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**DİLEK ONGAN, TÜRKİYE**

*“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 & Head of Department of Older Adults Health in Institute of Health Sciences at İzmir Katip Çelebi University

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 and have been the Head of Department of Older Adults Health in Institute of Health Sciences at İzmir Katip Çelebi University since 2023.

**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 older adults.

**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 and Review Articles**

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
5. JONES STACEY, ARCHER ELIZABETH, **ONGAN DİLEK**, MORAIS CECILIA, SPEER ROBERT, TSAGARI AMALIA, JAGER-WITTENAAR HARRIËT, RUPERTO MAR (2021). Nutritional interventions in older people with COVID-19: an overview of the evidence. Nursing Older People, Doi: 10.7748/nop.2021.e1368
6. Tonbalak, K., & **Ongan, D.** (2022). Nutritional Solutions Against Disability Problems Affecting Nutritional Status in Old Age. İzmir Katip Çelebi Üniversitesi Sağlık Bilimleri Fakültesi Dergisi, 7(2), 435-440.

**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.
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.
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.
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.
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.
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.
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.
9. **Ongan Dilek**, Rakıcıoğlu Neslişah (2016). The Importance of Food Safety in Old Age. 4th Geriatric Nursing Symposium.
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.
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.
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.
13. Mutlu, B.A., **Ongan, D.,** Kıyak, M.A. Evaluation of the Compliance of Individuals Between the Ages of 45-64 to the Mediterranean Diet in Terms of Sarcopenia Risk Factors. XI. International Congress of Nutrition and Dietetics, 10-12 October 2024, Ankara.
14. María del Mar Ruperto López, Esmeralda Josa Martín, **Dilek Ongan**, Amalia Tsagari. Prevalencia del riesgo nutricional en adultos mayores institucionalizados en centros geriátricos. 39. Congreso Nacional SENPE. Comunicaciones Orales: O-007. Nutr Hosp 2024;41(Supl. 1):17-155.

**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
3. **ONGAN DİLEK**. GERİATRİDE BESLENME, Bölüm adı: (YAŞLIDA MALNÜTRİSYON VE KIRILGANLIK) (2021)., HEDEF CS YAYINCILIK VE MÜHENDİSLİK, Editör: Prof. Dr. Nilüfer ACAR TEK, Prof. Dr. Emine AKSOYDAN, Basım sayısı: 1, Sayfa Sayısı: 272, ISBN: 978-625-7965-28-6
4. ACAR TEK NİLÜFER, **ONGAN DİLEK**, EROĞLU SON NAZAN, KÖKSAL KÖSEOĞLU SELEN, UZ MEHMET, NAVRUZ VARLI SEMRA, YALÇIN ECE, YENİÇAĞ RÜMEYSA, AYTEKİN ŞAHİN GİZEM, ŞİRNEVAİ EDA, ÖZDEMİR MERVE, ÜNAL DUYGU. TOPLU BESLENME SİSTEMLERI (TOPLU TÜKETİM YERLERİ) İÇİN ULUSAL MENÜ PLANLAMA VE UYGULAMA REHBERİ, Bölüm adı: (HUZUREVLERİNDE MENÜ PLANLAMA) (2020)., SAĞLIK BAKANLIĞI Yayın No: 1184 / Anıl Reklam Matbaa Ltd. Sti., Editör: Prof. Dr. Yasemin BEYHAN, Prof. Dr. Saniye BİLİCİ, Doç. Dr. Mevlüde KIZIL, Basım sayısı: 1, Sayfa Sayısı: 540, ISBN: 978-975-590-776-5
5. CLINICAL PEDIATRIC DIETETICS (KLİNİK PEDİATRİK BESLENME), Bölüm adı: (Hastanede Beslenme Hizmetlerinin Sağlanması (Provision of Nutrition in a Hospital Setting)) (2019)., **ONGAN DİLEK**, Ankara Nobel Tıp Kitabevleri, Editör: Vanessa SHAW, Çeviri Editörü: Doç. Dr. Reci MESERİ, Ögr. Gör. Murat URHAN, Doç. Dr. Özge KÜÇÜKERDÖNMEZ, Basım sayısı: 4, Sayfa Sayısı: 867, ISBN: 978-605-7578-24-2
6. DİYETİSYEN EL KİTABI ENTERAL VE PARENTERAL NÜTRİSYON, Bölüm adı: (Beslenme Bakım Sürecinin Beslenme Desteğinde Uygulanması, Şu anda Beslenme Sorunu Olmayan Bir Hasta İçin Beslenme Bakım Sürecinin Kullanılması, Mekanik Ventilasyon Desteği Alan Bir Kadın İçin Beslenme Bakım Sürecinin Uygulanması, Refeeding Komplikasyonları Beklendiğinde Beslenme Bakım Sürecinin Kullanılması) (2014)., **ONGAN DİLEK**, Nobel Tıp Kitabevleri, Editör: Prof. Dr. Tanju BESLER, Prof. Dr. Neriman INANÇ, Basım sayısı: 1, Sayfa Sayısı: 350, ISBN: 978-975-961-10-0-2

**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