



Dr Antigone Kouris-Blazos

QUALIFICATIONS

- **Bachelor of Science**, double major in Biochemistry and Microbiology, Melbourne University 1984
- **Honours, Bachelor of Science, Nutrition** program, supervisor Prof Mark Wahlqvist, Deakin University 1985
- **Post Grad Dip of Dietetics**, Deakin University 1986
- **PhD in Nutrition**, supervisor Prof Mark Wahlqvist, Faculty Medicine, Monash University 1992
- **Post Grad Dip Botanic Medicine (*High Distinction*)**, University of Newcastle 2010

CURRENT EMPLOYMENT/INTERESTS

- **Adjunct Senior Lecturer**, Department of Dietetics, Latrobe University 2011 -
- **Accredited Practising Dietitian** in private practice part-time 1987 -
- **Author**, contributed a total of 13 chapters to 2 text books published in 2011; published my own pocket books/ebooks for health professionals and general public 2011 (see below)
- **Research/Collaborator** "MEDIS" (Mediterranean Island Study) study commenced 2010 in Melb in collaboration with Harokopio University (Athens) and A/Professor Itsiopoulos and research dietitian Tania Thodis.
- **Compilation of over 400 medications** and their interactions with nutrients and herbs last 3 years (published in the "Guide to evidence based integrative medicine", ed Kotsirilos et al., 2011 and as my own publication)
- **Promoting/educating dietitians in integrative medicine** (set up an on-line discussion group on integrative medicine for dietitians via the Dietitian Association website; published a "Letter to the Editor" Journal of Nutrition & Dietetics in December 2010 regarding the role of dietitians in integrative medicine (co-authored by current and past Presidents of the Australian Integrative Medical Association Prof Phelps and Dr Kotsirilos)
- **Food product development** (developing a diabetic biscuit)

PAST ACADEMIC APPOINTMENTS

- **Lecturer in Nutrition (2nd and 4th year Med) , Faculty of Medicine, Monash University, 1995-2001**
Developed on-line nutrition courses for medical students (2000-2001)
- **Director** of the Healthy Eating Healthy Living Program and Managing editor of Healthy Eating Information Web-Centre (funded by the Victorian Health Promotion Foundation from 1998-2000).
- **Deputy Director** of the International Health and Development unit, Monash Asia Institute, 1999-2001
- **Honorary Research Fellow**, Asia Pacific Health and Nutrition Centre, Monash Asia Institute, Monash University, 2002 – 2005, supervised 4 PhD students

OTHER PAST POSITIONS/JOB

- **Managing Editor**, *Asia Pacific Journal of Clinical Nutrition*, 2002-2006
- **Managing Editor**, website owned by Professor Mark Wahlqvist 2000-2010
- **Developed on-line nutrition courses** for doctors with Professor Mark Wahlqvist (Primed/ In Touch, Royal Australian College General Practitioners).

PAST RESEARCH – Mediterranean diet and other lifestyle variables and their impact on longevity

PhD on the mediterranean diet and longevity of elderly Greeks in Australia and Greece 1988-1992

"Kouris-Blazos A. Elderly Greeks in Spata, Greece and Melbourne, Australia: Food Habits, Health and Lifestyle. PhD thesis. Monash University, Melbourne, Australia, 1994"

Results of study published in the BMJ 1995, Age and Ageing 1996 (see below)

Coordinator of an international nutrition study on over 1000 elderly (Greeks, Anglo-Celts and Indigenous Australians, Swedes and Japanese), Faculty of Medicine, Monash University, 1988-2000

Between 1988 and 1991 data were collected on diet, health and lifestyle on 800 people aged 70 and over from countries/cultures experiencing longevity: Swedes, Greeks, Australians (Greeks and Anglo-Celts) and Japanese. This study was known as "Food Habits in Later Life" (coordinated by Dr Antigone Kouris-Blazos at Monash University). Subjects were followed up for 5-7 years to determine survival status. Adherence to a Mediterranean food pattern was measured using a 10 unit dietary score developed by Professor Antonia Trichopoulou, Dr Antigone Kouris-Blazos and Professor Mark Wahlqvist. This score was first published in the British Medical Journal in 1995 (1).

Key findings:

1) This study was the first to show that a mediterranean dietary pattern improves overall survival in both Greek (1) and non-Greek elderly (2). Subjects who had a more 'mediterranean style' eating pattern i.e high intakes of plant foods (cereals, legumes, vegetables, fruits and nuts), low intakes of animal foods (meat, milk and dairy products) and moderate fish and alcohol consumption had a reduced risk of death by more than 40%.

2) Elderly Greeks in Australia had the lowest risk of death, even though they had the highest rates of obesity and other CVD risk factors (this phenomenon was described as a "**Morbidity Mortality Paradox**") (3,4), followed by the slimmer and more athletic elderly Swedes, Japanese and Anglo-Australians - the elderly Greeks in Greece had the highest risk of death. (5). The elderly Greeks in Australia appeared to have a mortality advantage **mainly because of their adherence to a more traditional mediterranean diet** and high intake **of legumes** into old age.

3) The statistical analyses containing ten potential predictors of survival (*mediterranean diet score, memory score, general health score, activities of daily living (ADL) score, exercise score, social activity score, social networks scores, wellbeing, smoking, gender*) revealed that **diet was more important than most of the variables for survival**, except for smoking, being male and having a poor memory.(5) When the diet score was analysed in greater detail to determine which food group conferred the greatest impact on longevity in comparison to the other food groups it was found that a **regular intake of legumes was the most important food group for longevity** (6).

References

1. Trichopoulou A, Kouris-Blazos A, Wahlqvist ML, Gnardellis Ch, Lagiou P, Polychronopoulos E, Vassilakou T, Lipworth L, & Trichopoulos D. Diet and overall survival in elderly people. British Medical Journal 1995; 311 (7018): 1457-1460.
2. Kouris-Blazos, Gnardellis, Wahlqvist et al., Advantages of the Mediterranean diet transferable to other populations? A cohort study in Melbourne, Australia. Br J Nutrition 1999; 82: 57-61.
3. Kouris-Blazos A, Wahlqvist ML, Trichopoulou A, Polychronopoulos E, Trichopoulos D. Health and Nutritional Status of elderly Greek migrants to Melbourne, Australia. Age Ageing 1996; 25: 177-189.
4. Kouris-Blazos A. Morbidity mortality paradox of 1st generation Greek Australians. Asia Pac J Clin Nutr 2002;11(supp): S569-575
5. Wahlqvist ML, Darmadi-Blackberry I, **Kouris-Blazos A**, Jolley D, Steen B, Lukito W, Horie Y. Does diet matter for survival in long-lived cultures? Asia Pac J Clin Nutr 2005; 14 (1): 2-6.
6. Darmadi-Blackberry I, Wahlqvist ML, **Kouris-Blazos A**, Steen B, Lukito W, Horie Y and Horie K. Legumes: the most important dietary predictor of survival in older people of different ethnicities. Asia Pac J Clin Nutr 2004; 13 (2): 217-220.

PhD Supervisor – 4 students

- **1997-2001** Dr Martalena Purba: "Cross-cultural comparisons of nutrition and ageing in Indonesia and other communities"
- **1997-2001** Dr Irene Darmadi "Long-lived elderly populations: food habits, health and lifestyle predictors of survival"

Curriculum Vitae: Dr Antigone Kouris-Blazos 2010-2011

- **2001-2005** Dr Azizah Omar – Development and Evaluation of an on-line wellness program (www.healthyeatingclub.org)
- **2005-2006** Dr Verena Raschke – Development of an on-line data base on African Food Habits (www.healthyeatingclub.org)

PUBLICATIONS SUMMARY

- **37 published papers** in peer reviewed journals
- **7 reports** for Australian Government
- **contributor to World Health Organization** reports/books (attached)
- **coauthor of over 50 articles** for the Victorian government website Better Health Channel (attached)
- **Contributor to 4 nutrition text books**
 - 3 editions “Food and Nutrition” ed ML Wahlqvist, Allen & Unwin, 1997, 2002, 2011;
 - “Nutrition and Metabolism” ed Gibney et al, Oxford, 2002
- **Contributor to a medical textbook**
 - “A Guide to Evidence-based Integrative and Complementary Medicine” ed Kotsirilos et al, Elsevier 201)
- **Published my own books**
 - “Food sources of nutrients” 2011 (ebook and hard copy)
 - “Medications: Good and Bad Interactions with Nutrients and Herbs” 2011 (ebook and hard copy)

PUBLICATIONS - Refereed Journals

- 1) **Kouris A.** Drug Nutrient Interactions. *Geriatric Medicine in General Practice* 2009; July vol 2: 26-27.
- 2) **Kouris A.** Can cinnamon lower blood sugars and lipids in people with diabetes? *JAIMA* 2009; 14 (1): 12-13
- 3) Raschke V, Oltersdorf U, Elmadfa I, Wahlqvist ML, **Kouris-Blazos A**, Cheema BSB. Investigation of the Dietary Intake and Health Status in East Africa in 1960s: A Review of the Historic Oltersdorf Collection. *Ecology of Food and Nutrition* 2008; 47 (1): 1-43
- 4) Raschke V, Oltersdorf U, Elmadfa I, Wahlqvist ML, **Kouris-Blazos A**, Cheema BSB. The need for an on-line collection of traditional African food habits. *Online Journal - African Journal of Food Agriculture Nutrition and Development* (http://www.ajfand.net/Issue-XII-files/PDFs/VERENA_2330.pdf, vol ?, 2007
- 5) Omar A, Wahlqvist ML, **Kouris-Blazos A**, Vicziany M. Wellness management through web-based programmes. *J Telemed Telecare* 2005;11 Suppl 1:8-11.
- 6) Wahlqvist ML, Darmadi-Blackberry I, **Kouris-Blazos A**, Jolley D, Steen B, Lukito W, Horie Y. Does diet matter for survival in long-lived cultures? *Asia Pac J Clin Nutr* 2005; 14 (1): 2-6.
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- 8) Wahlqvist ML, Darmadi-Blackberry I, Savige GS, **Kouris-Blazos A**, Trichopoulos D. Age-fitness. How achievable with food? *Forum Nutr.* 2003;56:258-61.
- 9) Wood B, **Kouris-Blazos A.** The 1995 national nutrition survey - date for persons 16 years and over, by socio-economic index of disadvantage for areas (SEIFA). *Asia Pac J Clin Nutr* 2002; 11 (Supp): S231-S322.
- 10) Wahlqvist M, **Kouris-Blazos A.** Nutrition - is diet enough? *J Complementary Medicine* 2002: 1 (3) Nov-Dec; 46-48.
- 11) **Kouris-Blazos A.** Morbidity Mortality paradox of 1st generation Greek Australians. *Asia Pac J Clin Nutr* 2002: 11 (suppl): S569-S575.

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12) **Kouris-Blazos A**, Setter TL, Wahlqvist ML. Nutrition and Health Informatics. Nutrition Research 2001; 21 (1-2): 269-278. On-line abstract.

13) Purba M, **Kouris-Blazos A**, Wattanapenpaiboon N, Lukito W, Rothenberg E, Steen B, Wahlqvist ML. Can skin wrinkling in a limited sun exposed site be used as a marker of health status and biological age in the elderly ? Age Ageing, 2001; May 30 (3): 227-234.

14) Purba M, **Kouris-Blazos A**, Wattanapenpaiboon N, Lukito W, Rothenberg E, Steen B, Wahlqvist ML. Skin Wrinkling: Can food make a difference. Am Coll Nutr, 2001; 20 (1); 71-80

15) Wahlqvist ML, Setter TL, Savige GS, **Kouris-Blazos A**. Role of Physical Activity in Ensuring Nutritional Well-being in the elderly. World Rev Nutr Diet, 2001.

16) **Kouris-Blazos A**, Wahlqvist ML. Indigenous Australian food culture on cattle stations prior to the 1960s and Food Intake of Older Aborigines in a community studied in 1988. Asia Pac J Clin Nutr 2000; 9 (3), 224-231

17) Wahlqvist ML, **Kouris-Blazos A**, Darmadi I, Purba M. Nutrition and the elderly a global perspective. South African J Clin Nutr 2000; Feb Vol. 13 (1); on-line full text article

18) Darmadi I, Horie Y, Wahlqvist ML, **Kouris-Blazos A**, Horie K, Sugase K, Wattanapenpaiboon N. Food and nutrient intakes and Overall survival of elderly Japanese. Asia Pac J Clin Nutr 2000; 9 (1): 7-11.

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22) **Kouris-Blazos A**, Gnardellis C, Wahlqvist ML, Trichopoulos D, Lukito W, Trichopoulou A. Are the advantages of the Mediterranean diet transferable to other populations? A cohort study in Melbourne, Australia. British Journal Nutrition 1999; 82: 57-61

23) Wahlqvist M, **Kouris-Blazos A**, Wattanapenpaiboon N. The significance of eating patterns: an elderly Greek case study. Appetite 1999; 32: 23-32

24) **Kouris-Blazos A**, Wahlqvist M, Wattanapenpaiboon N. 'Morbidity mortality paradox' of Greek-born Australians: possible dietary contributors. Australian Journal Nutrition and Dietetics, 1999; 56 (2): 97-107

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33) Wahlqvist ML, **Kouris-Blazos A**, Trichopoulou A & Polychronopoulos E. The Wisdom of the Greek Cuisine and Way of Life: Comparison of the Food and Health Beliefs of Elderly Greeks in Greece and Australia. *Age & Nutrition* 1991; 2 (3): 163-173.

34) Kouris A, Wahlqvist ML, Trichopoulou A & Polychronopoulos E. Use of Combined Methodologies in Assessing Food Beliefs and Habits of Elderly Greeks in Greece. *Food & Nutr Bull* 1991; 13 (2): 139-144

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36) Wahlqvist ML & **Kouris A**. Trans-Cultural Aspects of Nutrition in Old Age. *Age Ageing* 1990; 19 (supp): 43-52.

37) Kouris A, Wahlqvist ML & Worsley A. Characteristics that enhance adherence to high carbohydrate/ high fibre diets by persons with diabetes. *J Amer Diet Assoc* 1988; 88 (11): 1422-25.

BOOK CONTRIBUTOR

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Savage G, **Kouris-Blazos A,** Wahlqvist ML. Iodine and thyroid function. In: ML Wahlqvist (ed). Food & Nutrition: Australia & New Zealand. **3rd edition.** Allen & Unwin, Sydney: 2011; 671-686.

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CONSULTANCY PAPERS/REPORTS

- 1) Setter T, **Kouris-Blazos A**, Wahlqvist M. **School-based** Healthy Eating Initiatives: Recommendations for Success. Healthy Eating Healthy Living Program, Monash University, Victoria 2000.
- 2) Setter T, Gill T, **Kouris-Blazos A**, Wahlqvist M. **Healthy weight and physical activity** interventions in Victoria: the current situation, and recommendations for the future. Healthy Eating Healthy Living Program, Monash University (Victoria) and International Obesity Taskforce (NSW), 2000.

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- 4) Wood B, Wattanapenpaiboon T, Ross, K, **Kouris-Blazos A.** 1995 National Nutrition Survey. Data for persons 16 years of age and over grouped by index of socio-economic disadvantage for area. **The SEIFA report.** Coles-Rutishauser IHE (ed). Melbourne, Monash University: Healthy Eating Healthy Living Program; 2000.
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