

Vera P. Simovska



Associate Professor of Nutritional Medicine, MD, PhD.
Faculty of Technology and Technical Sciences
Coordinator of Postgraduate study of Nutrition

University of Bitola St. "Kliment Ohridski"
Republic of Macedonia

Telephone: +389 43 211 202; +389 2 3225 402

Email: vera.simovska@uklo.edu.mk

Address :

Vera P. Simovska, MD, PhD
Public Health Institutions-Skopje,
Center of Sports Medicine, Nutrition Research Unit
Krstе Misirkov bb.
1000 Skopje, Republic of Macedonia

Education

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| 1972–1979 | Doctor of Medicine (MD., Degree VII), Faculty of Medicine,
University “Ss. Cyril and Methodius”, Skopje. |
| 1985–1989 | Postgraduate (P.G., VII/1) Diploma, Specialist of Sports Medicine,
Faculty of Medicine, University “Ss. Cyril and Methodius”, Skopje. |
| 1989–1993 | Postgraduate (P.G., VII/2) Diploma, Subspecialist for Hygiene of Nutrition
for Healthy and Sick People,
Faculty of Medicine, University of Belgrade, Serbia. |

1995–2001	Doctor of Medical Sciences (PhD, VIII) for Nutritional and Sports Medicine, Faculty of Medicine, University “Ss. Cyril and Methodius”, Skopje.
2003	Postgraduate Certificate for learning strategies of community programmes for health promotion and disease prevention, The Finnish Institute of Public Health (THL), North Karelia project, Helsinki, Finland.
2007	Postgraduate Certificate for leader and/or manager of public health system and institute/organization, Faculty of Medicine, University “Ss. Cyril and Methodius”, Skopje.
2007	Postgraduate Certificate for learning role and function of a comprehensive national public health institute, National Institute of Public Health (THL), International Association of National Public Health Institutes (IANPHI), Helsinki, Finland.

Work Experience

1980-Present	Medical scientist, MD., Ph.D : Public Health institutions-Skopje, Institute of Sports Medicine, Nutrition research Unit, Skopje, Republic of Macedonia
2010	Expert-Consultant, European Commission, Directorate General (DG). 1049 Brussels, Belgium.
2010 -Present	Associate Professor of Nutritional Medicine, MD, PhD. Faculty of Technology and Technical Sciences Coordinator of Postgraduate study of Nutrition University of Bitola St. “Kliment Ohridski”, Republic of Macedonia
2011-2013	Visiting Professor of Health Management, MD., PhD. Faculty of Management, Postgraduate study of Health Management, University of Management and Information Technologies MIT, Skopje, Republic of Macedonia.
2009–2011	Member-Expert, Ministry of Health, Committee for the Advancement of Healthcare System, Skopje, Republic of Macedonia.
2008	Independent Expert, European Commission. RTD/FP7-KBBE, Food-Health-Well being, 1049 Brussels, Belgium.

2005-Present	President, HEPA Macedonia National organization for the promotion of health-enhancing physical activity, NGO for public health (non-for-profit), Skopje, republic of Macedonia.
2001–2005	National coordinator of the WHO CINDI Program-Countrywide Integrated Noncommunicable Disease Intervention, Ministry of Health, Republic of Macedonia.
2001–2004	Member of the National Committee for Health Promotion, Ministry of Health, Republic of Macedonia.
2002-Present	Lecturer, Specialist Courses for Nutrition, Medical Dietetics and Sports Medicine Methodology within Specialization of Sports Medicine (P.G. VII/1), Department for Specialization of Sports Medicine, Faculty of Medicine, University “Ss. Cyril and Methodius”, Skopje.
1997–1998	Member of the Council of the First International post-graduate “School of Sports Medicine” at the European Center for Peace and Development, University of United Nations, Belgrade, Serbia.

Licensure:

Macedonian Medical Board of Sports Medicine Examination, 1985 – Present

Publications

I. Textbook/monography and article in a book

1. **Simovska V.:** EFFECTS OF DIETOTHERAPY AND PROGRAMMED PHYSICAL ACTIVITY ON OBESITY AND IT’S COMPLICATIONS. Eds. Monography. Skopje:Menora 2008.

2. **Simovska V.** OBESITY AND UNDERNUTRITION. Eds. Monography. Skopje:Menora 2013. Ministry of Science and Education of Republic of Macedonia.

3. Vidin-Jarevska, Zivkovic N., **Simovska-Jarevska V.**, Tusup-Petrovic Lj., Fotina L.: SYNERGISTIC EFFECTS OF EXERCISE, NUTRITION AND BEHAVIOURAL THERAPY IN PATIENTS WITH SYNDROM X. Eds. Monography. ISBN: 8690944508.COBISS SR-ID, Belgrade 2007.

4. **Simovska V.**, Vidin M.: DYNAMICS OF CHANGE ON LIPOPROTEIN STATUS DURING THE PREPARATION OF SPORTS TRAINING IN PHASE OF MEZOCICLUS. In: Gruic, N. Eds. Sport and Health. Novi Sad: Medical Faculty 1999, pp.95-101.

5. Vidin M., Goldner B., **Simovska V.**: PRINCIP OF ORTOMILECULAR NUTRITION IN HYPERBARIC AND UNDERWATER MEDICAL TREATMENT, SINERGISTIC ACTION OF BIOFLAVONOIDES AND VITAMIN C. In: Zivkovic M. Eds. Hyperbaric and Underwater Medicine. Beograd: Nauka 1997, pp.147-154.

6. **Simovska V.**, Vidin M.: STRESS, AGGRESSIVE BEHAVIOUR OF ATHLETES DURING INTENSIVE PSICHO-PHYSICAL TRAINING AND POSSIBILITY OF SPORTS NUTRITION. In: Mirilov, M. Eds. Nutrition for sportsmen and recreatives. Novi Sad: Biblioteka Matice Srpske 1995, pp.167-173.

7. Vidin M., **Simovska V.**: MAGNESIUM DEFICIENCY, POSSIBILITY WITH BALANCED NUTRITION AND DIETOTHERAPY. In: Mirilov, M. Eds. Nutrition for sportsmen and recreatives. Novi Sad: Biblioteka Matice Srpske 1995, pp.109-114.

8. **Simovska V.**: BIOLOGICAL ASPECTS OF UNETHICAL BEHAVIOUR DURING SPORTS PERFORMING AND IMPORTANCE OF SPORT NUTRITION. In: Keramitciev V. Eds. Aggression in sport, s games as negative public phenomen. Bitola: Kiro Dandaro 1993, pp.149-158.

II. Journal articles and review articles in journals with national and international peer-review, published “in extenso”

9. **Simovska-Jarevska V.**: MONITORING OF EATING HABITS AND PHYSICAL ACTIVITY LEVELS AS A BASIS FOR A NEW NONCOMMUNICABLE DISEASE PREVENTION PROGRAMME IN THE REPUBLIC OF MACEDONIA. PROCEEDINGS OF THE LATVIAN ACADEMY OF SCIENCES. Section B, 2013; 67 (4):20–30.

10. **Simovska-Jarevska V.**, Damjanovski D., Pavloska V., Martinovski S., Vidin M.: EVALUATION OF DIETARY HABITS AND PHYSICAL ACTIVITY LEVELS MONITORING AS BASIS FOR A NEW HEALTH PROMOTION STRATEGY IN REPUBLIC OF MACEDONIA. Original Research Article. Procedia - Social and Behavioral Sciences [serial online] 2012; 44:370-374. Available: <http://dx.doi.org/10.1016/j.sbspro.2012.05.041>. Accessed 2012 June 19.

11. Martinovski S., **Simovska V.**, Pavlova V., Nikolovska Nedelkoska D., Manceski Dj: DEVELOPMENT AND IMPLEMENTATION OF STRATEGIC PLANNING SUPPORT SYSTEMS IN THE URBAN ENVIRONMENT AND HEALTH SECTOR BY APPLYING A GEOGRAPHIC INFORMATION SYSTEM IN THE REPUBLIC OF MACEDONIA. Journal of Hygienic Engineering and Design 2013; 2:49-53. <http://www.jhed.mk/categories/view/445>

12. **Simovska V.**, Nikolovska-Nedelkoska D., Damjanovski D.: DEVELOPMENT AND IMPLEMENTATION OF ACADEMIC STUDY PROGRAMME FOR NUTRITION IN EDUCATIONAL SYSTEM OF THE REPUBLIC OF MACEDONIA. Symposium for Youth and Physical Education with International Participation. Ohrid, September 21-22, 2012. Scientific Journal "Kinesiology" 2013.
13. **Simovska V.**: TARGETED LIFESTYLE INTERVENTION PROGRAMMES TO REDUCE CARDIOMETABOLIC RISK AT ABDOMINAL OBESE INDIVIDUALS. International Scientific Journal HORIZONS 2012. University St. Clement of Ohrid, Bitola.
14. **Simovska V.**: Prescription and modeling of programmed physical activity in an integrated CVD risk management. F1000Posters 2011, 2: 143 (Poster: Preventive Medicine | Social & Behavioral Determinants of Health | Diabetes & Obesity | Coronary Artery Disease). <http://f1000.com/posters/browse/summary/882>
15. **Simovska V.**, Damjanovska M., Vidin M.: SKILL FOR HEALTH DEVELOPMENT THROUGH TEACHING FOR PHYSICAL AND HEALTH EDUCATION - A PART OF NATIONAL STRATEGY/PROGRAMME FOR THE PROMOTION OF HEALTH-ENHANCING PHYSICAL ACTIVITY IN REPUBLIC OF MACEDONIA. The Review for scientific and professional issues of physical culture FIZICKA KULTURA 2007;3(2):99-103.
16. **Simovska V.**: NONCOMMUNICABLE DISEASE PREVENTION AND HEALTH PROMOTION THROUGH PHYSICAL ACTIVITY. Journal of Macedonian Medical Association, Mak. Med. Pregled 2004;58(suppl.60):30-35.
17. **Simovska V.**, Krpac R., Stoilov I: HISTORICAL YEARS OF SPORTS MEDICINE DEVELOPMENT IN MACEDONIA, 1991-2004. The Review for scientific and professional issues of physical culture "Fizicka Kulura" 2004;32(2):26-28.
18. **Simovska V.**, Panovski N., Naumovski A.: PROMOTION OF THE WEBSITE ON PHYSICAL/SPORTS ACTIVITY FOR HEALTH "MACEDONIA ON THE MOVE" - <http://www.cindi.makedonija.com>. The Review for scientific and professional issues of physical culture "Fizicka Kultura" 2004;32(1):36-38.
19. **Simovska V.**: STRATEGY FOR THE PROMOTION OF HEALTH-ENHANCING PHYSICAL ACTIVITY OF YOUNG GENERATION AND PROGRAMME FOR PREVENTIVE WORK OF THE SPECIALIST OF SPORTS MEDICINE IN THE PRIMARY HEALTH CARE. The Review for scientific and professional issues of physical culture "Fizicka Kultura" 1998;26(1-2):124-125.
20. **Simovska V.**: INFLUENCE OF THE PLANNED FOOD TREATMENT AND TRAINING EXERTIONS INTENSITY ON SOME MORPHOLOGICAL AND BIOCHEMICAL PARAMETERS IN THE PREPARATION PERIOD AT ELITE FEMALE HANDBALL

ATHLETES. The Review for scientific and professional issues of physical culture "Fizicka Kultura" 1997;25(1-2):158-159.

21. Zivanic S., **Simovska V.**, Zivotic-Vanovic M., Dimitrijevic B.: ASPECTS OF SPORT-MEDICINE FUTURE RESEARCHES AND PRACTICE. The Review for scientific and professional issues of physical culture "Fizicka Kultura" 1997;25(1-2): 62-63.

22. **Simovska V.**: SPORT AND SPORTS MEDICINE DEVELOPMENT PERSPECTIVES OF THE REPUBLIC OF MACEDONIA. Review for scientific and professional issues of physical culture "Fizicka Kultura" 1996;24(1-2):68-69.

23. **Simovska V.**, Vidin M.: THE EFFECTS OF SYSTEMATIC LONG TERM PHYSICAL ACTIVITY WITH CHANGEABLE INTENSITY ON PLASMA LIPIDS AND LIPOPROTEINS. Serbian Medical Society "Appolineum medicum et aesculapium" 1995;1:15-17.

24. **Simovska V.**, Vidin M.: EVALUATION OF PHYSICAL DEVELOPMENT AND BODY WEIGHT IN OLDER ADOLESCENTS AGED BETWEEN 18 AND 21 YEARS. Journal of Macedonian Medical Association, Mak med pregled 1993;47(3-4):74-78.

III. Scientific conference articles with international peer-review, published "in extenso"

25. Pavlova V., Damjanovski D., **Simovska V.**, Martinovski S.: RESEARCH ON DIETARY HABITS OF POPULATION OF DIFFERENT AGES IN THE REGION OF VELES-MACEDONIA. 7th International Congress of Food Technologists, Biotechnologists and Nutritionists, Opatija 2011. Proceedings 2011:83-88.

26. **Simovska-Jarevska V.**, Damjanovski D., Vidin M., Pavloska V., Martinovski S., Vidin M.: EVALUATION OF DIETARY HABITS AND PHYSICAL ACTIVITY LEVELS MONITORING AS BASIS FOR A NEW HEALTH PROMOTION STRATEGY IN REPUBLIC OF MACEDONIA. Original Research Article. XI International Conference "Service sector in terms of changing environment", October 27-29, 2011. Conference Proceedings, Ohrid, 2011:416-420.ISSN: 1877-0428.

27. **Simovska V.**, Stojanovska V., Vidin M.: MODERN ASPECTS OF HEALTH EDUCATION IN THE NATIONAL EDUCATION PROGRAMME IN REPUBLIC OF MACEDONIA. Ist International Symposium for Physical Education and Sport of Students "ISSUES AND PERSPECTIVES", Skopje 2005. The Book of papers 2005:69-70.

28. **Simovska V.**: MONITORING OF NUTRITIONAL STATUS IN ADULT POPULATION IN SKOPJE (1991-2001) AND NEW STRATEGY OF OBESITY PREVENTION. International Congress "Health for all", Banja Luka 2003. Book of papers 2003:58-66.

29. **Simovska V.**, Georgievski V., Vidin M.: FAMILY AGGREGATION OF CARDIOVASCULAR FACTORS. International Congress “Health for all”, Banja Luka 2003. Book of papers 2003:25-35.

30. **Simovska V.**, Vidin M. ENERGETIC SYSTEM, INTENSITY OF TRAINING AND LIPID PROFILE OF ATHLETES IN PRE-COMPETITIVE PERIOD OF HANDBALL.V-th The Days of Sports Medicine, Nis 2001. The Book of Papers 2001:113-24.

31. **Simovska V.** Vidin M. THE ROLE OF HEALTH CARE CENTRES IN PREVENTION OF CARDIOVASCULAR DISEASES WITH MULTIFACTORIAL ETIOLOGY. IV Symposium of Health Care Centres with International participation, Belgrade 1998. The Book of Papers 1998:169-72.

32. **Simovska V.**, Vidin M.: EFFECTS OF PLANNED NUTRITION AND TRAINING PROCESS ON MORPHO-FUNCTIONAL STATUS OF ATHLETES DURING THE PREPARATION PHASE. IV Symposium of Health Care Centres with International participation, Belgrade 1998. The Book of Papers 1998:397-400.

33. Vidin M. **Simovska V.** Goldner B., Bosnic O., Markovic S.: THE IMPORTANCE OF OXYGEN DEPTH, ANTIOXYDANT DEFENCE (AOD) AND ACTIVATION OF POLYMORPHO- NUCLEARS FOR ACUTE MYOCARDIAL ARREST DURING THE MAXIMAL AND SUBMAXIMAL INTENSITY TRAINING. SYMPOSIUM “Is the athletic heart healthy”, Zrenjanin 1998. The Book of Papers 1998; 78-81.

34. Видин М., **Симовска В.**: ПРИМЕНА РАЧУНАРА У ОБРАДИ ПОДАТАКА ДИЈЕТО-ПРОФИЛАКСЕ И ДИЈЕТОТЕРАПИЈЕ ХРОНИЧНИХ НЕЗАРАЗНИХ БОЛЕСТИ. Четврти стручни сусрети домова здравља Београда са међународним учешћем, Београд 1998. Зборник радова 1998:373-6.

IV. Conference articles published in journals as abstracts with international/national peer-review

35. **Simovska V.**, Vidin M.: PUBLIC HEALTH AND LIFESTYLE INTERVENTIONS TO REDUCE CARDIOVASCULAR RISK IN MACEDONIA: RECOMMENDATIONS AND EVALUATION. “CIRCULATION” Journal of the American Heart Association 2012;125:e812–e813. Abstracts From the World Congress of Cardiology Scientific Sessions 2012: Dubai, United Arab Emirates, April 18–21, 2012. Available: doi:10.1161/CIR.0b013e31824fdb3. Accessed 2012 May 15. <http://circ.ahajournals.org/content/125/19/e741.full.pdf> (Impact Factor for 2011: **14.816**)

36. Vidin M., Gosic K., Vranjesevic O., Bukilica M., Tushup-Petrovic Lj., **Simovska V.**: SYNERGISTIC EFFECTS OF NUTRITION, PHYSICAL ACTIVITY AND BEHAVIOURAL THERAPY ON GLUCOREGULATION PARAMETERS IN PATIENTS WITH SYNDROM X. Journal of Medical Biochemistry of Serbia JMB 2008;27(2):300-2. Available: <http://www.versita.com/science/medicine/jmb>, <http://www.dmbj.org.rs/jmb/pdf/2008-2/219.pdf>. Accessed 2011 May. (Impact Factor for 2011: **0.610**)

37. **Simovska V., Vidin M.:** PRESCRIPTION AND MODELLING OF PROGRAMMED PHYSICAL ACTIVITY IN AN INTEGRATED CVD RISK MANAGEMENT. The International XVIII Puijo Symposium "Physical Activity in Conuaction with Pharmacological Therapy for Chronic Vascular Diseases". Koupio 2005. Finnish Sports and Exercise Medicine e-Magazine [serial online]. The International XVIII Puijo Symposium special issue 2005. Available: http://ffp.uku.fi/sll/2005/media_abstracts_c_2005en.html

38. **Simovska - Jarevska V.:** RISK FACTORS SURVEY AND PRIMARY PREVENTION ON THE NONCOMMUNICABLE DISEASE PROGRAMME "CINDI MACEDONIA", DRAFT-PLAN OF ACTION (2002-2007). Journal of Macedonian Medical Association, Mak Med Pregled 2003;56 (suppl.54):62-63.

39. **Simovska-Jarevska V. :** DYNAMICS OF BODY MASS REDUCTION IN OBESE SUBJECTS INCLUDED IN THE PROGRAMME FOR DEVELOPMENT OF CARDIORESPIRATORY CAPACITY AND THEIR INFLUENCE ON THE IMMUNE SYSTEM. Journal of Macedonian Medical Association. Mak. Med. Pregled 2000;54(suppl.43):416-17.

40. **Simovska V.:** DIETOPROFILAKSA I PROFESIONALNIOT ZDRAVSTVEN RIZIK KAJ LICA IZLOZENI NA PODOLG FIZICKI NAPOR. XV Kongres na lekarite na Republika Makedonija, Ohrid 1999. Maked. Med. Pregled 1999;53(supl.38) (apstrakt bez paginacija).

41. **Simovska V.:** PRIMARY PREVENTION OF NONCOMMUNICABLE DISEASE IN HEALTH CARE REFORMS. Journal of Macedonian Medical Assotiation, Mak med pregled 1998;52(suppl 33):41-42.

42. **Simovska V., Ugarkovic D., Cvetanov V.** APPLICATION OF SOFTWARE FOR DATA ANALYSE OF DIETOTHERAPY AND DIETOPREVENTION AT HIGH RISK SUBJECTS FOR CARDIOVASCULAR DISEASE IN PRIMARY HEALTH CARE. Journal of Macedonian Medical Association. Mak. Med. Pregled 1998;52(supl.33):149-150.

V. Conference articles published as abstracts in the book of abstracts with international/national peer-review

43. **Simovska V. , Damjanovski D., Pavlova V., Martinovski S., Nikolovska-Nedelkoska D., Antoska V., Mancevski Gj., Vidin M.:** THE EFFECT OF SOCIOECONOMIC INDICATORS ON DIETARY HABITS, PHYSICAL ACTIVITY LEVELS (PALs) AND BMI kg/m² IN MACEDONIAN YOUTH. Vth Congress of Sports Medicine and Sports Sciences of Serbia with International participations, Belgrade, 6-7 December, 2012. Book of Abstract and Original Papers, Belgrade, Serbia 2012:19-21. <http://www.smas.org/prikaz.php>

44. **Simovska V, Martinovski S., Damjanovski D., Pavloska V., Nikolovska-Nedelkoska D, Mancev Dj.:** EATING HABITS AND PHYSICAL ACTIVITY LEVELS MONITORING AS BASIS FOR A NEW NCDs PREVENTION PROGRAM IN REPUBLIC OF MACEDONIA.

International Conference “*Nutrition and Health*”, September 4-6, 2012, Riga, Latvia. The Book of Abstracts, Riga 2012:26.

45. **Simovska V.**: PUBLIC HEALTH AND LIFESTYLE INTERVENTIONS TO REDUCE VASCULAR AGEING. Workshop ‘*Why We Age*’, Cardiff 2010. Book of Abstracts 2010 (абстракт без пагинација).

46. **Simovska-Jarevska V.**, Vidin-Jarevska M.: A PROPOSAL-A MEASURE IN THE MODERN CONCEPT OF TYPE 2 DIABETES PREVENTION FOCUSED ON MACRONUTRIENT CONTENT OF DIET AND INCREASING CARDIORESPIRATORY FITNESS AT HIGH-RISK OBESSE SUBJECTS. 5th World Congress on Prevention of Diabetes and its Complications (WCPD 2008), Helsinki 2008. Abstract Book 2008:44-45.

47. Vidin-Jarevska., **Simovska-Jarevska V.**, Mircetic V.: DIAGNOSTIC SIGNIFICANCE OF GLYCOREGULATION DISTURBANCES IN PREDIABETES. 5th World Congress on Prevention of Diabetes and its Complications (WCPD 2008), Helsinki 2008. Abstract Book 2008:34-35.

48. Vidin M., Gosic K., Vranjesevic D., Bukilica M., **Simovska V.**: DIAGNOSTIC MEANS OF SENSITIVITY OF PERIFERIAL TISSUE ON INSULIN ACTION. 5th World Congress on Prevention of Diabetes and its Complications (WCPD 2008), Helsinki 2008. Abstract Book 2008:35-36.

49. **Simovska V.**, Naumovski A., Simonovski Z, Vidin M.: MACEDONIAN HEPA PROMOTION NETWORKING: INFLUENCE OF SPORT ACTIVITIES ON CARDIORESPIRATORY FITNESS OF YOUNG PEOPLE. 15th International Interdisciplinary Symposium Ecology, Sport, Physical Activities and Health of Youth, Novi Sad 2007. Summary 2007:32-33.

50. **Simovska V.**, Zivanic S., Vidin M., Popovska I, Vidin O., Simovski A.: THE PROMOTION OF HEALTH-ENHANCING PHYSICAL ACTIVITY-MAIN ASPECT OF SPORT/ RECREATIONAL MEDICINE AND PUBLIC HEALTH FUTURE RESEARCH AND PRACTICE IN MACEDONIA, SERBIA, MONTE NEGRO AND SERBIAN REPUBLIC. 2nd annual meeting of HEPA Europe - European network for the promotion of Health-Enhancing Physical Activity. Tampere 2006. Abstracts June 12, 2006:27-28. (EUR/5068070/9). Available: http://www.panh.ch/hepa europe/tampere/Tampere_2006_abstracts_and_posters.pdf

51. **Simovska V.**: INTEGRATION OF OBESITY TREATMENT AND PREVENTION INTO OTHER CHRONIC DISEASE PREVENTION EFFORTS. Balkan Congress of Obesity, Albena 2006. The Book of Abstracts 2006:43.

52. **Simovska V.**, Vidin M.: HEPA DEBATE - WHAT IS THE OPTIMAL LEVELS OF PHYSICAL ACTIVITY FOR OBESITY PREVENTION RELATED TO NUTRITION IN ADULT POPULATION. XIVth International Symposium “*Sport, Physical Activity and Health of Youth Population*”, Novi Sad 2006. Summary 2006:26-27.
53. **Simovska V.**, Panovski N., Naumovski A., Tomic-Ckalevska D.: MACEDONIAN CINDI VISION FOR A CHRONIC DISEASE STRATEGY - POLITICAL AND PRACTICAL ACHIEVEMENTS, 2001-2005. European Conference on Chronic Disease “*Prevention Learning from the past-planning for the future*”, Helsinki 2005. The Book of Abstracts 2005:74. Available:http://www.ktl.fi/attachments/suomi/julkaisut/julkaisusarja_b/2005/2005b21.pdf
54. **Simovska V.**, Pecelj-Gec M., Jorga V., Zivanic S., Vidin M.: PRESCRIPTION AND MODELLING OF PROGRAMMED PHYSICAL ACTIVITY IN AN INTEGRATED CVD AND OTHER NCD RISK MANAGEMENT. The International Xth Annual Congress of the European College of Sports Science, Belgrade 2005. The Book of Abstracts 2005:214. Available: <http://www.smas.org/2-kongres/papers/12111.pdf>
55. **Simovska V.**: CELEBRATING INTERNATIONAL YEAR FOR SPORT, DEVELOPMENT AND PEACE, 2005 THROUGH PHYSICAL ACTIVITY AND OTHER HEALTHIER LIFESTYLE ACTIVITIES AMONG MACEDONIAN YOUTH. XIII International Symposium “*ECOLOGY, SPORT, PHYSICAL ACTIVITIES AND HEALTH OF YOUTH*”, Novi Sad 2005. The Book of Abstracts 2005:24-5.
56. **Simovska V.**: PHYSIOLOGICAL BASIS AND THE METHOD FOR PROGRAMMING PHYSICAL ACTIVITY IN OBESE YOUNG PEOPLE. 2nd Congress for Youth and Physical Education, Ohrid 2005. The Book of Abstract 2005:22-23.
57. Vidin M., Gasic K., Cvijic G., **Simovska V.**: PREDICTIVE VALUES OF INDEX:WAIST CIRCUMFERENCE/BODY WEIGHT IN PATIENTS WITH INSULIN RESISTANCE (SYNDROM X). 13th International Symposium “*SPORT, PHYSICAL ACTIVITY AND HEALTH OF YOUNG PEOPLE*”, Novi Sad 2005, Summary 2005:25-6.
58. **Simovska V.**: APPLICATION OF SURVEILLANCE SYSTEM FOR BEHAVIORAL RISK FACTORS OF NONCOMMUNICABLE DISEASES IN MACEDONIA "CINDI HEALTH MONITOR" – POLITICAL AND PRACTICAL PERSPECTIVES. Ist Macedonian Congress of Occupational Health with International participation, Struga 2004. The Book of Papers and Abstracts 2004:21.
59. Vidin M., **Simovska V.**, Cvijic G., Tušup-Petrović Lj., Živković N., Tomić S., Fotina L. et al: SINERGISTICKI EFEKTI VEZBI ISTEZANJA SA OTPOROM, DIJETOTERAPIJA, AUTOMIKROMASAZE BIOLOSKIH AKTIVNIH TACAKA LICA I GLAVE UZ TERAPIJU PONASANJA U ELIMINACIJI INSULINSKE REZISTENCIJE U BOLESNIKA SA METABOLICKIM SINDROMOM X (SY X). 12th Internacionalni Simpozium “*Sport, fizicka aktivnost i zdravlje mladih*”, Novi Sad 2004. Zbornik sazetaka 2004:24.

60. **Simovska - Jarevska V**: RISK FACTORS SURVEY AND PRIMARY PREVENTION ON THE NONCOMMUNICABLE DISEASE PROGRAMME "CINDI MACEDONIA", DRAFT-PLAN OF ACTION (2002-2007). Journal of Macedonian Medical Association, Mak Med Pregled 2003;56 (suppl. 54):62-63.
61. Cosevska E., Sticova E., Salvani K., Spasovski M., Kisman M., **Simovska V.**: HEALTH PROMOTION IN THE REPUBLIC OF MACEDONIA. International Conference "*Promoting health through physical activity and nutrition*", Radenci 2002. Final programme, abstracts and papers 2002:23.
62. **Simovska V**: HEALTH MONITOR SURVEY - AN INTEGRATED PART OF DEVELOPMENT CINDI CONCEPTUAL MODEL IN THE REPUBLIC OF MACEDONIA. 1st Congress of Social Medicine of Serbia and Monte Negro "*Health in the 21st century*", Arandzelovac 2002. Proceedings of Papers and Abstracts, 2002:192.
63. **Simovska V**: PROMOTING HEALTH THROUGH INCREASING PHYSICAL ACTIVITY (PALs) AND HEALTHY NUTRITION - AN INTEGRATED PART OF DEVELOPMENT CINDI CONCEPTUAL MODEL IN REPUBLIC OF MACEDONIA. International Conference "*Promoting Health through Physical Activity and Nutrition*", Radenci 2002. Final programme, abstracts and papers, 2002: 48.
64. **Simovska V**: WHAT IS OPTIMAL CHANGE IN LEVEL OF PHYSICAL FITNESS TO REDUCE RISK FACTORS IN DIETARY TREATED TRUNCAL OBESE SUBJECTS? XXVII FIMS World Congress of Sports Medicine, 2002, Budapest, 2002. Abstracts 2002:168.
65. **Simovska-Jarevska V.**, Buhova-Sotirova I., Jorga V., Pecelj-Gec M., Vidin M.: DECREASED PHYSICAL ACTIVITY AND EVALUATION OF PHYSICAL WORK CAPACITY IN ABDOMINAL OBESE SUBJECT. 2th Macedonian Congress of Cardiology with International participation, Ohrid 2002. The Book of Abstracts 2002:136.
66. Vidin M., Fotina L., **Simovska V.**, Cvijic G., Zivkovic N.: SYNERGISTIC EFFECTS OF NUTRITION AND PHYSICAL ACTIVITY IN PATIENTS WITH METABOLIC SY OF INSULIN RESISTANCE. Xth International Symposium "*Sport, Physical Activity and Youth Health*" Novi Sad 2002. The Book of Abstracts 2002:33.
67. **Simovska V.**, Vidin M., Zivkovic N.: EXAMINATION OF VO₂ max IN TRUNCAL OBESE SUBJECTS USING MODIFIED TREADMIL PROTOCOL. Xth International Symposium "*Sport, Physical Activity and Youth Health*", Novi Sad 2002. The Book of Abstracts 2002:32.
68. **Simovska V.**, Djordjev D., Vidin M.: NUTRITIONAL ASSESSMENT IN ADULT POPULATION IN SKOPJE AND NEW STRATEGY OF ATHEROSCLEROSIS PREVENTION. Ist Yugoslavian Congress for Atherosclerosis with International Participation, Belgrade 2001. The Book of Abstracts 2001:58.

69. **Simovska V.**, Pecelj-Gec M., Marinkovic J., Kocev N., Vidin M.: PREDICTION OF EFFECTS OF NON-PHARMACOLOGICAL TREATMENT AT ABDOMINAL OBESE INDIVIDUALS USING MATHEMATICAL MODEL. Ist Yugoslavian Congress for Atherosclerosis with International Participation, Belgrade 2001. The Book of Abstracts 2001:221.
70. Vidin M., **Simovska V.**, Kraus N., Lukac J., Nedeljkovic T.: ANTIOKSIDANTANA AKTIVNOST I ATEROSKLEROZA. Ist Yugoslavian Congress for Atherosclerosis with International Participation, Belgrade 2001. The Book of Abstracts 2001:200-1.
71. **Simovska-Jarevska V.**, Pandilovska S., Vidin-Jarevska M.: FAMILY AGGREGATION OF CARDIOVASCULAR RISK FACTORS AND EARLY SCREENING IN CHILDREN FROM THE CENTRAL REGION OF SKOPJE. First all Macedonian Congress of Doctors, Dentists and Pharmacists "*Doctors of Macedonia for Macedonia*", Ohrid 2000. The Book of Abstracts 2000:57.
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76. **Simovska V.**, Vidin M.: CLINICAL EXAMINATIONS OF PROTEIN/AMINO ACID SUPPLEMENTS IN BODYBUILDERS. VIth International Conference "*Dietetics products and training process*", Novi Sad 1998. The Book of Abstracts 1998:51-2.
77. **Simovska V.**, Vidin M.: ENERGETSKI SISTEMI, INTENZITETI OPTERECENJA I LIPIDNI PROFIL SPORTISTE U PRETAKMICARSKIM PRIPREMAMA U RUKOMETU. VIth Internationalna Conferencija "*Dijetetiski produkti i trenazni proces*", Novi Sad 1998. Knjiga abstrakta 1998:71-2.

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81. **Simovska V.,** Vidin M.: EVALUATION OF PHYSICAL DEVELOPMENT, FEED AND LEVEL OF ADAPTATION OF CARDIOVASCULAR SYSTEM ON PHYSICAL LOAD AMONG YOUTH OF AGE 18 TO 21, IN PERIOD OF TRANSITION (1991-1997). Sport and Physical Education Congress of the Republic of Macedonia. *The Book of Abstracts* 1997:25.
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87. **Simovska V.,** Vidin M.: DIETARY INTAKE AND LIPID PROFILES OF THE ELITE FEMALE HANDBALL PLAYERS DURING THE INTENSIVE TRAINING PERIOD. IXth Congress of Sports Medicine of Balkan, Belgrade 1995. *The Book of Abstracts* 1995:128. <http://www.bsma.info/docs/IX%20BSMA%20Congress/abstract.pdf>

88. **Simovska V.**, Vidin M: INTERACTION OF FAMILY HEREDITY AND OBESITY IN CHILDREN FOR DEVELOPMENT OF CORONARY HEART DISEASE IN LIFE COURSE. IIth International Scientific Symposium for Obesity ” *CIGOTA 93*” Zlatibor 1993. The Book of Abstracts 1993;1-2(Suppl.II):102.

89. **Simovska V.**: FACTORS OF RISK FOR FAMILY ATHEROSCLEROSIS AND ESTABLISHING LIPOPROTEIN PROFILE OF CHILDREN. XVth International Congress of Nutrition, Adelaide 1993. The Book of Abstracts 1993:582 (abstract without pagination).

90. **Simovska V.**, Vidin M.: UTICAJ STANJA UHRANJENOSTI NA VREDNOST POJEDINIHI LIPIDNIHI PARAMETARA KAO FAKTOR RIZIKA KOD DECE I ODRASLIHI. Naucni skup o gojaznosti "*CIGOTA 91*", Zlatibor 1991. Zbornik sazetaka 1992;1-2(Suppl.I):48.

91. **Simovska V.**, Tausanova B.: MORFOLOGICAL CHARACTERISTICS AND FUNCTIONAL CAPACITY OF CARDIORESPIRATORY SYSTEM IN YOUTH AGED 18 TO 19 YEARS OLD-ARMY REGRUTES. XIII Congress of the Macedonian physicians with International participation, Ohrid 1991. The Book of Abstracts, 1991:140.

V. Thesis

1. **Simovska V**: EFFECTS OF DIETOTHERAPY AND PROGRAMMED PHYSICAL ACTIVITY ON ATHEROGENIC RISK FACTORS IN OBESE SUBJECTS. University Ss.”Cyril and Methodius”, Medical Faculty, Skopje 2001. pp.1-221. Unpublished doctoral dissertation (Bulliten 2001; 777:56-66).

2. **Simovska V**: THE PRESENCE OF RISK FACTORS FOR CARDIOVASCULAR DISEASES IN THE FAMILY AND EARLY DETECTION IN THEIR CHILDREN. University of Belgrade, Medical Faculty, Belgrade 1993. pp.1-133. (Unpublished post-graduate subspecialistick thesis)

Organizations

Member of the EACEA/DIETS2 project (WP2) and network (2011-2013);

Member-Expert of the Committee for the Advancement of Healthcare system at the Ministry of Health, Macedonia (2009-2011);

Member of the National Committee for Health Promotion at Ministry of Health of Macedonia (2001-2004);

President of NGO Public health “HEPA Macedonia National organization for the promotion of Health - Enhancing Physical Activity” (2005-);

Member of Macedonian Medical Association (1979-);

Member of the EUNAAPA research project and network (2006-);

Member of the WHO HEPA Europe (2001-);
Member of the European College of Sports Medicine (2005-);
MEDPEDIA editor, trusted medical professional (2008-);

Teaching

2010 -Present	Associate Professor of Nutritional Medicine, Faculty of Technology and Technical Sciences Coordinator of Postgraduate study of Nutrition University of Bitola St. "Kliment Ohridski"
2011-2013	Visiting Professor of Health Management, Faculty of Management, Postgraduate study of Health Management, University of Management and Information Technologies MIT- Skopje,
2002-Present	Lecturer, Faculty of Medicine, University "Ss. Cyril and Methodius", Skopje. Department for specialization of sports medicine (P.G. study, VII/1), Course for Food, Nutrition and Medical Dietetics and Course for Sport Medicine Methodology.
2006-2010	Lecturer, Faculty of Medicine, University "Ss. Cyril and Methodius", Skopje, Macedonian Medical Association and Doctor Chamber of Macedonia, Continuing Medical Education (CME).

Presentations

Continuing Medical Education (CME) - Faculty of Medicine, Doctor Chamber (LKM) and Macedonian Medical Association (2006 – 2010)

1. Simovska V.: NEW WAY OF PRESENTING OF THE RECOMMENDATIONS FOR PHYSICAL ACTIVITY AND THEIR APPLICATION IN PREVENTIV-THERAPEUTICAL PROGRAMMES FOCUSED ON OBESITY. *Workshop*. NGO Public Health HEPA Macedonia National organization for the promotion of Health-Enhancing Physical Activity, Skopje, 31 May 2006 (CME, Organizer and lecturer).

2. Simovska V.: HEALTH-ENHANCING PHYSICAL ACTIVITY PROMOTION AND PUBLIC HEALTH NUTRITION-ONGOING ACTIVITIES OF THE NATIONAL HEPA MACEDONIAN NETWORKING, *FIMS's International Seminar of Sports Medicine*, Skopje 2006, FIMS and Macedonian Olympic Committee 2006 (Lecturer).

3. Simovska V.: NON-PHARMACOLOGICAL COMBINED THERAPEUTICAL TREATMENT AT OBESE POPULATION. *Annual meeting of Macedonian Association for Obesity*, Skopje, 21 April 2006 (CME, Lecturer).
4. Simovska V.: DIETOTHERAPY IN INDIVIDUALS WITH OVERWEIGHT AND OBESITY-STRATEGIES IN TREATMENT OF OBESITY. *Ist Annual HEPA Macedonia Conference*, NGO Public Health HEPA MACEDONIA National organization for the promotion of Health-Enhancing Physical Activity, Skopje, 26 December 2006 (CME, Organizer and lecturer).
6. Simovska V.: MODEL OF DIETARY PLANNING IN ATHLETES DURING THE PREPARATION TRAINING PERIOD OF SPORT'S GAMES. *IIIth Seminar for sports doctors. Association of Sports Medicine at Macedonian Medical Association*, Skopje 12-13.01.2007 (CME, Lecturer).
7. Simovska V.: NATIONAL STRATEGY FOR THE PROMOTION OF HEALTH-ENHANCING PHYSICAL ACTIVITY INTEGRATED INTO MULTIDIMENSIONAL HEALTH STRATEGY - THE FACTS AND PERSPECTIVES. *Professional-Scientific meeting*, NGO Public Health HEPA MACEDONIA National organization for the promotion of Health-Enhancing Physical Activity, Skopje, 29 November 2007, (CME, Organizer and lecturer).
8. Simovska V.: DEVELOPMENT OF COMPREHENSIVE PLAN FOR CREATING OF HEALTHY MUNICIPALITIES THROUGH PHYSICAL ACTIVITY IN URBAN ENVIRONMENT. *Professional-Scientific meeting*, NGO Public Health HEPA MACEDONIA National organization for the promotion of Health-Enhancing Physical Activity, Skopje, 9 January 2009, (CME, Organizer and lecturer).
10. Simovska V., Simonovski Z.: VALORIZATION OF SPORT/PHYSICAL ACTIVITIES AND CARDIORESPIRATORY FITNESS OF YOUTH IN CREATING MACEDONIAN STANDARDS. *FIMS's International Seminar of Sports Medicine*, Skopje, 15-16 December 2009, FIMS and Macedonian Olympic Committee, (Lecturer).
11. Simovska V.: PREVENTION OF T2DM AT HIGH RISK OBESE INDIVIDUALS. *Professional-Scientific Conference "Diabetes prevention"*, NGO Public Health HEPA MACEDONIA National organization for the promotion of Health-Enhancing Physical Activity, Skopje, 2009 (CME, Organizer and lecturer).
12. Simovska V.: CARDIOVASCULAR DISEASE PREVENTION THROUGH LIFESTYLE CHANGES. *Professional-Scientific Conference "I Work with Heart"*, NGO Public Health HEPA MACEDONIA National organization for the promotion of Health-Enhancing Physical Activity, Ohrid, 18 September 2010 (CME, Organizer and lecturer).

13. Simovska V.: LIFESTYLE CHANGES AND CARDIOVASCULAR DISEASE PREVENTION. Cluster of Biomolecular Medicine, CBM Summer School “*Nutrition and Health*”, AREA Science Park, Pedriciano, Trieste, Italy 2010. Programme 2010:2, Available: <http://summerschool2010.cbm.fvg.it>
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15. Simovska V.: MAIN ASPECTS OF SPORTS MEDICINE FUTURE RESEARCH AND PRACTICE IN MACEDONIA. The first International course and Visitors, program *ROLE AND FUNCTION OF A COMPREHENSIVE NATIONAL PUBLIC HEALTH INSTITUTE*, Helsinki 2007. Programme 2007 (e-presentation). www.fiocruz.br/diplan/media/ianphi/cursos_ktl/programa_e_participantes/lista_de_participantes.pdf
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17. Simovska V., Vidin M.: THE PROGRAMMED PHYSICAL ACTIVITY IN OBESITY TREATMENT. Xst Balkan Congress of Sports Medicine, Bucharest 1997. Programme 1997. Available: <http://www.bsma.info/docs/X%20BSMA%20Congress/program.pdf>
18. Симовска В. ВЛИЈАНИЕ НА ДИЕТОТЕРАПИЈАТА И ФИЗИЧКАТА АКТИВНОСТ КАЈ ЛИЦА СО ПРЕКУМЕРНА ТЕЛЕСНА ТЕЖИНА. Трибина: “*Квалитет на произведената храна и исхраната кај нас*”, Скопје 1997. Програма 1997:3.
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21. Vidin M., Simovska V.: NEDOSTATAK MAGNEZIJUMA, MOGUCNOSTI BALANSIRANE ISHRANE I DIJETOTERAPIJE. Medzunarodno savetovanje “*Ishrana sportista i rekreativaca*”, Novi Sad 1994. Program 1994:2.

22. Simovska V.: FAMILIJARNA AGREGACIJA NA KARDIO-VASKULARNITE RIZIK FAKTORI I NIVNO RANO OTKRIVAVE KAJ DECATA. VII Kongres na pedijatrie na Makedonija so mednarodno ucestvo, Struga 1994. Programa 1994:39.

23. Simovska V.: ANTROPOMETRISKI PARAMETRI ZA PROCENA NA STEPENOT NA FIZICKATA RAZVIENOST I ISHRANETOST KAJ VOENITE OBVRZNICI. XXX Kongres na Antropoloskoto drustvo na Jugoslavija, Ohrid 1991. Programa 1991:10.

Community Service

Subspecialist of Nutritional Medicine, Public Health Institutions-Skopje.

II. Projects/Programmes/Field experiences:

2011-2013: European project "*The thematic network of dietetics-DIETS2*". European Commission - AECA/Erasmus (WP2 member).

2009-2010: European research project "*Why We Age - A road map for molecular Bio gerontology*". Workshop: Vascular ageing, European Commission-RTD/FP7 (Collaborative project: Researcher).

2009-2010: "*National programme for smoking cessation of youth*", Agency for Youth and Sport, Republic of Macedonia (National programme: Principal Investigator);

2007: Vera Simovska, FYR of Macedonia: PLAN OF ACTION FOR INTEGRATED COMMUNITY AND CONTROL OF CARDIOVASCULAR AND OTHER NCD IN FYR OF MACEDONIA, 2002-2007, 2002. In WHO: Preventing Chronic Diseases: A Framework for Country Action. Background document 1/7, WHO Expert Consultation Meeting 5-8 February 2007.

http://new.paho.org/bra/index2.php?option=com_docman&task=doc_view&gid=1175&Itemid=423.

2006-2008: European research project "*Action on Aging and Physical Activity - EUNAAPA*". European Commission/Public Health (International Project: Researcher). (<http://www.eunaapa.org>).

2006: National programme for smoking cessation "*TOBACCO-FREE PHYSICAL/SPORT ACITIVITY*" 2006 (www.nosmoking.cjb.net), WHO "QUIT and WIN" Programme. (National programme: Coordinator).

2005-2006: Project "*Analysis and comparison on some anthropometrics and motorical parameters among children between 11-15 years old in Republic of Macedonia*". Ministry of education and science of Republic of Macedonia. Collaboration with Slovenian Ministry of education and science. (International project: Researcher).

2001-2005: *National CINDI programme for prevention and control of noncommunicable disease in Macedonia* (www.cindi.makedonija.com) - WHO CINDI Programme. Ministry of Health, Republic of Macedonia. (National Programme: Coordinator).

2003-2004: *National Programme "Move for Health" Day*. Ministry of Health, Republic of Macedonia. (National Programme: Director).

1997-1998: Project "*Effects of dietotherapy and programmed physical activity on morpho-functional parameters and atherogenic risk factors in obese subjects*". Ministry of Education and Science, Republic of Macedonia. (National Project: Coordinator).

1994-1995: Project: Regional Ecology Centre for Central-Eastern Europe "*Promotion of food production in natural way*". NGO "Healthy Nutrition", Republic of Macedonia. (International project: Researcher).

1990-1991: Project "*YUSAD*", *Clinical-epidemiological Yugoslav study for risk factors of coronary heart disease at children in three Yugoslav Republics: Serbia, Monte Negro and Macedonia*. Ministry of Education, Science and Physical Culture, Republic of Macedonia (International Project: Principal investigator).

Additional information

1. Editor of Special Issue: *Diet and Metabolic Disorders*, Journal of Nutritional Disorders & Therapy, 2013-Present.
2. Reviewer of the Bulletin of the World Health Organization -The International Journal of Public Health (article category: chronic diseases, health promotion, health policy, nutrition, systematic review/meta-analysis, 2009-2011).
3. Member of Editorial Board for the Book of Proceedings and Abstracts: *IXth Congress of Sports Medicine of Balkan*, Belgrade, 1995 (The Book of Abstracts).
4. Member of Editorial Board of the Editorial Board of the International Journal of Basic Medical Sciences and Pharmacy (IJBMS), 2011-Present.