

## Res. Asst. PhD AZAD İLHAN

### Personal Information

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### International Researcher IDs

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Publons / Web Of Science ResearcherID: HGC-5529-2022

Yoksis Researcher ID: 226354

### Education Information

Doctorate, Hacettepe University, Sağlık Bilimleri Enstitüsü, Beslenme Ve Diyetetik A.B.D., Turkey 2017 - 2024

Postgraduate, Hacettepe University, Sağlık Bilimleri Enstitüsü, Beslenme ve Diyetetik A.B.D., Turkey 2015 - 2017

Undergraduate, Ondokuz Mayıs University, Samsun Health Academy, Department Of Nutrition And Dietetics, Turkey 2010 - 2014

### Foreign Languages

English, C1 Advanced

### Certificates, Courses and Trainings

Vocational Course, YÖKAK (YÖK Kalite Kurulu) Uzaktan Eğitim Yetkinlikleri Sertifikası , Sağlık Bilimleri Eğitim Programları Değerlendirme ve Akreditasyon Derneği (SABAK), 2020

### Dissertations

Doctorate, Türkiye'de Ulusal Diyetin Sera Gazı Emisyonu ve Su Ayak İzinin Değerlendirilmesi, Hacettepe University, Sağlık Bilimleri Enstitüsü, 2024

Postgraduate, Yaşlılarda Fiziksel Aktivite Düzeyi, Beslenme Durumu ve Bilişsel Fonksiyon Arasındaki İlişkinin Değerlendirilmesi, Hacettepe University, Sağlık Bilimleri Enstitüsü, 2017

### Research Areas

Nutrition and Dietetics

### Academic Titles / Tasks

Research Assistant, Hacettepe University, Sağlık Bilimleri Enstitüsü, Beslenme ve Diyetetik A.B.D., 2016 - Continues

## Published journal articles indexed by SCI, SSCI, and AHCI

- I. **Greenhouse Gas Emission and Water Footprint of the National Diet in Turkey: Results from Turkey Nutrition and Health Survey 2017**  
İlhan A., Yeniçağ R., Yalçın E., Öztürk E., Karahan S., Rakıcioğlu N.  
SUSTAINABILITY, vol.15, pp.1-13, 2023 (SCI-Expanded)
- II. **Assessment of food consumption changes in adolescents during orthodontic treatment**  
Ozdemir M., İlhan A., Gorucu-Coskuner H., Taner T., Bilgic P.  
AMERICAN JOURNAL OF ORTHODONTICS AND DENTOFACIAL ORTHOPEDICS, vol.159, no.5, pp.604-612, 2021 (SCI-Expanded)

## Articles Published in Other Journals

- I. **Effect of body composition on the athletic performance of soccer referees**  
İlhan A., Müniroğlu R. S., Rakıcioğlu N.  
Journal of Nutritional Science, vol.12, no.12, pp.1-6, 2023 (ESCI)
- II. **Effects of Dietary Polyphenols on Browning and Brown Adipose Tissue Activity**  
Çınar E. N., İlhan A., Tengilimoğlu Metin M. M.  
Celal Bayar Üniversitesi Sağlık Bilimleri Enstitüsü Dergisi, vol.9, no.2, pp.334-340, 2022 (Peer-Reviewed Journal)
- III. **What Could Aid in Slowing Down Cognitive Function?**  
İLHAN A., VARLI M., BİLGİÇ P.  
GALICIAN MEDICAL JOURNAL, vol.28, no.2, 2021 (ESCI)
- IV. **Is There the Role of Endocrine Disruptors in Autism Spectrum Disorder?**  
İlhan A., Ayaz A.  
Hacettepe Üniversitesi Sağlık Bilimleri Fakültesi Dergisi, vol.5, no.3, pp.88-102, 2019 (Peer-Reviewed Journal)
- V. **Samsun İli İçerisindeki Amatör ve Profesyonel Futbolcuların Beslenme Alışkanlıkları**  
İLHAN A., TOKAY A., ÖZENOĞLU A.  
Ondokuz Mayıs Üniversitesi Sağlık Bilimleri Dergisi, vol.1, no.1, pp.1-13, 2016 (Peer-Reviewed Journal)

## Books & Book Chapters

- I. **İskelet Sağlığı ve Kemik-Eklemler Hastalıkları**  
İlhan A.  
in: Yaşlı Hastalarında Tıbbi Beslenme Tedavisi, Rakıcioğlu N., Şanlıer N., Editor, Hedef Yayıncılık, Ankara, pp.495-528, 2022
- II. **Cezaevlerinde Menü Planlama**  
TAYFUR M., ÇAKIR B., AKMAN M., BAYGUT H., İLHAN A., UÇAR K., Yay E. F., Atabey M.  
in: Toplu Beslenme Sistemleri (Toplu Tüketim Yerleri) İçin Ulusal Menü Planlama ve Uygulama Rehberi, Prof.Dr.Yasemin Beyhan, Prof.Dr.Saniye Bilici, Doç.Dr.Mevlude Kızıl, Editor, Anıl Reklam Matbaa Ltd.Şti, Ankara, pp.263-290, 2020

## Refereed Congress / Symposium Publications in Proceedings

- I. **RELATIONSHIP BETWEEN NUTRITION STATUS, BODY COMPOSITION AND ATHLETIC PERFORMANCE IN SOCCER REFEREES**  
İLHAN A., MÜNİROĞLU R. S., RAKICIOĞLU N.

LIVE VIRTUAL CONGRESS ON CLINICAL NUTRITION METABOLISM, Geneva, Switzerland, 09 September 2021

**II. Evaluation of nutrient intake changes in adolescents with orthodontic treatment**

Özdemir M., İlhan A., Görücü Coşkun H., Taner T., Bilgiç P.

The European Society for Clinical Nutrition and Metabolism (ESPEN) 2018, Madrid, Spain, 1 - 04 September 2018, vol.37, pp.233

**III. Evaluation of food intake changes in orthodontic treated individuals**

İlhan A., Özdemir M., Görücü Coşkun H., Taner T., Bilgiç P.

The European Society for Clinical Nutrition and Metabolism (ESPEN) 2018, Madrid, Spain, 1 - 04 September 2018, vol.37, pp.108

**IV. Associations between Physical Activity, Depression and Cognitive Function**

İlhan A., Bilgiç P., Varlı M.

The European Society for Clinical Nutrition and Metabolism (ESPEN) 2017, The Hague, Netherlands, 9 - 12 September 2017, vol.36, pp.166

**V. Nutritional Habits of Amateur and Professional Football Players**

İlhan A., Tokay A.

The European Society for Clinical Nutrition and Metabolism (ESPEN) 2017, The Hague, Netherlands, 9 - 12 September 2017, vol.36, pp.114

**VI. Associations between Depression and Cognitive Function in Turkish Elderly**

İLHAN A., BİLGİÇ P., VARLI M., RAKICIOĞLU N., NOBUKO H.

Experimental Biology 2017, CHİAGO, United States Of America, 22 - 26 April 2017, vol.31

## **Memberships / Tasks in Scientific Organizations**

Turkish Dietetic Association, Member, 2019 - Continues, Turkey

Turkish Society of Clinical Enteral & Parenteral Nutrition, Member, 2017 - Continues, Turkey

## **Metrics**

Publication: 15

Citation (WoS): 5

Citation (Scopus): 4

H-Index (WoS): 1

H-Index (Scopus): 1