

CURRICULUM VITAE 2007

Dr Antigone Kouris PhD, APD, AN

Nutrition Scientist, Accredited Practising Dietitian and Accredited Nutritionist

BSc Biochem (Melbourne), Hon Nutrition (Deakin)s Grad Dip Diet (Deakin),
PhD Med Nutrition (Monash)



Summary

- **Bachelor of Science** (Biochemistry/Microbiology) from Melbourne University (1984)
- **Honours year in Nutrition** (1985) from Deakin University (Geelong)
- **Post Graduate Diploma of Dietetics** (1986) from Deakin University (Geelong);
- **PhD in Nutrition** (1992) from the Faculty of Medicine at Monash University.
- **1987-2001, lecturer** and coordinator of a nutrition course to medical students, Monash University, Faculty of Medicine (course was reformatted and delivered on-line in 2000 and 2001).
- **1987-2001, coordinator of an international elderly study** "Food Habits in Later Life" on 2,000 elderly in 5 countries investigating diet/lifestyle factors influencing morbidity/mortality (and skin wrinkling). Medicinal use of traditional herbs/spices by the elderly was also studied. This study included food habits and health of 50 elderly Aboriginal Australians in the Kimberleys, Western Australia, using a socio-anthropological methodology known as Rapid Assessment Procedures (RAP) and 400 elderly Greek-born and Anglo-Celtic Australians in Melbourne, Greeks in a traditional rural village in Greece (Spata), Swedes in Sweden, Chinese in China and Japanese in Japan.
- **1998-2001, Co-Director of the International Health and Development Unit** at Monash University
- **2000, Co-Director of the Healthy Eating Healthy Living Program** and the Healthy Eating Information Web-centre (<http://www.healthyeating.org>) at Monash University (funded by Vic Health Promotion Foundation).
- **1998-2006, Supervised 4 PhD nutrition students** at Monash (elderly nutrition, skin wrinkling, on-line wellness program, African food habits).
- **2002-2008 Honorary Research Fellow** in the Asia Pacific Health and Nutrition Centre, Monash Asia Institute, Monash University
- **2002-2006, Managing Editor of the medical journal** "Asia Pacific Journal of Clinical Nutrition" (chief editor - Professor Mark Wahlqvist);
- **2002-2008, Managing Editor of the academic nutrition website** www.healthyeatingclub.org (chief editor - Professor Mark Wahlqvist).
- **Published over 35 research papers** in peer-reviewed journals; 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 on food based dietary guidelines for the World Health Organisation. She has also co-authored 10 chapters to a leading Australian Nutrition text book "Food & Nutrition", 3 chapters to Encyclopedias and a chapter to a leading British textbook (ed Gibney) and was the author of Better Health Channel nutrition articles 2000-2005.
- **2005-2007** conducted several "healthy eating workshops" for clinic patients, for corporate employees, for elderly clubs, for home economics teachers, and for primary/ secondary school children. Interviewed by radio announcers, magazine journalists and research has been published in newspapers, magazines and announced on TV.
- **1987-2007 Over the past 20 years I have worked intermittently at over 10 GP clinics (Melbourne)** as an accredited practising dietitian (APD) and I have also worked as a hospital and research dietitian. **I am currently working at 5 locations as a clinical dietitian:**
 - Brighton: Dorevitch Pathology Centre, 28 Carpenter St, T: 94837013, Tues 9am-4pm**
 - Ormond: Medical Clinic, 257 Tucker Rd, T: 95785555, Fri 9-2pm (fortnight)**
 - Oakleigh: Medical Clinic, 110 Atherton Rd, T: 95690030, Sat 9-2pm**
 - Clayton: Medical Clinic, 31 Dunstan St, T: 95627558, Fri 9-4pm (fortnight)**
 - Mulgrave: Medical Clinic, Waverley Gardens Shop. Centre, T: 95746600 Wed 9-4pm (fortnight)**

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Qualifications:

- * **Bachelor of Science** (double major, Biochemistry & Microbiology), Melbourne University (1984)
- * **Honours** (BSc) in Nutrition, Deakin University (1985)
- * **Post Graduate Diploma of Dietetics** (Deakin University), 1986
- * **PhD** in Nutrition, Faculty of Medicine, Monash University, 1992

Current positions:

- ◆ **2002** – Honorary Nutrition Research Fellow, Asia Pacific Health & Nutrition Centre, Monash Asia Institute - supervising PhD students in nutrition, complementary medicine
- ◆ **2005 - Clinical Dietitian, 5 Melbourne clinics, working with Enhanced Primary Care Program** (Medicare), at 110 Atherton Rd (Dr Drakopoulos), Oakleigh, 31 Dunstan St Clayton (Dr Vicki Kotsirilos), Waverley Gardens Medical Centre, Mulgrave (Dr Lena Chan); 257 Tucker Rd Ormond (Dr Mass); 28 Carpenter St (Dorevitch Pathology Centre)
- ◆ **2001** – Managing editor of an academic nutrition website <http://www.healthyeatingclub.com> (owned by Professor Mark Wahlqvist)

Past positions:

Publishing

- ◆ **2003 – 2006** Managing editor, Asia Pacific Journal of Clinical Nutrition (on medline)

Feedback from an author/editor

Dear Antigone

I would also like to personally thank you for your excellent help, speedy actions and professional handling of even the latest last minute changes our symposium authors made for vol15 issue 4. This working period with you has been the most pleasant I have ever had with a journal editor and the result is also an excellent compendium of recent work in probiotics. I believe that it will serve the journal as a well cited supplement as well. Thank you very much for your help and I wish you a pleasant and quiet Christmas time.

Kind Regards

Professor Seppo Salminen, Functional Foods Forum, University of Turku, 20014 Turku, Finland, Tel: +358-400-601394; Fax: +358-2-3336884, seppo.salminen@utu.fi

Academic

- ◆ **2001-2005** Nutrition course development for Mede-Serv (on-line continuing education courses to General Medical Practitioners)
- ◆ **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.
- ◆ **1987-1994**, Assistant Lecturer, Faculty of Medicine, Monash University

Research and Post Graduate Supervision

- ◆ **1999-2000**, Director of the Healthy Eating Healthy Living Program and Managing editor of Healthy Eating Information Web-Centre (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 Australia, Greece, Sweden, Japan. The main objectives were to document the food habits of elderly people from disparate cultures and to identify dietary and lifestyle predictors of survival. As part of the study, food habits and health of 50 elderly Aboriginal Australians in the Kimberleys, Western Australia were studied. The data on 400 elderly Greek-born and Anglo-Celtic Australians and Greeks in a traditional village in Greece formed the basis of her PhD.
- ◆ **1987-1993**, **PhD** from the Faculty of Medicine at Monash University, under the supervision of Professor Mark Wahlqvist. PhD investigated dietary contributors to the low mortality, but paradoxically high morbidity rates of elderly Greek-born Australians. Findings were published in *British Medical Journal* 1995, *American Journal of Clinical Nutrition* 1995, *Age & Ageing* 1996 and the *Australian Journal of Nutrition & Dietetics* in 1999.

The findings turned nutrition science on its head because they showed, for the first time, that the Mediterranean (Greek) diet promotes longevity not only in elderly Greeks but also in

elderly non-Greeks. The results were published in the *British Medical Journal*, *British Journal of Nutrition*, newspapers around the world and even mentioned on Greek National TV news. The paradoxical findings, however, were that elderly Greeks in Melbourne lived longer than the slimmer and fitter Anglo-Celts in Melbourne, Swedes in Sweden, Japanese in Japan and Greeks in Greece. The elderly Greek Australians lived longer (having 30% lower death rates from heart disease and cancer) despite being fatter, less fit and having a higher prevalence of common disorders like diabetes, hypertension and heart disease. They also had the least wrinkly skin of all the cohorts we studied (which was attributed statistically to their plant and olive oil rich diet). Further studies by PhD students supervised by Dr Kouris-Blazos have shown that Greek migrants gained weight and ate unhealthily (too much fatty meat, butter, sweets) in the first 15-20 years in Australia. In old age, however, they return to their traditional antioxidant-rich Greek diet which helped to reduce the risks associated with being overweight, having diabetes and high cholesterol (levels of cardio-protective and cancer protective antioxidants in the blood have been found to be higher in Greeks than in Anglo-Celts).

◆ **PhD supervision**

1997-2001 Dr Martalena Purba: "Cross-cultural comparisons of nutrition and ageing in Indonesia and other communities"

1997-2001 Dr Irene Darmadi "Long-lived elderly populations: food habits, health and lifestyle predictors of survival"

2001-2005 Dr Azizah Omar – Development and Evaluation of an on-line wellness program (www.healthyeatingclub.org)

2005-2006 Dr Verena Raschke – Development of an on-line data base on African Food Habits (www.healthyeatingclub.org)

Hospital and Private Practice Dietitian/Clinical Nutritionist

◆ **1987** Hospital Dietitian, Moorabbin and Frankston Hospital

◆ **1988-2000** 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 (free dietetic service as part of the federally funded demonstration grant for general practitioners)

◆ **2000-2004** worked privately as an Accredited Practising Dietitian from home

Invited Speaker at Conferences/Workshops and on Radio Stations

◆ **2007**

- Invited guest speaker, SBS radio on "Fasting"

- Invited guest speaker, SBS radio on "Trans Fats"

- Invited speaker, Bayside Division of General Practitioners on "Irritable Bowel Syndrome".

◆ **2006**

- Key Note Speaker, Asia Pacific Clinical Nutrition Society Conference, Hangzhou, China "Health Economics of Weight Management: Evidence and Cost", 18/10/2006

- Chairperson, Asia Pacific Clinical Nutrition Society Conference, Hangzhou, China Plenary "Tea and Health", 18/10/2006

- Invited speaker, sponsored by Merc Sharp and Dohme, three x 2 hour workshops (30 patients) on preferred packaged foods from the supermarket for diabetes, cholesterol, weight loss for patients of medical clinics in Richmond, Frankston, Wheelers Hill and Ivanhoe Medical Clinics

- Invited speaker, sponsored by AstraZeneca, 1 hr seminar on diabetes/cholesterol/weight loss to doctors at Blackburn South Medical Centre

- Invited speaker, Australian Greek Welfare Society, ½ day workshop to primary, high school children and parents on Healthy Eating (St Anargiris, Greek School)

- Invited guest speaker, SBS radio on "Obesity" and "Healthy Eating and Obesity in Children"

◆ **2005**

- Invited speaker, Australian Greek Welfare Society, 2 workshops (1 hr duration) on obesity

- Invited speaker, Merc Sharp and Dohme, three 2 hour workshops on general nutrition/preferred packaged foods from the supermarket for patients of Richmond and Oakleigh Medical Clinic.

◆ **2004**

- Chairperson, Asia Pacific Clinical Nutrition Society and Nutrition Society of Australia Conference, Plenary "Food, Pro and Prebiotics - effects beyond the gut", Brisbane, 11-14th August 2004.

◆ **2002**

- Invited speaker, 2nd Sanitarium Nutrition Conference "Nutrition for Life's Stages: the evidence base" and Australian Nutrition Advisory Council. Plenary Session 5: "Morbidity Mortality Paradox of First Generation Greek Australians". Park Highett Melbourne, April 18-20th, 2002.

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- ◆ **2000**
 - Invited Speaker, Olive Oil Council, Palma De Majorca, Spain "Morbidity Mortality Paradox of first generation Greek Australians"
- ◆ **1998**
 - Participant of an NH&MRC workshop for the development of Australian Dietary Guidelines for Older Adults, organised by School of Public Health, Curtin University, Professor Binns, Sydney, Nov 1998.
 - Invited Speaker, Seminar "Mediterranean Diet" Australasian Soc. Clinical Nutrition, Sydney Uni
- ◆ **1997**
 - Invited Speaker, Seminar "Mediterranean Diet" Nutrition Society of Australia (Brisbane, November)
 - Invited Speaker, Symposium on Nutrition in Aged Care, Monash Medical Centre (Melbourne, August)
 - Invited Speaker, Annual Scientific Meeting for Australasian Society for Geriatric Medicine (Adelaide, August) "Morbidity Mortality Paradox of elderly Greek Australians - possible dietary contributors"
 - Invited Speaker & Participant, South Pacific Commission & UNICEF Nutrition Workshops, Apia, Western Samoa, (October) "WHO Report - Food Based Dietary Guidelines for the Western Pacific" and provided expert advice on the development of a new 'Pacific Food Selection Guide/pyramid'
- ◆ **1996**
 - Invited Speaker, Seminar "Mediterranean Diet" in Sydney, University of Newcastle & Olive Oil Council

In the media - Newspapers, magazines, TV, Internet

2006 - New Idea - skin study

2007 - Tourist website for Dubai - skin study

Lots more since 1988 - need to complete list

Publications (Summary):

- ◆ **35 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 (FBDGs)
Dear Dr. Kouris-Blazos, 6/3/2007
I am writing to you regarding a consultation that the FAO regional office for the Near East and the WHO office for the Eastern Mediterranean are planning to hold in Cairo, Egypt from 2 to 4 April, 2007 to discuss the development of regional FBDG. Your contact details and information on your experience in developing culturally sensitive FBDG were forwarded to me by colleagues in Rome. Being interested in your experience, I would like to invite you to this consultation as an expert in order to enrich the discussion with your input. I hope you are interested in participating in this consultation and that your schedule will allow you to take this time and be with us in Cairo. Please let me know if you would be able to participate in this consultation so that we could discuss the details further.
Best regards,
Fatima Hachem, PhD, Food and Nutrition Officer
FAO Regional Office for the Near East, P.O. Box 2223 Cairo, Egypt
Tel: +20-2-3316144 (direct), Fax: +20-2-7495981; 3373419
Email: fatima.hachem@fao.org; http://www.fao.org; http://www.fao.org/world/regional/rne/
- ◆ **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)

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PUBLISHED PAPERS, REPORTS, BOOK CHAPTERS AND BOOKS

Refereed Journals

Raschke V, Oltersdorf U, Elmadfa I, Wahlqvist ML, **Kouris-Blazos A**, Cheema BSB. Investigation of the Dietary Intake and Health Status in East Africa in 1960s: A Review of the Historic Oltersdorf Collection. Ecology of Food and Nutrition 2007, in press

Raschke V, Oltersdorf U, Elmadfa I, Wahlqvist ML, **Kouris-Blazos A**, Cheema BSB. The need for an on-line collection of traditional African food habits. Online Journal - African Journal of Food Agriculture Nutrition and Development (http://www.ajfand.net/Issue-XII-files/PDFs/VERENA_2330.pdf, vol ?, 2007

Omar A, Wahlqvist ML, **Kouris-Blazos A**, Vicziany M. Wellness management through web-based programmes. J Telemed Telecare 2005;11 Suppl 1:8-11.

Wahlqvist ML, Darmadi-Blackberry I, **Kouris-Blazos A**, Jolley D, Steen B, Lukito W, Horie Y. Does diet matter for survival in long-lived cultures? Asia Pac J Clin Nutr 2005; 14 (1): 2-6.

Darmadi-Blackberry I, Wahlqvist ML, **Kouris-Blazos A**, Steen B, Lukito W, Horie Y and Horie K Legumes: the most important dietary predictor of survival in older people of different ethnicities Asia Pac J Clin Nutr 2004; 13 (2): 217-220. [Downloadable pdf file](#)

Wahlqvist ML, Darmadi-Blackberry I, Savage GS, **Kouris-Blazos A**, Trichopoulos D. Age-fitness. How achievable with food? [Forum Nutr. 2003;56:258-61.](#)

Wood B, **Kouris-Blazos A**. The 1995 national nutrition survey - date 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. [Downloadable pdf](#)

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](#) [downloadable pdf](#)

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. [Downloadable pdf](#)

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](#))

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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* 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](#)

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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](#)

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.

CHAPTERS IN BOOKS & TEXT BOOKS

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.

Wahlqvist ML, **Kouris-Blazos A**, Requirements in maturity and ageing. In: ML Wahlqvist (ed). *Food & Nutrition: Australia & New Zealand*. 2nd edition. Allen & Unwin, Sydney: 2002

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

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

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