

PERSONAL INFORMATION

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2. ICS MAUGERI IRCCS

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CURRENT POSITION

- 2020 – Associate Professor in Dietetics and Clinical Nutrition, Department of Public Health, Experimental and Forensic Medicine, University of Pavia, Italy
- 2018- Medical Director and Head of the Clinical Nutrition and Dietetics Unit, Department of General Medicine, ICS Maugeri IRCCS, Pavia, Italy.
- 2014- Head of the Dietetics and Clinical Nutrition area at Pavia's ProVitaMed outpatients' Clinic, in agreement with Pavia's University;

BIBLIOMETRIC INDICATORS

1. Total publications: 170 (Scopus)
2. Number of publications in the last five years: 106 (Scopus)
3. Total citations: 3977 (Scopus) 6427 (Google Scholar)
4. H index: 29 (Scopus); 37 (Google Scholar).

EDUCATION

- 2001 Advanced training course “ Nutritional and Lifestyle Epidemiology” at Wageningen University
- 1988-1992 Post Graduate Degree with honours (50/50 cum laude) in Dietetics and Clinical Nutrition awarded with 4 years scholarship, Università di Pavia, Italy.
- 1988 Master Degree in Medicine and Surgery with honours (110/110 cum laude), Università di Pavia, Italy.

PREVIOUS POSITIONS

- 2004 – 2020 Researcher, Department of Public Health, Experimental and Forensic Medicine University of Pavia, Italy;
- 1992-2004 Research assistant at Department of Public Health, Experimental and Forensic Medicine University of Pavia, Italy

FELLOWSHIPS AND AWARDS

- 2016 Winner of the University of Pavia-Boston- exchange program.
Visiting Professor at the Division of Gastroenterology and Nutrition and General Academic Pediatrics – MassGeneral Hospital for Children at the Harvard University.
- 2016 Awarded at the Obesity Society's Annual Meeting at Obesity Week in New Orleans, October 31 - November 4, 2016 for "Determinants of binge eating symptoms in

- children with overweight and obesity" by Lauren Fiechtner, Maria Luisa Fonte, Neil Kamdar, Chrissy Horan, Mona Sharifi, Hellas Cena, Elsie M. Taveras.
- 2015 Winner of the University of Pavia-Boston- exchange program.
Visiting Professor at the Division of Gastroenterology and Nutrition and General Academic Pediatrics – MassGeneral Hospital for Children at the Harvard University.
- 2008 Awarded at the 16th European Congress on Obesity (ECO), Geneva, Switzerland, 14–17 May 2008 for “Negative regulation of fasting gherlin by high glycemic index starch diet” by Sculati M, Rossi F, Cena H, Roggi C, published in the International Journal of Obesity 32: S36-S234, 2008. DOI: 10.1038/ijo.2008.44
- 2000 Awarded at the 3° Italian National Congress on Obesity SISO, Obesità 2000, Bologna, 4-8 aprile 2000 for “Disturbi dell’immagine corporea in donne soprappeso e obese” by Cena H, Toselli A, Paglione M, Ferrari P.

SUPERVISION OF GRADUATE STUDENTS AND POSTDOCTORAL FELLOWS

Supervisor of 3 graduate students/year in Dietetics, 3 graduate students/year in Medicine, 5-7 Master Degree Students in Eating Disorders and Obesity – Multidisciplinary treatment, 5-7 Master Degree Students/year in Dietetics and Clinical Nutrition , 1 PhD students , Psychology, Neuroscience and Data Science, 1-2 visiting students from abroad, according to Erasmus plus programs or other ones active at Università di Pavia, Italy. Supervisor of 5 Residency students/year at Università di Pavia and Università di Milano Statale.

TEACHING ACTIVITIES

- 2022- Lifestyle, nutrition and health during lifespan - lifestyle, nutrition and health during lifespan (Medical and Pharmaceutical Biotechnologies Course)
- 2015- Nutrition in pregnancy (obstetrics course enabling midwifery/o)
- 2015- Human Nutrition at the Course of Medicine and Surgery, University of Pavia, for both Golgi Course (Italian language) and Harvey Course (English language).
- 2015- teaches Nutrition and Pregnancy for the Graduate Course in Midwifery, University of Pavia, Italy
- 2013- Medical Nutrition Therapy, in post-graduate courses at Pavia’s University, as well as at Milano’s Faculty of Medicine (Residency Courses as well as Master Degree Courses)
- 2005- Medical Nutrition Therapy for the Graduate course in Dietetics at the Faculty of Medicine, Università di Pavia, Italy.
- 1997- CME-accredited post-graduate and refresher courses in Nutrition, Lifestyle medicine, Obesity and Eating Disorders, for health professionals
- 1997- 2005 Dietetics and Diet Therapy for the Graduate course in Dietetics at the Faculty of Medicine, Università di Pavia, Italy.

ORGANISATION OF SCIENTIFIC MEETINGS

- 2022- Annual workshops on PNRR (EU generation funded projects) research activities at national level
- 2018 First Workshop of SASS project Dissemination “Food and Nutrition Security: linking Italy and Africa through the SASS project”, Pavia, may 8, 2018.
- 2015- Annual Conference of the ANSiSA society, of which is vice President.
- 2015- Annual series of Seminars for the Master degree in Dietetics and Clinical Nutrition

INSTITUTIONAL RESPONSIBILITIES

- 2021- Member of the scientific advisory board of the “Council for Research in Agriculture and the analysis of the agricultural economy” (CREA) at the Ministry of Agricultural, Food and Forestry Policies
- 2021- Member of the scientific Board of “Italian Institute of Planetary Health” (IIPH) (2021-ongoing).
- 2020- Member of the Ethical Committee ICS Maugeri IRCCS, (University Hospital) Pavia, Italy.
- 2019- PRORECTOR for the Third Mission, University of Pavia, Italy
- 2019- Contact Person of the National Focal Point for EFSA (European Food Safety Agency) for Pavia’s University
- 2018- Member of BEST4FOOD (Bicocca cEnter of Science and Technology for FOOD), University Center for Research and Innovation in Food Sector to Promote Healthy Life.
- 2016- Academic Director of the Master degree in Eating Disorders and Obesity – Multidisciplinary treatment at Pavia’s University.
- 2013- Academic Director of the Master degree in Dietetics and Clinical Nutrition (MDCN) at Pavia’s University

COMMISSIONS OF TRUST

- 2016 -2019 Referee of MIUR, for the VQR (National Revision process for the research quality).
- 2016- Referee of the Expert Committee (SEC) for the ERA-Net ERA-HDHL European projects evaluation.
- 2016 – Referee Cariplo foundation for scientific projects on Dietetics and Clinical Nutrition.

MEMBERSHIPS OF SCIENTIFIC SOCIETIES and TASKS FORCES

- 2022 President of the Italian Scientific Association of Clinical Specialists in Nutrition (ANSISA)
- 2019 Chairman of a commission of international experts for the scientific review of dietary supplements "Centrum Scientific Strategy Advisory Board" with live meeting on June 25-26, 2019 in Vancouver (Pfizer Inc, NY).
- 2017- Member of the International Orthorexia Nervosa Task Force (ON-TF).
- 2016-2017 Co-chairs an international Faculty on a Delphi project on Multi Vitamin and Mineral (MVM) recommendations (Pfizer Inc, NY).
- 2014- Member and Vice President of the National Association of Specialists in Food Science (ANSiSA) <http://www.ansisa.it/template.php?pag=46034>
- 2014 Appointed member of EU Dietary Supplements Advisory Board. (Pfizer Inc, NY)
- 2014 Appointed expert to support the Section IV of the Higher Health Council (Italian Ministry of Health).

EDITORIAL BOARDS

- 2021- Childhood Obesity ISSN: 2153-2168 - Online ISSN: 2153-2176
- 2015- Current Nutrition & Food Science, Bentham Science publishers. ISSN: 2212-3881 (Online) ISSN: 1573-4013 (Print);
- 2012- 2018 Scientific Director of the national journal “Professione Salute” ISSN 2531- 8748;
- 2016- Review Editor of the international journal “Molecules” ISSN 1420-3049; CODEN: MOLEFW)
- 2016- Review Editor of the international journal “Pediatric Gastroenterology, Hepatology and Nutrition”
(<https://www.frontiersin.org/journals/pediatrics/sections/pediatric-gastroenterology-hepatology-and-nutrition#editorial-board>)

MAIN INTERNATIONAL COLLABORATIONS

- Pediatric Clinical and Translation Research Laboratory, University of Pavia.

- National Research Council, Pavia
- Department of Medicine and Pediatrics, Massachusetts General Hospital, Boston, Harvard University, USA
- Weight Center, Massachusetts General Hospital, Boston, Harvard University USA
- SWPS University of Social Sciences and Humanities, Katowice, Poland
- Dep of Biotechnology and Biosciences - University Bicocca Milano
- European Center for Development policy, Maastricht, The Netherlands.
- The Nelson Mandela African Institution of Science and Technology (NM-AIST),
- Vitamins and minerals Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University, USA
- Hellenic Health Foundation
- Fondazione Veronesi:
- Hohenheim University, Germany
- Southampton University
- Partner of the Holistic Consortium with University of Split (Croatia), Beirut Arab University (Lebanon); Universidad Pablo de Olavide (Sevilla, Spain), University of Wroclaw (Poland), University of Agricultural Sciences and Veterinary Medicine (Cluj-Napoca, Romania), Koç University (Istanbul, Turkey).

CURRENT RESEARCH GRANTS

- 2022- CN5 (centro nazionale biodiversità e salute):**
 descrizione call: PIANO NAZIONALE DI RIPRESA E RESILIENZA (PNRR) - Missione 4, "Istruzione Ricerca" - Componente 2 - "Dalla ricerca all'impresa" INVESTIMENTO 1.4 - "Potenziamento strutture di ricerca e creazione di "campioni nazionali di R&S" su alcune Key Enabling Technologies Finanziato dall'Unione europea - Next Generation EU
 codice progetto: CN_00000033 CENTRO NAZIONALE BIODIVERSITÀ
 CUP: F13C22000720007
- 2022- PE10 (partenariato esteso 10 ONFOODS):**
 descrizione call: PIANO NAZIONALE DI RIPRESA E RESILIENZA (PNRR) - Missione 4, "Istruzione Ricerca" - Componente 2 - "Dalla ricerca all'impresa" INVESTIMENTO 1.3. – Tematica "Modelli per un'alimentazione sostenibile" Finanziato dall'Unione europea – Next Generation EU
 codice progetto: PE0000003 ON FOODS - RESEARCH AND INNOVATION NETWORK ON FOOD AND NUTRITION SUSTAINABILITY, SAFETY AND SECURITY WORKING ON FOODS.
 CUP: F13C22001210007
- 2022- ECS (Ecosistemi innovazione NODES):**
 descrizione call: PIANO NAZIONALE DI RIPRESA E RESILIENZA (PNRR) - Missione 4, "Istruzione Ricerca" - Componente 2 - "Dalla ricerca all'impresa" INVESTIMENTO 1.5. – Creazione e rafforzamento di "ecosistemi dell'innovazione", costruzione di "leader territoriali di R&S" – Next Generation EU
 codice progetto: ECS_00000036 NODES - NORD OVEST DIGITALE E SOSTENIBILE
 CUP: F17G22000190007
- 2022- LIMIT- Lifestyle and Microbiome Interaction Early Adiposity Rebound in Children.** Registered on clinicaltrial.gov (accessed on 23 August 2022) (NCT04960670).
- 2021- 2023 ACTION** Project "Nakuru,Kenya: valorizzazione dei semi di origine locale e loro resilienza"–Rif.Pratica2021-3223–Bando2021–"Innovazione per lo sviluppo: bando riservato per progetti di alimentazione e agricoltura sostenibile-Iniziativa Coopen"
- 2020- INTERCOVID-** Multicenter research project by INTERGROWTH-21ST related to COVID-19 in pregnancy, prospective case-control study to evaluate different gestational, maternal and neonatal outcomes in pregnant women with COVID-19, representative of the general population.

2015- CHILDHOOD OBESITY (Prof Hellas Cena: partner of the Pediatric Clinical and Translation Research Laboratory, University of Pavia on Current Research funds, funded by the Italian Ministry of Health).

https://scholar.google.it/citations?hl=it&user=dvNMX88AAAAJ&view_op=list_works&sortby=pubdate

Researchgate: https://www.researchgate.net/profile/Hellas_Cena

Linked in: <https://www.linkedin.com/in/hellas-cena-5250913/>

Facebook: <https://www.facebook.com/pg/labdnc/about/>

Best 4 food: <http://www.bestforfood.it/index.php/en/hellas-cena>

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