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**DİLEK ONGAN, TURKEY**

*“I believe that nutrition is in the core of older adults’ care and for living healthy and happy longer. Such older adults are role models for future’ healthy populations”.*

- Associate Professor at İzmir Kâtip Çelebi University, Faculty of Health Sciences, Department of Nutrition and Dietetics

I am Assoc. Prof. Dilek Ongan; committee member of EFAD European Specialist Dietetic Network for Older Adults since 2018. I am one of the representatives of Turkish Dietetic Association for EFAD and ICDA. I have been a lecturer and scientist in Nutrition and Dietetics Department since 2005 in Turkey.

**Specialisations or expertise:** I have studied on nutritional status of vulnerable groups and nutritional services given for vulnerable groups, such as older adults. My studies point out the requirements for improving the quality of nutritional services and give concrete and evidence-based recommendations to implement a more efficient, group-tailored nutritional service, especially for institutionalized elderly.

**Publications:**

In Scopus: <https://www.scopus.com/authid/detail.uri?authorId=35734936700>

In Web of Science: <https://www.webofscience.com/wos/author/record/6295217>

In Google Scholar: <https://scholar.google.com/citations?user=nyiTgVAAAAAJ&hl=th>

In Dergipark (academic journals published in Turkey): <https://dergipark.org.tr/en/pub/@dongan>

**Publications related to older adults:**

**A. Original Research**

1. Yılmaz Müge, Arguvanlı Çoban Sibel, Şahin Habibe, **Ongan Dilek** (2021). A comparison of cognitive functions and nutritional status in nursing home residents and community-dwelling elderly. Alpha Psychiatry, 22(2), 90-93, Doi: 10.5455/apd.134256
2. **Ongan Dilek** (2016). Özel Gruplarda Menü Yönetimi ve Denetiminde Güncel Eğilimler. Turkiye Klinikleri Nutrition and Dietetics - Special Topics, 2(3), 27-32
3. **Ongan Dilek**, Rakıcıoğlu Neslişah (2015). Nutritional status and dietary intake of institutionalized elderly in Turkey: A cross-sectional, multi-center, country representative study. Archives of Gerontology and Geriatrics, 61(2), 271-276, Doi: 10.1016/j.archger.2015.05.004
4. Şahin Habibe, Çiçek Betül, Yılmaz Müge, **Ongan Dilek**, Kaya Neşe, İnanç Neriman (2013). Determining nutritional status and quality of life of 65 years and older individuals in Kayseri. Turkish Journal of Geriatrics, 16(3), 322-329

**B. Proceedings**

1. **Ongan Dilek**, Rakıcıoğlu Neslişah (2021). Resident satisfaction with foodservice may be another factor affecting nutritional Status of the institutionalized older adults. EFAD Virtual Congress, ESDN Older Adults, in the Clinical Nutrition Older Adults Session (26-30.10.2021)
2. Görünmezoğlu Hafize Özge, Alaca Gizem, **Ongan Dilek** (2021). Use of Nutritional Supplements in Older Parkinson’s disease Patients. KEPAN E-Congress 2021, Doi: 10.5152/ClinSciNutr.2021.080321, poster presentation in English
3. Alaca Gizem, Görünmezoğlu Hafize Özge, **Ongan Dilek** (2021). Alzheimer’s disease: Where is Nutrition in the Disease? KEPAN E-Congress 2021, Doi: 10.5152/ClinSciNutr.2021.080321, poster presentation in English
4. Kızıltan Sevda, **Ongan Dilek** (2021). What should be the optimal body composition in healthy old age? National Turkish Geriatrics 2021 Multidisciplinary Approach to Elderly Health Online Congress, 24, 329-330, poster presentation in Turkish
5. Görünmezoğlu Hafize Özge, Alaca Gizem, **Ongan Dilek** (2021). A Systematic Review of Studies on Nutritional Status of Older Covid-19 Patients. National Turkish Geriatrics 2021 Multidisciplinary Approach to Elderly Health Online Congress, 24, 194-200, oral presentation in Turkish
6. Alaca Gizem, Görünmezoğlu Hafize Özge, Songür Bozdağ Ayşe Nur, **Ongan Dilek** (2021). Can older people contribute to achieving sustainability goals? National Turkish Geriatrics 2021 Multidisciplinary Approach to Elderly Health Online Congress, 24, 319-320, oral presentation in Turkish
7. Güneş Didem, **Ongan Dilek**, Yıldız Güven (2018). Cross-sectional Analysis of Nutritional Status and Cognitive Impairment in Hospitalized Elderly. 1. International congress of internal medicine nursing, 3(3), 343-345, oral presentation in Turkish & English
8. **Ongan Dilek**, Rakıcıoğlu Neslişah (2016). An Overall Quality Assessment of Nutritional Services in Residential Nursing Homes In Turkey. 17th INTERNATIONAL CONGRESS OF DIETETICS, 20 (Supple 1), 370-370, Doi: 10.14306/renhyd, oral presentation in English
9. **Ongan Dilek**, Rakıcıoğlu Neslişah (2016). The Importance of Food Safety in Old Age. 4th Geriatric Nursing Symposium, oral presentation in Turkish
10. **Ongan Dilek**, Rakıcıoğlu Neslişah (2014). Evaluation of Nutritional Status of the Elderly in Nursing Homes in Turkey. IX. International Nutrition and Dietetics Congress, 259-259, poster presentation in Turkish
11. Şahin Habibe, Arguvanlı Çoban Sibel, **Ongan Dilek**, Yılmaz Müge (2013). Cognitive Functions and Nutritional Status of Nursing Home Residents and Community Dwelling Elders in Kayseri. European Psychiatric Nursing Congress, 204-204, poster presentation in Turkish
12. **Ongan Dilek**, Rakıcıoğlu Neslişah (2010). Satisfaction with nutritional services of elderly individuals staying in Kayseri Metropolitan Municipality Nursing Home. VII. International Nutrition and Dietetics Congress, poster presentation in Turkish

**C. Chapters in Books**

1. **Ongan Dilek.** Chapter Name: Malnutrition and Frailty in Older Adults in the Book entitled Nutrition in Geriatrics (2021), Hedef Cs Press, Ed: Prof. Dr. Nilüfer ACAR TEK, Prof. Dr. Emine AKSOYDAN, 1st publication, ISBN:978-625-7965-28-6
2. Acar Tek Nilüfer, **Ongan Dilek**, Türker Perim Fatma, Balci Cafer, Iplikçi Gökçen, Dedebayraktar Damla, Gürarslan Olcay, Kelat Zehra. Chapter Name: Weight Management in Older Adults - Individual Standard Nutrition Counselling Program in the Book entitled Patient Monitoring Guide for Dietitians Weight Management Handbook (2017), Ministry of Health Publications, Ed: Prof. Dr. Neslişah RAKICIOĞLU, Assoc. Prof. Gülhan SAMUR, Prof. Dr. Sevil BAŞOĞLU, 1st publication, ISBN:978-975-590-659-1

**D. Speech**

1. **Ongan Dilek** (2019). Malnutrition in older adults; nutrition interventions in different settings. EFAD - ESDN OLDER ADULTS – WEBINAR
2. **Ongan Dilek** (2018). Oral Nutrition Supplements. III. Clinical Nutrition Students Congress
3. **Ongan Dilek** (2017). Menu Planning in Special Groups (Workshop for Older Adults). II. National Nutrition and Dietetics Student Congress

**E. Awards**

1. **Ongan Dilek**, Görünmezoğlu Hafize Özge (2021). High Protein Meal for Older Adults Recipe Competition, awarded within the Top 10, ENDiets & EFAD-PROMISS

**F. Trainee in courses**

1. 7. Geriatrics and Gerontology Course / 7th Course on Geriatrics and Gerontology, A holistic approach to the health status of healthy and sick older individuals, comprehensive geriatric assessment, nutrition in old age, health problems in old age, Ankara/Turkey, 02.03.2020 -06.03.2020