

## Curriculum Vitae

### 1. Personal Details

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### 2. Academic Education

#### A. Undergraduate and Graduate Studies

Year of Graduation	Institution	Area of Study	Degree	Supervisors	Title of Thesis/ Dissertation
2003	Tel-Aviv University, Sackler Faculty of Medicine	Department of Epidemiology and Preventive Medicine	PhD	Prof. Uri Goldbourt & Prof. Michael Eldar	Cardiac event rate and arrhythmia in overweight patients with additional cardiac risk factors: Associations with voluntary weight loss and weight loss rate
1995	Tel-Aviv University, Sackler Faculty of Medicine	Department of Physiology and Pharmacology	MSc	Prof. Alex Battler, Prof. Michael Eldar, & Prof. Zvi Vered	The influence of allicin, the active principle of garlic on lipids profile and on atherosclerosis in rabbits
1991	Ministry of Health, Rambam Hospital, Haifa	Training	Registered Dietician, RD		
1991	Hebrew University, Faculty of Agriculture, Rehovot	Nutrition	BSc		

**B. Post-Doctoral Fellowship**

<b>Year of Graduation</b>	<b>Institution</b>	<b>Supervisors</b>	<b>Title of Thesis/ Dissertation</b>
2007	MedStar Research Institute, affiliated with Georgetown University, Washington, DC	Prof. Helaine Resnick & Prof. Barbara Howard	Nutrition among Native Americans: The Strong Heart Study

**C. Collaborations outside the Academic College at Wingate**

<b>Research Period</b>	<b>Name of Institution, Department and Host</b>	<b>Project Name</b>	<b>Type of Collaboration</b>
2002-2014	Sheba Tel Hashomer Medical Center, Gertner Institute of Epidemiology and Health Policy. Collaborator: Prof. Ofra Kalter-Leibovich	The Hadera District Study – a cross-sectional study on Jews and Arabs, risk factors, knowledge, and behavior associated with coronary heart disease	Analysis of data collected by myself when I worked there
2006-2018	MedStar Research Institute, affiliated with Georgetown University, Washington, DC. Collaborators: Prof. Helaine Resnick & Prof. Barbara. V. Howard	The Strong Heart Study on Native Americans, and the GOCADAN study of Native Alaskan	Continued collaboration following my post-doctoral project. Participated in data analyses of nutritional and physical activity
2009-2015	Sheba Tel Hashomer Medical Center, Weinberg Child Development Center at the Edmond and Lily Safra Children's Hospital. Collaborator: Dr. Lidia Gabis	Nutritional assessment in children with autism spectrum disorder (ASD)	Consultant for nutritional data collection and analyses and joint supervision of master's student, Yael Shmaya
2011-2018	Shamir Medical Center (Assaf Harofeh), Cardiology Department, Be'er Ya'akov. Collaborator: Prof. Zvi Vered	Health promotion in schools within the Beit Dagan Local Council region	Physical activity and nutritional I intervention, assessment, and counseling for the community. Shared supervision of master's students, Anat Yom Tov and Tal Aperman

Research Period	Name of Institution, Department and Host	Project Name	Type of Collaboration
2016-2020	World Health Organization (WHO), Copenhagen, Denmark Collaborator: Isabel Periquito (Independent researcher)	Nutritional assessment of children according to the WHO growth tables	Initiated a nutritional assessment in an orphanage in Sri Lanka
2016-2021	Grace Girls' Home, Sri Lanka, and Huron Gastro, Ypsilanti, Michigan, USA. Collaborator: Dr. Naresh Gunaratnam	Initiating a diabetes clinic. A nutritional intervention based on the nutritional assessment in a Sri Lankan orphanage	Initiated and implemented the new diabetic clinic, and provided ongoing nutritional consultancy, among other tasks within the clinic
2013-present	Loewenstein Rehabilitation Hospital, Department of Pediatric Rehabilitation, Ra'anana. Collaborator: Dr. Sharon Shaklai & Dr. Yaron Sacher	Assessing possible associations between blood lipids upon arriving at a rehabilitation center and functional parameters upon discharge in children and adults with traumatic brain injuries	Initiated and followed-up on the project and analyzed data. Shared supervision of master's student, Noa Eliaz-Priling
2015-present	Israel Ministry of Health, Nutrition Division. Collaborator: Prof. Ronit Endevelt	Position paper: Nutrition for cardiovascular disease and ultra-processed food and health	Scientific Head of Committees
2016-present	Maccabi Health Services, Tel Aviv. Collaborator: Prof. Gabriel Chodick & Dr. Pinchas Klein	The association between Ramadan and fasting glucose and HgA1C in Muslim individuals with type 2 diabetes	Initiated and analyzed the project. Joint supervision of master's student, Abir Swan
2018-present	Baruch Padeh (Poriya) Medical Center, Cardiovascular Department and Research Center, Tiberias. Collaborator: Dr. Liza Grosman-Rimon	Surgical and socio-psychological factors and depression post-cardiothoracic surgery. Can improvement in hormonal and energy balance reverse cardiovascular risk factors in athletes with amenorrhea? The potential role of insulin-like growth factors in myofascial pain syndrome. A Narrative review	Participated in data collection and analyses. Joint supervision of master's projects
2020-present	Tel Aviv University, Sackler Medical faculty, School of public health, Tel Aviv. Collaborator: Prof. Uri Goldbourt	Nutritional analyses of data from the Israeli Ischemic Heart Disease study – a cohort study since 1963	Decoding and recoding of nutritional data. Joint supervision of master's student Naama Israeli

Research Period	Name of Institution, Department and Host	Project Name	Type of Collaboration
20	Iceland University, Centre of Public Health Sciences. Collaborator: Dr. Jóhanna Eyrún Torfadóttir,	Open seminar for initiating a collaboration on dietary pattern analyses that compares Iceland to Israel	Data analyses and interpretation

#### D. Further Studies

Year	Institution	Location	Course Title	Coordinator	No. of hours
1993	Hebrew University	Department of External Studies, Jerusalem	Principles for improving efficiency in treatment	Dr. Noga Nabaro	8
1995	Center of Complementary Paramedical Studies	Jerusalem	Changing eating habits using cognitive behavioral therapy (CBT)	Dr. Chen Nardi, Social Worker	12
1997	Barkai Institute	The Center for Family and Marital Therapy, Tel Hashomer	Building preferable life stories – new horizons in Narrative Therapy	Michael White, Psychiatric Social Worker	18
2007	The Jerusalem Center for Narrative Treatment	Ramat Efal	Detecting and exposure of anorexia / bulimia and responses	David Epston	16
2010-2011	The MOFET Institute: Center for the Research, Curriculum and Program Development in Teacher Education	Continuing Education Program	Mentoring internship workshops	Dr. Tiki Zoher	56
2011-2012	The MOFET Institute	Continuing Education Program	Mentoring metaphoric cards, level A+ level B	Raaya Zur, Drama Therapist	120
2012	The MOFET Institute	Continuing Education Program	SPSS		

Year	Institution	Location	Course Title	Coordinator	No. of hours
2013	Tel-Aviv University, Sackler Faculty	School of Public Health	Summer Institute of advanced epidemiology and Preventive medicine cardiovascular disease epidemiology	Professors from the School of Medicine, John Hopkins University	30
2014	Maccabi Health Services	Tel Aviv University, School of Continuing Medical Education	Nutritional treatment in diabetes – internship	Michal Gilon PhD, RD & Gila Fayman MSc, RD	168
2016	Technion – Israel Institute of Technology	Department of External Medical Studies	Preparation for cardiology internship exam	Heads of Cardiology Departments in Israel	32
2018	Maccabi Health Services	Maccabi Health Services, Tel Aviv	GCP principles	Prof. Gidon Koren, Senior Researcher	8
9/18-1/19	Maccabi Health Services	Maccabi Health Services, Tel Aviv	Cognitive behavioral treatment	Shelly Shimshoni, clinical psychologist	40
2020	Maccabi Health Services	Tel Aviv University, School of Continuing Medical Education	Advanced course in nutritional treatment in diabetes –internship	Michal Gilon PhD, RD & Gila Fayman MSc, RD	24
2021-Present	The Academic College at Wingate	Netanya	Senior yoga teachers' course	Noga Barkai	270

### E. Clinical Experience

1989-1990	Technician, The Weizmann Institute of Science, Cholera Synthetic Vaccine Project, Supervised by Prof. Michael Sela
1991	Clinical Dietitian, Rambam Hospital, Haifa
1992-1996	Chief Dietitian, Ramat Marpe Hospital, Ramat Gan
1997-2002 2009-present	Clinical Dietitian Maccabi Health Services, nutritional services in the community
2006-2007	Nutritional Consultant for Israel Air Industry (IAI) employees

2011-present	Scientific Consultant for HUT lactose-free milk, Ramat Hagolan Dairies
2013-2014	Scientific Consultant, PriNiv (natural juices and nectars manufacturer)
2013-present	Clinical Dietitian, Maccabi Health Services, diabetes clinic
2013-present	Consultant for legal defense in nutritional class action

### **3. Academic Ranks and Tenure in Institutes of Higher Education**

(Courses that continued after 2010)

<b>Years</b>	<b>Institution and Department</b>	<b>Ranks and function</b>	<b>Subject</b>
2002-2015	Hebrew University, Faculty of Agriculture, School of Nutrition, Rehovot	Guest Lecturer	Epidemiology, nutrition, and cardiovascular disease
2003-present	Tel Aviv University, Sackler School of Medicine	Guest Lecturer	<ol style="list-style-type: none"> <li>1. Nutrition and cardiovascular disease, nutritional epidemiology</li> <li>2. Lectures for medical students and interns</li> </ol>
2007-present	Tel Aviv University, Sackler School of Medicine Department of Epidemiology and Preventive Medicine	Faculty Member	<ol style="list-style-type: none"> <li>1. Nutritional epidemiology</li> <li>2. Nutrition and public health</li> </ol> <p>10% position</p>
2007–present	The Academic College at Wingate	Senior Lecturer	<ol style="list-style-type: none"> <li>1. Physical activity and health promotion</li> <li>2. Nutrition, physical activity, and sports achievements</li> <li>3. Epidemiology of physical activity and nutrition</li> <li>4. Introduction to research</li> </ol>
2010-Present	The Academic College at Wingate	Tenured Lecturer	100% position
2017-Present	The Academic College at Wingate		Healthy and active lifestyle education
2011, 2013-2016	Hebrew University, Faculty of Agriculture, School of Nutrition, Rehovot	Guest Lecturer	<p>The international post-graduate course on nutrition in a changing global environment</p> <ol style="list-style-type: none"> <li>1. Nutritional epidemiology and coronary heart disease risk</li> <li>2. Nutrition in a developing world – An international course</li> </ol>
2016	Peres Academic Center, Rehovot	Guest Lecturer	Introduction to epidemiology
2017-present	The Academic College at Wingate	Head Of Master's Program	Active and healthy lifestyle education

Years	Institution and Department	Ranks and function	Subject
2017-present	Tel Aviv University, School of Public Health, in collaboration with the Division of Infectious Diseases, School of Medicine, Johns Hopkins University	Coordinator and Instructor	Summer institute of advanced epidemiology and preventive medicine. International course on nutrition and public health
2018	Lithuanian Sports University, Kaunas	Guest lecturer, invited through Erasmus	
2018-present	Public Health Unit, School of Medicine, The Copperbelt University, Ndola, Zambia	Coordinator and lecturer on master's program for Public Health	Nutrition and health promotion (in developing countries)

#### **4. Administrative Positions in the College Academic at Wingate**

Year	Project	Contribution
2018-present	Health Promoting College	Initiator and promoter of the project. Received 3 stars from the "MOFET" Institute (center for the research and development of programs for teacher education and teaching)
2018-present	Sporton Newsletter	Monthly piece on the Health Promoting College in the Academic College at Wingate newsletter <a href="#">Link to Sporton</a>
Dec 2021	Nutrition Economics Workshop for master's students	Organizer and Chairperson, hosted overseas guests
2020-present	Shazar school project	Member of the committee for adopting a school in a low socioeconomic neighborhood and instituting a health promoting program in the school. Wrote a research proposal and received approval for ethical conduct from the Chief Scientist, Israel Ministry of Education, to assess the influence of the program on health knowledge, behavior, and school climate.
2020-2021	The Academic College at Wingate	Member of the college's Academic Committee



Dec 2021	Workshop on scientific literature search using PRISMA rules: Theory and practice.	Initiated and organized the workshop for researchers and master's students
2021-present	The Academic College at Wingate	Member of the college's Academic Committee

## 5. Scholarly Positions and Activities Outside the University

### A. Reviewer of Peer-Reviewed Journals

1.	The Israeli Dietetic Association Journal (Hebrew) (discontinued)
2.	Adapted Physical Activity Quarterly (APAQ)
3.	American Journal of Clinical Nutrition (Am J Clin Nutr)
4.	British Journal of Nutrition (BJN)
5.	Journal of General Internal Medicine (JGIM)
6.	Journal of the American Dietetic Association (J Am Diet Assoc)
7.	Nutrition, Metabolism & Cardiovascular Disease (NMCD)
8.	Movement (Hebrew)
9.	PLOS ONE
10.	International Journal of Environmental Research and Public Health (ijerph)
11.	Journal of Autism and Developmental Disorders (JADD)
12.	Public Health Nutrition
13.	Gerontology
14.	Frontiers in Public Health

### B. Guest Editor

*International Journal of Environmental Research and Public Health* invited me to be a guest academic editor of a special upcoming issue in 2022: "Nutrition and cardiovascular disease".

### C. Additional Activities outside the Academic College at Wingate

1	Thesis reviewer, School of Public Health, Tel-Aviv University
2	Thesis reviewer, Department of Nutrition, Tel-Hai Academic College
3	Committee for Lecturer Assessment, Oranim Academic College of Teaching
4	Committee for Senior Lecturer Assessment, Tel-Hai Academic College
5	Member of the committee that wrote the physical activity curriculum for 3-12 grades and Head of the Health Promotion Education Chapter 2020, Israel Ministry of Education. The committee was discontinued (or temporarily stopped) in February 2020.

**D. Managing / Contributing to Forums, Websites, and Webinars**

<b>Year</b>	<b>Organization</b>	<b>Contribution</b>
1997-2003	Israel Dietetic Association	Head of the Women's Health Committee
1997-2002 2009-present	Maccabi Health Services	Professional lecturer in meetings (mainly emphasizing nutrition and cardiovascular disease)
2002-present	Israel Heart Society, the Committee for Cardiovascular and Preventive Epidemiology	Lecturer in meetings (mainly on nutrition), organized meetings
2003-present	Israel Heart Society, Associate Member	A nutrition representative in meetings and in the media; Member of the Israeli delegation to Istanbul, to participate in the joint European Cardiovascular Prevention Committee (January 2003)
2004-2005	Unilever Israel	Editor-in-Chief of the Nutrition News semi- professional newsletter and website; later continued as Administrator of the professional forum on nutrition: <a href="https://www.healthclub.co.il/forum/">https:// www.healthclub.co.il/forum/</a>
2006-2012	Unilever Israel E-med Health Club	Managed a professional online forum for dietitians and physicians
2005-2006	Joint Israel. Children at risk in kindergartens (ASHALIM project)	1. Consultant for nutritional assessment 2. Implemented a study to assess the project 3. Participated in writing a professional booklet: "Nutrition is a children's game"
2007	Maccabi Health Services	Edited the "Maccabi-Care" website
2007-2008	The Israeli Dietetic Association	Head of the Food Labels Committee
2008	Choices Program	Scientific committee for developing specific product criteria for the product labeling: <a href="http://www.choices-israel.org.il/Hp.aspx">http://www.choices-israel.org.il/Hp.aspx</a>
2011-2018	Israel Dietetic Association	Co-Head of the Sports Nutrition Forum (with two additional experts)
5.3.2013	Israel Dietetic Association	Member of the Organizing Committee of the Annual Meeting of the Sports Nutrition Forum
2011-2012	Strauss Group	Member of the Professional Board; consulted on functional foods
2013-2018	Israeli Defense Forces (IDF)	Military reserve duty as nutritional consultant and lecturer

Year	Organization	Contribution
2015-2018	Ministry of Health	Academic representative on the Appeals Committee for the government dietician certification exam
2015-present	Israeli Foundation for Osteoporosis and Bone Diseases	Member of the Board of Directors representing nutritional aspects
2016	Girls' orphanage, Sri Lanka ("Ve'AHAVTA, you shall love" project) Fully sponsored for travelling to Sri Lanka by the VeAhavta Board – for nutritional assessment and assistance in establishing a diabetes clinic; training employees on conducting nutritional assessments and consultancy for people with diabetes	<ol style="list-style-type: none"> <li>1. Conducted nutritional assessment</li> <li>2. Provided nutritional education</li> <li>3. Assisted in building a diabetic clinic for the town's residents</li> <li>4. Trained a girl from the orphanage to consult on local healthy nutrition</li> </ol> <p>The project was published in reference #29</p>
2017	CHARISMA – Peru volunteer project in rural Huancayo, Junín Region	Taught healthy eating habits to children and parents at schools
2020-2021	Food and Beverages Manufacturers' Association of Israel	Member of the Scientific Committee
September 2021	The National Council of Cardiology	Provided updates on nutritional recommendations for the prevention and treatment of cardiovascular disease
2021-present	Israel Ministry of Health, Nutrition Division	Head of a committee that is writing a position paper on ultra-processed food and health
2023 (currently postponed due to COVID-19)	Food Security "Robin Hood Army", Gujarat, India.	Invited to volunteer on project together with physicians travelling to rural villages, teaching how to improve children's nutrition

### E. National Position Papers

Year	Organization	Position
2010-2011 2014-2014 2020-2021	The Israel Dietetic Association and the Israel Cardiology Society	Head of the committee for composing and updating nutritional recommendations for cardiovascular disease prevention. <a href="#">CVD position paper</a>
2020	Israel Foundation for Osteoporosis and Bone Diseases	Scientific member of the committee that published an update of the calcium and vitamin D position paper

31.8.2020	Israeli Association of Public Health Physicians	Health in the education system during COVID-19. Recommendations for school-year 2020-2021
2022	Nutrition department, Israeli Ministry of Health	Head of the committee for composing a scientific review on ultra-processed food and disease.

## F. Webinars

Year	Audience	Topic
May 2020	Closed facebook group for professional dietitians	“Updated to the bone”. Provided updates on vitamin D for bone and total health
May 2021	Closed Facebook group for professional dietitians	Provided Israeli nutritional recommendations for prevention and treatment of cardiovascular disease: an evidence-based
June 2021	Dietitians from Clalit Health Services, Sharon-Shomron District	Presented 2019 ESC/EAS guidelines for managing dyslipidaemias: lipid modification for reducing cardiovascular risk
March 2022	Dietitians from Maccabi Health Services, Central District	“New on your plate” New nutritional guidelines for your heart

## 6. Participation in Scholarly Conferences

### A. Active Participation

Conference title	Location and date	Subject of lecture	Collaborators	Role
43 <sup>rd</sup> Annual Conference on Cardiovascular Disease Epidemiology and Prevention	Miami March 3, 2003	Association between voluntary weight loss and incidence of coronary heart disease among overweight patients over 47.5±19.1 months of follow-up.	<b>Eilat-Adar S</b> , Eldar M, Goldbourt U	Plenary session oral presentation
The 50th Annual Meeting of The Israel Heart Society together with The Israel Society of Cardiothoracic Surgery	Tel Aviv April 30-May 1, 2003	Association between voluntary weight loss and incidence of coronary heart disease among 1,036 overweight women, over 2-98 months of follow-up.	<b>Eilat-Adar S</b> , Eldar M, Goldbourt U	Oral presentation

Conference title	Location and date	Subject of lecture	Collaborators	Role
The 50th Annual Meeting of The Israel Heart Society together with The Israel Society of Cardiothoracic Surgery	Tel Aviv April 30-May 1, 2003	Prevalence and risk factors for obesity and diabetes among Israeli Arabs: Preliminary results of Hadera District Study.	Kalter–Leibovici O, Atamna A, Lubin F, Alpert G, Murad H, Chetrit A, Goffer D, <b>Eilat-Adar S</b> , Goldbourt U	Oral presentation
The 52 <sup>nd</sup> Annual Meeting of the Israel Heart Society together with The Israel Society of Cardiothoracic Surgery	Tel Aviv April 13-14, 2005	Calcium intake is inversely related to hypertension – The Hadera District Study	<b>Eilat-Adar S</b> , Lubin F, Gofer D, Murad H, Chetrit, A, Gillin M, Goldbourt U, Kalter-Leibovici O	Oral presentation
The 52 <sup>nd</sup> Annual Meeting of the Israel Heart Society together with The Israel Society of Cardiothoracic Surgery	Tel Aviv April 13-14, 2005	Prevalence and attributes of the metabolic syndrome among Arabs and Jews: The Hadera District Study	Kalter–Leibovici O, Atamna A, Lubin F, Alpert G, Gillon-Keren M, Murad H, Chetrit A, Goffer D, <b>Eilat-Adar S</b> , Goldbourt U	Oral presentation
45 <sup>th</sup> Annual Conference on Cardiovascular Disease Epidemiology and Prevention	Washington, DC April 2005	Calcium intake is inversely related to hypertension in a Bi-Ethnic Population in Israel	<b>Eilat-Adar S</b> , Lubin F, Gofer D, Murad H, Chetrit, A, Gillin M, Goldbourt U, Kalter-Leibovici O	Poster
45 <sup>th</sup> Annual Conference on Cardiovascular Disease Epidemiology and Prevention	Washington, DC April 2005	Calcium intake is inversely associated with BMI in American Indians	<b>Eilat-Adar S</b> , Xu J, Loria C, Matil C, Goldbourt U, Howard BV, Resnick HE	Poster
43 <sup>rd</sup> Annual Conference on Cardiovascular Disease Epidemiology and Prevention	Washington, DC April 2005	Association of macronutrient intake and risk of coronary heart disease: the Strong Heart Study	Xu JQ, <b>Eilat-Adar S</b> , Howard BV, Loria C, Mattil C, Fabsitz RR, Lee ET	Poster
The 53 <sup>rd</sup> Annual Meeting of The Israel Heart Society together with The Israel Society of Cardiothoracic Surgery	Tel Aviv April 26-27, 2006	Dietary fat intake and risk of coronary heart disease: The Strong Heart Study	Xu J, Eilat-Adar S, Loria C, Gouldbourt U, Howard BV, Fabsitz RR, Zephier EM, Mattil C, Lee ET	Oral presentation

Conference title	Location and date	Subject of lecture	Collaborators	Role
The 53 <sup>rd</sup> Annual Meeting of The Israel Heart Society together with The Israel Society of Cardiothoracic Surgery	Tel Aviv April 26-27, 2006	Calcium intake is inversely associated with BMI in American Indians	<b>Eilat-Adar S</b> , Xu J, Loria C, Matil C, Goldbourt U, Howard BV, Resnick HE	Oral presentation
The 13 <sup>th</sup> Annual Meeting of the Israeli Society for Research, Prevention and Treatment of Atherosclerosis	Eilat October 18-21, 2007	Gender may modify the effects of macronutrient intake on metabolic syndrome and insulin resistance in American Indians: The Strong Heart Study	<b>Eilat-Adar S</b> , Xu J, Howard BV, Goldbourt U, Resnick HE	Poster
The Annual Meeting of the Israel Society for Research, Prevention and Treatment of Atherosclerosis	Eilat September 2008	Low adherence to dietary recommendations for saturated fat, fiber, and sodium found among American Indians and other U.S. adults with diabetes	<b>Eilat-Adar S</b> , Xu J, Loria CM, Howard BV, Fabsitz RR, Begum M, Zephier EM, Lee ET	Oral presentation
2010 Wingate Congress of Exercise and Sport Sciences	Netanya, Israel June 4, 2010	Physical activity and dietary patterns in American Indians: The Strong Heart Study	Fretts AM, Howard BV, McKnight B, Duncan GE, Beresford SAA, Calhoun D, <b>Eilat-Adar S</b> , Siscovick D	Oral presentation
The Joint Conference on Nutrition, Physical Activity, and Metabolism and Cardiovascular Disease Epidemiology and Prevention.	Atlanta, GA, USA March 22-25, 2011	Saturated fat and processed meat consumption and incident impaired fasting glucose and Type 2 diabetes in American Indians: The Strong Heart Family Study	Fretts AM, Howard BV, McKnight B, Duncan GE, Beresford SAA, Calhoun D, <b>Eilat-Adar S</b> , Siscovick D	Poster

Conference title	Location and date	Subject of lecture	Collaborators	Role
The Joint Conference on Nutrition, Physical Activity and Metabolism and Cardiovascular Disease Epidemiology and Prevention	Atlanta, GA, USA March 22-25, 2011	Pedometer-determined steps/day and Incident Impaired fasting glucose and type 2 diabetes in American Indians: The Strong Heart Family Study	Fretts AM, Howard BV, McKnight B, Duncan GE, Beresford SAA, Calhoun D, <b>Eilat-Adar S</b> , Siscovick D	Poster
The Joint Conference on Nutrition, Physical Activity and Metabolism and Cardiovascular Disease Epidemiology and Prevention	Atlanta, GA, USA March 22-25, 2011	Heart healthy diet and incident impaired fasting glucose and type 2 diabetes in American Indians: The Strong Heart Family Study	Fretts AM, Howard BV, McKnight B, Duncan GE, Beresford SAA, Calhoun D, <b>Eilat-Adar S.</b> , Siscovick D	Poster
Conference on Nutrition, Physical Activity and Metabolism and Cardiovascular Disease Epidemiology and Prevention	San Diego, CA March 13-16, 2012	Dietary patterns and depression in a population with high prevalence of Obesity: The Strong Heart Family Study	Mete, M, Calhoun D, <b>Eilat-Adar S</b> , Fretts AM, Shara NM, Howard BV	Poster
2014 Wingate Congress of Exercise and Sport Sciences	Netanya, Israel June 15, 2014	Dairy consumption and serum vitamin D are associated with height and prevalence of overweight among Arab children age 5-12	<b>Eilat-Adar S</b> , Kassem E, Kabha A, Zeev A, Ben-Zaken S	Oral presentation
2014 Wingate Congress of Exercise and Sport Sciences	Netanya, Israel June 15, 2014	Vitamin D receptor (VDR) polymorphism, and vitamin D status among children	Kassem E, <b>Eilat-Adar S</b> , Sindiani M, Ben-Zaken S	Oral presentation

Conference title	Location and date	Subject of lecture	Collaborators	Role
National Institute of Health. National Heart, Lung and Blood Institute. 2016 Annual meeting for programs to increase diversity among individuals engaged in health-related research (PRIDE)	Bethesda MD, USA, April 27, 2016	The association of physical activity with short leukocyte telomere length: the Strong Heart Family Study	Fretts AM, Mete M, Howard BV, Best LG, Siscovick DS, <b>Eilat-Adar S</b> , Zhao J.	Poster
The Annual Conference of the Israel Heart Society	Tel Aviv, Israel June 12, 2016	The effectiveness of a health promotion program in 5th-6th grade children in Beit Dagan – second year follow up	Aperman-Itzhak T, Yom Tov A, Vered Z, Waysberg R, Livne I, <b>Eilat-Adar S</b> .	Oral presentation
2016 Wingate Congress of Exercise and Sport Sciences	Netanya, Israel June 2, 2016	The Association between sports injuries characteristics and the type of sport, among academic elite athletes at Wingate Institute	Ayoub E, <b>Eilat-Adar S</b>	Oral presentation
2018 Wingate Congress of Exercise and Sport Sciences	Netanya, Israel June 8, 2018	Physical therapy treatment once a month versus physical treatment once a week for posture improvement in children and adolescents who suffer from posture problem or Low Back Pain	Vitman N, <b>Eilat-Adar S</b>	Oral presentation
Congress of the European Society of Cardiology (ESC) World Congress of Cardiology	Paris, France August 31-September 4, 2019	Religious education and midlife observance are associated with lower coronary heart disease (CHD) mortality 23 years later	<b>Eilat-Adar S</b> , Goldbourt U	Poster



Conference title	Location and date	Subject of lecture	Collaborators	Role
American College of Sports Medicine	May 27-28, 2020	Measured versus predicted resting metabolic rate in overweight men and women following weight loss	Nachmani M, Lahav Y, Zeev A, <b>Eilat-Adar S</b>	e-poster
6 <sup>th</sup> International Congress of Exercise and Sport Sciences	Netanya, Israel, e-congress, June 6-10, 2021	Physical activity, resilience, emotions, moods, and weight control during the COVID-19 global crisis	Zach S, Ophir M, Zeev A, <b>Eilat-Adar S</b>	Oral presentation
6 <sup>th</sup> International Congress of Exercise and Sport Sciences	Netanya, Israel, e-congress, June 6-10, 2021	Healthy behavior of adults and the elderly during the COVID-19 global crisis	Zach S, Ophir M, Zeev A, <b>Eilat-Adar S</b>	Oral presentation
6 <sup>th</sup> International Congress of Exercise and Sport Sciences	Netanya, Israel, e-congress, June 6-10, 2021	participation in physical activity, resilience, and emotions in two consecutive lockdowns during the covid-19 pandemic	Dotan A, Zach S, Ophir M, <b>Eilat-Adar S</b>	Oral presentation
6 <sup>th</sup> International Congress of Exercise and Sport Sciences	Netanya, Israel, e-congress, June 6-10, 2021	Weight change adjusted equations for assessing resting metabolic rate in overweight and obese adults	Nachmani M, Lahav Y, Zeev A, Grosman-Rimon L, <b>Eilat-Adar S</b>	Oral presentation
6 <sup>th</sup> International Congress of Exercise and Sport Sciences	Netanya, Israel, e-congress, June 6-10, 2021	Health-related habits of students at the Academic College at Wingate	Weiss S, Arnon M, <b>Eilat-Adar S</b>	Oral presentation
6 <sup>th</sup> International Congress of Exercise and Sport Sciences	Netanya, Israel, e-congress, June 6-10, 2021	The association between vegetarianism, nutritional and emotional status, and blood chemistry in subjects participating in aerobic activity	Ernstein A, Zeev A, Tzuk S, <b>Eilat-Adar S</b>	Oral presentation

<b>Conference title</b>	<b>Location and date</b>	<b>Subject of lecture</b>	<b>Collaborators</b>	<b>Role</b>
The 25th Annual Meeting of the Israeli Society for Research, Prevention and Treatment of Atherosclerosis	Kfar Blum, Israel, June 24-26, 2021	Vitamin D and omega3 for CVD and COVID-19 prevention and treatment – a review	<b>Eilat-Adar S</b>	Keynote Invited Lecturer

**B. Organization of Conferences or Sessions**

Conference title	Location and date	Subject of lecture	Role
Annual Meeting of the Israel Dietetic Association	Netanya, Israel November 2, 2008	Nutritional epidemiology, the Strong Heart Study. Summary of a post-doctoral project	Invited keynote lecturer
Debates in Diabetes, Obesity and Hypertension Conference	Tel Aviv, Israel March 18, 2009	Evidence-based nutrition, application in the clinical practice	Invited keynote lecturer
2 <sup>nd</sup> Wingate Congress of Exercise and Sport Sciences	Netanya, Israel 2010	1. Member of the organizing committee 2. Responsible for recruiting sponsorships for the exhibition	
Annual Meeting of The Israel Dietetic Association	Tel Aviv, Israel 2018	Member of the poster competition review Committee	
17 <sup>th</sup> International Conference on Obesity, Diet and Nutrition	Paris, France August 28-29, 2018	Are saturated fatty acids so PURE? (Referring to the PURE study)	Conference chairperson Lecturer
International Conference on Nutrition	Las-Vegas, Nevada, USA October 1-3, 2018	Nutritional assessment at a girls' orphanage in Trincomalee, Sri Lanka according to length of stay	Session chairperson Lecturer
The Working Group in Cardiac Rehabilitation, The Israeli Heart Society	Israel December 11, 2020 (via Zoom)	"You should take to your heart" – Innovations in nutrition and heart disease	Invited keynote lecturer
6 <sup>th</sup> Wingate Congress of Exercise and Sport Sciences	Netanya, Israel, e-congress, June 6-10, 2021	1. Member of scientific committee 2. Organized a session on sports nutrition 3. Organized a seminar on health promotion for the forum of health promoting colleges 4. Chairperson on the plenary session and in two additional sessions	

**7. Academic and Professional Awards****A. Grants Awarded**

Years	Investigator (Principal/ other)	Granted by Institute/ Company	Study	Total Amount
2001	Michael Eldar PI; Sigal Eilat-Adar PhD student	Tel Aviv University Research Fund for PhD research	The association between voluntary weight loss and cardiac events	NIS 51,000

Years	Investigator (Principal/ other)	Granted by Institute/ Company	Study	Total Amount
2002	PI	Danone Research fund for PhD research	The association between voluntary weight loss and cardiac events	NIS 5,000
2003-2005	PI	Tnuva Research fund	The association between milk and dairy products intake and hypertension in the "Hadera District" cross sectional study	NIS 30,000
2008-2009	PI	The MOFET Institute	Computerized and teleprocessed two courses at the Academic College at Wingate	NIS 11,000
2008-2009	PI	Israel Ministry of Education	Wrote a booklet of lesson plans of nutrition and physical activity according to traditions of the Jewish holidays	NIS 11,000
2009-2010	PI	Israel Ministry of Education	Transformed the above booklet into a website	NIS 11,000
2012-2014	PI	The MOFET Institute	Grant for school-based intervention to promote a healthy lifestyle and obesity prevention in Beit Dagan Local Council program	NIS 31,000
2021	PI	Edmond De Rothschild's Foundation: collaboration with the Ministry of Education, Oranim College of Education, Kibbutzim College of Education, Kaye Academic College of Education, The Academic College at Wingate, Levinsky College of Education, David Yellin College of Education, Gordon College of Education, and the Zefat Academic College	Health implications of the Covid-19 crisis on students in academic colleges of education in Israel	NIS 80,000 Denied

**B. Academic Awards**

<b>Years</b>	<b>Granted by Institute/Company</b>	<b>Total Amount</b>
1987,1989	The Dean's list	
1991	BSc ( <i>cum laude</i> ), GPA 89	
1994	MSc ( <i>cum laude</i> ), thesis grade 95, GPA 92	
1994	Tel Aviv University Shlezac Grant for MSc students	NIS 3,000
1996	Neufeld Cardiac Research Institute, Tel-Aviv University, Sheba Hospital, Tel Hashomer, Klapholtz Award for Cardiovascular Research	NIS 4,000
1997	Tel Aviv University Ziternik grant for PhD preliminary study	NIS 3,000
2004	Constantiner Travel Scholarship	US\$ 650
2004	American Heart Association Fellow, travel award	US\$ 1,000
2008-2009	MedStar Research Institute, Washington, DC, travel award	US\$ 2,000
2009	MedStar Research Institute, Washington DC, travel award	US\$ 4,000
2018-present	The MOFET Institute	Initiator and promoter of the health promoting college project. Received 3 stars (highest

**C. Non-Competitive Grants**

<b>Years</b>	<b>Granted by Institute/Company</b>	<b>Total Amount</b>
2010	2 <sup>nd</sup> Wingate Congress of Exercise and Sport Sciences. Recruited sponsorships for the conference	NIS 100,000
2016	Sponsorship for travelling to Sri Lanka, fully covered by the VeAhavta Project for the nutritional assessment and assistance in establishing a diabetes clinic coaching on nutritional assessment and consultancy for people with diabetes	~NIS 20,000

Years	Granted by Institute/Company	Total Amount
2021	Leket Israel – Donation for the SHAZAR school project for nutritional education	NIS 94,000

## 8. Teaching

### A. Courses Taught at the Academic College at Wingate

Dates	Name	Couse type (hours)
2007-present	Physical activity and health promotion	Theoretical (30)
2007-present	Nutrition and physical activity	Theoretical (30)
2007–present	Epidemiology of physical activity and nutrition	Seminar (45)
2009-2010; 2016	Introduction to research	Theoretical (45)
2011-2013	Nutrition for prevalent chronic disease treatment and prevention and the association with PA	Theoretical (308)
2014-present	(Continued as) Nutrition for cardiovascular disease prevention	Theoretical (45)
2015-2016	Epidemiology and research methods in nutrition and physical activity	Master of Physical Education (MPE), theoretical (30)
2017-present	Introduction to epidemiology	Master of Education (MEd), theoretical (45)
2017-present	Research methods in nutrition and physical activity epidemiology	MEd, theoretical (30)
2017-present	Nutrition in life pace	MEd, theoretical, computerized (30)
2017-present	Health promotion in schools	MEd, theoretical (30)
2017-2018	Health promotion in the community	MEd, theory and practice (30)

### B. Supervision of Graduate Students

#### B.1 Graduated

Years	Name of student	Subject	Academic Institution/degree	Current stage
October 2009	Yael Shmaya	The association between nutritional inadequacy and eating behavioral problems in children with autism spectrum disorder (ASD) versus children with normal growth and the association with sensory processing. A case-control multicenter study, with 2 control groups	Tel Aviv University, Master of Public Health (MPH)	Thesis approved
August 2011	Anat Yom Tov	Community and school-based intervention to promote healthy lifestyle and obesity prevention in 5 <sup>th</sup> and 6 <sup>th</sup> grade students in Beit Dagan compared to control group	Tel Aviv University, MPH	Thesis approved <i>cum laude</i>
October 2011	Ehab Ayub	The association between type of sport, profile, and number of sports injuries among academic elite athletes	Tel Aviv University, MPH	Thesis approved
October 2012	Tal Aperman	The influence of health promotion programs on children in 5 <sup>th</sup> and 6 <sup>th</sup> grades –	Tel Aviv University, MPH	Thesis approved
February 2014	Alin Ernstein	The association between vegetarian and vegan diets among athletes, to nutritional status and blood measurements	The Academic College at Wingate, Master of Physical Education (MPE)	Thesis approved
February 2014	Moran Nachmani	Do weight loss and exercise influence measured RMR as compared to predicted RMR equation?	The Academic College at Wingate, MPE	Thesis approved
May 2014	Noa Eliaz	The association between cholesterol levels in the subclinical phase in children and adults after traumatic brain injury and motor-behavioral prognosis	The Academic College at Wingate, MPE	Thesis approved
December 2016	Neta Vitman	Individual physical therapy treatment versus additional group treatment and posture improvement in children and adolescents	The Academic College at Wingate, MPE	Thesis approved <i>cum laude</i>

Years	Name of student	Subject	Academic Institution/degree	Current stage
July 2018	Abir Swan	The association between Ramadan and fasting glucose and HgA1C in Muslim individuals with type 2 diabetes	Tel Aviv University, MPH	Thesis approved
July 2020	Yoni Delugach	The association between Physical activity in the MABAT youth survey and socio-ecological variables	The Academic College at Wingate, MPE	Thesis approved

## B.2 Current Supervision

Years	Name of Student	Subject	Academic Institution/Degree	Current Stage
October 2021	Efrat Feldman	Does health and sports promoting school improve school climate in 5 <sup>th</sup> and 6 <sup>th</sup> grade students and their parents, compared to a control group?	The Academic College at Wingate, MPE	Data collection
January 2021	Naama Israeli	The Life's simple 7 (LS7) in the Israeli Ischemic Heart Disease Study (IIHD) population	Tel Aviv University, MPH	Thesis proposal approved
January 2021	Gaya Sartena	Is there an association between dietary magnesium intake, residency in areas with desalinated water, and coronary heart disease? Data from "Mabat Zahav" 2005-2006 and of Data from the Israeli Center for Disease Control (ICDC)	Tel Aviv University, MPH	Thesis proposal approved

## C. Supervision of Master's Student Projects

### C.1 Graduated



Years	Name of student	Subject
Ruslana Phireh	Association between diet (intake of protein, iron, calcium, calories) and incidence of diseases during military service (stress fractures, anemia, obesity, high blood fat and chronic diseases) among rookies and combatants	Tel Aviv University, MPH
Merav Sa'ad	The association between calcium intake in food and supplements to bone density and osteoporotic fractures during menopause	Tel Aviv University, MPH
Yossi Ohana	Health program and its effect on health workers production	The Academic College at Wingate, MPE
Navit Iron	Evaluation of intervention program that aims at enhancing motivation for physical activity in high school girls	The Academic College at Wingate, MEd
Lin Isardel	The reliability of face-to-face food frequency questionnaire vs. Skype interview	The Academic College at Wingate, MPE
Shai Weiss	Health related habits of students at the Academic College at Wingate	The Academic College at Wingate, MEd
Ela Elmakayes	The influence of nutrition and physical activity promotion program on children in kindergarten and on their parents	The Academic College at Wingate, MEd
Avital Dotan	The relationship between physical activity, mood, emotions and resilience during two consecutive lockdowns in the COVID-19	The Academic College at Wingate, MEd
Sobhi Araf	The association between different levels of physical activity and learning achievements among Arab students	The Academic College at Wingate, MEd
Rim Amar	The association between physical activity before and during the first lockdown due to COVID-19 pandemic, to self-esteem and emotions in the Jewish vs. non-Jewish population in north Israel	The Academic College at Wingate, MEd
Eran Raik	The contribution of regular physical activity to reduce the burnout of teachers in high school	The Academic College at Wingate, MEd
Ela Aharon	Does health and sports promoting school improve knowledge, attitudes and nutritional Behavior in 5 <sup>th</sup> and 6 <sup>th</sup> grade students and their parents, compared to a control group?	The Academic College at Wingate, MEd
Yafit Lazar	The contribution of structured physical activity for 3 months to burnout level among teachers in middle school	The Academic College at Wingate, MEd

Years	Name of student	Subject
Yael Ecshetai	The effects of school garden experiences in kindergarten, on knowledge and vegetables consumption among children and their parents	The Academic College at Wingate, Med
Yaron Yona	Did the corona virus reduce road accidents in Israel?	The Academic College at Wingate, MEd
Nlrit Maliach	A thesis proposal for a measuring hunger and satiety in children aged six to nine. Validation of a new picture rating scale in Hebrew	The Academic College at Wingate, MEd
Ofir Gil	A thesis proposal for a program to increase physical activity in high school students	The Academic College at Wingate, MEd under revision

## C.2 Currently Supervised

Name of Student	Subject	Academic Institution/Degree
Nisreen Zatma	The association between physical activity habits and health awareness among Arab young adults	The Academic College at Wingate, Master in Active and Healthy Lifestyle Education MEd statistical analyses
Adi Bechor	Health habits assessment of children and teachers in kindergartens in Eilat, after participating in a health promotion program: "The healthy Omri"	The Academic College at Wingate, Master in Active and Healthy Lifestyle Education MEd
Malak Shaib	Intervention for smoking cessation in adolescents aged 14-16 in Baqa al-Gharbiyye	The Academic College at Wingate, MEd
Avidan Shalev	Artificial sweeteners and metabolic syndrome	Tel Aviv University, MPH
Shani Ismach	Artificial sweeteners and weight change	Tel Aviv University, MPH
Soma Assali	The effect of semaglutide on blood glucose, and HgA1C and BMI in patients with type 2 diabetes- a retrospective study	The Academic College at Wingate, MEd

## 9. Scientific Publications

### A. Original Articles

1. **Eilat-Adar S**, Vered Z, Mirelman D.  
[Influence of garlic on blood lipids and blood coagulation].  
*Harefuah* 1993; 124:418-21. (Hebrew)  
Not IF in JCR; Times Cited: 2
2. Eitan A, **Eilat-Adar S**.  
[Nutritional treatment in bone-marrow transplantation].  
*Harefuah* 1994; 126: 459-63. (Hebrew)  
Not IF in JCR; Times Cited: 2
3. **Eilat-Adar S**, Oestraicher Y, Rabinkov A, Mirelman D, Eldar M, Vered Z.  
Alteration of lipid profile in hyperlipidemic rabbits by allicin, an active constituent of garlic.  
*Coronary Artery Disease* 1995; 6:985-990.  
IF 1.439; Cardiac & Cardiovascular Systems; Rank 133/142; Q4; Times Cited: 62
4. **Eilat-Adar S**, Avramovitch D, Rabinkov A, Mirelman D, Battler A, Eldar M, Vered Z.  
Allicin. Hypolipidemic.  
*Drugs of the future* 1996; 21:1101-1104.  
IF 0.148; Pharmacology & Pharmacy; Rank 275/276; Q4; Times Cited: 2
5. Avramovitz D, Gavri Z, Haratz D, Levkovitz H, Mirelman D, Miron T, **Eilat-Adar S**, Rabinkov A, Wilcheck M, Eldar M, Vered Z.  
Allicin-induced decrease in formation of fatty streaks (atherosclerosis) in mice fed a cholesterol-rich diet.  
*Coronary Artery Disease* 1999; 10: 516-519; Times Cited:  
IF 1.439; Cardiac & Cardiovascular Systems; Rank 133/142; Q4; Times Cited: 50
6. **Eilat-Adar S**, Eldar M, Goldbourt U.  
Association of intentional changes in body weight with coronary heart disease event rates in overweight subjects who have an additional coronary risk factor.  
*American Journal of Epidemiology* 2005; 161: 352-358.  
IF 4.897; Public, Environmental & Occupational Health; Rank 32/203; **Q1**; Times Cited: 80
7. Xu J, **Eilat-Adar S**, Loria C, Gouldbourt U, Howard BV, Fabsitz RR, Zephier EM, Mattil C, Lee ET.  
Dietary fat intake and risk of coronary heart disease: The Strong Heart Study.  
*American Journal of Clinical Nutrition* 2006; 84: 894-902.  
IF 7.047; Nutrition & Dietetics; Rank 10/88; **Q1**; Times Cited: 98
8. Xu J, V\_ **Eilat-Adar S**, Loria CM, Howard BV, Fabsitz RR, Begum M, Zephier EM, Lee ET.  
Macronutrient intake and glycemic control in a population-based sample of American Indians with diabetes: The Strong Heart Study.  
*American Journal of Clinical Nutrition* 2007; 86: 480-487.  
IF 7.047; Nutrition & Dietetics; Rank 10/88; **Q1**; Times Cited: 25

9. **Eilat-Adar S**, Xu J, Loria C, Matil C, Goldbourt U, Howard BV, Resnick HE.  
Dietary calcium is associated with body mass index, and body fat in American Indians: The Strong Heart Study.  
*Journal of Nutrition* 2007; 137:1955-1960.  
IF 4.798; Nutrition & Dietetics; Rank 28/88; **Q2**; Times Cited: 25
10. Kalter–Leibovici O, Atamna A, Lubin F, Alpert G, Gillon-Keren M, Murad H, Chetrit A, Goffer D, **Eilat-Adar S**, Goldbourt U.  
Obesity among Arabs and Jews in Israel: Population Based Study.  
*Israel Medical Association Journal* 2007; 9:1-6.  
IF 0.892; Medicine, General & Internal; Rank 140/167; **Q4**; Times Cited: 41
11. **Eilat-Adar S**, Xu J, Howard BV, Goldbourt U, Resnick HE.  
Sex May Modify the Effects of Macronutrient Intake on Metabolic Syndrome and Insulin Resistance in American Indians: The Strong Heart Study.  
*Journal of the American Dietetic Association* 2008:794-803.  
(Continued as: *Journal of the Academy of Nutrition and Dietetics*)  
IF 4.910; Nutrition & Dietetics; Rank 26/88; **Q2**; Times Cited: 8
12. **Eilat-Adar S**.  
Reduce simple carbohydrate and animal protein intake and increase polyunsaturated fatty acid intake in patients with metabolic syndrome and insulin resistance.  
*Journal of the American Dietetic Association* 2008: 108:802-803 -**Editorial**  
(Continued as *Journal of the Academy of Nutrition and Dietetics*)  
IF 4.910; Nutrition & Dietetics; Rank 26/88; **Q2**; Times Cited: 0
13. **Eilat-Adar S**, Xu J, Zephier E, O'Leary V, Howard BV, Resnick HE.  
Adherence to dietary recommendations for saturated fat, fiber, and sodium is low in American Indians and other U.S. adults with diabetes.  
*Journal of Nutrition* 2008; 138:1699-704.  
IF 4.798; Nutrition & Dietetics; Rank 28/88; **Q2**; Times Cited: 26

### **3. Since Being Appointed Senior Lecturer**

14. **Eilat-Adar S**, Mete M, Nobmann ED, Xu J, Fabsitz RR, Obbesson SOE, Howar BV.  
Dietary patterns are linked to cardiovascular risk factors but not to inflammatory markers in Alaska Eskimos.  
*Journal of Nutrition* 2009; 139: 2322–2328.  
IF 4.798; Nutrition & Dietetics; Rank 28/88; **Q2**; Times Cited: 36
15. **Eilat-Adar S**, Koren-Morag N, Siman-Tov M, Livne I, Altmen H.  
School-based intervention to promote eating daily and healthy breakfast: A survey and a case-control study.  
*European Journal of Clinical Nutrition* 2011; 65:203-209.  
IF 4.016; Nutrition & Dietetics; Rank 39/88; **Q2**; Times Cited: 11

16. Jolly SE, **Eilat-Adar S**, Wang H, Mete M, Fabsitz RR, Devereux SOE, Umans JG, Howard BV. Sex-specific associations of nutrition with hypertension and systolic blood pressure in Alaska Natives findings from the GOCADAN study. *International Journal of Circumpolar Health* 2011; 70:254-265.  
IF 1.228; Public, Environmental & Occupational Health; Rank 179/203; **Q4**; Times Cited: 7
17. Kalter-Leibovici O, Chetrit A, Lubin F, Atamna A, Alpert G, Ziv A, Abu-Saad K, Murad H, **Eilat-Adar S**, Goldbourt U. Adult-onset diabetes among Arabs and Jews in Israel: a population-based study. *Diabetic Medicine* 2012; 9:748-754. 2.  
IF 4.359; Endocrinology & Metabolism; Rank 55/146; **Q2**; Times Cited: 47
18. Fretts A, Howard BV, McKnight B, Duncan GE, Beresford SAA, Mete M, **Eilat-Adar S**, Zhang Y, Siscovick DS. The associations of processed meat and unprocessed red meat intake with incident diabetes: the strong heart family study. *American Journal of Clinical Nutrition* 2012; 95:752-758.  
IF 7.047; Nutrition & Dietetics; Rank 10/88; **Q1**; Times Cited: 59
19. **Eilat-Adar S**, Mete M, Fretts A, Fabsitz RR, Handeland C, Lee ET, Loria C, Xu J, Yeh J, Howard BV. Dietary patterns and their association with cardiovascular risk factors in a population undergoing lifestyle changes: The Strong Heart Study. *Nutrition Metabolism and Cardiovascular Diseases* 2012; 23:528-535  
IF 4.222; Nutrition & Dietetics; Rank 33/88; **Q2**; Times Cited: 44
20. Abu-Saad K, Chetrit A, **Eilat-Adar S**, Alpert G, Atamna A, Gillon-Keren M, Rogowski O, Ziv A, Kalter-Leibovici O. Blood pressure level and hypertension awareness and control differ by marital status, sex, and ethnicity: a population-based study. *American Journal of Hypertension* 2014; 27:1511-1520  
IF 2.689; Peripheral Vascular Disease; Rank 41/65; **Q3**; Times Cited: 31
21. Shmaya Y, **Eilat-Adar S**, Leitner Y, Reif S, Gabis L. Nutritional deficiencies and overweight prevalence among children with autism spectrum disorder. *Research in Developmental Disabilities* 2015; 38:1-6  
IF 3.23; Education, Special; Rank 7/42; **Q1**; Times Cited:15
22. Shmaya Y, **Eilat-Adar S**, Leitner Y, Reif S, Gabis L. Mealtime behavior difficulties but not nutritional deficiencies correlate with sensory processing in children with autism spectrum disorder. *Research in Developmental Disabilities* 2017; 66:27-33  
IF 3.23; Education, Special; Rank 7/42; **Q1**; Times Cited:8

23. Aperman-Itzhak T, Yom Tov A, Vered Z, Waysberg R, Livne I, **Eilat-Adar S**.  
School-based Intervention to promote a healthy lifestyle and obesity prevention among fifth - and sixth-grade children.  
*American Journal of Health Education* 2018. 49(5):289-295  
IF 0.44; Public, Environmental & Occupational Health; Rank 280/386; **Q3**; Times Cited: 14
24. Fretts AM, Mete M, Howard BV, Best LG, Siscovick DS, **Eilat-Adar S**, Zhao J.  
Physical activity and telomere length in American Indians: The Strong Heart Study  
*European Journal of Epidemiology* 2018; 33:497-500  
IF 8.082; Public, Environmental & Occupational Health; Rank 12/203; **Q1**; Times Cited: 8
25. Caspi-Avissar N, Grosman-Rimon L, Gohari J, Arazi M, Granot D, Ghanim D, Carasso S, Shalabi A, Sudarsky D, **Eilat-Adar S**, Kinany W, Amir O, Kachel E.  
Clinical, surgical, and sociopsychological Factors and Depression after cardiothoracic surgery.  
*Annals of Thoracic Surgery* 2021; 111:1064-1070.  
IF 4.33; Surgery; 36/211; **Q1**; Times Cited: 2
26. Kassem E, **Eilat-Adar S**, Sindiani M, Ben-Zaken S.  
Sex differences in vitamin D deficiency and anthropometric measurements in school-age children from rural areas in Israel.  
*Israel Medical Association Journal* 2020; 11:696-699. PMID: 33249790  
IF 0.892; Medicine, General & Internal; Rank 140/167; **Q4**; Times Cited: 1
27. **Eilat-Adar S**, Periquito I, Mo A, Zeev A, Golan, R, Gunaratnam N.  
Nutritional intervention at a girl's orphanage in Sri Lanka decreased stunting after one Year.  
*Health* 2021; 13:60-67.  
IF 2.279; Public, Environmental & Occupational Health; Rank 97/176; **Q3**; Times Cited: 0
28. Nachmani M, Lahav Y, Zeev A, Grosman-Rimon L, **Eilat-Adar S**.  
Weight change adjusted equations for assessing resting metabolic rate in overweight and obese adults.  
*Obesity Research and Clinical Practice* 2021; 15: 221-226.  
IF 2.288; Nutrition & Dietetics; Rank 68/88; **Q4**; Times Cited: 1
29. Zach S, Zeev A, Ophir M, **Eilat-Adar S**.  
Physical activity and active and healthy lifestyle among older adults during the COVID-19 lockdown.  
*European Review of Aging and Physical Activity* 2021; 18:5.  
IF 3.878; Geriatrics & Gerontology; Rank 26/53; **Q2**; Times Cited: 9
30. Buch A, Diener J, Stern N, Rubin A, Sofer Y, Yaron M, Greenman Y, Eldor R, **Eilat-Adar S**.  
Comparison of equations estimating resting metabolic rate in older adults with type 2 diabetes.  
*Journal of Clinical Medicine* 2021; 10:1644.  
IF 4.242; Medicine, General & Internal; Rank 39/167; **Q1**; Times Cited:1

31. Zach S, Fernandez-Rio J; Zeev A, Ophir M, **Eilat-Adar S**. Physical activity, resilience, emotions, moods, and weight control, during the COVID-19 global crisis. *Israel Journal of Health Policy Research* 2021; 10:55.  
IF 2.385; Public, Environmental & Occupational Health; Rank 93/177; Q3; Times Cited: 1
32. Vitman N, Hellerstein D, Zeev A, Gilo Y, Nakdimon O, Peretz A, **Eilat-Adar S**. A comparison between different types and frequency of physiotherapy treatment for children and adolescents with postural problems and low back pain. *Physical and Occupational Therapy in Pediatrics* 2021; 1-12.  
IF 2.360; Rehabilitation; Rank 29/74; **Q2**; Times Cited: 0
33. Zach S\*, **Eilat-Adar S \***, Ophir M, Dotan A. Differences in the association between physical activity and people's resilience and emotions during two consecutive Covid-19 lockdowns in Israel. *International Journal of Environmental Research and Public Health* 2021; 18, 13217.  
IF 3.390; Public, Environmental & Occupational Health; Rank 68/203; Q2; Times Cited: 0  
\*Mutual contribution
34. **Eilat-Adar S**, Hellerstein D, Goldbourt U. Religiosity is associated with reduced risk of all-cause and coronary heart disease mortality among Jewish men. *International Journal of Environmental Research and Public Health*. 2022; 19; 12607.  
IF 4.614; Public, Environmental & Occupational Health; Rank 71/210; Q2; Times Cited: 0

#### **B. Review Articles**

34. Lipovetzky N, **Eilat-Adar S**. The relation between trans-fatty acids and coronary heart disease and myocardial infarction. *Harefuah* 1997; 133:544-547. Review. [Hebrew]  
Not IF in JCR; Times Cited:0
35. **Eilat-Adar S**, Lipovetzky N, Goldbourt U, Henkin YN. Omega-3 fatty acids, fish, fish oil and cardiovascular disease: A review with implications to Israeli nutritional guidelines. *Harefuah*. 2004 Aug; 143(8):585-91, 622, 621; Review. [Hebrew]  
Not IF in JCR; Times Cited:9
36. **Eilat-Adar S**, Goldbourt U, Resnick H.E, Howard B.V. Intentional weight loss, blood lipids and coronary morbidity and mortality. *Current Opinion in Lipidology* 2005; 16: 5-9.  
IF 4.776; Peripheral Vascular Disease; Rank 18/65; Q2; Times Cited: 12

#### **4. Since Being Appointed Senior Lecturer**

37. **Eilat-Adar S**, Goldbourt U.  
Nutritional recommendations for preventing coronary heart disease in women: Evidence concerning whole foods and supplements.  
*Nutrition Metabolism and Cardiovascular Diseases*. 2010; 20:459-466.  
IF 4.222; Nutrition & Dietetics; Rank 33/88; **Q2**; Times Cited: 30
38. **Eilat-Adar S**, Sinai T, Yosefy C, Henkin Y.  
Nutritional recommendations for cardiovascular disease prevention.  
*Nutrients* 2013; 5:3646-3683.  
IF 5.719; Nutrition & Dietetics; Rank 17/88; **Q1**; Times Cited: 118
39. Grosman-Rimon L, Wright E, Freedman D, Kachel E, Hui S, Epstein I, **Eilat-Adar S\***, Gutterman DD\*.  
Can improvement in hormonal and energy balance reverse cardiovascular risk factors in athletes with amenorrhea?  
*American Journal of Physiology-Heart and Circulatory Physiology*. 2019; 317:H487-H495  
IF 4.733; Physiology; Rank 13/81; **Q1**; Times Cited: 0  
\*Mutual contribution
40. Schechter M, **Eilat-Adar S**.  
Dietary recommendations of magnesium for cardiovascular prevention and treatment. A position paper of the Israel Heart Society and the Israel Dietetic Association.  
*Magnesium Research*. 2021;34:35-42.  
IF 1.115; Endocrinology & Metabolism; Rank 138/146; **Q4**;Times Cited: 0
41. Liza Grosman-Rimon L, Vadasz B, Bondi M, Cohen M, Santos S, Katz J, Clarke H, Singh S, Rimon S, Dinesh K, **Eilat-Adar S**.  
The potential role of insulin-like growth factors in myofascial pain syndrome. A Narrative Review.  
*American Journal of Physical Medicine & Rehabilitation* 2022. Online ahead of print.  
IF 2.159; Rehabilitation; Rank 40/68; **Q3**; Times Cited: 0
42. Eilat-Adar S, Shenhar M, Hellerstein D, Dunsky A.  
The influence of yoga on the cognitive function of people aged 60 years and older – A systematic review.  
*Alternative Therapies in Health and Medicine*. 2022;31: AT7225. Online ahead of print.  
IF 1.305; Integrative & Complementary Medicine; Rank 31/39;**Q2**; Times Cited: 0

### C. Chapters in Books

1. Goldbourt U, **Eilat-Adar S**.  
Omega 3 fatty acids and coronary heart disease risk  
In: Harrison's Principles of Internal Medicine online, 2008.



2. **Eilat-Adar S**, Xu J, Zephier E, Nobmann ED, Mattil CZ, O'Leary V, a Howard, B.V. Nutrition and cardiovascular disease in American Indians and Alaska Natives In *Fatty Acids in Health Promotion and Disease Causation*, ed. RW, Watson. Urbana, IL: AOCS Press, 2009: 43-70.
3. **Eilat-Adar S**. Ministry of Education and Ministry of Health Policy on healthy eating. Appendix in: *Slim by design-mindless eating solution for everyday life*. [Hebrew translation]. Wansink B. Hebrew translation (Lirzot Lelo Maamatz (; Shocken publishing house, 2016.

#### D. Abstracts

1. **Eilat-Adar S**, Eldar M, Goldbourt U. (2003). Association between voluntary weight loss and incidence of coronary heart disease among overweight patients over 47.5±19.1 months of follow-up. *Circulation*. 107: E7002. IF 29.690; Peripheral Vascular Systems; Rank 1/65; **Q1**
2. Kalter-Leibovici,O, Lubin F, Atamna, A, Chetrit A, Alpert G, Morad H, Ziv A, **Eilat-Adar S**, Freedman L, Goldbourt, U. (2003). High rates of obesity and diabetes among Israeli Arabs: Preliminary results of the Hadera District Project. *Diabetes*.52 (Suppl. 1): 958-P, A223; 2. IF 9.461; Endocrinology & Metabolism; Rank 11/146; **Q1**
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7. **Eilat-Adar S**. (2018). Nutritional assessment at a girls' orphanage in Trincomalee, Sri Lanka, according to length of stay. *Journal of Pharmaceutical Sciences & Emerging Drugs*. 6:34. Not IF in JCR

8. **Eilat-Adar S**, Goldbourt, U. (2019). Religious education and midlife observance are associated with lower coronary heart disease (CHD) mortality 23 years later. *European Heart Journal*. 40(Suppl.1).  
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9. **Eilat-Adar S**, Nachmani M, Lahav Z, Zeev A.  
Measured versus predicted resting metabolic rate in overweight men and women following weight loss.  
*American Journal of Sports Medicine*. 2020 52(5): S86.  
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#### E. Additional Publications

1. Hemo B, Golan R, Heymann AD, Shahar DR, **Eilat-Adar S**.  
Personal and family and friends but not the medical team are the sources of support in management of type 2 diabetes.  
*Current Research in Diabetes and Obesity Journal* 2020; 14: 555878.  
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2. Shenhar M, **Eilat-Adar S**.  
The influence of yoga practice on cognitive function in people aged 60 years and above A systematic review  
*In Movement* 2020 4:553-573. [Hebrew].  
Not in JCR

#### F. Invited Reviews in Hebrew

1. Korenberg Z, **Eilat-Adar S**, Natan D  
Summary of the Women's Health Committee Meeting. The Israeli Dietetic Association.  
*Review* 2001;3 (no pages. Abstract)
2. Korenberg Z, **Eilat-Adar S**, Kessel Z.  
Summary of the women's health committee meeting. The Israeli Dietetic Association.  
*Review* 2002; 7:23. (Abstract)
3. **Eilat-Adar S**.  
The annual scientific meeting of the Tnuva-Research Institute: Calcium and dairy intake and their association with hypertension prevalence among Jews and Arabs in Israel. A research grant. *Review* 2003; 9:18. (Abstract)
4. **Eilat-Adar S**, Henkin Y.  
Nutritional recommendations for cardiovascular disease prevention. A joint position paper: The Israeli Cardiology Society and the Israeli Dietetic Association, *Cardiology update & review* 2012;7:28-29
5. **Eilat-Adar S**.  
The epidemiology of salt consumption.  
*Review* 2013; 39:8-11
6. **Eilat-Adar S**.  
The recommendations for dietary fat intake: A sequence of discoveries or a wandering way? *Review* 2014;42 (No pages).

7. **Eilat-Adar S.**  
Nutritional recommendations for preventing cardiovascular disease. What's New in the country and around the world? *Review* 2016; 48:14-17.
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