

PERSONAL DETAILS AND CONTACT INFO

First name: Zrinka
Family name: Laido (maiden name: Petrović)
Place of Birth: Zagreb, Croatia
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EMPLOYMENT HISTORY

January 2020 - Medical University of Vienna, Unit Suicide Research & Mental Health Promotion, Department of Social and Preventive Medicine, Center for Public Health, Medical University of Vienna – *Researcher*

2020 Medical University of Vienna - *Lecturer*, summer semester 2019/2020 Subject: *Umgang mit Stress*

2019 Medical University of Vienna - *External lecturer*, summer semester 2018/2019 Subject: *Umgang mit Stress*

2018 Medical University of Vienna - *External lecturer*, summer semester 2017/2018 Subject: *Umgang mit Stress*.

September 2016 – November 2016 Medical University of Vienna, Unit Suicide Research & Mental Health Promotion, Department of Social and Preventive Medicine, Center for Public Health, Medical University of Vienna – *Researcher*

August 2008 – October 2011 Estonian Swedish Mental Health and Suicidology Institute (ERSI, Tallinn, Estonia) – *Researcher and project manager*. Acting as project manager for following projects: MHPHands (EC public health project), T-MHP (EC Leonardo da Vinci project) and MONSUE (EC public health project). Involved in other ERSI projects: OSPI-Europe (EC 7FP project), SEYLE (EC 7FP project), SUPREME, EC public health project.

January 2003 – August 2008 Croatian National Institute of Public Health (Zagreb, Croatia), Environmental Health Service, Human Nutrition Department – *Head of Department*

Task of the Department included: monitoring the dietary habits and nutritional status of the population, especially in vulnerable groups (children, pregnant woman, elderly), following the incidence of nutritional deficiency disorders in Croatian population. The position has provided additional experience in health promotion, and collaboration with the Ministry of Health and other national administrative bodies in writing the legislation covering this area of public health. A regular collaboration with EU Commission and WHO on programmes of policy and strategy for public and environmental health, on programmes of preventive medical care connected with different environmental factors. During this period, also involved in two EC projects:

2006–2008 EC FP6-INCO, DAFNE-West Balkan Countries project, researcher

2006–2009 EC 6FP project Hector, researcher

2002 – 2003 Croatian National Institute of Public Health, Environmental Health Service, Human Nutrition Department – Head of Nutrition Assessment Unit

A main task of the Unit was to monitor a nutritional status of the country's population, with a special focus on schoolchildren. During the nutritional assessment, the anthropometric measures and clinical examination have been performed, and dietary habits determined by performing individual interviews. The annually and periodically collected data were statistically analysed.

2000 – 2003 Croatian National Institute of Public Health, Epidemiology Service for Non-communicable Diseases, Communicable Diseases, Environmental Health Service – Resident in epidemiology

1998 - 1999 Croatian National Institute of Public Health - Internship

EDUCATION

2015 - current **Medical University Vienna, postgraduate study, PhD Study in Applied Medical Sciences, Public Health.** The doctoral thesis on the topic of public health (working title: Aspects of youth suicide epidemiology and suicide terrorism) is currently in the development stage.

2003 – 2005 **Medical School University of Zagreb – postgraduate study (doctoral study in Biomedicine and Health).** The obligatory courses included: Methods of scientific work, Efficiency of health care system, Epidemiology of breast cancer, Neurological movement disorder, Clinical neuropharmacology, Clinical medical investigations, Statistical analysis in medicine).

2003 **Croatian Ministry of Health - Specialist exam in epidemiology, perceived licence to practice epidemiology (approved by the Croatian Medical Chamber). This licence has to be renewed every 6 years.**

2000 - 2003 **Croatian National Institute of Public Health – 3 years of residency in Epidemiology Service and Environmental Health Service. Acquired**

basics for epidemiological work in the field of communicable, non-communicable diseases, nutrition, food safety, mental health and health promotion. The residency thesis was „Public health significance of sideropaenic anaemia among schoolchildren population in Croatia“.

- 2000 – 2001 **Medical School University of Zagreb** – *postgraduate study in Epidemiology*. Postgraduate study in Epidemiology is a part of the residency in Epidemiology. The study consists of 16 subjects related to epidemiology of chronic diseases, communicable diseases, basic epidemiological methods, medical statistics, social medicine, health care systems, health informatics, environmental health, immunology, microbiology, infectology.
- 1999 **Croatian Ministry of Health** - obtained a certificate for independent medical practice, passed the state exam (grade 5.0). In Croatian educational system 5.0 is considered as the highest grade.
- 1992 – 1998 **Medical School University of Zagreb** – *Medical Doctor (MD)*. During the study worked as the demonstrator in subjects Anatomy, Pathophysiology. Participated in several scientific projects at the Department of Physiology during the study, got additional experience of working in laboratory. Through out the six years of studying, I graduated with an average grade of 4.8 (scale from 1.0 – 5.0). In Croatian educational system 5.0 is considered as the highest grade.

OTHER FORMAL SCHOOLING AND TRAINING

- 2015 **Österreichisches Akademisches Institut Für Ernährungsmedizin (Austrian Academic Institute for nutritional medicine)** – 6 months course „*Ernährungsmedizin*“ (nutritional medicine), Vienna, Austria. Obtained certificate recognized by Austrian Medical Chamber.
- 2004 **Academy of Government Information and Communication** – 3 weeks course „Communicating with the Public“, the Hague, the Netherlands.
- 2003 **Centre for Health Promotion, University of Toronto** – 2 weeks summer-school course „Croatian Intensive Summer School and Study Tour in Health Promotion“, Toronto, Canada.
- 2003 **Netherlands School of Public and Occupational Health** - 1 week of advanced course „Public Health in the European Union“, Noordwijkerhout, the Netherlands.
- 2003 **Croatian National Institute of Public Health (CNIPH)** - 2 days workshop on Methods of writing scientific articles and summaries.
- 2003 **Croatian National Institute of Public Health (CNIPH)** - 2 days workshop in Media Communication (communication with the media in health crisis situation, epidemics etc.)

2002 **Netherlands School of Public and Occupational Health** - 3 weeks course
 „Public Health in the European Union”, Noordwijkerhout, the
 Netherlands.

LANGUAGE SKILLS

Croatian	mother tongue
English	engage freely in discussions, read and write more difficult material
German	engage freely in discussions, read and write moderate difficult material
Estonian	engage freely in discussions, read and write moderate difficult material
Italian	engage freely in discussions, read and write simple material
Russian	basics

PUBLICATIONS AND ADDITIONAL INFO

Published several scientific and expert articles, as well as the summaries from the conferences as co-author in the field of mental health, nutrition, public health. Close collaboration with the EU Commission and WHO on public health and environmental health policies and strategies. Representing the Croatian Ministry of Health and Social Welfare on WHO meetings related to Nutrition Policy, Nutrition and Food Safety Action Plans. Responsible for implementation of several WHO projects related to Nutrition and Food Safety in Croatia. Coordinator, co-author and/or creator of national, regional and local programs (in Croatia) related to obesity prevention, healthy lifestyle, genetically modified organisms. Previously involved in two EU Commission Projects; DAFNE and HECTOR (FP Programmes). In 2010 attended 13th European symposium on Suicide and Suicide Behaviour, and as a co-author presented abstract “Definitions of suicide and non-fatal suicide act”. In 2003 participated on 9th European Nutrition Conference held in Rome (awarded young scientist from the European Federation of Nutrition Societies).

Memberships:

- Wiener Werkstätte für Suizidforschung – Wiener Werkstätte for Suicide Research
- Austrian Academical Institute for Nutritional Medicine - Österreichisches Akademisches Institut für Ernährungsmedizin (ÖAIE)
- Austrian Society for Epidemiology - Österreichische Gesellschaft für Epidemiologie
- Croatian Medical Chamber

PARTICIPATION IN WORLD HEALTH ORGANIZATION (WHO) MEETINGS

2000 *Food and Nutrition Action Plans in South East Europe – a workshop for policy makers”,* country representative, Brdo, Slovenia.

2002 *The 3rd Workshop on Intersectoral Development of National Food and Nutrition Action Plans in South East Europe and International Conference on Mediterranean Diet (Rapporteur for WHO),* country representative, Brijuni, Croatia.

2002 *First Technical Workshop of SEE Nutrition and Food Safety Project (Rapporteur for WHO),* country representative, Belgrade, Serbia.

2003 *Meeting of the Nutrition Counterparts in the WHO European Region. Global Strategy for Diet, Physical Activity and Health,* country representative, Athens, Greece.

2003 *Second ad hoc Working Group Meeting of Children’s Environment and Health Action Plan for Europe – CEHAPE – (preparation for the 4th Ministerial Conference of Environment and Health),* country representative, Ljubljana, Slovenia.

2003 *Third ad hoc Working Group Meeting of CEHAPE (preparation for the 4th Ministerial Conference of Environment and Health),* country representative, Brussels, Belgium.

2004 *Preparatory Meeting of the Budapest Conference Declaration,* country representative, Copenhagen, Denmark.

2004 *Second Technical Workshop of SEE Nutrition Project (Rapporteur for WHO)* Brijuni, Croatia.

2007 *Meeting of Counterparts on Nutrition and Food Safety on the Second WHO European Action Plan on Food and Nutrition Policy”,* country representative, Paris, France

2007 *Intergovernmental Midterm Review (IMR) of the implementation of Budapest Declaration,* country representative, Vienna, Austria

2008 *Meeting of Counterparts on Nutrition and Food Safety,* country representative, Brussels, Belgium

2008 *Workshop on food safety risk communication during outbreak situations/crises,* country representative, WHO Regional Office for Europe, Lovran, Croatia.

2008 *WHO Workshop on Food Safety Promotion in schools using The Five Keys to Safer Food,* Zagreb, Croatia

PARTICIPATION IN NATIONAL PROJECTS IN CROATIA

2000 – 2001 Health promotion and improvement of nutrition for the population at the areas of special government care. Croatian Ministry of Health and Social Welfare, Centre of Crisis Management.

2003 – 2004 campaign Healthy Living, project on healthy lifestyle promotion, organized by Croatian Ministry of Health and Social Welfare.

2003 – 2004 National Program of Obesity Prevention for schoolchildren, creator and coordinator of the Program. It consisted of developing the brochure “Dietary Guidelines for schoolchildren”, organising material distribution for all participating Croatian schools (200 000 children in total), workshops with school medical nurses, and preparing supportive educational materials for local use. In collaboration with Regional office for WHO, Croatian Ministry of Health and Social Welfare.

2004 “Genetically Modified Organisms”, coordinator of the project, co-author of the brochure “Genetically modified organisms”. The brochure was distributed among all adolescents attending high schools in city of Zagreb (approx. 15 000 adolescents) with an aim of improving knowledge about genetical modification. City of Zagreb, Croatia