

MARIA VITTORIA CONTI



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Professional summary

Researcher with seven years of experience in nutrition and public health research in Institutions providing scientific advice for national public health. I am a highly driven and organized professional with vast experience working with multidisciplinary teams in human nutrition research in developing countries, public health and food safety.

WORK EXPERIENCES

RESEARCH ACTIVITIES

RESEARCHER (RTDA)

Feb 2022 – Feb 2025

First-ranking at "Procedura di selezione per l'assunzione di n. 1 Ricercatore a tempo determinato ai sensi dell'art. 24, comma 3, lett. a) della Legge 24/2010 per il Settore concorsuale 06/D2 - Endocrinologia, nefrologia e scienze della alimentazione e del benessere – SSD MED/49 – Scienze tecniche dietetiche applicate, Procedura 2, presso il Dipartimento di Sanità pubblica, medicina sperimentale e forense"

Research activities carried out:

- project team coordinator;
- research study design;
- data collection;
- results interpretation;
- scientific paper drafting;
- scientific paper publication;
- lecturer at national and
- international congress;
- lecturer at universities degree programs.

- Sept 2021 – Dec 2023

Team-coordinator of the TANY VAO research project

<https://helpforoptimism.org/it/projects/nutrizione/>

Multidisciplinary and international project aims to improve health condition of population living in rural condition in the north of Madagascar.

- MISSION in NOSY MITSIO ISLAND (MADAGASCAR), Apr-May 2022
- MISSION in NOSY MITSIO ISLAND (MADAGASCAR), Oct -Nov 2023

- March 2023 - on going

Team leader for medical area of Scientific Technical Committee of Master Group, University of Pavia

- Nov 2022 – Dec 2025

Team member of ON FOODS – Spoke 7: Policy, behaviors and education

- CO-PI of LIVELY project
- PI of AUT MENU project

- Sept 2022 - Sept 2024

Team member of BLUE COMMUNITIES

Project aims to raise awareness among young population (Italian adolescent) on the issue of sustainability through multidisciplinary educational activities. Project activities: education activity with flipped classroom mode dealing with SDG's #2, #3, #5.

- Jan 2020 - ongoing

Member of the Office for Sustainable Actions - University of Pavia

<http://osa.unipv.it/chi-siamo/>

- Sept 2019 - ongoing

Member of RUS-cibo

Rete Universitaria per lo Sviluppo Sostenibile

<https://reterus.it/cibo/>

- TEAM MEMBER OF THE NATIONAL SURVEY – Evaluation of the food knowledge Italian university staff (2022-2023).

The aim of this project is to identify the knowledge and food choices of university students and university staff, of 32 Italian universities. Project results are useful for the implementation of subsequent interventions aimed at promoting healthy and sustainable nutrition for university populations.

- Sept 2018 - ongoing

Member of the Interdepartmental Research Center

"BEST4FOOD" (BicocacEnter of Science and

Technology for FOOD)

<http://www.bestforfood.unimib.it/?lang=it>

RESEARCH FELLOW

Nov 2021 - Jan 2022

Research Topic: Nutrition-health, biodiversity, and sustainability in developing countries.

Research activities carried out: data collection; results interpretation; data Analysis; scientific paper drafting; scientific paper publication; lecturer at national and international congress;

- Aug - Sept 2022 **Research exchange program at Harvard university & Massachusetts General Hospital, Boston (USA)**
Clinical activities (feeding team; celiac pediatric team; Down syndrome clinic team); research activities - Bando "Mobility Pavia – Boston" funded by University of Pavia.
- July – Oct 2022 **Team member of THE CLINICAL TRAINING PROJECT for International Specialized Hospital of Uganda**
Realization of educational video pillar to improve the knowledge about clinical nutrition approach aimed to clinical team of the International Specialized Hospital - Uganda.
- Sept 2021– Sept 2022 **Team member of the ACTION research project**
The project' objective is to design a multidisciplinary educational on-line model (nutrition, seed priming and seed conservation topics) aimed at population living in rural area of Kenya, Nakuru district.
- Jan 2021 – Jan 2022 **Team member of the ANITA research project**
Evaluation of the composition of the intestinal microbiota in patients with Hashimoto's thyroiditis
- Sept 2017 – Jun 2021 **Team member of the SASS research project**
Sustainable Argy-food Systems Strategies
<https://ecdpm.org/work/sustainable-agrifood-systems-strategies-sass-project>
The project, with a multidisciplinary approach, aims to describe the food systems of two areas of Sub Sharan Africa (Kenya and Tanzania) from an economic, social, anthropological and nutrition point of view, giving local governments a basis for the creation of more sustainable local food systems.

RESEARCH FELLOW

Nov 2021 - Jan 2022

Research Topic: Nutritional assessment of an urban, semi-urban and rural African population

- **MISSION in ARUSHA (TANZANIA), Nov – Dec 2018**
- **MISSION in ARUSHA (TANZANIA), Jun – July 2018**

WORK EXPERIENCES RELATED TO TEACHING ACTIVITIES

- May 2024 **Lecturer** at course defined by UNESCO on the SDG3 Good Health and Well-being named "Lifestyle, Nutrition and Health during the Lifespan". Title of the intervention "**Policy, behaviors and education to tackle childhood Obesity**"
- 2022 - 2024 **Lecturer** at II level Master in Dietetics and Clinical Nutrition, UniPV
 - **Topics: "AUTISM SPECTRUM DISORDER: IMPLICATIONS ON FOOD AND NUTRITIONAL INTERVENTIONS"**
 - **"SUSTAINABILITY, PLANETARY DIET AND THE ROLE OF FOOD SYSTEM"**
 - **BIO-IMPEDANCE ANALYSES, FROM THEORY TO PRACTICE**
- June 2023 **Lecturer "THE MEDITERRANEAN DIET"** at Tufts Summer School in Computer Science 2023, Pavia
- 2023/2024 **Lecturer "SUSTAINABILITY & PLANETARY DIET"** at Healthy diets from sustainable food systems, integrated course of nutrition and human health. Agri-food System Master Degree, University of Pavia (8 h, 1 CFU)
- 2022/2023 – 2023/2024 **Lecturer "FOOD, NUTRITION AND HEALTH"** at Nursing Degree, University of Pavia (8 h, 1 CFU)
- March 2022 **On line Lecturer "ADVERSE REACTION TO NICKEL, ALLERGIC SYNDROME: DOUBTS AND CERTAINTIES "**, in the context of the project *Adverse reactions to food and contact in the pre and post covid era: theoretical-practical information laboratory for patients and operators of the sector*. Funded by the Lombardy Region.
- Nov 2021 **Lecturer "NUTRITION AND WELL-BEING"** at Master of Aesthetic Medicine and Wellness, University of Pavia
- Sept 2021 **Lecturer "CONCEPT OF ENVIRONMENTAL SUSTAINABILITY & NUTRITION"** at Postgraduate Nutrition and lifestyle course for the well-being of women, University of Pavia
- Jen - Sept 2021 **Lecturer "CORRECT FOOD HABITS AND CONSCIOUS CHOICES FROM SHOPPING TO TABLE"** at Postgraduate Nutrition and lifestyle course for the well-being of women, University of Pavia
- academic year 2020-2021 **Lecturer at Dietetics Degree, University of Pavia**
Discussion of clinical cases in Dietotherapy (20h)
- academic year 2019-2020 Discussion of clinical cases in Dietotherapy (40h)
- academic year 2017-2018 Discussion of clinical cases in Dietotherapy (30h)

- Oct 2020

Lecturer "AFRICA & NUTRITION" at Master in immigration, gender, family models and integration strategies Department of Political and Social Sciences, University of Pavia.

WORK EXPERIENCES RELATED TO CLINICAL ACTIVITIES & OTHERS

The clinical nutrition activity provides for the assessment of patients' body composition through bioimpedance analysis; collection of anthropometric measurements; elaboration of personalized diets; follow-up of patients; food education activities.

The multidisciplinary approach and team collaboration with colleagues from other medical and health disciplines, is favored.

CLINICAL NUTRITION ACTIVITIES, AS A FREELANCER, AT:

- 2018 – on going
- April – Nov 2021
- Jan 2017 – Dec 2020

- *Farmacia Corbellini di Lodi, Viale Italia 59 (LO).*

- *Centro Polispecialistico Armonia (Mantova)*

- *Centro Medico Sant'Agostino di Milano (MI).*

- March - Sept 2016

ARREDOFARMA S.n.C. Milan

Collaboration agreement: use of the IN meter for glucose and triglyceride monitoring at the Pharmacies in Lombardy that are members of the "Inform your heart" project.

- Feb - Sept 2016

DELMA S.r.l., Milan

Collaboration agreement: nutritional consultancy activity at Pharmacies of Lombardy, participating in the project "Do you want to go back to your size?"

EDUCATION & TRAINING

- July 2023 **Journalism Communication Course for Health professionalist “LA NOTIZIA NON PUO' ATTENDERE”**
Held by Margherita De Bac, Giordano Giubilei at *Stabilimento Uliveto, Vicopisano (PISA)*
- Nov 2022 **"Research Methodology" course,**
carried out by Istituti Clinici Scientifici Maugeri S.p.A. Pavia
- 14-16 Dec 2021 **Global health and epidemiological surveillance course**
held by Prof. Mario Raviglione, Prof. Giovanni Sotgiu, Prof. Philippe Glaziou, Dott. Simone Villa (Provided by the Department of Public Health, Experimental and Forensic Medicine of university of Pavia)
- Sept 2017 - Sept 2021 **Post-graduated in Human Nutrition - University of Pavia**
 - Thesis title: “Consumption of Indigenous Vegetables: a sustainable approach to improve the micronutrient adequacy of Tanzanian women of childbearing age” (Score: 50/50)
- Jan - Jun 2021 **Training course in Methodology of biomedical research**
online (20 hours), held by Dr. Luigia Scudeller (provided by the Ghislieri college of Pavia)
 - Technical skills acquired: theoretical and practical basis of approach to clinical research methodology, ethical and regulatory aspects of clinical research, principles of medical statistics, scientific writing techniques, communication of results to a lay public, planning of clinical studies in a perspective, evaluation the quality of research.
- Jun – Aug 2020 **Training course in Biomedical Statistics**
online (36 hours), held by dr. Emanuele Maria Giusti (provided by the Ghislieri college of Pavia)
 - Technical skills acquired: principles of biomedical statistics
- Jan - Jun 2020 **Euro planning course**
online (25 h), held by the Lombardy Cluster Life Sciences & Prodos Academy.
 - Technical skills acquired: techniques and methods for drafting European projects, project budgets and reporting, European funds for research and health.
- July 2018 **Summer school data mining and data analysis with R**
headed by Dr. Davide Gentili - Department of Nervous System and Behavior Sciences, Uni of Pavia
- Jan 2018 **Course: basis of Bio-impedancemetry**
held by Akern Akern - Science in Body Composition.

- Jan 2017 – Jan 2018
Executive Master in Dietetics and Clinical Nutrition
University of Pavia
 - Thesis title: "Evaluation of the nutritional status and lifestyle in free living elderly subjects residing in the municipality of Milan"
 - Internship carried out at the Laboratory of Dietetics and Clinical Nutrition at the Department of Public Health, Experimental and Forensic Medicine, University of Pavia, participating in the research project Food Social Sensor Network (Food NET), winner of the University - Region Projects Lombardy for the year 2017.CUP: E47F17000020009.
- Nov 2016
Qualified for the Profession of Senior Biologist (Vote 200/200).
- Oct 2013 - Dec 2015
Master's Degree in Biology Applied to Nutrition Sciences (class LM-6), University of Milan
 - Experimental thesis title: "Nutritional follow-up in patients undergoing laparoscopic Sleeve-Gastrectomy bariatric surgery", supervisor Prof.re Guido Bottà (Score: 110/110 with honors)
 - Training internship: participation in the "Big Obese" project at the department of Pathologies and Human Nutrition - ICP Hospital of Milan, Sesto San Giovanni Presidium, Sesto San Giovanni (Mi).
 - Other activities: Project Collaboration, "Variations of FAT in normal and underweight subjects", San Luca Auxological Institute of Milan, Piazzale Brescia 20, 20149, Milan.
 - Collaboration Project, "Growth Monitoring", Antonio Scarpa Comprehensive Institute, Via Clericetti 22, 20133, Milan.
 - Acquired technical skills: biological applications in the nutritional field, the interaction between environment and food, hygiene and quality of food resources, food control, accreditation and certification procedures.
- Sept 2012 – July 2013
Erasmus
Universidad de Sevilla, Pablo de Olavide, Siviglia, Spain
- Sept 2010 – Dec 2013
Bachelor Degree "Sciences of Human Nutrition", degree class in pharmaceutical sciences and technologies (L-29) – University Calo Bò, Urbino
 - Compilation thesis title: "Nutrition and Cancer, carcinogenic products derived from handling of food at high temperatures ", supervisor Prof. Stefano Papa (Score: 110/110)
 - Acquired technical skills: biological applications in the nutritional field; use of agarose gel electrophoresis equipment, Western Blot, Real Time-PCR
- Sept 2005 – July 2010
Giacomo Leopardi Scientific High School Diploma, Recanati (MC)

VOLUNTARY ACTIVITIES

- June 2017 **Volunteer work at the Sea Turtle Recovery Center (CRTM), Linosa**
Monitoring and recovery of Caretta-Caretta sea turtles
- Jun - Sept 2015 **Voluntary work at the Expò Milano Company, Milan-Rho Fiera area (Mi)**
Reception and management of participants and events

HONORS AND AWARDS

- September 2021 **Winner of the Erasmus Traineeship 2021-22 scholarship**
Provided by the University of Pavia, Agreement signed by IMDEA Food of Madrid, Professor Lidia Daimiel Ruiz.
- April 2021 **Winner of a mobility grant for research activities (lasting two months)**
Mobility call Pavia-Boston 2021/2022 (protocol n. 43008).
The exchange period will take place at the Massachusetts General Hospital and the University of Boston
- 31 October 2020 **Winner of the residential scholarship at the Ca 'della Paglia College,**
- 31 October 2019 **Ghislieri Foundation competition**

PROJECTS FUNDED

- 2022 - 2025 **LIVELY PROJECT** – Project funded under the National Recovery and Resilience Plan (NRRP), Mission 4 Component 2 Investment 1.3 - Call for proposals No. 341 of 15 March 2022 of Italian Ministry of University and Research funded by the European Union – NextGenerationEU
- 2022 - 2025 **AUT MENU** - Project funded under the National Recovery and Resilience Plan (NRRP), Mission 4 Component 2 Investment 1.3 - Call for proposals No. 341 of 15 March 2022 of Italian Ministry of University and Research funded by the European Union – NextGenerationEU
- 2022 - 2023 **BLUE COMMUNITIES project** - Funded by “Agenzia Italiana per la cooperazione allo sviluppo” (AICS), Decreto n. 2016/337/000156/6
- 2022 - 2023 **Food-AUT project** - Funded by Gruppo Pellegrini S.p.a 2022
- 2021 - 2023 **TANY VAO Project** - Funded by Chiesa evangelica Valdese e Fondazione Istituto Vismara De Petri Onlus, 2021
- 2021 - 2022 **ACTION project: nAkuru, kenya: local seed valorisation and nutritional education** - Funded by Cariplo Factory, Coopen 2021 call - Food and sustainable agriculture. (CUP: F15F2100215000.)
- 2017 - 2020 **Food Social Sensor Network (Food NET) project** - Funded by the Lombardy Region, European Community: winner of the University Projects - Lombardy Region. CUP: E47F17000020009.
- 2017 - 2020 **“Food Systems and Sustainable Development project aim Creating synergies between international and African research and processes”** – Funded by Special supplementary fund for research, FISR. CUP: H42F16002450001. 2017

NATIVE LANGUAGE Italian

OTHER LANGUAGES English

- Reading ability: B2*
- Writing ability: B2*
- Oral expression skills: B2*

Spanish

- Reading ability: B2*
- Writing ability: B2*
- Oral expression skills: B2*

*Level: A1/2 Entry level - B1/2 Intermediate level - C1/2 Advanced level. Common European Framework of Reference for Languages

PERSONAL SKILLS AND COMPETENCES

Thanks to 6 years of employment at the Laboratory of Dietetics and Clinical Nutrition (UniPV) in a multidisciplinary and international context, I have developed an excellent aptitude for teamwork, strengthening the awareness of the central role of each member of a team and the recognition of skills of others. At the same time, having also worked as a Freelancer in the quality of a nutritional biologist, I have stimulated my strong spirit of initiative, planning, organization, and my ability to operate independently.

My interpersonal skills are excellent both from a work point of view thanks to the countless interactions with colleagues from different backgrounds and cultures, and from a personal point of view thanks to the countless years of the sporting activity, the Erasmus experience, the sharing of houses in which I resided during my stay in the different cities where I lived and thanks to the voluntary activities in which I participated.

I have a great passion for travel, discovery, comparison, and knowledge of new cultures.

ORGANIZATIONAL SKILLS

- Coordination of research projects (budget management, personnel management, planning of short- and long-term activities, development of working relationships and coordination with project partners);
- Outpatient activity coordination: nutritional clinical activity at various multi-specialist medical centers, as a nutrition specialist.

TECHNICAL & COMPUTER SKILLS

- Skills in the use of Bioimpedance meter, Plicometer, Indirect Calorimetry.
- Skills in using the FFQ, the FKQ.
- Writing of scientific articles
- Evaluation of the nutritional status of subjects in the various stages of life, nutritional education, and elaboration of personalized food plans.
- Knowledge of biomolecular techniques: DNA extraction, PCR, RNA extraction, Agarose gel electrophoresis.
- Microsoft Windows operating systems (10, XP and earlier versions), Microsoft Office Professional XP and earlier versions: Access, Excel, Outlook, PowerPoint, Publisher, Word.
- Browser, Prism 4.0 statistical program: Microsoft Internet Explorer, Mozilla Firefox, Google Chrome, Data analysis program R.

PUBLICATIONS

1. Basilico S, **Conti MV**, Ardoino I et al. Multidimensional school-based and family Involved interVentions, to promote a hEalthy and sustainable LifestYle for the childhood obesity primary prevention, a Study Protocol. JMIR Research Protocols (under review)
2. Author of the Sustainable report revised 2023 – OSA, University of Pavia
3. Lobesity Loperfido F, Vincenti A, Basilico S, **Conti MV**, Orsini F, Franchi C, Sossan C, Magarini A, Calcaterra V, Cena H. Rethinking Food Policy framework to tackle childhood. Proceedings of the Nutrition Society. Nutrition Reviews 2024.
4. **Conti MV** (corresponding author), Beretta a., Yaghi K., Cena H. Overview of the health conditions of a population living in rural areas of Madagascar: the Mitsio Islands. Public Health Nutrition 2024.
5. Breda C, Santero S, **Conti MV** (corresponding author), Cena H. Programs to manage Food Selectivity in individuals with Autism Spectrum Disorder. Nutrition Research Reviews 2024.
6. **Conti MV** (corresponding author), Santero S, Breda C, De Filippo G, Luzzi A, Voto L, Cavagnola R, Basilico S, Cena H. Autism Spectrum Disorders and collective catering service: results of the pilot study FOOD-AUT. Frontiers in Nutrition 2023
7. **Conti MV** (corresponding author), Breda C, Sara Basilico, Luzzi A, Voto L, Santero S, De Filippo G, Cena H. Dietary recommendations to customize canteen menus according to the nutritional and sensory needs of individuals with autism spectrum disorder. Eat Weight Disord. 2023
8. **Conti MV** (corresponding author), Santero S, Luzzi A, Cena H. Exploring potential mechanisms for zinc deficiency to impact in Autism Spectrum Disorder: a narrative review. Nutrition Research Reviews 2023.
9. **Conti MV** (corresponding author), Gnesi M, Zelaschi N, Yaghi K, Ghazi L, Cena H. New methodology to structure a nutrition educational course: the results of a short-term educational intervention pilot study. J Nutr Sci. 2023
10. **Conti MV** (corresponding author), Gnesi M, De Giuseppe R, Cena H. Food Knowledge level among Tanzanian women of childbearing age: developing a score for the Food Knowledge Questionnaire. J Nutr Sci. 2023
11. Author of the Sustainable report 2021 – OSA, University of Pavia
12. **Conti MV** (corresponding author), Gnesi M, De Giuseppe R, Giampieri F, Monti MC, Mshanga N, ... & Cena H. Validation of a Food Knowledge Questionnaire on Tanzanian Women of Childbearing Age. Nutrients. 2022
13. **Conti MV** (corresponding author), Giulia Bissacco, Rachele De Giuseppe, M Gabriella Calcagno, Giuseppe D'Antona, Hellas Cena. Systemic Nickel Allergy Syndrome (SNAS): Taking Stock of Medical Nutrition Therapy SANS and Nutrition. Journal of Community Medicine & Public Health (ISSN: 2577-2228). Nov 2021
14. **Conti MV** (corresponding author), Gnesi M, De Giuseppe R, Cena H. The development of a food knowledge questionnaire for tanzanian women of childbearing age. Nutrition. 2021
15. **Conti MV** (corresponding author), Kalmpourtzidou A, Lambiase S, De Giuseppe R, Cena H. Novel Foods and Sustainability as means to counteract malnutrition in Madagascar. Molecules 2021
16. **Conti MV** (corresponding author), Guzzetti L, Panzeri P, De Giuseppe R, Coccetti P, Labra M, Cena H. Bioactive compounds in legumes: implications for sustainable nutrition and health in the elderly population. Trends in Food Science & Technology 2021
17. **Conti MV** (corresponding author), De Giuseppe R*, Monti MC, Mkindi AG, Mshanga NH, Ceppi S, Msuya J, Cena H. Indigenous vegetables: a sustainable approach to improve micronutrient adequacy in Tanzanian women of childbearing age. Eur J Clin Nutr. 2021.
18. **Conti MV** (corresponding author), Campanaro A, Coccetti P, De Giuseppe R, Galimberti A, Labra M, Cena H. Potential role of neglected and underutilized plant species in improving women's empowerment and nutrition in areas of sub-Saharan Africa. Nutr Rev. 2019
19. Graduate school thesis: "Consumption of Indigenous Vegetables: a sustainable approach to improve the micronutrient adequacy of Tanzanian women of childbearing age". Graduation session, 2 September 2021.

Editor special issue: "Nature, Expression, and Possible Therapeutic Approaches of Gastrointestinal (GI) Problems in Autism Spectrum Disorder (ASD): Evidence Based Research Beyond False Myths" - From Frontiers in Child and Adolescent Psychiatry

CONFERENCES/ CONGRESS

- **Lecturer at** 23st ANSISA congress “Food Selectivity and Autism”, Milan – 2024
- **Chair of** the technical-scientific commission of the Five-Minute Competition – 21th, 22st and 23th ANSISA congress (2022-2024)
- **Life Science to Network Contest:** Nickel-app project, submitted to the competition, was evaluated as runner-up and won the opportunity to participate in the Enter-prise School (16-19 Nov 2023).
- **Poster presentation** “AN OVERVIEW ABOUT HEALTH CONDITIONS OF THE POPULATION LIVING IN RURAL AREAS OF MADAGASCAR: THE PRELIMINARY RESULTS OF THE TANY VAO PROJEC” at Micronutrient Forum 6th Global Conference, 16 – 20 Oct 2023
- **Lecturer at** 22st ANSISA congress “Impact of Food knowledge on nutrition education and eating habits”, Ancona - 2023
- **Lecturer** “FOOD SERVICE AND FOOD WASTE” at National Conference on Nutrition – Ministry of Health, Rome. Feb 2023
- **Lecturer at** the X SISMEC National Congress - Rome. 21 September 2019, Presentation entitled: Development of a Food Knowledge questionnaire for Tanzanian women of childbearing age.
- **Lecturer at** the conference the University of Pavia and the sustainable development goals, organized by Centre for International Cooperation and Development Erasmus Mundus Joint Master Degree GLODEP – Università di Pavia. 18 settembre 2019. Title: The potential role of Neglected and Underutilized Plant Species (NUS) in improving women’s empowerment and nutrition in Sub-Saharan area.
- **Poster presentation** at the 4th Congress Hidden Hunger held in Stuttgart, Germany, 27 February - 3 March 2019. Presentation title “The potential role of Neglected and Underutilized Plant Species (NUS) in improving women's empowerment and nutrition in Sub-Saharan area”.
- **Lecturer at** 18st Ansisa “La nutrizione clinica per problemi” – Milan. Poster presentation title: Food Systems and Sustainable Development Project: Creating synergies between research and processes.