

CURRICULUM VITAE

Dr Antigone Kouris-Blazos

BSc (Hons) (Melbourne), Grad Dip Diet (Deakin), PhD (Monash), APD



Qualifications:

- * Bachelor of Science (double major, Biochemistry & Microbiology), Melbourne University (1984)
- * Honours degree (1985) and a Post Graduate Diploma of Dietetics (1986), Deakin University
- * PhD (1993), Faculty of Medicine, Monash University.

Positions held:

Academic

- * **2002-** ,Honorary Research Fellow, Asia Pacific Health & Nutrition Centre, Monash Asia Institute, Monash University.
- * **1999-2001**, Deputy-Director of the International Health and Development unit and Lecturer in Nutrition, Faculty of Medicine, Monash University.
- * **1995-2001**, Lecturer and Nutrition Course Coordinator, 2nd & 4th year Medical students at Monash University; the Nutrition course was reformatted and delivered flexibly via the internet to 2nd year medical students in 2000 & 2001.
<http://www.med.monash.edu.au/medical/courses/med2042/>.
- * **1987-1994**, Assistant Lecturer, Faculty of Medicine, Monash University

Research and Post Graduate Supervision

- * **2002-** Supervision of a PhD student, Azizah Omar
Development of an on-line wellness program
- * **1997-2001** Supervised 2 PhD students
Dr Martalena Purba:
"Cross-cultural comparisons of nutrition and ageing in Indonesia and other communities"
Dr Irene Darmadi
"Long-lived elderly populations: food habits, health and lifestyle predictors of survival"
- * **2001** Supervised a Master of Clinical Medicine Student
- * **1999-2000**, Director of the Healthy Eating Healthy Living Program and Managing editor of Healthy Eating Information Web-Centre (<http://www.healthyeating.org>) funded by the Victorian Health Promotion Foundation from 1998-2000.
- * **1987 to 2001**, Research dietitian and Coordinator of an international mortality follow-up study "Food Habits in Later Life" of 2,000 elderly in 5 countries

Commercial

- * **2003-** Managing Editor, Asia Pacific Journal of Clinical Nutrition
- * **2001-** Managing editor of a nutrition website <http://www.healthyeatingclub.org>
(editor-in-chief is Professor Mark Wahlqvist)
- * **2001-** Course development for Mede-Serv which provide on-line continuing education courses to General Medical Practitioners

Hospital and Private Practice Dietitian

- * **1987**, Hospital Dietitian, Moorabbin and Frankston Hospital
- * **1987-1999**, worked privately as an Accredited Practising Dietitian (APD) at several Doctors' surgeries around Melbourne e.g Dr Drakopoulos, Dr Piterman, Dr Gingold, Dr Perkoulides, Dr Paxemanidis, Dr Lolatgis/Dr Malios (provided free dietetic service as part of the federally funded demonstration grant for general practitioners)

Publications (Summary):

- * **27 papers** in peer-reviewed journals (25 articles appeared in Australian/ US/ European newspapers as a result of study findings)
- * **7 consultancy reports for Australian/Victorian Government** on diet-related disorders, healthy eating program interventions for prevention of obesity, healthy eating programs for schools, food and nutrient intakes of food insecure/socially disadvantaged groups
- * **2 consultancy reports for World Health Organisation** on food based dietary guidelines
- * **12 chapters** for 2 editions of a leading **Australian Nutrition text book** "Food & Nutrition" (1997, 2002 editions)
- * **chapter** for a leading **British textbook** (Nutrition & Metabolism, ed. Gibney), 2001
- * **chapters for 3 Encyclopedias**, including encyclopedia of Human Nutrition (1998) and encyclopedia of Life support systems (1999)

PUBLISHED PAPERS, REPORTS, BOOK CHAPTERS AND BOOKS

Refereed Journals

Mark L Wahlqvist, Irene Darmadi-Blackberry, **Antigone Kouris-Blazos**, Damien Jolley, Bertil Steen, Widjaja Lukito, Yoshimitsu Horie. Does diet matter for survival in long-lived cultures? Lancet, in press

Wood B, **Kouris-Blazos A**. The 1995 national nutrition survey - data for persons 16 years and over, by socio-economic index of disadvantage for areas (SEIFA). Asia Pac J Clin Nutr 2002; 11 (Supp): S231-S322.

Wahlqvist M, **Kouris-Blazos A**. Nutrition - is diet enough? Complementary Medicine 2002: 1 (3) Nov-Dec; 46-48.

Kouris-Blazos A. Morbidity Mortality paradox of 1st generation Greek Australians. Asia Pac J Clin Nutr 2002: 11 (suppl): S569-S575.

Kouris-Blazos A, Setter TL, Wahlqvist ML. Nutrition and Health Informatics. Nutrition Research 2001; 21 (1-2): 269-278. [On-line abstract](#).

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.

Purba M, **Kouris-Blazos A**, Wattanapenpaiboon N, Lukito W, Rothenberg E, Steen B, Wahlqvist ML. Skin Wrinkling: Can food make a difference. Am Coll Nutr, 2001; 20 (1); 71-80 [on-line abstract](#) and for [citation](#) and [International health reuter](#)

Wahlqvist ML, Setter TL, Savage GS, **Kouris-Blazos A**. Role of Physical Activity in Ensuring Nutritional Well-being in the elderly. World Rev Nutr Diet, 2001.

Kouris-Blazos A, Wahlqvist ML. Indigenous Australian food culture on cattle stations prior to the 1960s and Food Intake of Older Aborigines in a community studied in 1988. Asia Pac J Clin Nutr 2000; 9 (3), 224-231; on-line [abstract](#)

Wahlqvist ML, **Kouris-Blazos A**, Darmadi I, Purba M. Nutrition and the elderly a global perspective. South African J Clin Nutr 2000; Feb Vol. 13 (1); [on-line full text article](#)

Darmadi I, Horie Y, Wahlqvist ML, **Kouris-Blazos A**, Horie K, Sugase K, Wattanapenpaiboon N. Food and nutrient intakes and Overall survival of elderly Japanese. *Asia Pac J Clin Nutr* 2000; 9 (1): 7-11. ([on-line full text article](#))

Wahlqvist ML, **Kouris-Blazos A**. International Union of Nutritional Sciences Committee 11/4 on Nutrition and Ageing: Food Habits in Later Life (FHILL) Program. *Asia Pac J Clin Nutr* 1999; 8 (4): 282-4. ([downloadable pdf file](#))

Horwath C, **Kouris-Blazos A**, Savige G, Wahlqvist ML. Eating your way to a successful old age, with special reference to older women. *Asia Pac J Clin Nutr* 1999; 8 (3): 216-225 ([downloadable pdf file](#)).

Purba M, Lukito W, Wahlqvist ML, **Kouris-Blazos A**, Hadisaputro S, Lestiani L, Wattanapenpaiboon N, Kamso S. Food intake and eating patterns of Indonesian Elderly before the 1998 economic crisis. *Asia Pac J Clin Nutr* 1999; 8 (3): 200-206. ([downloadable pdf file](#))

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](#)

Wahlqvist M, **Kouris-Blazos A**, Wattanapenpaiboon N. The significance of eating patterns: an elderly Greek case study. *Appetite* 1999; 32: 23-32; [on-line full-text article](#)

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; on-line [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; on-line [abstract](#)

Wahlqvist M, Wattanapenpaiboon N, Kannar D, Dalais F, **Kouris-Blazos A**. Phytochemical Deficiency Disorders: Inadequate intake of protective foods. *Current Therapeutics* July 1998;39:53-60.

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](#)

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](#))

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](#)

Trichopoulou A, **Kouris-Blazos A**, Wahlqvist ML, Gnardellis Ch, Lagiou 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](#))

Wahlqvist ML, Hsu-Hage B, **Kouris-Blazos A**, Lukito W. Food Habits in Later Life - An Overview of Key Findings. *Asia Pacific J Clin Nutr* 1995 ; 4 (2): 1-11. ([on-line full text article](#))

Wahlqvist ML, Hsu-Hage B, **Kouris-Blazos A**, Lukito W. Food Habits in Later Life: A Cross-Cultural Study. Preliminary Results from communities in Australia, Greece, China & Sweden. *Age & Nutrition* 1992; 3: 151-154.

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](#)

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](#)

Wahlqvist ML & **Kouris A**. Trans-Cultural Aspects of Nutrition in Old Age. *Age Ageing* 1990; 19 (supp): 43-52.

Kouris A, Wahlqvist ML & Worsley A. Characteristics that enhance adherence to high carbohydrate/high fibre diets by persons with diabetes. *J Amer Diet Assoc* 1988; 88 (11): 1422-25; [on-line abstract](#)

BOOKS

Wahlqvist ML, **Kouris-Blazos A**, Crotty P, Worsley T, Harvey P, Tieru H, Cavalli-Sforza LT. Development of Food-Based Dietary Guidelines for the Western Pacific Region. World Health Organisation, Regional Office for the Western Pacific, Manila, 1999 . [Short on-line article](#) or [publication on WHO website](#)

Wahlqvist ML, **Kouris-Blazos A**, Savige G. Food-based Dietary Guidelines for Older Adults. In: Ageing and Nutrition: a growing global challenge. A Joint WHO/Tufts University Consultation, Boston, USA 26-29 May 1998, WHO in press. <http://www.who.int/nut/age.htm>

Wahlqvist ML (ed). *Food & Nutrition: Australasia, Asia and the Pacific*. Allen & Unwin, 1997. **Dr Kouris-Blazos** provided editorial and technical assistance. Nominated 1 of 4 Australian "Academic books of the Year" in 1997.

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 Uni Press, 1995 (CDRom) .

Kouris-Blazos A. *Elderly Greeks in Spata, Greece and Melbourne, Australia: Food Habits, Health and Lifestyle*. PhD thesis. Monash University, Melbourne, Australia, 1994.

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Wahlqvist ML, **Kouris-Blazos A**, Ross K, Setter T, Tienboon T. Growth and Ageing. In: Nutrition and Metabolism. Ed M.Gibney. British Nutrition Society. Chapter 9, Oxford, 2002.

Kouris-Blazos A. Dietary Advice & Food Guidance Systems. In: ML Wahlqvist (ed). Food & Nutrition: Australia & New Zealand. 2nd edition. Allen & Unwin, Sydney: 2002.

Kouris-Blazos A. Evaluating the reliability of Nutrition Information. In: ML Wahlqvist (ed). Food & Nutrition: Australia & New Zealand. 2nd edition. Allen & Unwin, Sydney: 2002.

Read R, **Kouris-Blazos A**. Nutrition for activity, sport and survival. In: ML Wahlqvist (ed). Food & Nutrition: Australia & New Zealand. 2nd edition. Allen & Unwin, Sydney: 2002.

Read R, **Kouris-Blazos A**. Overweight, obesity and eating disorders. In: ML Wahlqvist (ed). Food & Nutrition: Australia & New Zealand. 2nd edition. Allen & Unwin, Sydney: 2002.

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Wahlqvist ML, **Kouris-Blazos A**, Immune function, infection and diseases of affluence. In: ML Wahlqvist (ed). Food & Nutrition: Australia & New Zealand. 2nd edition. Allen & Unwin, Sydney: 2002.

Wahlqvist ML, **Kouris-Blazos A**, Food and Nutrition Policies in the Asia Pacific region: Nutrition in transition. In: ML Wahlqvist (ed). Food & Nutrition: Australia & New Zealand. 2nd edition. Allen & Unwin, Sydney: 2002.

Wahlqvist ML, **Kouris-Blazos A**, Savige G . Food Security and the Aged in Development: Its Governance. In: Not by Bread Alone. Food Security and Governance in Africa. Editors A. Ogunrinade, R Oniango, J May. Toda Institute for Global Peace and Policy Research. Witwatersrand University Press. 1999. [On-line Chapter](#).

Wahlqvist ML, **Kouris-Blazos A**. Dietary Advice & Food Guidance Systems. In ML Wahlqvist (ed). Food & Nutrition: Australasia, Asia and the Pacific. 1st edition. Allen & Unwin, Sydney: 1997.

Read R, **Kouris-Blazos A**. Overweight & Obesity. In ML Wahlqvist (ed). Food & Nutrition: Australasia, Asia and the Pacific. 1st edition. Allen & Unwin, Sydney: 1997.

Read R, **Kouris-Blazos A**. Food, Physical Activity & Exercise. In ML Wahlqvist (ed). Food & Nutrition: Australasia, Asia and the Pacific. 1st edition. Allen & Unwin, Sydney: 1997.

Kouris-Blazos A. Overview of Protocol. In: Cross-cultural study of food habits and health status in later life: Description of elderly communities and lessons learnt. Ed 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.

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.

Kouris-Blazos A, Hsu-Hage B. Predicting later life status from food habits in communities of elderly Greeks. 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, Melb, 1995.

Scrimshaw N, **Kouris-Blazos A**, Taub B, Wahlqvist ML, Davies L. Rapid Assessment Procedures for use in the elderly. 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.

Wahlqvist ML, **Kouris-Blazos A**, Lukito W, Hsu-Hage B. Water soluble vitamin intakes in the elderly: Cross-cultural findings in the IUNS study. In: Nutritional Assessment of Elderly Populations: Measure and Function. Ed IH Rosenberg. Raven Press, New York, 1994: 225-233.

CHAPTERS IN ENCYCLOPEDIAS

Wahlqvist ML, Dalais F, **Kouris-Blazos**, Savige G, Semenova G, Wattanapenpaiboon N. Nutrition and Human Life Stages. Encyclopedia of Life Support Systems, EOLSS Publishers Co, Oxford, UK, 2001.

Wahlqvist ML, **Kouris-Blazos A**, Savige G. Older people - Physiological changes. In: Encyclopedia of Human Nutrition: 1998.

Wahlqvist ML, **Kouris-Blazos A**. Olive oil - Nutrition and Biological value. In: World Encyclopedia of the Olive. International Olive Oil council, Madrid, 1996, pp 349-354.

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.

Setter T, Gill T, **Kouris-Blazos A**, Wahlqvist M. **Healthy weight and physical activity** interventions in Victoria: the current situation, and recommendations for the future. Healthy Eating Healthy Living Program, Monash University (Victoria) and International Obesity Taskforce (NSW), 2000.

Wood B, Ross K, **Kouris-Blazos A**. Healthy Eating for Nutritionally **Vulnerable Groups**. Some Health Promotion Initiatives. Healthy Eating Healthy Living Program, Monash University, Victoria 2000.

Wood B, Wattanapenpaiboon T, Ross, K, **Kouris-Blazos A**. 1995 National Nutrition Survey. Data for persons 16 years of age and over grouped by index of socio-economic disadvantage for area. **The SEIFA report**. Coles-Rutishauser IHE (ed). Melbourne, Monash University: Healthy Eating Healthy Living Program; 2000.

Wood B, Wattanapenpaiboon T, Ross, K, **Kouris-Blazos A**. 1995 National Nutrition Survey. Data for persons 16 years of age and over grouped by socio-economic disadvantaged area. **Executive Summary for the SEIFA Report**. Coles-Rutishauser IHE (ed). Melbourne, Monash University: Healthy Eating Healthy Living Program; 2000.

Wood B, Wattanapenpaiboon N, Ross, K, **Kouris-Blazos A**. 1995 National Nutrition Survey: All persons 16 years of age and over and all persons 16 years of age and over, **by SEIFA** (index of relative socio-economic disadvantage for area). Healthy Eating Healthy Living Program, Monash University, Victoria 2000.

Wood B, Wattanapenpaiboon N, Ross, K, **Kouris-Blazos A**. 1995 National Nutrition Survey: All persons 16 years of age and over and all persons 16 years of age and over, **by equivalent income** (EQI). Healthy Eating Healthy Living Program, Monash University, Victoria 2000.

Wood B, Wattanapenpaiboon N, Ross, K, **Kouris-Blazos A**. 1995 National Nutrition Survey: All persons 16 years of age and over and all persons 16 years of age and over, **by food security**. Healthy Eating Healthy Living Program, Monash University, Victoria 2000.

Wahlqvist ML, **Kouris-Blazos A**. Diet related disorders - state of play. Food and Nutrition Policy, Department of Community Services and Health, Canberra, Australia, 1991.