

# Simovska P. Vera

## Ass. Prof. of Nutritional Medicine, MD, PhD.

Former Director, Postgraduate Study Program for Nutrition & Food Quality and Safety, 2012-2015

Faculty of Technology and Technical Sciences-Veles  
University of Bitola "St. Climent Ohridski"

Republic of Macedonia



Telephone: +389 2 60 90 789  
+389 78 226 009

Email: [v.simovska@gmail.com](mailto:v.simovska@gmail.com)

Link: <http://www.mit.edu.mk>

Address: Kozara 68-2/16  
1000 Skopje, Macedonia

### Education

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/Nutritional Medicine 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

1980-2014	Medical scientist, MD., Ph.D Public Health Institutions-Skopje Department of Sports Medicine, Nutrition Research Unit Skopje, Republic of Macedonia
2014 - 2016	Expert-Consultant and Reporter, European Commission, Directorate General (DG).HORIZON 2020, Medical and Health sciences Call topic: <i>"Health, demographic change and wellbeing"</i> . 1049 Brussels, Belgium.
2010	Expert-Consultant, European Commission, Directorate General (DG). Call topic: Health <i>"Support for prevention of noncommunicable disease in developing countries in the world"</i> . 1049 Brussels, Belgium.
2016-	Associate Professor of Hygiene of Nutrition, Food Safety and Dietetics, MD., PhD Faculty of Environmental Resource Management, University MIT Skopje
2012 - 2016	Associate Professor of Nutritional and Sports Medicine, MD, PhD. Director, Postgraduate Study Program for Nutrition, and Food Quality and Safety Faculty of Technology and Technical Sciences-Veles University of Bitola St. "Kliment Ohridski", Republic of Macedonia
2009 – 2011	Visiting Professor of Health Management, MD., PhD. Faculty of Management, Postgraduate study program of Health Management, University of Management & Information Technologies - MIT Skopje, Republic of Macedonia.
2009 - 2011	Member-Expert at the Ministry of Health Committee for the Advancement of Healthcare System Skopje, Republic of Macedonia.
2008	Independent Expert, European Commission. RTD/FP7-KBBE, Topic: <i>Food-Health-Wellbeing</i> , 1049 Brussels, Belgium.
2005-Present	President, WHO 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 Interventions Ministry of Health, Republic of Macedonia.
2001–2004	Member of the National Committee for Health Promotion Ministry of Health, Republic of Macedonia.
2002 - 2015	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. Republic of Macedonia.
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;
- Hygiene of Nutrition for Healthy and Sick People, 2011-2018,  
Macedonian Medical Society and Macedonian Chamber of Physicians.

## Expert at the European Commission

1. (2007) EC/Research&Technical Development (RTD)  
FP7: Knowledge-based bio economy (KBBE)  
Call Topic: **Food, health and well being**  
[ec.europa.eu/research/participants/data/.../kbbe\\_2008\\_en.xls](http://ec.europa.eu/research/participants/data/.../kbbe_2008_en.xls)
2. (2010) EC/EuropeAids  
Health Sciences  
Call Topic: **Support for prevention of noncommunicable disease in developing countries in the world**
3. (2014) EC/Research Executive Agency  
HORIZNON2020 - Medical and Health sciences  
Call Topic: **Health, demographic change and wellbeing**
4. (2016) EC/Research Executive Agency  
HORIZNON 2020 - Medical and Health sciences  
Call Topic: **Health, demographic change and wellbeing**

## Publications

### I. Textbook

1. **Simovska V.**: Editor. ADVANCED PERSPECTIVES FOR BETTER FITNESS IN PUBLIC HEALTH NUTRITION TO REDUCE OBESITY AND RELATED CHRONIC DISEASES. Ed. *Symposium Proceedings of the Scientific Satellite Symposium for International Euro Global Summit & Medicare Expo on Weight Loss*, 26-27 June, 2015. Symposium Proceedings 2015, Bitola, Republic of Macedonia. Skopje: Menora, 2015. ISBN: 978-608-200-298-9.
2. **Simovska V.** OBESITY AND UNDERNUTRITION. Ed. Monografy. Skopje:Menora 2015. Ministry of Science and Education, Republic of Macedonia. ISBN:978-608-200-314-6
3. **Simovska V.**: EFFECTS OF DIETOTHERAPY AND PROGRAMMED PHYSICAL ACTIVITY ON OBESITY AND IT'S COMPLICATIONS. Ed. Monografy. Skopje:Menora 2008. Ministry of Science and Education of Republic of Macedonia.
4. 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. Ed. Monography. ISBN: 8690944508.COBISS SR-ID, Belgrade 2007.
5. **Simovska V.**, Vidin M.: DYNAMICS OF CHANGE ON LIPOPROTEIN STATUS DURING THE PREPARATION OF SPORTS TRAINING IN PHASE OF MEZOCICLUS. In: Gruic, N. Ed. Sport and Health. Novi Sad: Medical Faculty 1999, pp.95-101.
6. 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. Ed. Hyperbaric and Underwater Medicine. Beograd: Nauka 1997, pp.147-154.
7. **Simovska V.**, Vidin M.: STRESS, AGGRESSIVE BEHAVIOUR OF ATHLETES DURING INTENSIVE PSICHO-PHYSICAL TRAINING AND POSSIBILITY OF SPORTS NUTRITION. In: Mirilov, M. Ed. Nutrition for sportsmen and recreatives. Novi Sad: Biblioteka Matice Srpske 1995, pp.167-173.
8. Vidin M., **Simovska V.**: MAGNESIUM DEFICIENCY, POSSIBILITY WITH BALANCED NUTRITION AND DIETOTHERAPY. In: Mirilov, M. Ed. Nutrition for sportsmen and recreatives. Novi Sad: Biblioteka Matice Srpske 1995, pp.109-114.
9. **Simovska V.**: BIOLOGICAL ASPECTS OF UNETHICAL BEHAVIOUR DURING SPORTS PERFORMING AND IMPORTANCE OF SPORT NUTRITION.In:Keramitciev V. Ed. 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"

1. **Simovska-Jarevska V.**, Jakimoska-Jordanoska R.: Correlation between Obesity, Diet, Physical Activity and Sedentary Behaviour among School-aged Children and Young Adolescents in Macedonia. *J Nutr Disorders Ther* 2016, 6 (3):196. <http://dx.doi.org/10.4172/2161-0509.1000196>
2. **Simovska-Jarevska V.**: Biomarkers, microRNAs in CVDs Prevention through Nutrition and Physical Activity. Editorial. *Journal of Nutrition Disorder and Therapy* 2016; 6 (2): 1000e125. doi: 10.4172/2161-0509.1000e125

3. **Simovska V.**: MACEDONIA: A PHYSICAL ACTIVITY CARD – ASSESSING AND MONITORING PHYSICAL ACTIVITY PREVALENCE, RESEARCH AND POLICY. *International Journal of Scientific and Professional Issues in Physical Education and Sport “Activities in Physical Education and Sport”* 2016; 6 (2):246-249. <[http://fsprm.mk/wp-content/uploads/2017/01/Pages-from-APES\\_2\\_2016\\_AVGUST\\_web-22.pdf](http://fsprm.mk/wp-content/uploads/2017/01/Pages-from-APES_2_2016_AVGUST_web-22.pdf)>
4. **Simovska J V**, Jakimoska J R.: NUTRITION STATUS AND HEALTH BEHAVIOUR AMONG SCHOOL-AGED CHILDREN AND YOUNG ADOLESCENT IN REPUBLIC OF MACEDONIA. *Nutri Food Sci Int J*. 2016; 1(4):555-567. DOI: 10.19080/NFSIJ.2016.01.555567
5. **Simovska-Jarevska**, Martinovski S., Uzunoska Z., Kalevska T., Damjanovski D., Antoska-Knights V., Blazevska T. DISPARITIES IN FOOD HABITS AND PHYSICAL ACTIVITY LEVELS IN ADULT POPULATION IN THE REPUBLIC OF MACEDONIA AND DEVELOPING A NEW HEALTH PROMOTION MODEL. *The Journal “Research in Kinesiology” International Journal of Kinesiology and other related sciences* 2016; 44 (1):99-105. <[http://fsprm.mk/wp-content/uploads/2016/06/Pages-from-RIK\\_1\\_2016\\_za\\_mail-21.pdf](http://fsprm.mk/wp-content/uploads/2016/06/Pages-from-RIK_1_2016_za_mail-21.pdf)>
6. Antoska-Knights V., **Simovska-Jarevska V.**, Damjanovski D., Uzunoska Z., Tanja Kalevska, Blazevska T. COMPARISON OF THE BODY MASS (BMI), HEMOGLOBIN, ERYTHROCYTES AND BLOOD PRESSURE IN CHILDREN INCLUDED AND NOT INCLUDED IN ADDITIONAL PHYSICAL ACTIVITY. *International Journal “Activities in Physical Education and Sport”*. 2016; 6(2):228-231. <[http://fsprm.mk/wp-content/uploads/2017/01/Pages-from-APES\\_2\\_2016\\_AVGUST\\_web-18.pdf](http://fsprm.mk/wp-content/uploads/2017/01/Pages-from-APES_2_2016_AVGUST_web-18.pdf)>
7. Martinovski S., **Simovska V.** NUTRITIVE BUSINESS MODELS OF CONSUMER BEHAVIOR WHEN PURCHASING FOOD STUFFS. *International Journal “Activities in Physical Education and Sport”*. 2016; 6(2): 232-237. <[http://fsprm.mk/wp-content/uploads/2017/01/Pages-from-APES\\_2\\_2016\\_AVGUST\\_web-19.pdf](http://fsprm.mk/wp-content/uploads/2017/01/Pages-from-APES_2_2016_AVGUST_web-19.pdf)>
8. **Simovska V.**, Antoska-Knights V.: IMPROVING PUBLIC HEALTH THROUGH NUTRITION EDUCATION AND RESEARCH: SUPPORT TO PROACTIVE PARTNERSHIP TO PRODUCE QUALITY EDUCATION STANDARDS FOR NUTRITIONISTS. *Journal of Hygienic Engineering and Design (JHED)* 2015; 11:20-23. <<http://www.jhed.mk/categories/view/459/457>>
9. **Simovska V.** IMPROVING PUBLIC HEALTH THROUGH NUTRITION EDUCATION *Journal of Nutritional Disorders Therapy* 2015; 5(1):e120. Editorial. *Impact Factor 1.46* <<http://dx.doi.org/10.4172/2161-0509.1000e120>>. Accessed 2015, March 16.
10. Martinovski S., **Simovska V.**: DEVELOPMENT OF NUTRITION MODELS OF CONSUMER BEHAVIOR WHEN BUYING FOOD PRODUCTS. *Journal of Hygienic Engineering and Design (JHED)* 2015; 11:46-52.
11. **Simovska-Jarevska V.**, Martinovski S., Damjanovski D., Pavlova V., Nikolovska-Nedelkoska D., Mancevski Dj.: 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. Natural, Exact, and Applied Sciences* 2013; 67(4-5): 357–362, ISSN (Print) 1407-009X, DOI: [10.2478/prolas-2013-0072](https://doi.org/10.2478/prolas-2013-0072). Accessed 2013, December 1. *ISI Web of Knowledge, Thomson Reuter. Biological Abstracts. Impact Factors: SCImago Journal Ranking (SJR): 0.119*
12. **Simovska V.**, Nikolovska-Nedelkoska D., Damjanovski D.: PERSPECTIVES ON THE DEVELOPMENT OF PROFESSION OF NUTRITION AND DIETETICS IN THE REPUBLIC OF MACEDONIA. *The Journal “Research in Kinesiology” International Journal of Kinesiology and other related sciences* 2013; 41(1):173-176. <<http://fsprm.mk/wp-content/uploads/2013/11/Pages-from-RIK-2013-Vol.-41-No.-2-9.pdf>>
13. **Simovska P. V.**: TARGETED “LIFESTYLE” INTERVENTION PROGRAMMES TO REDUCE CARDIOMETABOLIC RISK AT ABDOMINAL OBESE INDIVIDUALS. HORIZONS. *International Scientific Magazine, University St. Clement of Ohrid, Bitola Series B.* 06/2013; 11:75-84. <[http://www.uklo.edu.mk/files/attachments/HORIZONTI\\_MK\\_11.pdf](http://www.uklo.edu.mk/files/attachments/HORIZONTI_MK_11.pdf)>

14. 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. UDC 911.375:528:[007:004.6] <http://www.jhed.mk/categories/view/445/456>
15. **Simovska V.**: EFFECTS OF DIET AND PHYSICAL ACTIVITY IN AN INTEGRATED CVD AND T2DM PREVENTION AT HIGH RISK ABDOMINAL OBESE INDIVIDUALS. *Editorial/Journal of Nutritional Disorders Therapy* 2013, 3:2. *Impact Factor* 1.46. <http://dx.doi.org/10.4172/2161-0509.1000e108> . Accessed 2013, July 20.
16. **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. <http://dx.doi.org/10.1016/j.sbspro.2012.05.041> . Accessed 2012, June 19.
17. **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>
18. **Simovska V.**, Damjanovksa M., Vidin M.: SKILL FOR HEALTH DEVELOPMENT THROUGH TEACHING FOR PHYSICAL AND HEALTH EDUCATION - A PART OF NATIONAL STARTEGY/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.
19. **Simovska V.**: NONCOMMUNICABLE DISEASE PREVENTION AND HEALTH PROMOTION THROUGHT PHYSICAL ACTIVITY. *Journal of Macedonian Medical Association, Mak. Med. Pregled* 2004;58(suppl.60):30-35.
20. **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.
21. **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 Kulura" 2004; 32(1):36-38.
22. **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 Kulura" 1998; 26(1-2):124-125.
23. **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 Kulura" 1997; 25(1-2):158-159.
24. 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 Kulura" 1997; 25(1-2): 62-63.
25. **Simovska V.**: SPORT AND SPORTS MEDICINE DEVELOPMENT PERSPECTIVES OF THE REPUBLIC OF MACEDONIA. Review for scientific and professional issues of physical culture "Fizicka Kulura" 1996; 24(1-2):68-69.
26. **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.

27. **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”

1. **Simovska-Jarevska V.**, Martinovski S., Antoska V., Pavlova V., Damjanovski D., Uzunoska Z., Kalevska T., Blazevska T. SOCIOECONOMIC INEQUALITIES IN DIET AND PHYSICAL ACTIVITY AMONG MACEDONIAN POPULATION AND MODEL OF BEHAVIOURAL MODIFICATION. In: Simovska-Jarevska V. Ed. ADVANCED PERSPECTIVES FOR BETTER FITNESS IN PUBLIC HEALTH NUTRITION TO REDUCE OBESITY AND RELATED CHRONIC DISEASES. Ed. *Symposium Proceedings of the Scientific Satellite Symposium for Euro Global Summit & Medicare Expo on Weight Loss*, 26-27 June, 2015. Symposium Proceedings 2015, Bitola, Republic of Macedonia. Skopje:Menora, 2015:47-53. ISBN: 978-608-200-298-9.
2. Martinovski S., **Simovska-Jarevska V.**, Spirovska-Vaskoska R.: MODELLING OF NUTRITION BUSINESS MODELS OF CONSUMER BEHAVIOUR WHEN BUYING FOOD PRODUCTS. In: Simovska-Jarevska V. Ed. ADVANCED PERSPECTIVES FOR BETTER FITNESS IN PUBLIC HEALTH NUTRITION TO REDUCE OBESITY AND RELATED CHRONIC DISEASES. Ed. *Symposium Proceedings of the Scientific Satellite Symposium for Euro Global Summit & Medicare Expo on Weight Loss*, 26-27 June, 2015. Symposium Proceedings 2015, Bitola, Republic of Macedonia. Skopje:Menora, 2015:56-60. ISBN: 978-608-200-298-9.
3. Pavlova V., Damjanovski D., **Simovska V.**, Martinovski S.: RESEARCH ON DIETARY HABITS OF POPULATION OF DIFFERENT AGES IN THE REGION OF VELES-MACEDONIA. *Proceedings of 7<sup>th</sup> International Congress of Food Technologists, Biotechnologists and Nutritionists*, September 20-23, 2011. Proceedings 2011, Opatija, Croatia, 2011:83-88. ISBN: 978-953-99725-4-3.
4. **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.
5. **Simovska V.**, Stojanovska V., Vidin M.: MODERN ASPECTS OF HEALTH EDUCATION IN THE NATIONAL EDUCATION PROGRAMME IN REPUBLIC OF MACEDONIA. 1<sup>st</sup> International Symposium for Physical Education and Sport of Students “ISSUES AND PERSPECTIVES”, Skopje 2005. The Book of papers 2005:69-70.
6. **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.
7. **Simovska V.**, Georgievski V., Vidin M.: FAMILY AGGREGATION OF CARDIOVASCULAR RISK FACTORS. International Congress “*Health for all*”, Banja Luka 2003. Book of papers 2003:25-35.
8. **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.
9. **Simovska V.** Vidin M. THE ROLE OF HEALTH CARE CENTRES IN PREVENTION OF CARDIOVASCULAR DISEASES WITH MULTIFACTORIAL ETIOLOGY. IV Symposium of Health Care Centers with International participation, Belgrade 1998. The Book of Papers 1998:169-72.
10. **Simovska V.**, Vidin M.: EFFECTS OF PLANNED NUTRITION AND TRAINING PROCESS ON MORPHO-FUNCIONAL STATUS OF ATHLETES DURING THE PREPARATION PHASE. IV Symposium of Health Care Centers with International participation, Belgrade 1998. The Book of Papers 1998:397-400.

11. 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.

12. 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 1998:373-736.

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

1. **Simovska V.**, Simovski A.: DEVELOPMENT OF ACADEMIC EDUCATION OF ENGINEERS OF TECHNOLOGY – NUTRITIONISTS IN THE REPUBLIC OF MACEDONIA. *Rev Esp Nutr Hum Diet.* 2016; 20(Suppl. 1): 668. *17th International Congress of Dietetics.* Granada, Spain 2016.

2. **Simovska V.**, Simovski A., Vidin M.: BIOMARKERS IN CVDS PREVENTION THROUGH NUTRITION AND PHYSICAL ACTIVITY. *Rev Esp Nutr Hum Diet.* 2016; 20(Suppl. 1): 584. *17th International Congress of Dietetics.* Granada, Spain 2016.

3. Jakimoska-Jordanoska R, **Simovska-Jarevska V.** HEALTH BEHAVIOURAL AND NUTRITION STATUS AMONG SCHOOL AGED CHILDREN – DEVELOPMENT OF "SKILLS FOR HEALTH" EDUCATION PROGRAM IN MACEDONIA. *Annals of Nutrition & Metabolism* 2015; 67(suppl1):476-477. JCR, IF-2.618 (2014). doi: 10.1159/000440895. Abstracts.e-ISBN 978–3–318–05631–0.Karger Open Access. Published online: October 20, 2015. <http://www.karger.com/Article/Pdf/440895>. *12th European Nutrition Conference (FENS)*, Berlin,Germany, October 20–23, 2015.

4. **Simovska V.** et al.: Development of Academic Education of Nutritionists in the Republic of Macedonia. Topic: Nutrition and Health Policy. "ADVANCED OF NUTRITION" An International Review Journal, January 2016, vol. 7: 24A. ASN EB 2015 Symposia, Abstracts: Advances & Controversies in Clinical Nutrition, 4-6 December 2015, Long Beach, CA.

5. **Simovska V.**: EFFECTS OF HIGH-INTENSITY LIFESTYLE INTERVENTION ON INCREASED CARDIOMETABOLIC RISK IN TRUNCAL OBESE ADULTS. *J Obes Weight Loss Ther* 2015;5(4):72. ISSN: 2165-7904 JOWT, an open access journal. IF: 0.94. Available: <http://weightloss.globalsummit.com/europe/organizing-committee.php>

6. Vidin M., Tusup - Petrovic., **Simovska V.**: SYNERGISTIC EFFECTS OF NUTRITION, EXERCISES AND BIHEVIORAL THERAPY ON GLUCOREGULATION PARAMETERS IN PATIENS WITH SYNDROM OF INSULIN RESISTANCE (SY X). *Journal of Diabetes.* Special issue: Abstracts From the *5th International Congress on Prediabetes and Metabolic Syndrome 2014:76*. ISI Impact Factor: 2.349 (2013).

7. **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. doi:10.1161/CIR.0b013e31824fcd3. Accessed 2012 May 15. <http://circ.ahajournals.org/content/125/19/e741.full.pdf> ISI Impact Factor: 14.816 (2011)

8. 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):300-302. Available: <http://www.versita.com/science/medicine/jmb>, <http://www.dmbj.org.rs/jmb/pdf/2008-2/219.pdf>. Accessed 2011 May. ISI Impact Factor for 2011: 0.610

9. **Simovska V.**: Type 2 diabetes prevention in high risk obese subjects. *World Congress of Diabetes Prevention 2010*. Programme and abstracts 2010. [http://www.wcpd2010.com/programme\\_web/saturday/plenary4/poster/poster11/pdf/abstrac.pdf](http://www.wcpd2010.com/programme_web/saturday/plenary4/poster/poster11/pdf/abstrac.pdf)



10. **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 Conjunction 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](http://ffp.uku.fi/sll/2005/media_abstracts_c_2005en.html)

11. **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.

12. **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.

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

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

15. **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**

1. **Simovska V.**: MACEDONIA: A PHYSICAL ACTIVITY CARD – ASSESSING AND MONITORING PHYSICAL ACTIVITY PREVALENCE, RESEARCH AND POLICY. The 6<sup>th</sup> International Congress on Physical Activity and Public Health - ISPAH, "*Active Living for All: Active People, Active Place, Active Policy*", 16 - 19 November 2016, Bangkok, Thailand. The Book of Abstracts 2016:692.

2. Jakimovska-Jordanovska R., **Simovska – Jarevska V.**: HEALTH BEHAVIOURAL AND NUTRITIONAL STATUS AMONG SCHOOL-AGED CHILDREN-DEVELOPMENT OF SKILLS FOR HEALTH EDUCATION PROGRAM IN MACEDONIA. 12<sup>th</sup> European Nutrition Conferences, FENS Berlin 2015. The Book of Abstracts 2015:149/1437.

3. **Simovska V.**, Apostolova B.: IMPROVING COHERENCE WITHIN THE EDUCATION, SCIENCE AND HEALTHCARE SECTOR FOR NUTRITION AND HEALTH. International Scientific Conference "GLOBAL CHALLENGES AND OPPORTUNITIES-FUTURE PERSPECTIVES OF DEVELOPING COUNTRIES, 20<sup>th</sup> to 21<sup>st</sup> May 2016, Skopje. Book of Abstracts, MIT University Skopje 2016:42-44.

4. Sivevska S., **Simovska V.**, Jankulovska M: CORRELATION BETWEEN DENTAL CARIES DEVELOPMENT AND DIETARY HABITS AMONG SCHOOL-AGED CHILDREN IN RURAL AND URBAN AREAS OF THE CITY OF SKOPJE. International Scientific Conference "NEW DIRECTIONS AND CHALLENGES IN TRANSFORMING SOCIETIES THROUGH A MULTIDISCIPLINARY APPROACH", The Book of Abstracts 2017, MIT University Skopje 2017:39-41.

5. Antoska Knights, V., **Simovska P.V.**: Mathematical Modeling and Optimisation in Nutrition. Ed. *Symposium Proceedings of the Scientific Satellite Symposium for International Euro Global Summit & Medicare Expo on Weight Loss*, Bitola 26-27 June, 2015. Symposium Proceedings 2015, Skopje: Menora, 2015:18. ISBN: 978-608-200-298-9. Available: <http://weightloss.globalsummit.com/europe/organizing-committee.php>

6. **Simovska V.:** EFFECTS OF HIGH-INTENSITY LIFESTYLE INTERVENTION ON INCREASED CARDIOMETABOLIC RISK IN TRUNCAL OBESE ADULTS. In: Simovska-Jarevska V. Ed. ADVANCED PERSPECTIVES FOR BETTER FITNESS IN PUBLIC HEALTH NUTRITION TO REDUCE OBESITY AND RELATED CHRONIC DISEASES. Ed. *Symposium Proceedings of the Scientific Satellite Symposium for International Euro Global Summit & Medicare Expo on Weight Loss*, Bitola 26-27 June, 2015. Symposium Proceedings 2015, Skopje: Menora, 2015:16. ISBN: 978-608-200-298-9.
7. Jakimoska – Jordanoska R., **Simovska P.V.:** SCREENING CHILDHOOD OBESITY IN REGION OF PRILEP, MACEDONIA. Ed. *Symposium Proceedings of the Scientific Satellite Symposium for International Euro Global Summit & Medicare Expo on Weight Loss*, 26-27 June, 2015. Symposium Proceedings 2015, Bitola, Republic of Macedonia. Skopje: Menora, 2015:21. ISBN: 978-608-200-298-9.
8. Starova V., **Simovska P.V.:** Nutritional Counseling on dietary change during Religious Fasting in Macedonia: Easter and Ramadan. Ed. *Symposium Proceedings of the Scientific Satellite Symposium for International Euro Global Summit & Medicare Expo on Weight Loss*, Bitola 26-27 June, 2015. Symposium Proceedings 2015, Bitola, Republic of Macedonia. Skopje:Menora, 2015:27. ISBN: 978-608-200-298-9.
9. **Simovska V.**, Antoska-Knights V.: IMPROVING PUBLIC HEALTH THROUGH NUTRITION EDUCATION AND RESEARCH: SUPPORT TO PROACTIVE PARTNERSHIP TO PRODUCE QUALITY EDUCATION STANDARDS FOR NUTRITIONISTS. *1<sup>st</sup> Conference on Food Quality and Safety, Health and Nutrition – NUTRICON 2014*. Topic: Education, Innovation and Knowledge Transfer. 27 & 28 November, 2014, Skopje, Macedonia. Book of Abstracts, Skopje 2014:119-120. UDC 613.2:37.017(497.7). ISBN 978-608-4565-06-2.
10. Martinovski S., **Simovska V.:** DEVELOPMENT OF NUTRITION BUSINESS MODELS OF CONSUMER BEHAVIOR WHEN BUYING FOOD PRODUCTS. *1<sup>st</sup> Conference on Food Quality and Safety, Health and Nutrition – NUTRITION 2014*. Topic: Food production and processing. 27 & 28 November, 2014, Skopje, Macedonia. Book of Abstracts, Skopje 2014:68-70.UDC 613.2:37.017(497.7). ISBN 978-608-4565-06-2.
11. **Simovska V.:** WOMEN AND HEALTH LEADERSHIP POSITION WITHIN SPORTS IN THE REPUBLIC OF MACEDONIA. *6th IWG World Conference on Women and Sport “Lead the Change Be the Change”* Topic: *Leading the change in sport policy*. 12-15 June 2014, Helsinki, Finland. The Book of Abstracts, Helsinki 2014: 100. Publication of the Finnish Sports Confederation Valo 7/2014. ISBN: 2341-5754, ISBN 978-952-297-022-0. <https://concreator.conference-services.net/reports/template/onetextabstract.xml?xsl=template/onetextabstract.xsl&conferenceID=3928&abstractID=813098>
12. **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/m<sup>2</sup> IN MACEDONIAN YOUTH. *V<sup>th</sup> 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.
13. **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.
14. **Simovska V:** PUBLIC HEALTH AND LIFESTYLE INTERVENTIONS TO REDUCE VASCULAR AGEING. Workshop ‘*Why We Age*’, Cardiff 2010. Book of Abstracts 2010 (абстракт без пагинација).
15. **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 OBESE SUBJECTS. 5<sup>th</sup> World Congress on Prevention of Diabetes and its Complications (WCPD 2008), Helsinki 2008. Abstract Book 2008:44-45.

16. Vidin-Jarevska., **Simovska-Jarevska V.**, Mircetic V.: DIAGNOSTIC SIGNIFICANCE OF GLYCOREGULATION DISTURBANCES IN PREDIABETES. 5<sup>th</sup> World Congress on Prevention of Diabetes and its Complications (WCPD 2008), Helsinki 2008. Abstract Book 2008:34-35.
16. Vidin M., Gosic K., Vranjesevic D., Bukilica M., **Simovska V.**: DIAGNOSTIC MEANS OF SENSITIVITY OF PERIFERIAL TISSUE ON INSULIN ACTION. 5<sup>th</sup> World Congress on Prevention of Diabetes and its Complications (WCPD 2008), Helsinki 2008. Abstract Book 2008:35-36.
17. **Simovska V.**, Naumovski A., Simonovski Z, Vidin M.: MACEDONIAN HEPA PROMOTION NETWORKING: INFLUENCE OF SPORT ACTIVITIES ON CARDIORESPIRATORY FITNESS OF YOUNG PEOPLE. 15<sup>th</sup> International Interdisciplinary Symposium Ecology, Sport, Physical Activities and Health of Youth, Novi Sad 2007. Summary 2007:32-33.
18. **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. 2<sup>nd</sup> 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/hepaeurope/tampere/Tampere\\_2006\\_abstracts\\_and\\_posters.pdf](http://www.panh.ch/hepaeurope/tampere/Tampere_2006_abstracts_and_posters.pdf)
19. **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.
20. **Simovska V.**, Vidin M.: HEPA DEBATE - WHAT IS THE OPTIMAL LEVELS OF PHYSICAL ACTIVITY FOR OBESITY PREVENTION RELATED TO NUTRITION IN ADULT POPULATION. XIV<sup>th</sup> International Symposium "Sport, Physical Activity and Health of Youth Population", Novi Sad 2006. Summary 2006:26-27.
21. **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](http://www.ktl.fi/attachments/suomi/julkaisut/julkaisusarja_b/2005/2005b21.pdf)
22. **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 X<sup>th</sup> Annual Congress of the European College of Sports Science*, Belgrade 2005. The Book of Abstracts 2005:214. <URL:<http://www.smas.org/2-kongres/papers/12111.pdf> <URL:<http://www.smas.org/2-kongres/BookOfAbstracts/ListOfAuthors.htm>
23. **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.
24. **Simovska V.**: PHYSIOLOGICAL BASIS AND THE METHOD FOR PROGRAMMING PHYSICAL ACTIVITY IN OBESE YOUNG PEOPLE. 2<sup>nd</sup> Congress for Youth and Physical Education, Ohrid 2005. The Book of Abstract 2005:22-23.
25. Vidin M., Gasic K., Cvijic G., **Simovska V.**: PREDICTIVE VALUES OF INDEX: WAIST CIRCUMFERENCE AND BODY WEIGHT IN PATIENTS WITH INSULIN RESISTANCE (SYNDROM X). 13<sup>th</sup> International Symposium "SPORT, PHYSICAL ACTIVITY AND HEALTH OF YOUNG PEOPLE", Novi Sad 2005, Summary 2005:25-6.
26. **Simovska V.**: APPLICATION OF SURVEILLANCE SYSTEM FOR BEHAVIORAL RISK FACTORS OF NONCOMMUNICABLE DISEASES IN MACEDONIA "CINDI HEALTH MONITOR" – POLITICAL AND PRACTICAL PERSPECTIVES. 1<sup>st</sup> Macedonian Congress of Occupational Health with International participation, Struga 2004. The Book of Papers and Abstracts 2004:21.

27. 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 (SY X). 12<sup>th</sup> Internacionalni Simpozium "Sport, fizicka aktivnost i zdravlje mladih", Novi Sad 2004. Zbornik sazetaka 2004:24.
28. **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.
29. 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.
30. **Simovska V.**: HEALTH MONITOR SURVEY - AN INTEGRATED PART OF DEVELOPMENT CINDI CONCEPTUAL MODEL IN THE REPUBLIC OF MACEDONIA. 1<sup>st</sup> Congress of Social Medicine of Serbia and Monte Negro "Health in the 21st century", Arandzelovac 2002. Proceedings of Papers and Abstracts, 2002:192.
31. **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.
32. **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.
33. **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. 2<sup>th</sup> Macedonian Congress of Cardiology with International participation, Ohrid 2002. The Book of Abstracts 2002:136.
34. 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. X<sup>th</sup> International Symposium "Sport, Physical Activity and Youth Health" Novi Sad 2002. The Book of Abstracts 2002:33.
35. **Simovska V.**, Vidin M., Zivkovic N.: EXAMINATION OF VO<sub>2</sub> max IN TRUNCAL OBESE SUBJECTS USING MODIFIED TREADMIL PROTOCOL. X<sup>th</sup> International Symposium "Sport, Physical Activity and Youth Health", Novi Sad 2002. The Book of Abstracts 2002:32.
36. **Simovska V.**, Djordjev D., Vidin M.: NUTRITIONAL ASSESSMENT IN ADULT POPULATION IN SKOPJE AND NEW STRATEGY OF ATHEROSCLEROSIS PREVENTION. 1<sup>st</sup> Yugoslavian Congress for Atherosclerosis with International Participation, Belgrade 2001. The Book of Abstracts 2001:58.
37. **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. 1<sup>st</sup> Yugoslavian Congress for Atherosclerosis with International Participation, Belgrade 2001. The Book of Abstracts 2001:221.
38. Vidin M., **Simovska V.**, Kraus N., Lukac J., Nedeljkovic T.: ANTIOKSIDANTNA AKTIVNOST I ATEROSKLEROZA. 1<sup>st</sup> Yugoslavian Congress for Atherosclerosis with International Participation, Belgrade 2001. The Book of Abstracts 2001:200-1.
39. **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.

40. **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. Skopje 2000;54(suppl. 43):416-417.*
41. Jovanovic S., **Simovska-Jarevska V.**, Micevska V., Vidin M.: PROLAPSUS VALVULAE MITRALIS, PHYSICAL EDUCATION AND SPORTS ACTIVITY. VIII<sup>th</sup> International Symposium "Sport, Physical Activity and Youth Health", Novi Sad 2000. The Book of Summary 2000:12.
42. Jovanovic S., Trajanovski F., **Simovska-Jarevska V.**, Hadzi-Kostovska E.: PHYSICAL EDUCATION AND SPORT IN PREVENTION OF SCOLIOSIS THORACO-LUMBALIS IN SCHOOL CHILDREN. VIII<sup>th</sup> International Symposium "Sport, Physical Activity and Youth Health", Novi Sad 2000. The Book of Abstracts 2000:24.
43. **Simovska V.**, Dimitrov S., Vidin M.: BODY MASS INDEX DISTRIBUTION IN ADULT POPULATION IN SKOPJE IN THE LAST 10 YEARS. 7<sup>th</sup> National Congress of Hygiene, Sofia 2000. The Book of Abstracts 2000:100.
44. **Simovska V.**, Vidin M.: CLINICAL EXAMINATIONS OF PROTEIN/AMINO ACID SUPPLEMENTS IN BODYBUILDERS. VI<sup>th</sup> International Conference "Dietetics products and training process", Novi Sad 1998. The Book of Abstracts 1998:51-2.
45. **Simovska V.**, Vidin M.: ENERGETSKI SISTEMI, INTENZITETI OPTERECENJA I LIPIDNI PROFIL SPORTISTE U PRETAKMICARSKIM PRIPREMAMA U RUKOMETU. VI<sup>th</sup> Internationalna Konferencija "Dijetetiski produkti i trenazni proces", Novi Sad 1998. Knjiga abstrakta 1998:71-2.
46. **Симовска-Јаревска В.:** PRIMARY PREVENTION OF CHRONIC NONCOMMUNICABLE DISEASE IN THE HEALTH CARE SYSTEM REFORMS. 1-st Congress of the Physicians of the Macedonian Preventive Medicine with International Participation, Ohrid 1998. *Мак. Мед. преглед 1998;52 (supl.33):41-42.*
47. **Simovska V.**, Vidin M., Nedeljkovic T.: ANTIOXYDANT EFFECTS OF BIOFLAVONOIDES. V<sup>th</sup> International Symposium "Sport and Population Health", Novi Sad 1997. The Book of Abstracts 1997:34.
48. **Simovska V.**, Vidin M.: RESEARCH OF LEVEL OF ADAPTATION OF CARDIOVASCULAR SYSTEM ON VIGOROUS EXERCISE IN OLDER ADOLESCENTS AGED BETWEEN 18-23 YEARS WITH DIFFERENT BODY MASS INDEX. *International Symposium "Cardiovascular system and physical stress"*, Zrenjanin 1997. The Book of Papers and abstracts 1997:111-112.
49. **Simovska V.**, Vidin M.: EVALUATION OF PHYSICAL DEVELOPMENT, NUTRITION 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.
50. **Simovska V.:** VLIJANIE NA PLANIRANATA ISHRANA I TRENAZNITE OPTOVARUVANJA NA NEKOI ANTROPOMETRISKI I BIOHEMISKI PARAMETRI VO PODGOTVITELNIOT PERIOD KAJ SPORTISTKITE-RAKOMETARKI. *Prv medzunaroden naucen sobir "Naukata vo funkcija na sportot"*, Skopje 1996. Zbornik na rezimea 1996:55.
51. Vidin M., Stefanovic G., **Simovska V.:** DEPRESSED CONCENTRATION OF MAGNEZIUM IN SERA OF PATIENTS WITH RHEUMATOID ARTHRITIS (RA). *Proceedings of the 4th Meeting of the Balkan Clinical Laboratory Federation*, Budva 1996:158.
52. **Simovska V.**, Vidin M.: DINAMIKA PROMENE LIPOPROTEINSKOG STATUSA U TOKU PRIPREMNOG MEZOCIKLUSA TRENINGA KOD RUKOMETASICA. *III Medzunarodno savetovanje "Fizicka aktivnost i zdravlje"*, Novi Sad 1995. Zbornik sazetaka 1995:O11.
53. **Симовска В. УЛОГА И ЗНАЧЕЊЕ НА УРАВНОТЕЖАНАТА ИСХРАНА КАЈ СПОРТИСТИТЕ.** "Унапредување на производство на храна на природен начин", Скопје 1995. Зборник на абстракти 1995:5.

54. **Симовска В.** ПОДГОТВУВАЊЕ И ЗЕМАЊЕ НА ДНЕВНИТЕ ОБРОЦИ ЗА СПОРТИСТИТЕ. "Унапредување на производство на храна на природен начин", Скопје 1995. Зборник на абстракти 1995:10.

55. **Simovska V.**, Vidin M.: DIETARY INTAKE AND LIPID PROFILES OF THE ELITE FEMALE HANDBALL PLAYERS DURING THE INTENSIVE TRAINING PERIOD. IX<sup>th</sup> Congress of Sports Medicine of Balkan, Belgrade 1995. The Book of Abstracts 1995:128.  
<http://www.bsma.info/docs/IX%20BSMA%20Congress/abstract.pdf>

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

57. **Simovska V.:** FACTORS OF RISK FOR FAMILY ATHEROSCLEROSIS AND ESTABLISHING LIPOPROTEIN PROFILE OF CHILDREN. XV<sup>th</sup> International Congress of Nutrition, Adelaide 1993. The Book of Abstracts 1993:582 (abstract without pagination).

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

59. **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

**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).

**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.1-163. (Unpublished post-graduate subspecialistic thesis).

## Presentations

1. **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.

2. Vidin M., **Simovska V.:** NEDOSTATAK MAGNEZIJUMA, MOGUCNOSTI BALANSIRANE ISHRANE I DIJETOTERAPIJE. Medunarodno savetovanje "Ishrana sportista i rekreativaca", Novi Sad 1994. Program 1994:2.

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

4. **Simovska V.**, Cadikovski P.: ULOGA DOMOVA ZDRAVLJA U PREVENCIJI KARDIOVASKULARNIY OBOLJENJA. Prvi Simpozijum Domova Zdravlja Jugoslavije sa Medunarodnim Ucescem, Novi Sad 1995. Program 1995:236.

5. **Simovska V.:** ULOGA NA ZDRAVSTVENITE DOMOVI VO PREVENCIJA NA MULTIFAKTORIELNO PREDIZVIKANA NEZARAZNA EPIDEMIJA NA KARDIO VASKULARNITE BOLESTI. XI Crnogorsko-Makedonski medicinski dani, Becici 1996. Programa 1996:4.

6. **Simovska V.**, Vidin M.: THE PROGRAMMED PHYSICAL ACTIVITY IN OBESITY TREATMENT. *X<sup>st</sup> Balkan Congress of Sports Medicine*, Bucharest 1997. Programme 1997. Available: <http://www.bsma.info/docs/X%20BSMA%20Congress/program.pdf>
7. **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.
8. **Simovska V.**: Progress towards a national multisectoral programme “MOVE FOR HEALTH” in Macedonia, 2003. Move for Health Day Conference “THIS IS THE TIME FOR INCREASED FOCUS ON PREVENTION”, Skopje 2003. <http://www.who.int/hpr/physactiv/move.for.health.shtml> Available from 7 March 2003. DOI: 10.13140/2.1.2227.5360. (CME, Organizer and lecturer).
9. **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).
10. **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).
11. **Simovska V.**: NON-PHARMACOLOGICAL COMBINED THERAPEUTICAL TREATMENT AT OBESE POPULATION. *Annual meeting of Macedonian Association for Obesity*, Skopje, 21 April 2006 (CME, Lecturer).
12. **Simovska V.**: DIETOTHERAPY IN INDIVIDUALS WITH OVERWEIGHT AND OBESITY-STRATEGIES IN TREATMENT OF OBESITY. *I<sup>st</sup> 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).
13. **Simovska V.**, Popovska I, Simovski A, Panovski N, Serdjuk V., Vidin O.: TOBACCO FREE MACEDONIA - AN INTRODUCTORY GUIDE: TO IMPLEMENT STRONGER TOBACCO FREE LAWS. The 13<sup>th</sup> World Conference on Tobacco OR Health “Building capacity for a tobacco-free world”, Washington DC 2006 (e-presentation). Available: [http://wiki.medpedia.com/Cochrane\\_Collaboration](http://wiki.medpedia.com/Cochrane_Collaboration)
14. **Simovska V.**: MODEL OF DIETARY PLANNING IN ATHLETES DURING THE PREPARATION TRAINING PERIOD OF SPORT'S GAMES. *III<sup>th</sup> Seminar for sport, s doctors. Association of Sports Medicine at Macedonian Medical Association*, Skopje 12-13.01.2007 (CME, Lecturer).
15. **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).
16. **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](http://www.fiocruz.br/diplan/media/ianphi/cursos_ktl/programa_e_participantes/lista_de_participantes.pdf)
17. **Simovska V.**, Simonovski Z.: VALORIZATION OF SPORT/PHYSICAL ACTIVITIES AND CARDIORESPIRATORY FITNESS OF YOUTH IN CREATING MACEDONIAN STANDARDS. 12<sup>th</sup> Symposium for sport and physical education of youth in the Republic of Macedonia, Ohrid 2008. Programme 2008:10. Available: <URL<http://www.scribd.com/doc/7527883/Sportphysical-activities-and-public-health2008Simovska>.

18. **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).
19. **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).
20. **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).
21. **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).
22. **Simovska V.:** LIFESTYLE CHANGES AND CARDIOVASCULAR DISEASE PREVENTION. Cluster of Biomolecular Medicine, CBM Summer School "*Nutrition and Health*", *Personalised Medicine*, AREA Science Park, Pedriciano, Trieste, Italy 2010. Programme 2010:2. Available: <URL: <http://summerschool2010.cbm.fvg.it>
23. **Simovska V.:** Lifestyle changes and cardiovascular diseases prevention-Facts and perspectives. *International Symposium: EKOLOGIJA, SPORT, FIZIČKA AKTIVNOST I ZDRAVLJE MLADIH*. Novi Sad 2010. Programme 2010:35. <http://www.marathon.org.rs/Simpozijum.asp>
24. **Simovska V.:** *Countering Obesity by combining Behavioural Insights and novel ICT tools*. Workshop, October 4-5, 2012, Varese, Italy.
25. **Simovska V.**, Simovski V.: *DEVELOPMENT OF ACADEMIC EDUCATION OF ENGINEERS OF TECHNOLOGY – NUTRITIONISTS IN THE REPUBLIC OF MACEDONIA*. 17th International Congress of Dietetics. Granada, Spain 2016 (P-451).
26. **Simovska V.**, Simovski A., Vidin M.: *BIOMARKERS IN CVDs PREVENTION THROUGH NUTRITION AND PHYSICAL ACTIVITY*. 17th International Congress of Dietetics. Granada, Spain 2016 (P-306).

## II. Projects/Programmes/Field experiences:

- 2011-2013: European Commission - AECA/Erasmus, project "*The thematic network of dietetics - DIETS2*", (WP2 member).
- 2011-2012: St. Kliment Ohridski University research project: *EVALUATION OF DIETARY HABITS, PHYSICAL ACTIVITY LEVELS AND BMIkg/m<sup>2</sup> MONITORING AS BASIS FOR A NEW HEALTH PROMOTION PROGRAM IN THE REPUBLIC OF MACEDONIA*. Faculty of Technology and Technical Sciences-Veles (National project: Coordinator).
- 2010-2013: European project "**FoodLinks**". European Commission-RTD/FP7 (Collaborative Project: Researcher).
- 2009-2010: European research project: "**Why We Age - A road map for molecular Biogerontology**". 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. (National Programme: Coordinator)  
[http://new.paho.org/bra/index2.php?option=com\\_docman&task=doc\\_view&gid=1175&Itemid=423](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 program for smoking cessation **"TOBACCO-FREE PHYSICAL/SPORT ACTIVITY"** 2006 ([www.nosmoking.cjb.net](http://www.nosmoking.cjb.net)), WHO "QUIT and WIN" Programme. (National programme: Coordinator).

2005-2006: Research 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](http://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: Research project **"Effects of diet therapy 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: **Research 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).

### **Membership and activities of professional bodies:**

1. President of the Scientific Symposium and Editor of the Symposium Proceedings "Advanced perspectives of improved fitness in public health nutrition to reduce obesity and related chronic diseases" - Research in nutrition science, food technology and physical activity. 26-27 June 2015, Bitola, Macedonia. <<http://weightloss.global-summit.com/europe/index.php>
2. Editor of Special Issue: Diet and Metabolic Disorders, Journal of Nutritional Disorders & Therapy, 2013-; <[http://omicsonline.org/editor-profile/Vera\\_Simovska/](http://omicsonline.org/editor-profile/Vera_Simovska/)
3. Member and President of Organizing Committee: International Euro Global Summit & Medicare Expo on Weight Loss, August 18-20, 2015 Frankfurt, Germany (2015) <<http://weightloss.global-summit.com/europe/organizing-committee.php>

4. Member of the Scientific Committee – Reviewer: 4<sup>th</sup> Virtual International Conference on *Advanced Research in Scientific Areas* (ARSA-2015), Slovakia, November 9 - 13, 2015.
5. Member, EACEA/ERASMUS- “*The thematic network of dietetics - DIETS2*” network (2011-2013);
6. Member of the Editorial Board of the *Journal of Nutritional Disorders & Therapy*, 2013-;  
<[http://omicsonline.org/editor-profile/Vera\\_Simovska/](http://omicsonline.org/editor-profile/Vera_Simovska/)
7. Members of the Council for Nutritional and Environmental Medicine (CONEM), 2013-  
<<http://www.conem.org/people/europe/>
8. Member of the Editorial Board of the International Journal of Scientific and Professional Issues in Physical Education and Sport “*Activities in Physical Education and Sport*” (APES) (2016- )
9. Member of the Editorial Board of *the International Journal of Basic Medical Sciences and Pharmacy* (IJBMS) (2011- ); <<http://www.ijbmsp.org/index.php/IJBMSP/about/editorialPolicies>
10. Member of the Scientific Committee of the “*Journal of Sports Medicine*”, Belgrade 2003:Suppl.1/03. ISSN 1451-2033. Society of Sports Medicine of Serbia (2003- );
11. Member, WHO HEPA European network (2006- ); <<http://www.euro.who.int/en/health-topics/disease-prevention/physical-activity>
12. Member, EUNAAPA research network (2006-2010);<<http://www.eunaapa.org/wp-content/uploads/2014/06/Current-members.pdf>
13. President of NGO Public health “HEPA Macedonia National organization for the promotion of Health - Enhancing Physical Activity” (2005- ); <<https://www.facebook.com/HEPA.Macedonia?sk=info>
14. Member-expert of the Committee for the Advancement of Healthcare system reform at the Ministry of Health of the Republic of Macedonia (2009-2010);
15. Member of the National Committee for Health Promotion at Ministry of Health of the Republic of Macedonia (2001-2004);
16. Member of the Macedonian Medical Society, Association of Sports Medicine (1993-2017);
17. 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 (2009-2010);
18. MEDPEDIA editor - trusted medical professional (2008-2010)
19. Member of the Scientific Committee, the Book of Abstracts: 1<sup>st</sup> Serbian Congress of Sports Sciences and Sports Medicine, Belgrade, 2-4 October, 2003;
20. Member of the Editorial Board for the Book of Proceedings and Abstracts: IX<sup>th</sup> Congress of Sports Medicine of Balkan, Belgrade, 1995;
21. Moderator of the Plenary Session: V<sup>th</sup> Congress of Sports Medicine and Science of Serbia with International participations, Belgrade 2012.
22. Reviewer of the *Journal of Physical Activity and Health*, (2014-2016);
23. Member of the European College of Sports Medicine (2005-2010);
24. National coordinator: Programme “*Move for Health*” Days, 2003-2004, Ministry of Health, Republic of Macedonia.
25. Coordinator: Programmes of World Heart Federation, *World Heart Days*, 2010, 2011 and 2013, HEPA Macedonia.