

GRANT-READY SCIENTIFIC CV

Dr. Richard W. M. Visser, DC, PhD

Longevity Strategist | Former Minister of Health & Sport (Aruba)

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Languages: English, Spanish, Dutch, Papiamentu

Executive Profile

Longevity strategist with over 25 years of experience spanning national health policy, clinical research, regenerative medicine, and digital health systems. Former Minister of Health & Sport for Aruba and designated speaker for the Kingdom of the Netherlands at the United Nations High-Level Meeting on Non-Communicable Diseases. Architect of the National Plan Aruba 2009–2018 for NCD prevention and health promotion, and main author of the White Paper on integrated longevity and health systems for the BES Islands. Founder and venture builder of integrated longevity platforms combining prevention science, performance medicine, bio-identical hormone replacement therapy, peptide therapeutics, and virtual hospital infrastructure. Host and creator of *The Visser Podcast*, a weekly educational program on health, wellness, and longevity.

Core Expertise

Longevity systems architecture; Health span policy design; Regenerative medicine strategy; Bio-identical hormone optimization; Peptide therapeutics; National NCD prevention programs; Digital health and virtual hospitals; Health economics and longevity-as-infrastructure models.

Global Policy & Multilateral Engagement

Designated Speaker for the Kingdom of the Netherlands–United Nations High-Level Meeting on NCDs (New York, 2011); Executive Board Member, Caribbean Public Health Agency (CARPHA); Policy contributor and invited speaker at WHO, PAHO, World Bank, and Economist health forums; Lead architect of National Plan Aruba 2009–2018.

Leadership & Professional Experience

CEO & Co-Founder, VERA Health & Education B.V. (2014–present): Design and deployment of integrated longevity ecosystems combining regenerative medicine, hormone and peptide therapies, diagnostics, and virtual care delivery across Europe, Middle East, and Caribbean regions.

Minister of Health & Sport, Government of Aruba (2009–2013): Led national reforms in food policy, physical activity infrastructure, EHR deployment for NCD management, and universal health coverage frameworks.

Executive Board Member, Caribbean Public Health Agency (2011–2013). Board Member and Co-Owner, Visser Pharma Group (2013–present). Additional executive and clinical leadership roles in preventive and integrative medicine.

Education & Clinical Certifications

PhD, Medical Sciences (Public Health), National School of Public Health, Havana, Cuba. Doctor of Chiropractic, Palmer College of Chiropractic-West, USA. Bachelor of Science, Business Administration, St. Michael's College, Vermont, USA.

Postgraduate: International Certification–Bio-Identical Hormone Replacement Therapy & Peptide Therapeutics (2025), WorldLink Medical; Sports Medicine, American College of Sports Medicine; Hyperbaric Medicine, International Hyperbaric Medicine Association; advanced integrative medicine and research training.

Selected Publications & Research Focus

Principal investigator and research lead in childhood obesity epidemiology, nutrition behavior, physical activity, and non-communicable disease prevention across Aruba, Bonaire, Curaçao, Cuba, Ecuador, and broader Caribbean and Latin American regions. Longitudinal baseline studies in adults, adolescents, and school-aged children; intervention program design and policy translation.

Key thematic areas include: childhood obesity and cardiometabolic risk; food systems and nutritional determinants of health; physical activity and built-environment interventions; health policy implementation; and life-course prevention models linking early-life metabolic health to long-term longevity outcomes.

Author of **The Aruba Project—From One Happy Island to One Healthy Island**, documenting national-scale health system transformation from policy to community-level execution. Contributor to peer-reviewed journals and international conference proceedings on obesity, NCD prevention, and public-health systems design.