

CURRICULUM VITAE

Ria VANDERSTRAETEN
Galgenberglaan 11 - B-9070 Destelbergen (Belgium)
Telephone : +32/474/46.26.85
E-mail : ria.vanderstraeten@sportsnutritionconsultancy.be

Education and Diploma's

2015-2017 University of Brighton - PG Cert Social Marketing
2012 - 2014 KH Leuven - Postgraduate onco-dietetics
2000 - 2001 SMI - European University Diploma Sport Management
1999 - 2000 VLEKHO - Professional sports management
1996 - 1997 VLEKHO - Postgraduate marketing
1985 - 1986 HTISA - D-course (pedagogic ability)
1982 - 1985 HRIPB - Bachelor in Nutrition and dietetics

Training

1991 - now various national and international training in relation with sports nutrition - nutritional supplements & doping - eating disorders - malnutrition - diabetes - metabolic aspects of diet in physical stress – behaviour change
1991 - now various national and international training in relation with (social) marketing and communication

Professional experience

12/2017-1/2018 Provinciaal zorgcentrum Lemberge (clinical follow-up patients at risk for malnutrition)
2008-2012 BZIO/Royal Villa - Ostend (consultation department rehabilitation)
2006-2007 Vesalius (High School Ghent) instructor courses 'Dietetics in practice', 'Exercises Nutrition and diet', 'Dietetic kitchen technology', 'Experimental cooking', 'Vocational Methodologies' in bachelor education 'Nutrition and dietetics'
2000-2002 Sint Carolus (Sint-Niklaas) lecturer course 'Nutrition and dietetics'
08/1998-6/1999 Lectra Systèmes (Ghent) creation and management marketing plan, marketing budget, product management, market research, competitive analysis and external communication
06-12/1997 MasterFoods (Olen) product development, product claiming, market research and product specification writing
1995-2000 CMO Antwerp - guest lecturer 'Nutrition and bioactive components in nutrition'
1995-present various freelance assignments related to diet, health and sport
1993-1995 Vesalius (Ghent) mentoring dietician internships
1993-1997 District Health Center 'De Sleep' - Ghent - diabetes consultation (disadvantaged and migrants)
1992-2006 UZG Center of Sports Medicine - sports nutrition consultation
1992-1996 VUB department of Sports Medicine - sports nutrition consultation
1990-present STIO Ostend, KTA Aalst, BLOSO, VIZO, BRUCEMO, SYNTRA, VUB, UG - guest lecturer course 'Sports Nutrition'
1989-present self-employed dietetic practice
1989 cycling team ADR
1988-1991 CMO Waasland - guest lecturer course 'Diet cook'
1988-1990 RVT St Eligius (Zeveneken) food service organization
1987-1988 OCMW Sint-Niklaas - food service organization
1986 University Hospital Antwerp - diet department and cardiac rehabilitation

Additional activities

National and international speaker

1994-present in universities, at conferences and seminars related to sport, diabetes and obesity

Organisation of

2018 development toolbox Healthy sports GSV
2013 development nutrition policy NOC*NSF
2001-2015 workshops, seminars and panel discussions (*Belgian Marketing Association*)
1999-2001 glycemic control at 20 km of Brussels-run participants with diabetes (*Diabetes League*)
1996-1997 BVVD booth on Flanders Technology International '96 and Fit & health trade fair '97
1994 BVVD training 'Sport and nutrition' (*Belgian Dietetic Association*)

Coordination of

2019-now Sports Nutrition Commission Flemish Association of Dietitians
2018-now Eet Sportief project (healthy offer in sports canteen)
1996-1997 sport and education weekend for people with diabetes (*Diabetes League*)
1995-now workgroup 'Nutrition intervention protocol diabetes'

Publication and memberships

1997-now author and co-author several publications regarding nutrition in diabetes and sport
1993-now chairman of expert groups and (board) member of several associations national and international (e.g. advisory board minister of Health, minister of Sports)