

REVENUE: No revenue impact

FISCAL: No fiscal impact

Action:	Be Adopted
Vote:	5 - 0 - 0
Yeas:	Knopp, Kruse, Shields, Steiner Hayward, Monnes Anderson
Nays:	0
Exc.:	0
Prepared By:	Sandy Thiele-Cirka, Administrator
Meeting Dates:	2/21

WHAT THE MEASURE DOES: In memoriam: William E. Connor, M.D., 1921-2009.

ISSUES DISCUSSED:

- Accomplishments in omega-3 fatty acids
- Commitment to family and community
- Contributions to medical and educational communities

EFFECT OF COMMITTEE AMENDMENT: No amendment.

BACKGROUND: Dr. Connor earned his medical degree from the University of Iowa College of Medicine and served on the faculty there from 1958 – 1975. He was appointed Professor in the Department of Medicine (Divisions of Cardiology and Metabolism) at Oregon Health Sciences University (OHSU) in 1975, where he also served as Associate Director and then Director of the Clinical Research Center. He became Professor in the Division of Endocrinology, Diabetes and Clinical Nutrition in 1992.

William Connor published almost 400 articles. His research focused on how omega-3 fatty acids, such as fish oil, may prevent sudden death from heart attacks. The research led directly to recommendations that people with heart disease should be eating fish twice a week. In collaboration with a variety of colleagues, Dr. Connor made a number of links between nutrition and disease that were at the time controversial but which have since become accepted as fact. He demonstrated that a diet rich in egg yolk could raise a person's blood cholesterol, and that diabetics could eat a low-fat, high fiber diet (instead of a high-fat, low fiber diet) and still control their blood sugar levels.

In 1974 he discovered a new genetic disease (sistosterolemia) that can clog arteries. The long term "Family Heart Study" – conducted between 1978 and 1984 and involving 233 Portland families - showed that a typical family eating 40 percent fat could gradually drop fat consumption to 30 percent. A recipe book titled "The Best from the Family Heart Kitchens" was one of the results of this study. He also demonstrated that omega-3 fatty acids are important nutrients in monkeys and human infants - research that impacted the composition of infant formulas.

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This summary has not been adopted or officially endorsed by action of the committee.