



Eva Winzer (née Luger)

Nationality: Austrian

Phone: (+43) 14016034886

Date of birth: 10/09/1986

Gender: Female

Email address: eva.winzer@meduniwien.ac.at

Website: <https://orcid.org/0000-0002-5547-8517>

Website: https://www.researchgate.net/profile/Eva_Winzer

Twitter: https://twitter.com/Eva_Winzer

LinkedIn: <https://www.linkedin.com/in/eva-winzer-49507218>

Address: Kinderspitalgasse 15/1, 1090 Vienna (Austria)

WORK EXPERIENCE

Postdoctoral Research Associate (full-time)

Department of Social & Preventive Medicine, Centre for Public Health, Medical University of Vienna [10/2021 – Current]

City: Vienna

Country: Austria

Scientific interests

Digital Public Health; Digital Food Environment; Public Health Nutrition; Plant-based Diets; Chronic Disease Prevention; School and Community Food Environments; Nutritional Epidemiology; Nutrition Assessment; Nutrition Surveys; Malnutrition

Planned projects

- #TOGGLE | Tool to Recognize Influencer Food Marketing to Adolescents
- MEGA | Media, Health, Action! - Promotion of health literacy in a school setting
- COPLANT Study | Cohort on Plant-based Diets Study

Teaching responsibilities

Undergraduate studies, Medicine degree programme

- Elective: "Public Health Nutrition - Does everyone determine their own nutrition?" (Lecture)
- Elective: "Digital Public Health (Nutrition)" (Lecture)
- Block 13 - Nutrition and Digestion: "Nutrition Practical Course" (seminar with practical course)
- Block 6 - Prevention and Preventive Medicine - Medical Task and Responsibility: "Lifestyle Seminar" (small group seminar)
- Block 22/24 - Public Health
- SSM3 - Project study

Supervision of students

- Diploma student of medicine

Maternity leave (full-time)

[07/2019 – 08/2020]

Marginal employment at the Department of Social and Preventive Medicine, Centre for Public Health, Medical University of Vienna

Postdoctoral Research Associate (part-time)

Department of Social & Preventive Medicine, Centre for Public Health, Medical University of Vienna [03/2017 – 09/2021]

City: Vienna

Country: Austria

Projects

- Promotion of healthy drinking behaviour through innovative peer education in the school setting
- Health survey 2020
- Effect of healthy hydration on hydration, sugar consumption and cognitive performance in white-collar workers
- Secondary analyses of the LOAD study "The Link between Obesity And Vitamin D in bariatric patients with omega-loop gastric bypass surgery"

Teaching responsibilities

Undergraduate studies, Medicine degree programme

- Block 13 - Nutrition and Digestion: "Nutrition Practical Course" (seminar with practical course)
- Block 6 - Prevention and Preventive Medicine - Medical Task and Responsibility: "Lifestyle Seminar" (small group seminar)
- Block 22/24 - Public Health – Functionality in everyday life
- SSM3 - Project study

Postgraduate studies - Master of Public Health

- Advanced Module 4 Nutrition and Metabolism: "Prevention of nutrition-related diseases" & "Prevention aspects in nutrition for children and adolescents, pregnant women, adults, older people" (lecture)

Supervision of students

- Diploma student of medicine
- Master student of the University course Master of Public Health
- Master student in Nutritional Science

Research Assistant (part-time)

Special Institute for Preventive Cardiology And Nutrition (SIPCAN save your life) [04/2016 – 06/2019]

City: Salzburg

Country: Austria

Projects

- Impact of school-based nutrition education programs
- Gradual reduction of free sugars in beverages on sale by implementing the beverage checklist
- Risk screening and primary prevention in Austrian companies – health checks
- Habitual intake of breakfast in relation to overweight status among Viennese preadolescents
- Influence of the teachers' qualification on nutritional knowledge in school children
- Impact of migrant status on eating habits of the Viennese school children

Research Assistant and PhD candidate (full-time)

Department of Social & Preventive Medicine, Centre for Public Health, Medical University of Vienna [03/2013 – 02/2017]

City: Vienna

Country: Austria

Projects

- Nutrition intervention and physical training in malnourished frail community-dwelling elderly subjects carried out by trained lay buddies (Healthy for life; PhD project)
- Digital photography to assess food intake in a clinical setting (Master thesis project)
- Assessing the feasibility of a mobile health-supported clinical decision support system for nutritional triage in oncology outpatients
- Changes of dietary patterns in a web-based weight-reduction programme
- Workplace health promotion - "BetriebsFitService" project
- Readiness to change lifestyle factors according to the transtheoretical model in an overweight/obese Upper-Austrian population
- Dietary behaviour and its association with general and abdominal overweight/obesity in adults from Austria
- Sugar-sweetened beverages and weight gain in children and adults

Teaching responsibilities

Undergraduate studies, Medicine degree programme

- Block 13 - Nutrition and Digestion: "Nutrition Practical Course" (seminar with practical course)

Freelancer

Priv.-Doz. Dr. Karin Schindler [03/2012 – 02/2013]

Country: Austria

Research Assistant (marginally employed)

Division of Endocrinology & Metabolism, Dep. of Internal Medicine III, Medical University of Vienna [03/2011 – 02/2012]

City: Vienna

Country: Austria

Projects

- Diabetes risk assessment and prevention in migrants
- nutritionDay: a worldwide initiative to fight malnutrition in health care institutions

Internships

[2008 – 2011]

- Laboratory internship, Dep. of Pathophysiology & Allergy Research, Medical University of Vienna
- Department of Internal Medicine III, Division of Endocrinology & Metabolism, Medical University of Vienna
- „nutritionDay“-project, Austrian Society for Clinical Nutrition (AKE), Vienna
- Geriatric Hospital “Haus der Barmherzigkeit”, Vienna

EDUCATION AND TRAINING

Doctorate Studies (Doctor of Philosophy, PhD)

Medical University of Vienna [03/2013 – 11/2016]

Address: Vienna (Austria)

Field(s) of study: Endocrinology and Metabolism

Final grade : Graduated with distinction.

Thesis: Nutritional & frailty status in older persons participating in a preventive program.

Supervisor: Thomas Dorner

Institution: Department of Social and Preventive Medicine, Centre for Public Health, Medical University of Vienna

Training at the Medical University of Vienna

[2012 – Current]

- since 2021 "schrittweise"-Curriculum for young female scientists
- 2021 Qualitative Research Methods
- 2020 First steps with Webex (Distant Learning)
- 2020 Moodle for Beginners (Distant Learning)
- 2019 Evaluation of teaching
- 2018 Professionally supervise diploma theses at Medical University of Vienna
- 2017 Presenting successfully
- 2017 Using the nQuery software for case number planning in clinical studies
- 2016 First aid refresher course
- 2015 Writing and submitting scientific publications step by step
- 2015 Developing skills in communicating with superiors
- 2015 How do I get my research work into the media?
- 2013 Refresher course in English
- 2012 Basic workshop: Scientific studies - well planned from the beginning

Other Training

[2014 – 2021]

- 2/2021-7/2021 Open Online R Course, Maastricht University, The Netherlands
- 10/2020-2/2021 Social Media Communication, University of Vienna
- 24-25/10/2014 Motivational Interviewing at the 15th Austrian Obesity Association conference, Vienna
- 24-18/08/2014 Handling missing outcome data in clinical trials at the Conference of the International Society for Clinical Biostatistics, Vienna

Studies in Nutritional Sciences (Master of Science, MSc)

University of Vienna [10/2010 – 03/2013]

Address: Vienna (Austria)

Field(s) of study: Molecular Nutrition

Final grade : Graduated with distinction.

Thesis: Development of a digital nutritional monitoring tool in hospitalised patients.

Supervisor: Karin Schindler

Institution: Department of Internal Medicine III, Division of Endocrinology & Metabolism, Medical University of Vienna

Studies in Nutritional Sciences (Bachelor of Science, BSc)

University of Vienna [10/2006 – 09/2010]

Address: Vienna (Austria)

Thesis: Nutritional therapy in malnourished oesophagus carcinoma patients.

Supervisor: Dieter Genser

Institution: Department of Nutritional Sciences, University of Vienna

School leaving examination

Higher Institute of Technical Education (High school) [09/2001 – 07/2006]

Address: Wels (Austria)

Field(s) of study: Information and Communication Technologies

Secondary School

[09/1996 – 07/2001]

Address: Taufkirchen/Pram (Austria)

Elementary School

[09/1991 – 07/1996]

Address: Sigharting (Austria)

LANGUAGE SKILLS

Mother tongue(s): **German**

Other language(s):

English

LISTENING C1 READING C1 WRITING C1

SPOKEN PRODUCTION C1 SPOKEN INTERACTION B2

DIGITAL SKILLS

Microsoft Office / SPSS SOFTWARE / GraphPad Prism (basic knowledge) / SigmaPlot Graphing software / Power and sample size calculations: PASS and nQuery / Reference Management tools (EndNote, Zotero, Mendeley) / Adobe Photoshop, Adobe Lightroom, Adobe Illustrator / Nut.s / Video Conferencing Softwares / BIA / Anthropometry / RStudio Software / HTML CSS PHP / Project Management software / RedCap / C C++ C Java / Social Media

DRIVING LICENCE

Driving Licence: AM

Driving Licence: A1

Driving Licence: B

PUBLICATIONS

Adherence Is More Than Just Being Present: Example of a Lay-Led Home-Based Programme with Physical Exercise, Nutritional Improvement and Social Support, in Prefrail and Frail Community-Dwelling Older Adults

[2021]

<https://doi.org/10.3390/ijerph18084192>

Lackinger C, Grabovac I, Haider S, Kapan A, **Winzer E**, Stein KV, Dorner TE. International Journal of Environmental Research and Public Health. 2021, 18(8):4192.

Impact of a nutrition education programme on free sugar intake & nutrition-related knowledge in fifth-grade schoolchildren.

[2021]

<https://doi.org/10.1093/eurpub/ckaa219>

Winzer E, Wakolbinger M, Schätzer M, Blagusz K, Rieder A, Lechleitner M, Hoppichler F. Eur J Public Health. 2021 Feb 1;31(1):136-142.

Course of depressive symptomatology and its association with serum uric acid in one-anastomosis gastric bypass patients.

[2020]

<https://doi.org/10.1038/s41598-020-75407-9>

Winzer E, Ludvik B, Grabovac I, Kruschitz R, Schindler K, Prager G, Klammer C, Hoppichler F, Marculescu R, Wakolbinger M. Sci Rep. 2020 Oct 27;10(1):18405.

Differences in Serum Magnesium Levels in Diabetic and Non-Diabetic Patients Following One-Anastomosis Gastric Bypass.

[2019]

<https://doi.org/10.3390/nu11091984>

Winzer E, Grabovac I, Ludvik B, Kruschitz R, Schindler K, Prager G, Klammer C, Smith L, Hoppichler F, Marculescu R, Wakolbinger M. Nutrients. 2019 Aug 22;11(9):1984.

Behavior changes by a buddy-style-intervention including physical training, nutritional & social support

[2019]

<https://doi.org/10.1111/ggi.13616>

Winzer E, Dorner TE, Grabovac I, Haider S, Kapan A, Lackinger C, Schindler K. Geriatrics & Gerontology International. 2019, 19:323–329.

Assessing the feasibility of a mobile health-supported clinical decision support system for nutritional triage in oncology outpatients using Arden Syntax

[2018]

<https://doi.org/10.1016/j.artmed.2015.10.001>

de Bruin JS, Schuh C, Seeling W, **Luger E**, Gall M, Hütterer E, Kornek G, Ludvik B, Hoppichler F, Schindler K. Artificial Intelligence in Medicine. 2018, 92:34-42.

Changes in bone mineral density following weight loss induced by one-anastomosis gastric bypass in patients with vitamin D supplementation.

[2018]

<https://doi.org/10.1007/s11695-018-3353-2>

Luger M, Kruschitz R, **Winzer E***, Schindler K, Grabovac I, Kainberger F, Krebs M, Hoppichler F, Langer F, Prager G, Marculescu R, Ludvik B. Obes Surg. 2018 Nov;28(11):3454-3465.

Using digital photography in a clinical setting: A valid, accurate and applicable method to assess food intake.

[2018]

<https://doi.org/10.1038/s41430-018-0126-x>

Winzer E, Luger M, Schindler K. Eur J Clin Nutr. 2018 Jun;72(6):879-887.

Changes in health parameters in older lay volunteers who delivered a lifestyle-based program to frail older people at home

[2018]

<https://doi.org/10.1007/s00508-018-1372-6>

Grabovac I, Haider S, **Winzer E**, Kapan A, Schindler KE, Lackinger C, Dorner TE. Wiener Klinische Wochenschrift. 2018, 130(21-22):637-644.

Gradual reduction of free sugars in beverages on sale by implementing the beverage checklist as a public health strategy.

[2018]

<https://doi.org/10.1093/eurpub/cky039>

Luger M, **Winzer E**^{*}, Schätzer M, Dämon S, Moser N, Blagusz K, Rittmannsberger B, Schätzer J, Lechleitner M, Rieder A, Hoppichler F. Eur J Public Health. 2018 Oct 1;28(5):961-967.

Change in inflammatory parameters in prefrail and frail persons obtaining physical training and nutritional support provided by lay volunteers: A randomized controlled trial

[2017]

<https://doi.org/10.1371/journal.pone.0185879>

Haider S, Grabovac I, **Winzer E**, Kapan A, Schindler KE, Lackinger C, Titze S, Dorner TE. PLoS ONE. 2017, 12(10): e0185879.

Impact of a lay-led home-based intervention programme on quality of life in community-dwelling pre-frail and frail older adults: A randomized controlled trial

[2017]

<https://doi.org/10.1186/s12877-017-0548-7>

Kapan A, **Winzer E**, Haider S, Titze S, Schindler K, Lackinger C, Dorner TE. BMC Geriatrics. 2017, 17(1):154.

Impact of a Home-Based Physical and Nutritional Intervention Program Conducted by Lay-Volunteers on Handgrip Strength in Prefrail and Frail Older Adults: A Randomized Control Trial

[2017]

<https://doi.org/10.1371/journal.pone.0169613>

Haider S, Dorner TE, **Luger E**, Kapan A, Titze S, Lackinger C, Schindler KE. PLoS ONE. 2017, 12(1):e0169613.

Sugar-sweetened beverages and weight gain in children and adults: a systematic review from 2013–2015 and a comparison with previous studies.

[2017]

<https://doi.org/10.1159/000484566>

Luger M, Lafontan M, Bes-Rastrollo M, **Winzer E**, Yumuk V, Farpour-Lambert N. Obes Facts. 2017;10(6):674-693.

Effects of a home-based and volunteer-administered physical training, nutritional, and social support program on malnutrition and frailty in older persons: a randomized controlled trial

[2016]

<https://doi.org/10.1016/j.jamda.2016.04.018>

Luger E, Dorner TE, Haider S, Kapan A, Lackinger C, Schindler K. Journal of the American Medical Directors Association. 2016, 17(7):671.e9–671.e16.

Association between nutritional status and quality of life in (pre)frail community-dwelling older persons

[2016]

<https://doi.org/10.14283/jfa.2016.88>

Luger E, Haider S, Kapan A, Schindler K, Lackinger C, Dorner TE. The Journal of Frailty and Aging. 2016, 5(3):141-148.

Associations between daily physical activity, handgrip strength, muscle mass, physical performance and quality of life in prefrail and frail community-dwelling older adults

[2016]

<https://doi.org/10.1007/s11136-016-1349-8>

Haider S, **Luger E**, Kapan A, Titze S, Lackinger C, Schindler KE, Dorner TE. Quality of Life Research. 2016, 25(12):3129-3138.

Changes of dietary patterns during participation in a web-based weight-reduction programme.

[2016]

<https://doi.org/10.1017/S1368980015002852>

Luger E, Aspalter R, Luger M, Longin R, Rieder A, Dorner TE. Public Health Nutr. 2016 May;19(7):1211-21.

Fear of falling reduced by a lay led home-based program in frail community-dwelling older adults: A randomised controlled trial

[2016]

<https://doi.org/10.1016/j.archger.2016.08.009>

Kapan A, Luger E, Haider S, Titze S, Schindler K, Lackinger C, Dorner TE. Archives of Gerontology and Geriatrics. 2016, 68:25-32.

Worksite prevalence of (un)diagnosed cardiovascular risk factors from a health-check-program in an Austrian company.

[2015]

<https://doi.org/10.1097/JOM.0000000000000568>

Luger M+, Luger E+, Höfler J, Dämon S, Angelmaier L, Maschke K, Rittmannsberger B, Sakho C, Pfeiffenberger A, Schätzer M, Schmidjell W, Lechleitner M, Hoppichler F. J Occup Environ Med. 2015 Dec;57(12):1353-9.

The link between obesity and vitamin D in bariatric patients with omega-loop gastric bypass surgery - a vitamin D supplementation trial to compare the efficacy of postoperative cholecalciferol loading (LOAD): study protocol for a randomized controlled trial.

[2015]

<https://doi.org/10.1186/s13063-015-0877-9>

Luger M, Kruschitz R, Marculescu R, Haslacher H, Hoppichler F, Kallay E, Kienbacher C, Klammer C, Kral M, Langer F, Luger E, Prager G, Trauner M, Traussnigg S, Würger T, Schindler K, Ludvik B. Trials. 2015 Aug 5;16:328.

Influence of intravenous thiamine supplementation on blood lactate concentration prior to cardiac surgery: A double-blinded, randomised controlled pilot study.

[2015]

<https://doi.org/10.1097/EJA.0000000000000205>

Luger M, Hiesmayr M, Köppel P, Sima B, Ranz I, Weiss C, König J, Luger E, Kruschitz R, Ludvik B, Schindler K. Eur J Anaesthesiol. 2015 Aug;32(8):543-8.

Association between nutritional status (MNA®-SF) and frailty (SHARE-FI) in acute hospitalised elderly patients

[2014]

<https://doi.org/10.1007/s12603-013-0406-z>

Dorner TE, Luger E*, Tschinderle J, Stein KV, Haider S, Kapan A, Lackinger C, Schindler KE. The Journal of Nutrition, Health & Aging. 2014, 18(3):264-269.

Nutritional intervention and physical training in malnourished frail community-dwelling elderly persons carried out by trained lay "buddies": study protocol of a randomized controlled trial.

[2013]

<https://doi.org/10.1186/1471-2458-13-1232>

Dorner TE, Lackinger C, Haider S, Luger E, Kapan A, Luger M, Schindler KE. BMC Public Health. 2013 Dec 27;13:1232.

Strength training in elderly frail persons | Krafttraining bei älteren "frail" personen

[2013]

Kapan A, Haider S, Luger E, Lackinger C, Dorner TE. Austrian Journal of Clinical Endocrinology and Metabolism. 2013, 6(4): 29-32

HONOURS AND AWARDS

Sustainability Award

Ministry of Sustainability and Tourism & Education, Science and Research [2018]

For the project „Healthy for life“ (Nutrition intervention and physical training in malnourished frail community-dwelling elderly subjects carried out by trained lay buddies)

Abstract Award

Austrian Diabetes Association (ÖDG) [2017]

Diabetes-Forum-Prize - Abstract „Sugar reduction with the help of a school nutrition education program“

Within the Conference of the Austrian Diabetes Association (ÖDG) 2017 in Salzburg

Promotional Award

Veronika-Fialka-Moser-Diversity-Prize [2017]

For the project „Healthy for life“ in the category research

Travel grant for the European Obesity Summit

Austrian Obesity Association (ÖAG) [2016]

European Obesity Summit in Gothenburg, Sweden

Promotional Award

Vienna Health Prize [2015]

For the project „Healthy for life“ in the category healthy in the district

Promotional Award

Ministry of Social Affairs [2015]

Good Practice Project for the project „Healthy for life“

Abstract Award

[2015]

At the 2015 Nutrition Congress in Bregenz (accepted by Susanne Dirisamer)

Performance Scholarships

University of Vienna

2010, 2013

SOCIAL AND POLITICAL ACTIVITIES

Concept for the development of an Austrian diabetes strategy

[Federal Ministry of Health, carried out by Gesundheit Österreich GmbH, 2016 – 2018]

<https://www.diabetesstrategie.at/>

Austrian Nutrition Report 2017

[Federal Ministry of Health, carried out by Dep. of Nutritional Sciences, University of Vienna, 2015 – 2018]

<https://ernaehrungsbericht.univie.ac.at/>

OTHER PRINTED MATERIAL

Published Abstracts

Full abstract publication list available upon request.

As of November 2021, I have published **35 abstracts at international congresses** and **37 at national conferences**.

Book

[2021]

Luger E, Haider S, Schindler K, Dorner TE, Kapan A, Lackinger C, Schwarz E. (2014) Gesund für's Leben mit Gesundheitspartner - Handbuch Ernährung. Eigenverlag Medizinische Universität Wien, 62 Seiten.

Articles (in German)

- **Winzer E**, Hoppichler F. PURE-Studie: Esst mehr Obst, Gemüse & Co! Cardio News Austria. 2017; 5. Jahrgang, 6-7:7.
- **Luger E**, Dorner TE. Gesundheitsförderungsprojekt „Gesund fürs Leben“ - Krafttraining und Ernährungsoptimierung sind auch im höheren Alter ratsam. ÖKZ. 2016; Ausgabe 1/16.
- **Luger E**, Dorner TE, Schindler K. Training und Ernährungsoptimierung bei gebrechlichen mangelernährten Personen durch geschulte Laien (Buddies). Ernährung aktuell. 2015; Ausgabe 3/15:1-3.
- **Luger E**, Dorner TE. Bewegungstherapie auch für ältere Personen mit Mobilitätseinschränkungen? Nutrition News. 2015; Jahrgang 12, Ausgabe 2/15:8-10.
- **Luger E**, Haider S, Dorner TE, Rieder A. Erfolgskriterien der Lebensstilintervention. Diabetes Forum. 2013;5:20-3.
- Kapan A, Haider S, **Luger E**, Lackinger C, Dorner TE. Krafttraining bei älteren "frail" Personen. Journal für Klinische Endokrinologie und Stoffwechsel. 2013; 6:29-32.

Public Relations

Full list available upon request.

As of November 2021, my name or my work was mentioned in **69 press articles, one radio and three TV interviews.**

CONFERENCES AND SEMINARS

Gemeinsamen Jahrestagung der Österreichischen Adipositas Gesellschaft und der Österreichischen Gesellschaft für Adipositas und Metabolische Chirurgie

[Vienna, Austria, 15/10/2021 – 16/10/2021]

Invited talk: "Social Media Influencer – Wie sich unbezahlte Werbung an Kinder richtet". In "Pädiatrische Sitzung"

Gemeinsame Jahrestagung der Österreichischen Adipositas Gesellschaft und der Österreichischen Gesellschaft für Adipositas und Metabolische Chirurgie

[Vienna, Austria, 19/10/2018 – 20/10/2018]

Chair: Public Health-Discussion

3. Fachtag Ernährung

[Vienna, Austria, 03/04/2017]

Invited talk: "Mikronährstoffe im Alter"

18. Jahrestagung der Österreichischen Adipositas Gesellschaft

[Vienna, Austria, 20/10/2017 – 21/10/2017]

Invited talk: "Berufstätigkeit und betriebliche Gesundheitsvorsorge". In: „Adipogene Umwelt“

Chair: "Freie Vorträge 1"

17. Jahrestagung der Österreichischen Adipositas Gesellschaft

[Innsbruck, Austria, 21/10/2016 – 22/10/2016]

Invited talk: "Verbesserung der Ernährungswissens und des Ernährungs- und Trinkverhaltens in Schulen durch ein schulisches Gesundheitsförderungsprogramm". In: „Adipositas bei Kindern und Jugendlichen“

PROJECTS

#TOGGLE | Tool to Recognize Influencer Food Marketing to Adolescents

[2021 – Current]

In cooperation with

- Austria | Ministry of Social Affairs, Health, Care and Consumer Protection
- Austria | Chamber of Labour, Consumer policy
- Austria | The Austrian Nutrition Society
- Austria | Department of Nutritional Science, University of Vienna
- Austria | University Hospital Salzburg (SALK)
- Austria | Centre of competence for Open Youth Work (bOJA)
- Germany | Department of Media & Communication, Ludwig-Maximilians University of Munich
- Germany | Leibniz Science Campus – Digital Public Health Bremen
- United Kingdom | Appetite & Obesity Research Group, University of Liverpool
- European Childhood Obesity Group (ECOG)

MEGA | Media, Health, Action! - Promotion of health literacy in a school setting

[08/2021 – Current]

In cooperation with

- Austria | FH Joanneum – University of Applied Sciences, Graz
- Austria | University College of Teacher Education Styria
- Austria | Special Institute for Preventive Cardiology and Nutrition, Salzburg
- Austria | bits4kids OG Digitale Kompetenzen für Schulkinder
- Italy | University of Milan

COPLANT Study | Cohort on Plant-based Diets Study

[2021 – Current]

In cooperation with

- Austria | Department of Nutritional Sciences, University of Vienna
- Austria | FH Joanneum – University of Applied Sciences, Graz
- Germany | Federal Institute for Risk Assessment, Berlin
- Germany | Max Rubner-Institute, Karlsruhe
- Germany | University Jena
- Germany | Institute for alternative and sustainable nutrition, Gießen
- Germany | University Heidelberg
- Germany | University Regensburg
- Germany | University Kiel
- Germany | University Bonn
- Switzerland | University Zürich
- Switzerland | Bern University of Applied Sciences

Promotion of healthy drinking behaviour through innovative peer education in the school setting

[2019 – 2021]

In cooperation with

- Special Institute for Preventive Cardiology and Nutrition, Salzburg
- FH Joanneum – University of Applied Sciences, Graz

Health survey 2020

[2019 – 2020]

In cooperation with social insurance institutions for farmers

Effect of healthy hydration on hydration, sugar consumption and cognitive performance in white-collar workers

[2018 – 2019]

Influence of the teachers' qualification on nutritional knowledge in school children

[2017 – 2018]

In cooperation with Special Institute for Preventive Cardiology and Nutrition, Salzburg

Sugar-sweetened beverages and weight gain in children and adults

[2016 – 2017]

Systematic Review with the European Association of the Study of Obesity (EASO)

Changes of dietary patterns in a web-based weight-reduction programme

[2016 – 2016]

Gradual reduction of free sugars in beverages on sale by implementing the beverage checklist

[2013 – 2019]

In cooperation with Special Institute for Preventive Cardiology and Nutrition, Salzburg

Impact of school-based nutrition education programs

[2014 – 2019]

In cooperation with Special Institute for Preventive Cardiology and Nutrition, Salzburg

Assessing the feasibility of a mobile health-supported clinical decision support system for nutritional triage in oncology outpatients

[2014 – 2015]

Workplace health promotion - "BetriebsFitService" project

[2014 – 2017]

In cooperation with Sportunion Burgenland

Impact of migrant status on eating habits of Viennese school children

[2014 – 2014]

In cooperation with Special Institute for Preventive Cardiology and Nutrition, Salzburg

Dietary behavior and its association with general and abdominal overweight/obesity in adults from Austria

[2014 – 2019]

Nutrition intervention and physical training in malnourished frail community-dwelling elderly subjects carried out by trained lay buddies

[2013 – 2017]

NCT01991639; Doctoral thesis project

Risk screening and primary prevention in Austrian companies – health checks

[2013 – 2019]

In cooperation with Special Institute for Preventive Cardiology and Nutrition, Salzburg

Digital photography to assess food intake in clinical setting

[2012 – 2013]

Master thesis project

Diabetes risk assessment and prevention in migrants

[2011 – 2013]

nutritionDay: annual initiative for health care institutions to monitor, benchmark and improve the nutritional situation

[2009]

ROLES IN SCIENTIFIC JOURNALS

Reviewer

[Current]

- Clinical Nutrition (IF: 6.36, top-journal)
- Nutrients (IF: 5.72, top-journal)
- Ageing and Disease (IF: 5.40 top-journal)
- Journal of the American Medical Directors Association (IF: 4.37, top-journal)
- BMC Geriatrics (IF: 3.08, top-journal)
- International Journal of Environmental Research and Public Health (IF: 2.47; top-journal)
- Clinical Interventions in Aging (IF: 3.02, standard-journal)
- PlosOne (IF: 2.74; standard-journal)
- Wiener Klinische Wochenschrift (IF: 1.32, standard-journal)

NETWORKS AND MEMBERSHIPS

Austrian Nutritionist Association (VEÖ)

[2015 – Current]

- 2011 - 2013 Head of the Working group "member services"
- Member of the Working group "member services"

Austrian Society for Clinical Nutrition (AKE)

[2010 – 2012]

- Volunteer

PROFESSIONAL MEMBERSHIP

Austrian Nutritionist Association (VEÖ)

Austrian Obesity Association (ÖAG)

Austrian Society for Public Health (ÖGPH)

Austrian Association for Clinical Nutrition (AKE)

Vienna, 19/01/2022



Eva Winzer (née Luger)