

Simona Bo

Education

She graduated in Medicine in 1989 (University of Torino) and got her first post-graduation in Endocrinology and Metabolic Diseases in 1994, and the second post-graduation in Internal Medicine in 2004 (both at the University of Torino).

She worked as a MD at:

-the Hospital of Asti, Internal Medicine Unit and Diabetic Clinic (1993-1998),

-“Città della Salute e della Scienza” Hospital of Torino, Internal Medicine Unit and Diabetic Clinic (1998-2017)

-“Città della Salute e della Scienza” Hospital of Torino, Endocrinology, Diabetology and Metabolism Unit (2017-2021)

--“Città della Salute e della Scienza” Hospital of Torino, Dietetic and Clinical Nutrition Unit (2021-current)

In 2008 she became Professor Assistant in Dietetic Sciences at Department of Medical Sciences (University of Torino) and, in 2015, Associate Professor in Dietetic Sciences at the same department.

Bibliometric parameters:

She is the author of more than 200 publications in international journals, which received >18000 citations, resulting in an *h*-index equal to 50 (source www.scopus.com, visited in January 2023).

Area of expertise

The organization of lifestyle intervention trials (in particular: diet and exercise programs in patients with obesity, the metabolic syndrome, and diabetes mellitus). The study of the role of foods and nutrients on chronic and dysmetabolic diseases. Systematic reviews and meta-analyses on topics related to metabolism, food, and nutrition science.

Institutional responsibilities

2017 to today, President of the Bachelor on Dietician, University of Torino, Italy; **2017 to today**, Director of the Post-graduation School in Food Science, University of Torino, Italy; **2022 to today** Director of the Master in Artificial Nutrition, University of Torino.

Editorial responsibilities

She is in the Editorial Board of the following journals: *Journal of Translational Medicine*; *Nutrients*; *Eating and Weight Disorders*; *Scientific Reports*, *Journal of Diabetes Research*

Coordination/Participation of/to projects (last 5 years)

Fondazione Cassa di Risparmio di Torino (CRT) 2019: 'Probiotici nella sensibilità non celiaca al glutine (PROBIOSENS) (Collaborator); **EIT Food for Health 2019:** “Design optimal exercise program for cancer patients” (Collaborator); **Fondazione Cassa di Risparmio di Torino (CRT) 2020:** “Efficacia della dieta time-restricted su pazienti affetti da obesità: uno studio real life (Principal Investigator); **EIT Food 2020:** MeDiCo-Health: MicronutriEnt-deficiency in COVID-19 patients and health care professionals (Research Unit coordinator).

Torino,

30

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