

**Dr. Elif OKUT AYSIN** [ID]

Nutrition and Dietetics [Beslenme ve Diyetetik]

**PhD, RDN, LD**

Henry Community Health, New Castle, Indiana, USA [→]

1999 Nutrition and Dietetics (BS): Department of Dietetics, Hacettepe University.**2003 English Second Language Program (ESL):** University of Pittsburgh, USA.**2004 Nutrition and Dietetics (MS):** Department of Dietetics, Institute of Health Sciences, Hacettepe University, Ankara, Turkey. **MSc Thesis:** A study on general nutritional status, calcium intake and bone mineral density of pregnant adolescents.**2007 Coordinated Nutrition Program:** LaSalle University, Philadelphia, PA, USA.**2019 Nutrition and Dietetics (PhD):** Baskent University, Ankara, Turkey. **PhD Thesis:** Nutritional Habits Changes and Dietary Acculturation in Turkish immigrants living in Indianapolis-Indiana USA.**2015 - Present (Clinical Dietitian):** Henry Community Health, New Castle, Indiana, USA.**Institutional CV (Kurumsal CV):** [Not yet created]**Scientific Interests [Bilimsel İlgi Alanları]**

- Medical Nutrition Therapy
- Nutrition Support
- ICU (*intensive care unit*)
- Public Health
- Obesity
- Dietary Acculturation

Scientific Research Projects [Bilimsel Araştırma Projeleri]**1.** A research on health and nutrition of the people in two cities in Turkey. This research was supported by UNICEF and Nutrition and Dietetics Department of Hacettepe University, 1998. **Completed.****2.** The effect of diet high in mono unsaturated fat from hazelnut on plasma cholesterol and lipoproteins. This research was support by Lincoln University/England and Nutrition and Dietetics Department of Hacettepe University, 2002. **Completed.****3.** Establishment of Nutrition consultation, education and research units for the purpose of determining energy intake and nutrition states of individuals with different age, sex and physiological states, 2002. **Completed.****4.** Covid 19 and Nutritional-Lifestyle Changes on Turkish Population. **Ongoing.**

Research and Articles [[Araştırma ve Makaleler](#)]

1. Mercanligil SM, Arslan P, Alasalvar C, Okut E, Akgül E, Pinar A, Geyik PO, Tokgözoğlu L, Shahidi F. Effects of hazelnut-enriched diet on plasma cholesterol and lipoprotein profiles in hypercholesterolemic adult men. *Eur J Clin Nutr.* 2007 Feb;61(2):212-20. [[Crossref](#)] [[PMED](#)]
2. Aysin B, Aysin E. Effect of respiration in heart rate variability (HRV) analysis. *Conf Proc IEEE Eng Med Biol Soc.* 2006; 2006: 1776-9. [[Crossref](#)] [[PMED](#)]
3. Aysin B, Colombo J, Aysin E. Comparison of HRV analysis methods during orthostatic challenge: HRV with respiration or without? *Annu Int Conf IEEE Eng Med Biol Soc.* 2007; 2007: 5047-50. [[Crossref](#)] [[PMED](#)]
4. Okut Aysin E, Kiziltan G. Cultural Change of Nutrition and Dietary Habits. *Health and Public,* 2020: 30(2):3-10. [[SvT](#)]
5. Urhan M, Okut Aysin E. Nutritional and health behaviour predictors of the weight gain during the COVID-19 pandemic. *Eur J Nutr* 2022: 1–10. [Epub ahead of print] [[Crossref](#)] [[PMED](#)]

Book Chapters [[Kitap Bölümleri](#)]

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Published Abstracts, Conference Proceedings, and Conference Talks [[Bildiriler ve Davetli Konuşmalar](#)]

1. Arslan P., Bilgic P., Aysin O.E., Cevikbilen T. Importance and coordination of food and nutrition works during natural disasters. *World Food Day Panel Book, Ankara, Turkey March 2002.*
2. Samur G., Yıldız E., Gökmen Ö. H., Kuyumcu A., Akbulut G., Aysin O. E., Arslan P. The obesity prevalence of different socio-economic status of adult women living in Ankara. *IV. International Nutrition and Dietetics Congress. 2-5 April 2003 Antalya, Turkey.*
3. Aysin E, Nonogaki K, Lowe M. (Oral Presentation). A potential new indicator of weight gain: autonomic nervous system activity (ANSA). *Society for the Study of Ingestive Behavior Annual Meeting. Naples, Florida USA, July 18-22, 2006. (Abstract/Appetite. 2006, (46): 337-394).*
4. Colombo J, Aysin E, Aysin B, Iffrig K, Vinik AI. Common Therapies Can Correct Autonomic Dysfunctions Associated with Symptoms of Vertigo from Orthostasis. *Diabetes. Jun2007 Supplement 1, Vol. 56, pA568-A568.*
5. Aysin B, Aysin E, Colombo J, Vinik A. Diabetes may accelerate the onset of orthostasis. *Diabetes Technology Society Meeting, Atlanta, GA. 6th Annual Diabetes Technology Meeting, November 2 - 4, 2006*
6. Aysin B, Colombo J, Aysin E. Comparison of HRV analysis methods during Orthostatic Challenge: HRV with respiration or without? *The 29th Annual International Conference of the IEEE Engineering in Medicine and Biology Society, Lyon, France 2007.*
7. Arora R, Aysin E, Aysin B, Colombo J. Therapeutic Implications of Sympathetic Stimulus in Orthostatic Patients: Measured by Spectral Domain Analysis. *Circulation. 2007;116:II_747 (American Heart Association Conference)*
8. *Nutrition and Dietetics Days - Postgraduate Training Courses, 2015, Ankara Turkey. Registered Dietitian Nutritionist Education in the USA. [Conference Talk, Davetli Konuşmacı]*
9. *Eastern Mediterranean University, 2018, Cyprus. How Became a Registered Dietitian Nutritionist in the USA. [Conference Talk, Davetli Konuşmacı]*
10. *Bezmialem University, 2018, Istanbul Turkey. Obesity [Conference Talk, Davetli Konuşmacı]*
11. *International Healthy Nutrition Congress, 2019, Ankara Turkey. Is Microbiota Effective in the Development of Endocrine Diseases?. [Conference Talk, Davetli Konuşmacı]*
12. Aysin E, Kiziltan G. (Poster) Determining the Cultural Change in the Nutritional Habits of Turkish Immigrants Living in the Indianapolis-Indiana, USA. *FNCE Online 2020, October 17-20, 2020.*
13. *57th National Diabetes Metabolism and Nutritional Diseases Congress, 1-5 June 2021, Bodrum Turkey. Body Weight and Diabetes Management during the Covid-19. [Conference Talk, Davetli Konuşmacı]*
14. Aysin E, Urhan M. (Poster) Dramatic Increase in Dietary Supplement Use During Covid-19. *American Society of Nutrition Conference, Nutrition Live Online 2021, June 7-10, 2021.*

Academic-Scientific Awards & Honors [Akademik-Bilimsel Ödüller & Başarılar]

1. Awarded teaching & research assistantship during graduate studies.
2. Graduated among the top 1% of my class.
3. Awarded financial support by Roche Corporation during graduate research.

Training [Eğitim]

1. Care Plan and RAP Training at Indiana State Department of Health, July 2008
2. MDS Training May 2008
3. 14th ECO Physical Activity and Obesity June 5-6 Istanbul, 2005
4. Attended a course on Nutrition in Sports, 11-13 September, 1997, Ankara, Turkey
5. A course on Child and Adolescent Obesity (offered by the society of Pediatric Endocrinology) 3 May 2002, Ankara, Turkey
6. Obesity Education Course, 9 November 2001, Ankara, Turkey
7. Gladstone Lipid Clinic Update Program, 2002, Ankara.

Experience [Mesleki Tecrübe]

1. Dietetic Internship, 1998 - 1999:
 - Hacettepe University Children Hospital
 - Hacettepe University Hospital (Adult)
 - Gazi University Hospital
 - Turkish State Railways
 - Community/Public Health Nutrition Practice, 1998 (2 months in summer)
2. Teaching Assistant, 1999 - 2005: Hacettepe University, Ankara, Turkey.
3. Research Assistant, 1999 - 2005: Hacettepe University, Ankara, Turkey.
4. Research Assistant, 2004 - 2005. Drexel University, Eating Disorders and Obesity Department, Philadelphia, PA, USA.
5. Research Associate, 2004 - May 2007: ANSAR Medical Company, Philadelphia, USA.
6. Volunteer Dietitian, March 2007 - May 2007: Albert Einstein Hospital, Philadelphia, IN, USA.
7. Clinical Dietitian, June 2007 - February 2008 (Full time): Sodexo Health Care Services, Temple University-Lower Bucks Hospital, Bristol, PA, USA.
8. Clinical Dietitian, March 2008 - November 2008 (Full time): Indiana Veterans Home, West Lafayette, IN, USA.
9. Clinical Dietitian, December 2008 - May 2012 (Full time). Wishard Health Services-Wishard Memorial Hospital, Indianapolis, IN, USA.
10. Clinical Dietitian, March 2015 - Present (Part time): Henry Community Health, New Castle, IN, USA.
11. Turkish Dietetic Association Representative in America, November 2020-Present.

Membership [Üyelikler]

1. Academy of Nutrition and Dietetics
2. Dietitians in Nutrition Support (DNS)
3. American Society for Nutrition
4. Turkish Dietitians Society
5. Turkish Society of Diabetes, Obesity and Nutrition