

## **CURRICULUM VITAE**

### **Prof. Francesco SOFI, MD, PhD**

Francesco SOFI is Associate Professor of Food Science and Clinical Nutrition at the Department of Experimental and Clinical Medicine of the School of Human Health Sciences of the University of Florence. He is M.D. at the Unit of Clinical Nutrition of the University Hospital of Careggi, in Florence. In 2002 he took the degree in Medicine and in 2006 he got the Ph.D. in Clinical Pathophysiology and Ageing at the University of Florence, with a thesis entitled "Nutrition for health and prevention of disease". Researcher in Food Science and Clinical Nutrition at the University of Florence from 2007 to 2015. Vice President of the Master Degree in Food Science of the University of Florence, he teaches also at the Master Degree Course of Medicine and at the Course Degree of Dietitian of the University of Florence. He is vice director of the Interdepartmental Centre for Research on Food and Nutrition of the University of Florence.

He is now member of the National Committee for Health Research of the Minister of Health.

He is member board of the Italian Society of Human Nutrition (SINU) and member of the Italian Society for the Study of Atherosclerosis (SISA), European Society of Cardiology (ESC), European Association for Cardiovascular Prevention and Rehabilitation (EACPR).

He is author of about 150 scientific studies, published in peer-reviewed International Journals.

H-index (6/1/2017): 34

He is one of the researcher included in the list of Top Italian Scientists, for researcher with H-index>30 ([www.topitalianscientists.org](http://www.topitalianscientists.org)).

He won several national and international prizes.

Since his graduation he has been devoted to the clinical prevention of cardiovascular diseases through the study of nutritional and lifestyle habits in healthy subjects and in patients with different localizations of atherosclerotic diseases. His current interests are: the role of nutrition and dietary habits on the occurrence of major chronic diseases; genetic factors predisposing to cardiovascular diseases; the epidemiology of cardiovascular diseases; clinical evaluation of thrombophilic risk factors in all the localizations of the atherosclerosis; role of physical activity as preventing factor for cardiovascular disease.