

## PUBLICATIONS FROM PhD THESIS

### KEY OVERALL FINDINGS

**Kouris-Blazos A**, Wahlqvist ML, Trichopoulou A, Polychronopoulos E, Trichopoulos D. Health & Nutritional Status of elderly Greek migrants to Melbourne, Australia. *Age Ageing* 1996; 25: 177-189. (on-line [abstract](#))

**Kouris-Blazos A**, Wahlqvist M, Wattanapenpaiboon N. 'Morbidity mortality paradox' of Greek-born Australians: possible dietary contributors. *Australian Journal Nutrition and Dietetics*, 1999; 56 (2): 97-107 (abstract at <http://www.ajnd.org.au>)

Wahlqvist ML, **Kouris-Blazos A**, Hsu-Hage BH-H. Ageing, Food Culture & Health. *SE Asian J Trop Med Pub Health* 1997; 28 (2): 100-112; [on-line abstract](#)

### FINDINGS ON SPECIFIC VARIABLES

Trichopoulou A, **Kouris-Blazos A**, Vassilakou T, Gnardellis Ch, Polychronopoulos E, Venizelos M, Lagiou P, Wahlqvist ML & Trichopoulos D. The diet and survival of elderly Greeks: A link to the past. *Am J Clin Nutr* 1995; 61 (6S): 1346-1350; on-line [abstract](#)

Wahlqvist ML, **Kouris-Blazos A**, Trichopoulou A & Polychronopoulos E. The Wisdom of the Greek Cuisine and Way of Life: Comparison of the Food and Health Beliefs of Elderly Greeks in Greece and Australia. *Age & Nutrition* 1991; 2 (3): 163-173.

**Kouris A**, Wahlqvist ML, Trichopoulou A & Polychronopoulos E. Use of Combined Methodologies in Assessing Food Beliefs and Habits of Elderly Greeks in Greece. *Food & Nutr Bull* 1991; 13 (2): 139-144; [on-line full text article](#)

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Wahlqvist ML, Hsu-Hage BH-H, **Kouris-Blazos A**, Lukito W, eds. *Food Habits in Later Life: A Cross-Cultural Study*. Melbourne: Asia Pac J Clin Nut & United Nations University Press, 1995 (CD Rom at <http://www.healthyeatingclub.com>) .

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Lukito W and **Kouris-Blazos A**. Food Beliefs. In: *Cross-cultural study of food habits and health status in later life: Description of elderly communities and lessons learnt*. Eds M. Wahlqvist, B Hsu-Hage, A Kouris-Blazos, W Lukito & IUNS Study Centre Investigators. United Nations University Press & Asia Pacific Journal of Clinical Nutrition, Melbourne, 1995.

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### **PROCEEDINGS TO CONFERENCES**

Wahlqvist ML, Kouris A, Davies L, Scrimshaw N. Development of a Survey Instrument for the Assessment of Food Habits and Health in Later Life. In: Dietetics in the 90's. Role of the Dietitian/Nutritionist. M Moyal (ed). John Libbey Eurotext Ltd; 1988: 235-9.

Kouris A, Wahlqvist M, Trichopoulou A, Polychronopoulos E. Food Habits and Health of Elderly in Spata, Greece: Application of Survey Instrument. In: Proc Int Union Nutr Sci, 14th International Congress of Nutrition, Seoul; 1989.

Kouris A, Wahlqvist M. Nutrition and Ageing: Cross-Cultural Studies. In: Proc 1st Australian Clinical Nutrition Conference, Australasian Clinical Nutrition Group, Royal Australian College of Physicians; 1990.

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## PUBLICATIONS FROM PHD FOLLOW-UP STUDIES

### Survival Studies

Trichopoulou A, **Kouris-Blazos A**, Wahlqvist ML, Gnardellis Ch, Laggiou P, Polychronopoulos E, Vassilakou T, Lipworth L, & Trichopoulos D. Diet and overall survival in elderly people. British Medical Journal 1995; 311 (7018): 1457-1460 ([on-line full text article](#))

**Kouris-Blazos A**, Gnardellis C, Wahlqvist ML, Trichopoulos D, Lukito W, Trichopoulou A. Are the advantages of the Mediterranean diet transferable to other populations? A cohort study in Melbourne, Australia. British Journal Nutrition 1999; 82: 57-61; [online abstract](#)

**Kouris-Blazos A**, Wahlqvist ML. The traditional Greek food pattern and overall survival of elderly people. Aust J Nutr Diet 1998; 4 Supp: 20-23. (abstract at <http://www.ajnd.org.au>)

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### International Elderly Study: Food Habits in Later Life

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Wahlqvist ML, **Kouris A**, Gracey M & Sullivan H. An Anthropological Approach to the Study of Food & Health in an Indigenous Population. Food & Nutr Bull 1991;13(2):145-149; [on-line full text article](#)

### Skin Ageing Studies

Purba M, **Kouris-Blazos A**, Wattanapenpaiboon N, Lukito W, Rothenberg E, Steen B, Wahlqvist ML. Can skin wrinkling in a limited sun exposed site be used as a marker of health status and biological age in the elderly? Age Ageing 2001; May 30 (3): 227-234.

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**Dr Kouris-Blazos** provided editorial and technical assistance. Nominated 1 of 4 Australian “Academic books of the Year” in 1997.

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### **CONSULTANCY PAPERS/REPORTS**

Setter T, **Kouris-Blazos A**, Wahlqvist M. **School-based** Healthy Eating Initiatives: Recommendations for Success. Healthy Eating Healthy Living Program, Monash University, Victoria 2000.

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