

ESTRATTO DEL CURRICULUM VITAE/ CURRICULUM VITAE EXTRACT

redatto ai fini della pubblicazione sul sito istituzionale della Scuola Superiore Sant'Anna/

compilation is aimed at publication on the Sant'Anna's Institutional Website

(indicare la sezione del sito in cui andrà pubblicato il cv e la norma di riferimento, ad es. "... cv per la pubblicazione ai sensi dell'art. 15-bis, comma 1, lett. b, del D. Lgs. 33/2013 rubricato "Obblighi di pubblicazione concernenti incarichi conferiti nelle società controllate", previa visione dell'informativa privacy..."

Surname and Name

De Giuseppe, Rachele

Education and training

Dr. RACHELE DE GIUSEPPE (Female | MSc, PhD, Post graduated in Food Science | Tenure Track) has cultivated a robust academic and research background in the fields of nutrition, biochemistry, and biomedical sciences, with a focus on oxidative stress, obesity, and metabolic health.

From June 2012 to July 2017, Dr Rachele De Giuseppe completed a specialization in Food Science at the *Università degli Studi di Milano*, achieving the highest distinction (70/70 cum laude). Her thesis investigated oxidative damage biomarkers in pediatric obesity and was conducted at the [Laboratory of Dietetics and Clinical Nutrition](#) (Department of Public Health, Experimental and Forensic Medicine) at the *Università degli Studi di Pavia*. This work resulted in two publications. During this period, she developed expertise in nutritional assessment, body composition analysis, metabolic evaluation, and biochemical parameter analysis using advanced instruments such as bioimpedance analyzers and indirect calorimeters.

Between January 2009 and December 2011, she pursued a PhD in Biochemistry (*Scuola di Dottorato di Ricerca in Scienze Biochimiche, Nutrizionali e Metaboliche - XXIV ciclo; Dip. Scienze Molecolari Agroalimentari*) at *Università degli Studi di Milano*, focusing on inflammatory and oxidative markers and carotid artery thickness in obesity. Her doctoral work, completed at the Clinical Biochemistry Laboratory (*Dipartimento di Scienze Biomediche, Chirurgiche ed Odontoiatriche Università degli Studi di Milano | Fondazione IRCCS Cà Granda, Ospedale Maggiore Policlinico, Milano*) honed her skills in spectrophotometry, HPLC, and immunoenzymatic and cytometric techniques.

From 2004 to 2007, she earned a master's degree in biology Applied to Biomedical Research (BARB) at the *Università degli Studi di Milano* with a thesis examined vitamin and oxidative status in heavy smokers under nutritional supplementation. Additionally, she gained proficiency in spectrophotometric and chromatographic methods.

Work experience

Dr. RACHELE DE GIUSEPPE is a distinguished researcher and academic, with extensive expertise in clinical nutrition, dietetics, lifestyle medicine, and public health. Her career spans numerous prestigious roles in research, teaching, and leadership, underscoring her dedication to advancing the interdisciplinary sciences of Nutrition, Health and Wellbeing.

She achieved the National Scientific Qualification (ASN) as Associate Professor in the Italian higher education system, specifically within the academic recruitment field of medical specialties (MEDS – 08C). This qualification recognizes expertise in endocrinology, nephrology, and the interdisciplinary sciences of food and wellness.

Currently, she is a tenure-track researcher (RTD-B) at the [Laboratory of Dietetics and Clinical Nutrition](#) (Department of Public Health, Experimental and Forensic Medicine), *Università degli Studi di Pavia*.

Her research is in the field of on clinical nutrition, lifestyle medicine and functional exposome analysis, focusing

on malnutrition (e.g. undernutrition, micronutrient deficiencies, overweight/obesity), and diet-related NCDs, with particular attention to personalized nutrition of women of childbearing age, supported by a significant body of scientific publications (<https://orcid.org/0000-0002-5583-7735>).

Previously, she served as an **RTD-A researcher** in the same Department, where she further developed expertise in clinical nutrition and public health research.

From 2015 to 2019, she held a **research fellowship** at the *Università degli Studi di Pavia*, managing projects examining oxidative stress and lipid biomarkers in pediatric obesity; her work in this domain has contributed to impactful publications (<https://doi.org/10.3233/MNM-200407>; <https://doi.org/10.1007/s40519-018-0626-7>; <https://doi.org/10.1515/jpem-2017-0239>; <https://doi.org/10.1111/jop.12322>).

Earlier roles include a **research scholarship** at the *Università degli Studi di Pavia* (2014–2015) to evaluate eating habits and lifestyle changes in patients undergoing bariatric surgery, and another at the Clinical Biochemistry Laboratory (*Dipartimento di Scienze Biomediche, Chirurgiche ed Odontoiatriche Università degli Studi di Milano | Fondazione IRCCS Cà Granda, Ospedale Maggiore Policlinico, Milano*) (2012–2014), where the focus was on hyperhomocysteinemia, related vitamins, and oxidative stress in various pathophysiological conditions. Both projects yielded notable peer-reviewed publications.

Her academic journey began with a **PhD in Biochemistry** at the *Università degli Studi di Milano*, where she conducted foundational research in clinical biochemistry. Over the years, she has demonstrated consistent excellence in project management, interdisciplinary collaboration, and contributions to advancing nutritional science and public health.

The CV of Dr Rachele De Giuseppe highlights a diverse array of academic, research, and leadership competencies. The individual has significant expertise in public communication, including presenting at national and international conferences, teaching across undergraduate, master's, and professional courses at the University of Pavia, and contributing to scientific dissemination and public engagement. Research leadership includes coordinating an eight-person team in the [Laboratory of Dietetics and Clinical Nutrition](#) and chairing the Wellbeing & Nutrition Transformation Lab within [Institute for Transformative and Research Innovation \(ITIR\)](#). She also manages research within multidisciplinary consortia supported by national and international EU funding, with notable contributions to projects like [AI2MED](#), [NBFC](#), [OnFoods](#), [LIMIT](#), [EC2U](#), [FoodNET](#) and [SASS](#).

Teaching experience encompasses roles as a course coordinator and lecturer for diverse programs, including foundational and specialized courses in dietetics, food technology, food safety and lifestyle medicine. She was visiting Researcher (year 2022) at Massachusetts General Hospital (Boston, US) and the Harvard Medical School (Boston, US); and visiting Professor at Faculty of Health Sciences (FHS) della Beirut Arab University (BAU), (Beirut, Libano, from 2018).

Editorial responsibilities include associate and guest editor positions in indexed journals such as *Mediterranean Journal of Nutrition*, *Nutrients* and *Frontiers in Microbiology*. Research focuses on dietetics, clinical nutrition, lifestyle medicine, and food security, particularly for vulnerable populations. Recognized by prestigious awards, such as the "Progetto Pavia – Boston" scholarship as well as [Fondazione Fratelli Confalonieri](#) (Milano) grant for the 3-year PhD scholarship, the individual actively contributes to high-impact publications with an H-index exceeding 20 across Scopus (20) and Google Scholar (26).

Her academic influence is complemented by membership in key national and international research committees and advisory boards (e.g. [EFSA](#); [ANSISA](#); [JPI-HDHL STAMIFY](#); [BEST4FOOD](#)).