoD Food and Nutrition Subcommittee, the VA/DoD Women's Health Work Group, DoD Nutrition Committee, Federal Dietary Supplement Working Group, Interagency Committee on Human Nutrition Research and various other Federal Working groups. She is a Fellow of the American College of Sports Medicine, a Certified Nutrition Specialist, and has over 350 peer-reviewed papers and numerous book chapters and books relating to health, nutrition, dietary supplements, human performance and total force fitness.

She has conducted research in the area of sports and warrior nutrition and human performance for over 40 years. Visit the CHAMP's websites - Human Performance Resources by CHAMP (hprc-online.org) and Operation Supplement Safety (OPSS.org). Dr. Deuster is a member of the Order of Military Medical Merit, received the Special Operations Medical Researcher Award from the Special Operations Medical Association in 2014, and the MHSRS Distinguished Service Award in 2021.

