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Dr. Pittas is Professor of Medicine at Tufts University School of Medicine, an Adjunct Professor of Nutrition and Policy at Tufts University Friedman School of Nutrition, Science and Policy and a Center Scientist at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University

Dr. Pittas received his B.S. degree from Massachusetts Institute of Technology and his M.D. degree from Weill Cornell University Medical College. After completing his Internal Medicine Residency at the New-York Presbyterian Hospital (Weill Cornell campus) in New York City, NY and his Fellowship in Endocrinology at Tufts Medical Center, Boston, MA, he joined the staff in the Division of Endocrinology at Tufts Medical Center where he has remained active in all three areas of academic medicine, clinical care, research and teaching as they relate to the prevention and treatment of diabetes mellitus. Dr. Pittas serves as the Associate Director of the Endocrinology Fellowship Program and co-Director of the Diabetes Clinic. He served as the Director of the Endocrine Pathophysiology course at Tufts University School of Medicine from 2000 to 2008. Dr. Pittas earned his M.S. degree in Clinical Research from Sackler School of Biomedical Sciences at Tufts University in 2006. He is a Diplomat of the American Board in Endocrinology and Metabolism.

Dr. Pittas' was the recipient of a National Institutes of Health K23 Career Development Award. His work on the role of vitamin D in type 2 diabetes and cardiometabolic disease has been supported by the R01, R21, U34 and U01 mechanisms of the National Institutes of Health (NIDDK and Office of Dietary Supplements) and the American Diabetes Association. He is the principal investigator and Chair of the vitamin D and type 2 diabetes ([D2d](#)) study, a multi-center clinical trial to test whether vitamin D supplementation reduces risk of diabetes in people at high risk. Details about his current and past research on vitamin D and cardiometabolic disease can be found at [vitaminDforDiabetes.org](http://vitaminDforDiabetes.org) and [d2dstudy.org](http://d2dstudy.org). In 2017, Dr. Pittas received a [Biomedical Research Exemplar Award](#), which honors - at a national level - individuals conducting high-quality, high-impact, federally funded research who maintain an impressive reputation for professionalism and integrity in their work and who also employ exemplar practices to lead and manage their teams.

His additional interest is in Comparative Effectiveness Research as it relates to the care of patients with diabetes. Dr. Pittas has led several meta-analyses on intervention for prevention and treatment of diabetes including, intensive insulin therapy in the critical care settings, inhaled insulin, and incretin therapy. Dr. Pittas has served as a member or Chair of multiple *NIH* study sections and for other international research foundations, including *the Canadian Institutes of Health Research*, *UK Diabetes*, *Children's Medical Research Foundation (Australia)* and *Health Research Council of New Zealand*. He has co-authored over 80 publications including peer-reviewed journals, books, book chapters and evidence-based reports. In 2016 and 2017, he was named as one of [Top Docs](#) by Boston Magazine.