

CURRICULUM VITAE

1. **Family name: Simovska**
2. **First names: Vera**
3. **Date of birth: 20.05.19953**
4. **Nationality: Macedonian**
5. **Place of residence: Skopje**
6. **Education: Higher**

| Institution (date from – date to) | Degree(s) or Diploma(s) obtained: |
|---|--|
| Faculty of Medicine, University “Ss. Cyril and Methodius”, Skopje, Republic of Macedonia (1972-1979) | Diploma, Doctor of Medicine (MD., Degree VII) |
| Faculty of Medicine, University “Ss. Cyril and Methodius”, Skopje, Republic of Macedonia (1985-1989) | Postgraduate Diploma: Specialist of Sports Medicine; Degree VII/1 |
| Faculty of Medicine, University of Belgrade, Belgrade, Serbia (1989-1993) | Postgraduate Diploma/Master, Subspecialist for Hygiene of Nutrition for Healthy and Sick People; Degree VII/2 |
| Faculty of Medicine, University “Ss. Cyril and Methodius”, Skopje, Republic of Macedonia (1995-2001) | Diploma: Doctor of Medical Sciences: Human Nutrition and Medical Dietetics, and Sports Medicine (Ph.D.); Degree VIII |
| Faculty of Medicine, University “Ss. Cyril and Methodius”, Skopje, Republic of Macedonia (February 2007–May, 2007) | Certificate: Management and Leadership of Public Health System |
| National Institute of Public Health of Finland (THL) and International Association of National Public Health Institutes (IANPHI), Helsinki, Finland. (June 4-8, 2007) | Certificate: Role and Function of a Comprehensive National Public Health Institute |
| WHO Regional Centre for Europe, CINDI Collaborative Centre, National Institute of Public Health of Finland (THL), Finland. (August 11-15, 2003). | Certificate: Learning strategies of community programmes for health promotion and disease prevention. |

7. **Language skills:** Indicate competence on a scale of 1 to 5 (1 - excellent; 5 - basic)

| Language | Reading | Speaking | Writing |
|---------------------|---------|----------|---------|
| English | 1 | 1 | 1 |
| Macedonian (mother) | 1 | 1 | 1 |
| Serbian (mother) | 1 | 1 | 1 |
| Bulgarian | 2 | 2 | 3 |
| Bosnian | 1 | 1 | 1 |

8. **Membership of professional bodies:**

- **Member, Macedonian Medical Society:** *Macedonian Medical Board of Sports Medicine Examination*, 1985 – Present;
- **Member, Macedonian Chamber of Physicians:** *Licensure for Hygiene of Nutrition for Healthy and Sick People*, 2018-2025 (Licensure No. 0002949);
- **Member, “WHO HEPA European network”** (2006-); <<http://www.euro.who.int/en/health-topics/disease-prevention/physical-activity>>
- **President** of NGO for Public Health “*HEPA Macedonia National organization for the promotion of Health - Enhancing Physical Activity*” (2005-); < <https://www.hepa.org.mk>, <<https://www.facebook.com/HEPA.Macedonia?sk=info>>
- **Member, Council for Nutritional and Environmental Medicine (CONEM)**, (2013 -). <http://www.conem.org/people/europe/> ; <http://www.conem.org/people/simovskabio/>
- **Member, Organizing Committee:** 10th Edition of International Conference on “*Preventive Medicine & Public Health*” Theme: *Innovations & Current Trends in Preventive Medicine and Public Health*, Vienna, Austria, July 11-12, 2019.
- **Member, Scientific Committee - Reviewer**, the International Conference “*Food Tech-2019*”, October 24-25, 2019 at Bangkok, Thailand.
- **Member, 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>>
- **Member, Scientific Committee – Reviewer:** *4th Virtual International Conference on Advanced Research in Scientific Areas* (ARSA-2015), Slovakia, November 9 - 13, 2015.
- **Member, Scientific Committee**, the Book of Abstracts: “*1st Serbian Congress of Sports Sciences and Sports Medicine*”, Belgrade, 2-4 October 2003;
- **Moderator, Plenary Session:** “*Vth Congress of Sports Medicine and Science of Serbia with International participations*”, Belgrade 2012;
- **Moderator, Plenary Session:** “*VI Congress of Sports Medicine and Science of Serbia with International participations*”, Belgrade 2018;
- **Member, EACEA/ERASMUS “The thematic network of dietetics - DIETS2”** network (2011-2013);
- **Member, “American Society for Nutrition”** (ASN), (2017-);
- **National Expert** of the “*Committee for the Advancement of Healthcare system reform*” at the Ministry of Health of the Republic of Macedonia (2009-2010);
- **Member, “European College of Sports Medicine”** (2005-2010);

Curriculum vitae: University Professor Vera Simovska, MD., PhD.

- **Member**, “*EUNAAPA research network*” (2006-2008); <<http://www.eunaapa.org/wp-content/uploads/2014/06/Current-members.pdf>
- **Coordinator**: World Heart Federation, “*World Heart Day*” programs, 2010, 2011, 2013, and 2018. HEPA Macedonia.
- **National coordinator**: *World "Move for Health Day" programs*, 2003-2004, Ministry of Health, Republic of Macedonia.
- **Member**, “*National Committee for Health Promotion*” at Ministry of Health of the Republic of Macedonia (2001-2004);
- **Reviewer**, “*Journal of Physical Activity and Health*”, (2014-2016);
- **Reviewer**, *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);
- **Reviewer**, American Society for Nutrition: International Conference “*Excellence in Nutrition Research and Practice - NUTRITION 2018*”, Boston, MA, USA, June 9-12, 2018.

Selected membership in Editorial Boards:

- Member** of the Editorial Board of the International Scientific Journal “*Health Problem of Civilization*”, Poland (2017-).
- **President**, the Scientific Symposium and **Editor** of the Scientific 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, Republic of Macedonia.
- Member** of the Editorial Board of the “*Journal of Activities in Physical Education and Sport*” (*APES*) (2016-)
- Member** of the Editorial Board of the “*Journal of Kinesiology*” (*RIK*) (2017-)
- Editor** of the Special Issue: *Diet and Metabolic Disorders, Journal of Nutritional Disorders & Therapy*, 2013-; <http://omicsonline.org/editor-profile/Vera_Simovska
- Member** of the Editorial Board of the “*Journal of Nutritional Disorders & Therapy*”, 2013-; <http://omicsonline.org/editor-profile/Vera_Simovska/
- Member** of the Editorial Board of the “*International Journal of Basic Medical Sciences and Pharmacy*” (*IJBMS*) (2011-); <<http://www.ijbmsp.org/index.php/IJBMS/About/EditorialPolicies>
- **Member** of the Editorial Board: *8th International Conference on Clinical Nutrition 2016*, Dubai, UAE, December 08-10, 2016. Theme: *Clinical Nutrition: Empowering Health and Wellbeing*.
- **Member** of Editorial Board of the “*International Conference on Sports Nutrition and Supplements*”, USA, Philadelphia, December 08-09, 2016. Theme: *Understanding the critical role of nutrition and supplements in enhancing metabolism for optimal sporting activity*.
- **Member** of Editorial Board, 13th International Congress on “*Advances in Natural Medicines*”, Rome, Italy, July 27-28, 2017. Theme: *Nutraceuticals & Neurocognition*.
- **MEDPEDIA editor** - trusted medical professional (2008-2010)
- **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-);

Curriculum vitae: University Professor Vera Simovska, MD., PhD.

-**Member** of the Editorial Board for the Book of Proceedings and Abstracts: *“IX Balkan Congress of Sports Medicine”*, Belgrade, 1995;

- **Member** of the *National Committee for Health Promotion* at Ministry of Health of the Republic of Macedonia (2001-2004);

- **Member - expert**, the *Committee for the Advancement of Healthcare reform* at the Ministry of Health of the Republic of Macedonia (2009-2010); An Editor of the “GOOD GOVERNANCE”, first chapter of the *Green Book*, (Ed.) Ministry of Health, 2011.

9. Other skills: (e.g. Computer literacy, etc.)

- Computer (IT) skills: Microsoft Windows XP, Office XP, power point, outlook, and statistical software, SPSS. She is very familiar in using the wide options of the Internet and Social Media, as well as Cochran library, blogs, book searches etc.

-Skills in designing, implementing and leading the National/regional programmes for noncommunicable disease prevention and control including screening programme (WHO CINDI Programme) on community and healthcare levels, projects, implementation of surveillance system and set up a database for food habits, consumer and health protection, physical activity and public health;

- Academic skills like designing and implementing higher education study programmes for Human Nutrition and Medical Dietetics including dietary habits, consumer and protection of health, Food Safety, and Sports Medicine: BSc., MSc., PhD. and specialization;

- Organisational skills and competences: building consensus upon goals, managing people with motivation, co-working, assessing and evaluating performance, defining team roles, rules setting, confronting poor performance, mediation, connecting with stakeholders and networking.

- The candidate is also successful in negotiating and agreements, scheduling, staffing and resources management and creating a productive environment within the workplace;

- Monitoring and evaluating skills, communication skills;

- Skills in drafting technical reports, individual evaluation and consensus reports.

10. Present position: Associate Professor for hygiene of nutrition, medical dietetics, food safety, consumer and health protection, health management and sports medicine;

11. Years within the firm: 7 years. MIT University – Skopje, Republic of Macedonia, 2011-2013 and 2016 to present. Years of relevant Experience: 25. Overall work experience: 38 years.

Experience in teaching and education at Universities:

2016 - to present: Associate Professor, University MIT Skopje, Faculty for Environmental Resource Management, Study for Food Safety, (BSc., MSc.), Skopje, Republic of Macedonia.

2010 - 2015: Associate Professor for Hygiene of nutrition, dietetics and public health. University “St.Kliment Ohridski” Bitola, Faculty of Technology and Technical Sciences Veles, Study Programme for Nutrition, Study programmer for Food Technology and Biotechnology, Veles, Kicevo, Bitola and Ohrid, Republic of Macedonia.

2012 - 2015: Founder Director of Postgraduate study for Nutrition, and Food Safety and Quality (MSc., PhD.), Faculty of Technology and Technical Sciences Veles, University of Bitola “St. Clement

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of Ohrid”, Republic of Macedonia.

2011 – 2013: Visiting Associate Professor of Health Management, University MIT Skopje, Faculty for Management, Master study for Health Management, Skopje, Republic of Macedonia.

2002 - 2014: Senior Lecturer, University “Ss Cyril and Methodius”, Faculty of Medicine, Skopje, Department for Specialization of Sports Medicine, Skopje, Republic of Macedonia
Postgraduate study (second cycle)

- Specialist Courses for Food, Nutrition, Medical Dietetics and
- Specialist Course for Sport Medicine methodology.

1998-2000: Lecturer, Continuing Medical Education (CME) on field of Nutrition
University “Ss Cyril and Methodius”, Faculty of Medicine, Skopje,
Macedonian Medical Society and Doctor Chamber of Macedonia, Skopje, Republic of Macedonia;

1997-1998: Member of the Council of the First International post-graduate (second cycle, Master’s level), School of Sports Medicine, University of United Nations, European Center for Peace and Development, Belgrade, Serbia.

Areas of professional experience as specialist of sports medicine and public health, and subspecialist of diet prevention and diet therapy

1. Research of behavioural risk factors for NCDs: food, consumer and health protection, physical activity levels and application of surveillance system: World Health Organization, WHO “*CINDI Health Monitor*” in Macedonia, FYR (2001 - 2005) ;
2. Development strategies of community programmes for disease prevention and health promotion, with Plan of Action for implementation as a National coordinator of the World Health Organization: *WHO “CINDI Programme”- implementation and evaluation of community and primary care-based health promotion and NCD prevention in Macedonia*, FYR. (2002-2007) <<http://www.cindi.makedonija.com>;
3. Survey of disparities in food habits, dietary and patterns of physical activity;
4. Healthy ageing through nutrition and physical activity (FP7 proposal, EC, 2010) ;
5. Examination of physical activity levels (PALs/VO₂max) and public health nutrition;
6. Prevalence of physical inactivity on population level in Macedonia, FYR: Developing Macedonian Physical Activity Country Card (GoPA, 2014) ;
7. National coordinator: the smoking cessation programme for adult population "*Tobacco Free Physical/Sport Activity*" (2006) and Programme for prevention of smoking of youth (2009-2010) ;
8. World Heart Day campaigns and educational conferences: "*I Work with Heart*" (2010), "*One World, One Heart, One Home*" (2011), "*Take the road to healthier heart*" (2013) and "*My Heart, Your Heart, Our Heart*" (2018);
9. Effects of programmed physical activity and diet therapy on risk factors for chronic disease focused on obesity and its complications, Ministry of Science and Education, FYROM (PhD. Thesis);
- 10.** Promotion of Health Enhancing Physical Activity on national level: World Health Organization, WHO “*Move for Health*” Day (2003-2004);
11. Main activities and contribution as an expert of *Standing Committee for the advancement of the Macedonian Healthcare system* (2009-2011):
 - At the Ministry of Health, the position included: a national health reform planning process and identifying priority concerns, needs and areas for strategic action.

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The open consultative process was focused on improving a strategy and a programme for NCD prevention, a consumer policy, physical activity promotion strategy, and designing and delivery of the vocational education in the field of nutrition and dietetics, sport medicine, education of consumers through adult education reforms, and trainings on medical professionals included in the Green Book “*Good Governance*” (Simovska V.: IMPACT OF CIVIL SOCIETY IN THE PROCESS OF CREATION OF POLICIES IN THE REPUBLIC OF MACEDONIA-Implementing the concept of an open government in the advancement of the healthcare system. Ed. Menora, Skopje, 2019. ISBN: 978-608-200-373-3).

12. Professional experiences/Key qualifications

1. Extensive experience of more than 25 years in the *national scientific project’s management, scientific evaluation, WHO programmes coordination and project proposal expert-evaluation*, funded by Macedonian ministry of science, World Health Organization and European Commission;

- Experience as a *National coordinator of the “WHO CINDI program for non-communicable diseases prevention and control”*, Regional office of the World Health Organization:
- Designing and conducting surveys: *WHO “CINDI Health Monitor”* and systems for monitoring and evaluating dietary habits and health (2001-2005) (<http://www.cindi.makedonija.com>);
- Designing a *National CINDI Action Plan for Cardiovascular Diseases Risk Factors* related to lifestyle: *nutrition* and physical activity levels;
- Designing a National Action plan for development and implementation of the “*National program for screening (early detection) and prevention of cervical and breast cancer*” realized as a part of the WHO CINDI program of Republic of Macedonia in 2004.

2. Experience as *an expert of the Committee for the Advancement of Healthcare System* at the Ministry of Health of Macedonia: designing and implementation of strategy and programme for NCD prevention, a consumer policy, physical activity promotion strategy, and designing and delivery of the programmes for vocational education in the field of nutrition and dietetics, sport medicine, education of consumers through adult education reforms, and training, 2009-2011 (<http://sc-healthreform.org.mk>).

- Set-up contributions to the healthcare reform, publishing the 1st Chapter “*Good Governance*” (ed.) In: Green Book, Ministry of Health, 2011.

3. *Drafting periodical, annuals and final reports* as a National coordinator of several programs and projects covered by the World Health Organization (*CINDI*, 2001-2005, *Move for Health*, 2002-2004, *EC/DIETS2*, 2011-2013).

4. *Designing and leading practice-based training courses* focusing on life skills including nutrition, sport and recreation of youth and adult population above 15 years, 1994-2018;

5. *Managing EUNAAPA project (“Action on Ageing and Physical Activity”)* on the national level funded within the framework of EU, Public Health Agency, 2006-2008 (<http://www.eunaapa.org>); HEPA Macedonia, (NGO for public health) - an associative partner;

6. *Designing and conducting mass-media campaigns, education meetings, TV series, articles in daily newspapers* related to health promotion and healthy lifestyle including public health nutrition on the population level (1992-2009) and web sites: WHO “*Move for Health*” Day, 2003-2004, WHO “*Quit and Win*”, 2006 (<http://www.nosmoking.cjb.net>) and a National program for smoking prevention and control of youth: “*Tobacco-Free Physical/Sports Activities*”, 2009 (<http://www.quit-smoking-for-a-better-future.cjb.net>)

7. *Designing and delivery* of a plan and a programme for *postgraduate education of physicians* as a member of the Council of the First International postgraduate “*School of Sports Medicine*” at the European Center for Peace and Development, University of United Nations, Belgrade, Serbia, 1997.

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8. **Designing, leading and delivery of two specialist courses:** a) **Nutrition and Medical Dietetics;** b) **Sports Medicine Methodology** for Postgraduate studies (VII/1 degree) in Department for specialization of sports medicine; Developing a curriculum for both: a new Department of Sports Medicine for graduate studies (VII) and also School of Public Health, University Ss. Cyril and Methodius, Faculty of Medicine, Skopje, 2002-2010. (<http://www.scribd.com.verasimovska>).
9. **Designing and leading of programmes of continuing medical education (CME)** as an organizer, lecturer and president of NGO for public health “HEPA Macedonia National organization for the promotion of health”: vocational workshops, educational courses and professional meetings for medical and health professionals, 2006-2018.
10. **Designing Postgraduate study** (second cycle, Master’s level) programmes as Founder – Director for **Nutrition and Food quality and Safety** at the Faculty of Technology and Technical Sciences Veles, University St. Clement Ohridski-Bitola (2010-2016).
11. **Mentoring successful 9 graduated, BSc. and 5 MSc. students:**
 - nine graduate thesis (first cycle, BSc.) on field of **food, and nutrition, and sports/physical activity and public health** at the University St. Clement of Ohrid, Bitola, Faculty of Technology and Technical Sciences Veles, Bitola, Kicevo;
 - five Master’s thesis (second cycle, MSc.) on field of **food, nutrition, physical activity and public health** as a Director of Postgraduate Study Program for Nutrition, and Food Quality and Safety.
12. **Extensive knowledge** of the current state of **Government services for food, nutrition, health and education** in Macedonia, FYR, established contacts with many relevant representatives from State Agency for Food and Veterinary as a key governmental institution, ministries, other agencies.
13. During the 2010-2011, **National expert-consultant** at the **Standing Committee for Advancement of healthcare system** (Dr. Bujar Osmani, the Minister of Health) on issues related to contributing in the field of reforms and writing 1st Chapter “**Good Governance**” of the Green Book.
14. Organised more than **ten conferences related to continuing medical education** – CME on the field of nutrition, diet therapy, obesity and health promotion, and **President of the first Scientific Symposium on Nutrition**, in Macedonia, FYR, 2015, as well as in **Europe, and USA**. Participated many times as a member of the Organizing and Scientific Committees.
15. Consulting for several governments on **nutrition guidelines, Government problem issues**. Details available upon request. Extensive experience with **legislative framework for food safety, and dietetics**.
16. Experience in several **EU FP6, FP7& HORIZON2020 projects** as an associative partner or WP member. **Author** and **co-author** of about hundred international journal papers, plus over ten books.
17. **Excellent communication and writing abilities**. She has been participating in the evaluation and selection procedures of scientific projects and papers writing individual, consensus and technical reports at national (*Ministry of Science*) and international level (*European Commission*).

Curriculum vitae: University Professor Vera Simovska, MD., PhD.

Research interest:

- Public Health Nutrition, and Food Consumer Patterns of different age groups;
- Production and Use of Food Composition Data,
- Nutrition-related NCD in youth, adults and elderly;
- e-Health and m-Health;
- Research of behavioral risk factors for NCD and application of surveillance system for food habits, physical activity etc. (*WHO CINDI Health Monitor*) ;
- Development strategies of community programmes for disease prevention and health promotion as a National coordinator of the *WHO CINDI Programme*, implementation and evaluating community and primary care-based health promotion and NCD prevention in the Republic of Macedonia
- Survey of disparities in dietary habits and patterns of physical activity;
- Healthy ageing through nutrition and physical activity;
- Healthy Food Production,
- Survey of sport and physical activity, examination of physical activity levels (PALs/VO₂max-ml/kg/m) and societal aspects of sport;
- Prevalence of physical inactivity on population level in the Republic of Macedonia.
- Research and teaching philosophy: to lead students to use their talents and experiences to achieve towards the best of their ability.

13. Specific experience in the region

| Country | Date from - Date to |
|---|---------------------------------------|
| Serbia, Univ. of Belgrade, Faculty of Medicine | 1989-1993 |
| Finland, THL/WHO | August 2003 and June 2006 |
| Finland, THL/Atlanta, USA | June, 2007 |
| Italy, Area Science Park | June 2010 and July 2011 |
| Italy, EC/JRC | June, 2012 |
| Belgium, Brussels, EC/FP7, HORIZON2020, EuropeAid's, Erasmus+ | 2008, 2010, 2014, 2016, 2017 and 2018 |
| Spain, Gran Canaria, EC/Erasmus+ "Youth in Action". | 2018 |

14. Professional experience – general and specific work experience

| Date (from-to) | Location | Company | Position | Description |
|--------------------------------|-------------------------------|---|--------------------------------|--|
| 13 June 2018 -5 September 2018 | Republic of Macedonia, Skopje | European Commission, Directorate General. Brussels, Belgium | Independent Expert | Expert-evaluator, European Commission, Directorate General (DG). HORIZON 2020 (IER and Consensus Evaluation Report) Assessment, evaluation and preparing Reports of the collaborative proposals submitted in response to the HORIZON2020. |
| 24 April 2018-7 June 2018 | Republic of Macedonia, Skopje | European Commission, Directorate General. Brussels, Belgium | Expert-Consultant and Reporter | Expert-Consultant and Reporter, European Commission, Directorate General (DG). HORIZON 2020/Erasmus+ Sport (IER, Consensus Reports) Assessment, evaluation and preparing Reports of the collaborative proposals submitted in response to the Erasmus+ Sport. |

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| 5 December 2016-1 April 2017 | Republic of Macedonia, Skopje and Belgium, Brussels | European Commission, Directorate General. Brussels, Belgium | Expert-Consultant and Reporter | Expert-Consultant and Reporter, European Commission, Directorate General (DG). HORIZON 2020, <i>Personalized Medicine</i> Call topic: Use of “omics” technologies in the development of personalised medicine (two stage call for proposals). Assessment, evaluation and preparing Reports of the research and technological development collaborative project proposals submitted in response to the Horizon2020. |
| 1 April 2014-25 September 2014 | Republic of Macedonia, Skopje and Belgium, Brussels | European Commission, Directorate General. Brussels, Belgium. | Expert-Consultant and Reporter | Expert-Consultant and Reporter, European Commission, Directorate General (DG). HORIZON 2020, <i>Medical and Health sciences</i> . Call topic: “Health, demographic change and wellbeing” . Assessment, evaluation and preparing Reports of the research and technological development collaborative project proposals submitted in response to the HORIZON2020-PHC-2014 (two stage call for proposals), issued based on the work programme(s) |
| 1 February-March, 2010 | Republic of Macedonia, Skopje | European Commission, Directorate General. Brussels, Belgium. | Expert-Consultant | Expert-Consultant and evaluator European Commission, <i>Europe Aid Cooperation Office</i> (AIDCO).1049 Brussels, Belgium. <u>Call topic: Health “Support for prevention of noncommunicable disease in developing countries in the world “</u> . Assessment and evaluation of project proposals submitted to Europe Aid to the Call “Support for prevention of noncommunicable disease in developing countries”. The position included analysing and evaluating proposals from developing countries from around the World on the topic of NCD, behavioural risk factors and their identification and treatment. Many of them included <i>nutrition and diseases prevention, and diet-related diseases</i> . The role of the Consultant also included writing detailed reports and giving detailed suggestions on the topics. Evaluation of the research |

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| | | | | collaborative projects (one phase). |
| Reference Person: (name and contact details) Marianna Lipponen, Manager, Europe Aid Cooperation Office (AIDCO), European Commission, 1049 Brussels, Belgium, Phone: +32 (0)2-295-51-19, Email: marianna.lipponen@ec.europa.eu | | | | |
| 1 July 2009-30 December, 2011 | Republic of Macedonia, Skopje | Ministry of Health, Committee for the Advancement of Healthcare system reform, Republic of Macedonia. Donor Agencies and development partners: 1. The WHO Euro and 2. The Agency for international development of the USA. | National Expert | Main activities as a national expert at the Ministry of Health: The position included a national health reform planning process and identifying priority concerns, needs and areas for health strategic action. The open consultative process was focused on introducing a new healthcare legislation, a new model of payment of medical staff and to integrate IT system in healthcare. As national expert, Dr Simovska has been working in the five sub-committees, writing 15 contributions with info submissions on nearly 100 pages. Planned action was also improving <i>a strategy and programme for NCD prevention, a consumer policy, designing and delivery of the academic/vocational education in the field of nutrition and dietetics, education of consumers through adult education reforms, Public Health Nutrition, and evaluation of the Food Consumer Patterns of different age groups</i> ; physical activity promotion strategy, sport medicine, and training on medical professionals included in the Green book (I st Chapter: Good Governance, Editor: Simovska Vera). http://sc-healthreform.org.mk/webmk/vera_m.html |
| Reference Person: (name and contact details): Bujar Osmani, M.D., Minister of Health, 50 Divizija 5, 1000 Skopje, Republic of Macedonia. Phone: +389 (0)2-312-62-06, Email: bosmed@yahoo.com | | | | |
| 1 - 19, April, 2008 | Belgium, Brussels and Republic of Macedonia | European Commission, Research Directorate General, FP7-KBBE. | Independent expert | Expert-Consultant RTD/FP7: <u>Field of activity</u> - <i>Agriculture, Agrotechnology, Food Science and Industry.</i> Health – <i>Food and Consumer Health.</i> Knowledge-based bio economy (KBBE) Topic: “ <i>Food, health and wellbeing</i> ”. |

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| | | | | Assessment and evaluation of the research and technological development collaborative projects submitted to EC/RTD-FP7 (two phases-one at home, one in Brussels). Writing the individual and consensus reports and selection of finalists. |
| Reference Person: (name and contact details): Isabelle Van Borm, Director, RTD/FP7-KBBE, Food-Health-Wellbeing, European Commission, Brussels, Belgium, Phone: +3222992420, Email: isabelle-van-born@ec.europa.eu | | | | |
| 11 October 2005 -2018 | Republic of Macedonia, Skopje. | HEPA Macedonia National public health organization for the promotion of health-enhancing physical activity (NGO non-for-profit). Donor agencies: 1. The WHO HEPA European network, Italy, Roma. http://www.euro.who.int/hepa 2. Agency for Youth and Sport of Republic of Macedonia. Skopje: http://www.ams.gov.mk 3. University St. Clement Ohridski, Bitola. http://www.uklo.edu.mk | President | <u>Field of activity:</u> Health – Food and consumer health , medical sciences – public health and sports medicine. <u>Main tasks:</u> To design and implement National HEPA strategy and programme for the promotion of physical activity and nutrition in the area of public health in the Republic of Macedonia. https://www.facebook.com/HEPA.Macedonia/ / -National coordinator of the WHO smoking cessation programme “QUIT & WIN”, designing and implementing a mass media campaign, create a website with the title: “Tobacco-Free Sports/Physical Activities”: http://www.nosmoking.cjb.net . -Implemented activities during the period of 2006-2016: Designing and leading 14 workshops, meetings and vocational training within Continuing Medical Education (CME), annual conferences, participating on the WHO HEPA European network held in the UKK Institute (Tampere, Finland) with a presentation of Balkan regional activities: http://www.physicalactivityandhealth.ch/hepaeurope/tampere/Tampere_2006_abstracts_and_posters.pdf . -Uploaded internet-based campaign: http://www.quit-smoking-for-a-better-future ; -Report of revision of a Draft-National Health strategy with an aim to include a physical activity promotion and nutrition strategy. -Writing contributions for the Healthcare system reforms, Editor of the first chapter of the “Green Book”: <i>GOOD GOVERNANCE</i> , 2009-2011. < http://sc-healthreform.org.mk |

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| | | | | <p>-Organizing the first scientific Symposium for Nutrition as part of the Euro Global Summit & Medicare Expo on Weight Loss, organized by the OMICS Group Conferences took place in August 2015 in Frankfurt, Germany. The scientific symposium covers areas like Innovative weight loss approaches to overcome health risks associated with obesity, June 2015, Bitola.</p> <p>- Organizing the European week of sport #Be ACTIVE, Conference: “Developing FIT nation through nutrition and physical activity”, 19.09.2018, Skopje, Macedonia, FYR.</p> |
| <p>Reference Person: (name and contact details): Dragan Dzurcevski, General Director, Agency for Youth and Sport, Ruzveltova 1, 1000 Skopje, Republic of Macedonia, Phone: + 389 (0) 2-312-62-70, Email: contact@ams.gov.mk. Rector of the University of Bitola: Prof. d-r Zlatko Zoglev.</p> | | | | |
| 2001-2005 | <p>1. Republic of Macedonia, Skopje; 2. Serbia, Belgrade; 3. Finland, Helsinki and North Karelia.</p> | <p>Donor agencies: - Ministry of Health, - WHO Regional Office for Europe, Copenhagen</p> | <p>National coordinator of the WHO CINDI Programme in the Republic of Macedonia</p> | <p>-The WHO CINDI programme was focused on reducing the levels of cardiovascular disease and cancers in Republic of Macedonia. The aim was: -To reduce modifiable/lifestyle risk factors: nutrition and physical activity which associated with main noncommunicable diseases (National CINDI Plan of Action, 2002-2007). http://sc-healthreform.org.mk/web/committee/info-submissions/3949.html -To identify and treat breast and cervical cancers as the second cause of mortality in Republic of Macedonia (National Action Plan for implementation the screening programme for breast and cervical cancer) 1.Realised activities: planning, creating and implementing the community and primary care-based NCD prevention programme through nutrition and physical activity; 2.Situation analysis from 1972 to 2001 year: health conditions, mortality and morbidity rates from cancer and cardiovascular disease and prevalence of biological and lifestyle risk factors for main NCD on national level.</p> |

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| | | | | <p>3. Implementation of National screening programmes for cervical and breast cancer as part of the National CINDI programme of Republic of Macedonia;</p> <p>4. Assessment of national capacity for noncommunicable disease prevention and control, monitoring health-related behavior, practices and lifestyle including <i>dietary habits</i>, physical activity levels and smoking (capacity, partnership and collaboration);</p> <p>Main achievements:</p> <ul style="list-style-type: none"> -The formulation of Action Plan for development and implementation of the WHO CINDI Programme in Republic of Macedonia; -The application of the CINDI Health Monitor survey on demonstration level; -Practical implementation of the programme for noncommunicable disease in primary health care setting in the country; -Implementation of the CINDI Health Monitor, <i>National Nutrition programme</i>, National screening programme for cervical and breast cancer; -Design and implementation of the "Move for Health" Day programme (2003-2004), organizing the mass-media campaigns and conferences, writing annual reports (2001-2004) and delivery to Ministry of Health, the WHO country office, and Agency for Youth and Sport of Republic of Macedonia; -Creating a Macedonian Declaration "Move for Health" accepted by the Macedonian Medical Society and delivery to the Government. -One of the major achievements was the acceptance to join in the European CINDI network on 23.07.2004 by Dr. Aushra Shatchkute, regional adviser. -Drafting reports about implemented activities and a future |
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| | | | | <p>planning. -For more information please visit the web sites: http://www.cindi.makedonija.com</p> |
| <p>Reference Person: (name and contact details): Prof. Dragan Danilovski, MD., PhD. Minister of Health, 50 Divizija 5, 1000 Skopje, Republic of Macedonia. Phone: +389 (0)2-312-62-06, Faculty of Medicine, Institute of Epidemiology and Statistic, Vodnjanska bb, Skopje. Phone: + 389 (0)2-314-71-47. Aushra Shatchkute, Regional adviser, WHO Regional Office for Europe, Scherficsvel 8, 21000 Copenhagen, Denmark. Email: ASH@euro.who.int</p> | | | | |
| 2001-2004 | Republic of Macedonia, Skopje | Donor agency: Ministry of Health, Republic of Macedonia | Member of the National Committee for Health Promotion | <p>-Planning and implementation of National strategy for health promotion including physical activity and nutrition. -Preparing an Action Plan for development and implementation of the National Physical Activity programme and implementation of the WHO Global Strategy for diet, physical activity and health. Preparing for data collecting - NCD behavioural risk factors survey. Realized medical professional education programme including national screening system and public health nutrition.</p> |
| <p>Reference Person: (name and contact details): Prof. Nikola Panovski, MD., PhD., Ministry of Health, 50 Divizija 5, 1000 Skopje, Republic of Macedonia. Phone: + 389 (0) 2-314-71-47, Email: panovskin@yahoo.com.</p> | | | | |
| 1997-1998 (12 month) | Republic of Macedonia, Skopje | Donor agency: Ministry of education, science and physical culture of the Republic of Macedonia. | Researcher, management of the project activities. | <p>Realised activities: - Conducting the research study on obesity, diet therapy and exercise, - Preparing the final report, - Writing a doctoral dissertation with all relevant findings based on the above-mentioned research study and - Gained the title: Doctor of Medical Sciences – PhD. after public defence at the University of Skopje, Faculty of Medicine.</p> |

Reference Person: (name and contact details): Ljiljana Handziska, Chief of the sector for science, Ministry of education, science and sport, Ilindenska bb, 1000 Skopje, Republic of Macedonia, Email: contact@mon.gov.mk

15.09.1980-07.10.2014: *Medical scientist*, MD., Ph.D. Subspecialist. for hygiene of nutrition for healthy and sick people, specialist of sports medicine. Field of work and research: public health, health management, health promotion and chronic diseases prevention through physical/sports activity and diet therapy/diet prevention at the Public Health Institution Skopje.

Main activities: Medical examination in physical active people, athletes and recreational population of all ages. *Diet therapy* at individuals with *nutrition-related diseases and diet prevention* for high – risk individuals as well as athletes. Realized 14 continuing medical professional education programmes. She has been establishing the first *Nutrition Research Unit* in content of Public Health Institution-Skopje. Writing over 120 professional-scientific articles and papers published in various medical journals (domestic and international) and over 10 book and chapters.

2010 – 2018: *Associate Professor*, University MIT Skopje, Faculty for Environmental resource management, Study for Food Safety, Skopje, Macedonia, FYR.

Main activities: Research, project management and consulting in the field of *Nutrition, Dietetics and Food Safety*. Teaching PhD., MSc., and BSc. Courses, M.Sc. thesis supervision.

15. Other relevant information (e.g., Publications)

I. Textbook and chapters of textbooks

1. **Simovska V.:** IMPACT OF CIVIL SOCIETY IN THE PROCESS OF CREATION OF POLICIES IN THE REPUBLIC OF MACEDONIA-Implementing the concept of an open government in the advancement of the healthcare system. Ed. Menora, Skopje, 2019. ISBN: 978-608-200-373-3.
2. **Simovska V.:** Editor. ADVANCED PERSPECTIVES FOR BETTER FITNESS IN PUBLIC HEALTH NUTRITION TO REDUCE OBESITY AND RELATED CHRONIC DISEASES. Ed. *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.
3. **Simovska V.** OBESITY AND UNDERNUTRITION. Ed. Monography. Skopje: Menora 2015. Ministry of Science and Education, Republic of Macedonia. ISBN:978-608-200-314-6
4. **Simovska V.:** EFFECTS OF DIETOTHERAPY AND PROGRAMMED PHYSICAL ACTIVITY ON OBESITY AND IT'S COMPLICATIONS. Ed. Monography. Skopje: Menora 2008. Ministry of Science and Education, Republic of Macedonia. ISBN: ISBN 978-608-200-025-1.
5. 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. Monograph. Belgrade 2007. COBISS SR-ID. ISBN: 8690944508.
6. **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.
7. 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.
8. **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: Bibliotheca Matice Srpske 1995, pp.167-173.
9. Vidin M., **Simovska V.:** MAGNESIUM DEFICIENCY, POSSIBILITY WITH BALANCED NUTRITION AND DIETOTHERAPY. In: Mirilov, M. Ed. Nutrition for sportsmen and recreatives. Novi Sad: Bibliotheca Matice Srpske 1995, pp.109-114.
10. **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 phenomena. Bitola: Kiro Dandaro 1993, pp.149-158.

11. **Simovska V.:** EFFECTS OF DIETOTHERAPY AND PROGRAMMED PHYSICAL ACTIVITY ON OBESITY AND IT'S COMPLICATIONS. 1st edited by Ministry of Science and Education of Republic of Macedonia, 02/2009; Menora., ISBN: ISBN 978-608-200-025-1.
12. **Simovska V.:** "GREEN BOOK", Advancement of Healthcare System in the Republic of Macedonia. Chapter Book: "GOOD GOVERNANCE", Author: Vera Simovska. Green Book, (in press), 06/2010: 1st chapter: Good Governance; Committee for the Advancement of Healthcare system of the Republic of Macedonia., DOI:10.13140/RG.2.1.4816.6480.

II. Journal articles and review articles in journals with national and international peer-review, published "in extenso"

1. **Simovska V.,** Vidin M: PHYSICAL ACTIVITY AND NUTRITION IN AGEING AND INDEPENDENT LIVING. The Book of abstracts and papers (original article), 2018:79-85, *VI Congress of Sports Medicine/ III Congress for doping prevention in sport*, Belgrade, 10-11 May 2018.
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4. Sivevska S., **Simovska V.,** Jankulovska M.: CORRELATION BETWEEN DIETARY HABITS AND CARIES DEVELOPMENT AMONG SCHOOL-AGED CHILDREN FROM RURAL AND URBAN AREAS OF THE CITY OF SKOPJE. *International Journal of Recent Research in Arts and Sciences*, MIT University Skopje 2017; 1:175-196. ISSN: 1857-8128.
5. **Simovska-Jarevska V.:** BIOMARKERS, microRNAs IN CVDS PREVENTION THROUGH NUTRITION AND PHYSICAL ACTIVITY. Editorial. *Journal of Nutrition Disorder and Therapy*, an open access journal 2016; 6 (2). doi: 10.4172/2161-0509.1000e125.
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8. **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 <https://www.juniperpublishers.com/nfsij/pdf/NFSIJ.MS.ID.555567.pdf>

9. **Simovska-Jarevska V.** et al. 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.
10. 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 of Scientific and Professional Issues in Physical Education and Sport "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
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19. **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 and Therapy"* 2013, 3:2. *Impact Factor 1.46.* <<http://dx.doi.org/10.4172/2161-0509.1000e108> . Accessed 2013, July 20.
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21. **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.
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26. **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 Kultura*" 1997; 25(1-2):158-159.
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29. **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.

30. **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. et al. 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 7th 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.

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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.
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11. 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.
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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.
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3. **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.
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VI. Presentations

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8. **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).
9. **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).
10. **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).
11. **Simovska V.:** LIFESTYLE CHANGES AND CARDIOVASCULAR DISEASE PREVENTION. Cluster of Biomolecular Medicine, CBM Summer School "*Nutrition and Health*", *Personalized Medicine, AREA Science Park, Pedriciano, Trieste, Italy 2010*. Programme 2010:2. Available: <URL: <http://summerschool2010.cbm.fvg.it>
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13. **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

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15. **Simovska V.**: Progress towards a national multisectoral programme “MOVE FOR HEALTH ” in MACEDONIA, 2003. Title: “*THIS IS THE TIME FOR INCREASED FOCUS ON PREVENTION* “. Move for Health Day Conference, Skopje 2003. <http://www.who.int/hpr/physactiv/move.for.health.shtml> Available from 7 March 2015. DOI: 10.13140/2.1.2227.5360.
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17. **Simovska V.**: THE IMPORTANCE AND ROLE OF BALANCED NUTRITION FOR ATHLETES. Project of the Regional Ecology Centre for Central Eastern Europe (1994-1995): FINAL REPORT “Promotion on food production in natural way”, 1995:10.
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20. Vidin M., **Simovska V.**: NEDOSTATAK MAGNEZIJUMA, MOGUCNOSTI BALANSIRANE ISHRANE I DIJETOTERAPIJE. Medzunarodno savetovanje “*Ishrana sportista i rekreativaca*”, Novi Sad 1994. Program 1994:2.
21. **Simovska V.** Vidin M.: STRESS, AGGRESSIVE BEHAVIOUR OF ATHLETES DURING INTENSIVE PSICHO-PHYSICAL TRAINING AND POSSIBILITY OF SPORTS NUTRITION. Medzunarodno savetovanje “*Ishrana sportista i rekreativaca*”, Novi Sad 1994. Program 1994:3.
22. **Simovska V.**: FAMILIJARNA AGREGACIJA NA KARDIO-VASKULARNITE RIZIK FAKTORI I NIVNO RANO OTKRIVAVE KAJ DECATA. *VII Kongres na pedijatrije na Makedonija so medzunarodno ucestvo*, Struga 1994. Programa 1994:39.
23. **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.
24. **Simovska V.**: Lifestyle changes and cardiovascular diseases prevention-Facts and perspectives. *International Symposium: EKOLOGIJA, SPORT, FIZICKA AKTIVNOST I ZDRAVLJE MLADIH*. Programme, Novi Sad 2010:35. <http://www.marathon.org.rs/Simpozijum.asp>
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).

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28. **Simovska V.** *EFEKTI NA SOCIO-EKONOMSKITE INDIKATORI VRZ NAVIKITE VO ISHRANATA, FIZICKATA AKTIVNOST I BMI KAJ MAKEDONSKATA MLADINA*. Skopje, 13.05.2016. KME - Stucen sastanok na tema: “Makedonski iskustva vo sportskata medicina”. Organizator: Zdruzenie na lekari specijalisti po sportska medicina pri MLD.

29. **Simovska V.:** Tartu Call promoting healthy lifestyle through development of policies for physical activity and sport, health, food and education in Europe. *Workshop: “European Week of Sport #BeActive*. State Agency for Youth and Sport and HEPA Macedonia National organization for the promotion of Health-Enhancing Physical Activity, Skopje, 19.09.2018. (Organizer and lecturer).

30. **Simovska V.:** Developing FIT Nation through physical activity and balanced nutrition. *Workshop: “European Week of Sport #BeActive”*. State Agency for Youth and Sport and HEPA Macedonia National organization for the promotion of Health-Enhancing Physical Activity, Skopje, 19.09.2018. (Organizer and lecturer).

VII. International Summer Schools

1. **Simovska V.:** LIFESTYLE CHANGES AND CARDIOVASCULAR DISEASE PREVENTION. Cluster of Biomolecular Medicine, CBM Summer School “*Nutrition and Health*”, AREA Science Park, Pedriciano, Trieste, Italy 2010. Programme 2010:2. URL: <http://summerschool2010.cbm.fvg.it>

2. **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).

VIII. Projects/Programmes/Field experiences:

2018: European Commission, AECA/Erasmus+ Sport: Type of action: European Week of Sport “*#Be Active*”, Workshop: Title “*Developing FIT Nation through physical activity and balanced nutrition*”, Skopje 19.09.2018, Coordinator: State Agency of Youth and Sport, Skopje (Collaborative partner: HEPA Macedonia)

2017: European Commission-AECA/Erasmus+ Sport: Type of action: KA105 – Youth Mobility. Title: “*Empower of youth workers through Sport*”, Coordinator: Cabildo de Gran Canary. (Collaborative Project: Partner).

2017: European Commission, HORIZON2020: Designing Collaborative large-scale research proposal: "**K-Besity**", Ministry of Science, Italy (WP4-5 Leader, HEPA Macedonia).

2011-2013: European Commission - AECA/Erasmus: "**Dietitians ensuring education, teaching and professional quality - DIETS2 (Erasmus thematic network for dietetics)**", Project number: 177201-LLP-1-2010-1-UK-ERASMUS-ENWA, Sub-programme: Exploiting ICT in Learning and Higher Education (WP2 member).

2011-2012: St. Clement of Ohrid University research project: *EVALUATION OF DIETARY HABITS, PHYSICAL ACTIVITY LEVELS AND BMI kg/m² MONITORING AS BASIS FOR A NEW HEALTH PROMOTION PROGRAM IN THE REPUBLIC OF MACEDONIA*. University "St. Clement of Ohrid"-Bitola, Faculty of Technology and Technical Sciences-Veles (National project: Coordinator).

2010-2013: European Commission-RTD/FP7: "**Food Links**". University "St. Clement of Ohrid" Bitola, Faculty of Technology and Technical Sciences (Collaborative Project: Researcher).

2007: European Commission, RTD/FP7: Designing Collaborative large-scale research international proposal: "**DietFactLongevity**" (Coordinator, HEPA Macedonia).

2009-2010: European Commission-RTD/FP7: "**Why We Age - A road map for molecular Bio gerontology**". Workshop: *Vascular ageing*, University of Cardiff, UK (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.

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 ACITVITY**", (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) - 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).

IX. Technical Reports:

1. Simovska V. The REPORT for Draft-European Health Strategy, EU 2006 – 2015.

http://ec.europa.eu/health/ph_overview/strategy/docs/consultation_frep_en.pdf

2. Simovska V.: The REPORT of Revision of Draft-National Health Strategy of the Republic of Macedonia, 2006-2015. Project Unit at the Ministry of Health, Arch. No 01/6 March, 2006.

3. Simovska V., et al.: The REPORT of assessment of national capacity for noncommunicable disease prevention and control of the Republic of Macedonia 2001. In. Alwan A., Maclean D., Mandil A.: THE REPORT OF GLOBAL SURVEY. Geneva, World Health Organization 2001 (Document WHO/MNC/01.2).

4. Simovska V: The REPORT of REVISION of Draft-Action Plan for food and nutrition in Republic of Macedonia, National Committee for Food and Nutrition at the Ministry of Health, 2003.

5. Simovska V.: The REPORT for National smoking cessation campaign TOBACCO-FREE PHYSICAL/SPORT ACTIVITIES 2006, Republic of Macedonia. (<http://www.nosmoking.cjb.net>)

6. Simovska V: Country Draft-Plan of Action for development and implementation of the CINDI Programme (2002-2007) with situation analysis in the Republic of Macedonia, Ministry of Health, Republic of Macedonia, 2002 (pp.1-130). (<http://www.cindi.makedonija.com>)

X. Honours:

1. Diploma (2001): Primarius-title for innovation and high results on field of sport medicine, Ministry of Health, Republic of Macedonia.
2. Golden Diploma (2005) for significant results in the promotion of health-related politics, initiatives, and public health system reforms by Macedonian Medical Society, 7 April - World Health Day, 2005, Republic of Macedonia.
3. Certificate of Honors (2007) for longevity successful collaboration and significant results in physical culture in Macedonia, Federation of Sports Pedagogues of the Republic of Macedonia.
4. Golden Diploma (2012) for significant results in physical education and culture in Macedonia, Federation of Sports Pedagogues of the Republic of Macedonia.