

## Curriculum vitae

**PD Dr. oec. troph. Birgit-Christiane Zyriax**

Preventive Medicine, University Heart Center  
University Hospital Hamburg-Eppendorf, Germany

### Education and professional experience

2014	Habilitation, Venia Legendi in 'Nutrition and Preventive Medicine', University Hospital Hamburg-Eppendorf, Germany
since 2012	DZHK-scientist (German Center for Cardiovascular Research) Medicine', Initiation and organization of the elective course 'Preventive Medicine' (teaching)
2009	certified for nutrition counseling (VDOE)
since 2008	Academic teaching at University Hospital Hamburg-Eppendorf, Justus-Liebig-University, Gießen, and Faculty of Life Sciences Hamburg, Germany
2003	Award for Prevention in Internal Medicine of the German Association of Internal Medicine
2002	Thesis: 'Coronary Risk Factors for Atherosclerosis in Women – data of the CORA study' at the University Hospital Hamburg-Eppendorf and the Justus-Liebig-University Gießen, Germany
since 1997	Conduction of clinical trials at the University Hospital Hamburg-Eppendorf
1989 - 1997	Qualification in communication and consulting, leading positions in the areas of health care, nutrition and cardiovascular disease in Hamburg and Munich, Germany
1989	Nutritionist, graduated from Justus-Liebig-University Gießen, Germany

### Research areas

Since 1997	Nutrition and lifestyle, cardiovascular risk factors and chronic diseases, women's health, role of nutrition and lifestyle at different ages and in various settings as well as aspects of health behavior and motivation for prevention and public health strategies.
------------	--

### Networks and advisory boards

DEDIPAC: Determinants of Diet and Physical Activity  
ENPADASI: European Nutritional Phenotype Assessment and Data Sharing Initiative  
Executive board 'German Society of Lifestyle Medicine' (DGLM)  
Executive board 'German Menopause Society' (DMG)  
Scientific board 'D•A•CH-Gesellschaft Prävention von Herz-Kreislauf- Erkrankungen'  
Scientific board 'Zentralinstitut für Arbeitsmedizin und Maritime Medizin'  
Scientific board 'Verband für Ernährung und Diätetik' (VFED)  
Working group 'Ernährungsforschung' 'Verband der Oecotrophologen' (VDOE)