David Zaridze was born in Tbilisi, Georgia. He graduated Medical Institute in Tbilisi, Georgia (MD). He received a PhD from the Institute of Experimental and Clinical Oncology in Moscow in 1969 and DSc in 1976 from the Cancer Research Centre in Moscow. Initially trained as pathologist, he has pursued a second career in epidemiology of chronic diseases. He worked in Oxford University with Professor Richard Doll in 1977-78. From 1979 to 1985 he was affiliated with International Agency for Research on Cancer (IARC) in Lyon, working in the Unit of Analytical Epidemiology. His main interest during that time was the relationship between diet and cancer, and in fact it was during this period that the IARC programme on diet and cancer started to be developed. In 1986 he was appointed as Director of the Institute of Carcinogenesis, which is a part of the N. N. Blokhin Russian Cancer Research Centre. Today he is Director of the Department of Epidemiology and Prevention in and President of the Russian Cancer Society.

Professor Zaridze has made a significant contribution to epidemiological research. He has clearly shown the impact of smoking and excessive alcohol drinking on life expectancy and several key diseases including cancer. This represents a major contribution to control of non-communicable diseases. The preventive measures implemented in Russia based on the results of these studies saved several millions of lives.

David Zaridze authored or co-authored over 400 peer-reviewed publications. He is member of Russian Academy of Sciences. In December 2011, he received a title of Visiting Professor of Epidemiology of Oxford University. On the occasion of the 11th Annual Meeting of Cancer Institute Directors (NCID2016), Professor David Zaridze was presented with the World Prevention Alliance/International Prevention Research Institute award in recognition of his contribution to Cancer Control.