

CURRICULUM VITAE

Gladys Morales

1. PROFILE

Dr. Gladys Morales is a Nutritionist and Dietitian with over 20 years of experience in academic research, public health practice, and international collaboration. As the Past President of the Chilean Society of Nutrition, Food Science, and Toxicology (SOCHINUT), she organized two national congresses that attracted more than 400 delegates each. She has enhanced and expanded existing transparent grant schemes, increasing their reach and funding to support early-career researchers. Currently, Dr. Morales is an Associate Professor in the Department of Public Health at Universidad de La Frontera. She has authored over 80 peer-reviewed papers on dietary patterns, lifestyle-related chronic diseases, sustainability, and health in Latin America. Her scholarly work has an h-index of 21, with 1,688 citations. Dr. Morales is a founding member of the Latin American Nutrition Research Network (REDLIAN), which connects senior researchers from ten countries, and a founding member of the Federation of Pan American Nutrition Societies (FEPANS). Additionally, she serves as a co-investigator in the EULAT Eradicate GBC consortium, a European-Latin American initiative aimed at eliminating preventable gallbladder cancer. Furthermore, she advises policymakers on obesity prevention strategies tailored for vulnerable communities in southern Chile. Her leadership experience, international collaborations, and commitment to equitable, evidence-based, and sustainability-driven nutrition align closely with the mission of the International Union of Nutritional Sciences (IUNS) to advance nutritional science and strengthen professional capacity. As a Council member, she would bring an essential Latin American perspective and proven skills in building consensus.

2. CONTACT INFORMATION AND PROFESSIONAL PROFILES

Address	Av. Francisco Salazar 01145, Temuco, Chile
Telephone	+56 (45) 232 5032
E-mail	gladys.morales@ufrontera.cl
ORCID	0000-0001-7194-8833
ResearchGate	83 publications
Google Scholar	Dr Morales's work has accumulated 1,688 citations , with an overall h-index of 21 and an i10-index of 48 . (July 2025)
Languages	Spanish (native); English (intermediate–advanced)

3. EDUCATION

Years	Degree / Training	Institution & Location	Focus / Distinction
2019	Postdoctoral stay	Dept. of Preventive Medicine and Public Health, University of Navarra (UNAV), Pamplona, Spain	Mediterranean Diet & Cardiovascular Prevention

Years	Degree / Training	Institution & Location	Focus / Distinction
2014 – 2017	PhD in Public Health	Public University of Navarra (UPNA), Pamplona, Spain	Thesis Project: <i>Cardiovascular Risk Factors in Students at Universidad de La Frontera (UFRO) Cum Laude</i>
2008 – 2010	MSc in Nutrition and Food (Health Promotion and Prevention of Nutrition-Related Diseases)	Institute of Nutrition & Food Technology (INTA), University of Chile, Santiago	Thesis: <i>Lifestyles of First- and Fourth-Year Students at UFRO</i>
2006 – 2007	Bachelor's in Nutrition & Dietetics	University of Chile, Santiago	
1998 – 2002	Qualification as Nutritionist & Dietitian (N.D)	UFRO, Temuco, Chile	

4. AWARDS AND HONORS

2017: Outstanding grade, “Cum Laude” in the Thesis defense: “*Cardiovascular Risk Factors in students at the University of La Frontera, Temuco-Chile*”, Universidad Pública de Navarra, Pamplona, Spain.

2014/2015: Recognition for Academic Excellence. Universidad de La Frontera, Temuco, Chile.

5. POSITIONS AND EMPLOYMENT

2019-to date	Associate Professor, Department of Public Health, UFRO, Temuco, Chile
2019-to date	Researcher of the “Center for Research in Cardiovascular and Nutritional Epidemiology” (EPICYN). UFRO. Temuco, Chile
2012-2019	Assistant Professor, Department of Public Health, UFRO, Temuco, Chile
2009-2011	Instructor in the School of Nutrition and Dietetics, Faculty of Medicine, University of Chile. Santiago, Chile
2003-2008	Dietitian, Primary Care Center. Community health promotion manager, Nueva Imperial (Araucanía Region), Chile.

6. GOVERNANCE AND SERVICE

Chilean Society of Nutrition, Food Science & Toxicology (SOCHINUT)

SOCHINUT Leadership	Period
Past President	May 2025 – to date
President	May 2023 – Apr 2025
Vice President	May 2021 – Apr 2023

Regional & International Networks	Period
Founding member of the Latin American Nutrition Research Network (REDLIAN)	2022-to date
Founding member of the Federation of Pan American Nutrition Societies (FEPANS)	2025-to date

Conference organizing committee	Years
President of the Conference Organization Committee – Nutrition Conference 2025, organized by SOCHINUT.	Jan 2025 – Nov 2025
President of the Conference Organization Committee – Nutrition Conference 2024, organized by SOCHINUT.	Oct 2023 – Dec 2024
President of the Conference Organization Committee – Nutrition Symposium 2023, organized by SOCHINUT.	Jan 2023 – Dec 2023
Member of the Congress Organization Committee – Public Health Conference 2023, organized by SOCHEPI – Chilean Society of Epidemiology & UFRO	Jan 2023 – Dec 2023
Member of the Congress Organization Committee – Nutrition Conference 2022, organized by SOCHINUT.	Oct 2021 – Oct 2022

7. TEACHING EXPERIENCE

Teaching undergraduate students, Universidad de La Frontera (UFRO)

Years	Role	Course (s)
2020 –2021	Primary Instructor	○ Primary Care Center Practice in Adults
2017 – to date	Primary Instructor	○ Health Education ○ Health and Food Programs
2017 – to date	Guest Lecturer	○ Public Health & Nutrition ○ Assessment of Nutritional Status ○ Adult Nutrition
2012 – 2016	Guest Lecturer	○ Foods and Nutrition I and II (modular sequence)

Teaching undergraduate students, University of Chile

Years	Role	Course (s)
2009 – 2012	Primary Instructor	○ Introduction to Dietetics ○ Community Development ○ Public Health
2009 – 2012	Guest Lecturer	○ Nutritional-Food Planning ○ Applied Research Methodology ○ Food-Nutrition Education ○ Community Nutrition ○ Primary Care Practice

Teaching colleagues and Graduate Students

Years	Role	Course / Program	Institution & Context
2024 – to date	Primary Instructor	Summer School: Culinary Medicine	Department of Public Health, UFRO, Chile.
2022	Primary Instructor	Summer School: Plant-Based Diet, Agroecology & Health	Department of Public Health, UFRO, Chile.
2019 – to date	Guest Lecturer	Promotion and Family Health	Master of Nursing (Care Management), UFRO, Chile.
2019 – to date	Thesis reviewer	Thesis	Master of Clinical Epidemiology, UFRO, Chile.
2019 – to date	Thesis reviewer	Thesis	Master of Public Health, UFRO, Chile.
2019 – to date	Thesis reviewer	Thesis	PhD in Agri-Food and Environmental Sciences, UFRO, Chile.
2014 – to date	Guest Lecturer	Healthy Eating	Diploma in Social Gerontology & Geriatrics, UFRO, Chile.
Sept–Nov 2020	Primary Instructor	Multidisciplinary Approach to the COVID-19 Pandemic for Health Workers	Department of Public Health, UFRO – ad hoc online course for >300 frontline professionals
Jan 2016	Primary Instructor	Summer School: Cardiovascular & Nutritional Epidemiology	Department of Public Health, UFRO, Chile.
2016 – 2017	Primary Instructor	Health Education	Diploma in Prevention & Diet Therapy for Cardiovascular Risk, Internal Medicine Department, UFRO, Chile.

8. PUBLICATIONS

83 peer-reviewed publications in total; a selection from 2020 – 2025 is listed below.

1. **Morales G**, Bugueño C, Valenzuela R, Chamorro R, Leiva C, Gotteland M et al. Association between Cheese Consumption but not Other Dairy Products and Lower Obesity Risk in Adults Cheese Consumption and Lower Obesity Risk in Adults. *PLoS One*. 2025;20(4):e0320633. doi: [10.1371/journal.pone.0320633](https://doi.org/10.1371/journal.pone.0320633).
2. **Morales G**, Bugueño C, Valenzuela R, Chamorro R, Leiva C, Gotteland M et al. Dairy consumption in Chile: comparison by gender, age, geographic area and socioeconomic level, and barriers associated to intake. *Nutr Hosp*. 2025. Epub ahead of print. doi: [10.20960/nh.05594](https://doi.org/10.20960/nh.05594).
3. Parra-Soto S, Carpio-Arias TV, Rios-Castillo I, Pérez-Armijo P, Landaeta-Díaz L ...**Morales G** et al. Dietary Patterns and Sustainable Lifestyles: A Multicenter Study from Latin America and Spain. *Foods*. 2025;14(12):2065. doi: [10.3390/foods14122065](https://doi.org/10.3390/foods14122065).
4. Seron P, Oliveros MJ, Marzuca-Nassr GN, **Morales G**, Román C, Muñoz SR et al; HYCARET Investigators. Hybrid Cardiac Rehabilitation Program in a Low-Resource Setting: A Randomized Clinical Trial. *JAMA Netw Open*. 2024;7(1):e2350301. doi: [10.1001/jamanetworkopen.2023.50301](https://doi.org/10.1001/jamanetworkopen.2023.50301).
5. **Morales G**, Balboa-Castillo T, Fernández-Rodríguez R, et al. Adherence to the Mediterranean diet and depression, anxiety, and stress symptoms in Chilean university students: a cross-sectional study. *Cad Saude Publica*. 2023;39(10):e00206722. doi: [10.1590/0102-311XEN206722](https://doi.org/10.1590/0102-311XEN206722)
6. Gómez-Pérez D, Seron P, Oliveros MJ, **Morales G**, Arancibia MJ, Grace SL. Evaluation of counselling materials for hybrid cardiac rehabilitation in a low-resource setting: Perceptions of patients and providers. *Patient Educ Couns*. 2023;113:107772. doi:[10.1016/j.pec.2023.107772](https://doi.org/10.1016/j.pec.2023.107772)
7. Soto A, Balboa-Castillo T, Andrade-Mayorga O, Marzuca-Nassr GN, Muñoz S, **Morales G**. Trends in mortality from cardiovascular diseases in Chile, 2000–2020. *Rev Panam Salud Publica*. 2023;47:e127. doi:[10.26633/RPSP.2023.127](https://doi.org/10.26633/RPSP.2023.127)
8. Saaverda-Clarke S, Parra Soto S, Murillo G, Carpio-Arias V, Landaeta-Díaz L...**Morales G**. et al Self-Reported Nutritional Status and Breakfast Characterization in Latin American University Students. *J Am Nutr Assoc*. Published online 6, 2023. doi:[10.1080/27697061.2023.2263526](https://doi.org/10.1080/27697061.2023.2263526)
9. Valdés-Badilla P, Parra-Soto S, Murillo AG, Gomez G, Araneda J, ... **Morales G**. et al. Healthy Lifestyle Habits in Latin American University Students during COVID-19 Pandemic: A Multi-Center Study. *Journal of the American Nutrition Association*, 2023: 1–7. Advance online publication. doi: [10.1080/27697061.2022.2115429](https://doi.org/10.1080/27697061.2022.2115429)

10. Meza-Miranda ER, Parra-Soto SL, Durán-Agüero S, Gomez, G., Carpio-Arias, V...**Morales, G.**, et al. Body weight in relation to hours of sleep, and physical activity in Latin American university students during the Covid-19 pandemic. *J Am Coll Health*. 2022;1-6. doi:[10.1080/07448481.2022.2089848](https://doi.org/10.1080/07448481.2022.2089848)

11. Soto Á, Guillén-Grima F, **Morales G**, Muñoz S, Aguinaga-Ontoso I, Vanegas J. Trends in Mortality from Stroke in Latin America and the Caribbean, 1979-2015. *Glob Heart*. 2022;17(1):26.

12. **Morales G**, Martínez-González MA, Barbería-Latasa M, Bes-Rastrollo M, Gea A. Mediterranean diet, alcohol-drinking pattern and their combined effect on all-cause mortality: the Seguimiento Universidad de Navarra (SUN) cohort *Eur J Nutr*. 2021; 60(3):1489-1498. doi: [10.1007/s00394-020-02342-w](https://doi.org/10.1007/s00394-020-02342-w)

13. Soto A, Guillén-Grima F, **Morales G**, Muñoz S, Aguinaga-Ontoso I, Fuentes-Aspe R. Prevalence and incidence of ictus in Europe: systematic review and meta-analysis.*An Sist Sanit Navar*. 2022;45(1):e0979. doi:[10.23938/ASSN.0979](https://doi.org/10.23938/ASSN.0979)

14. Cuevas C, Herrera P, **Morales G**, Aguayo L, Galvez E P. Understanding the food-family relationship: A qualitative research in a Chilean low socioeconomic context. *Appetite*. 2021; 104852. doi:[10.1016/j.appet.2020.104852](https://doi.org/10.1016/j.appet.2020.104852).

15. Soto Á, Guillén-Grima F, **Morales G**, Muñoz N S, Aguinaga-Ontoso I. Trends in mortality from stroke in the European Union, 1996-2015. *Eur J Neurol*. 2020;10.1111/ene.14517. doi:[10.1111/ene.14517](https://doi.org/10.1111/ene.14517)

9. COMMUNICATIONS IN CONFERENCES – *Selected (2017 – 2023)*

Year	Event / Location	Title & Authors (abbreviated)	Role
2023	XVIII Portuguese Epidemiology Assoc. Congress (APE), Porto, Portugal	G Morales , S Durán-Agüero, C Bugueño <i>et al</i> . “Association between dairy consumption and obesity in Chilean adults”	Oral
2023	XVIII APE Congress, Porto	Morales G , J Araneda <i>et al</i> . “Ultra-processed foods and overweight/obesity in Latin-American students”	Oral
2022	Nutrition Society Summer Conf., Sheffield, UK	S Cofré, Morales G “Intention to purchase foods with nutrient-warning labels under Chilean law”	Oral

2020	I Virtual Congress SEE-APE (Spain–Portugal)	Morales G , Lanuza F <i>et al.</i> “Depression, anxiety, stress and cardiometabolic risk in university students” Soto A, Guillén-Grima F, Morales G et al. “Prevalence and incidence of stroke in Europe: a meta-analysis”.	Oral
2018	XIII APE Congress, Porto	Morales G , Muñoz S <i>et al.</i> “Cardiometabolic risk & mental health in Chilean students” Health and Quality of Life Observatory: Advances in Its Development”. Morales G et al.	Oral
2017	XII APE Congress, Barcelona	Morales G , Balboa-Castillo T <i>et al.</i> “Physical activity, sedentary behaviour & cardiometabolic risk in Chilean students”	Oral

10. CONFERENCE PRESENTATIONS – Selected Invited Conferences (2019 – 2024)

Year	Event and Host Institution	Title of Lecture	Location / date
2024	Course: Osteoporosis—Frequent Questions and Best Answers (Chilean Society of Osteology & Mineral Metabolism, SCHOMM)	How Does Nutrition Influence Osteoporosis? Is Supplementation Helpful?	Santiago, Chile · 2 Dec 2024
2023	2nd International Multidisciplinary Academic Meeting “The Nutritionist: Role in Healthy and Sustainable Food Systems” (Universidad Femenina del Sagrado Corazón)	Food Systems: Sustained Use of Nutritious Diets for a Healthy Population	La Molina, Peru · 24 Nov 2023
2023	1st Chilean Congress on Cerebrovascular Disease (ACEVE)	Dietary Interventions in Secondary Stroke Prevention: Current Evidence	Virtual / Santiago, Chile · 16–17 Jun 2023
2023	2nd Clinical Nutrition Update Symposium – Southern Zone (Hernán Henríquez Aravena Hospital)	Plant-Based Diets and Non-Communicable Chronic Diseases	Temuco, Chile · 26 Jun 2023
2023	2nd Scientific Dissemination Conference (Scientific Society of Nutrition & Dietetics Students, Universidad Mayor)	Cardiovascular Risk Factors and Neurodegeneration	Santiago, Chile · 7 Dec 2023
2022	XXIII Nutrition Conference (SOCHINUT)	Plant-Based Diets and Health	Santiago, Chile · 5–8 Oct 2022
2020	EPICYN Course “Multidisciplinary Approach to COVID-19” (Center for Cardiovascular and Nutritional Epidemiology)	Nutrition and COVID-19	Virtual · 13 Oct 2020
2019	11th Cardiology Course (Chilean Society of Cardiology & Cardiovascular Surgery, Southern Branch)	Effect of Diet on Cardiovascular Risk	Temuco, Chile · 4–5 Jul 2019
2019	1st Adult Clinical Nutrition Update Symposium – Southern Zone (Hernán Henríquez Aravena Hospital)	How to Recognize a Good Clinical Study?	Temuco, Chile · 8 May 2019

11. PARTICIPATION ON COMMITTEES

Guest Editor at Frontiers in Nutrition (11/2024–08/2025):

Research Topic: Nutritional Epidemiology: Advances in the Analysis of Healthy and Sustainable Dietary Patterns.

Editorial boards: 03/2013-12/2017: Journal of College of Nutritionists of Chile

Peer review referee for the following journals: *British Journal of Nutrition, Nutrición Hospitalaria, Frontiers in Nutrition, PLoS One, American Journal of Preventive Medicine and Public Health, HELIYON, Revista Facultad de Ciencias de la Salud UDES, Revista Med UNAB, Colombia, Revista Chilena de Nutrición.*

External Reviewer of Communications in:

2025	X Congreso Iberoamericano de Nutrición, México
2024	XVIII Congresso da Associação Portuguesa de Epidemiologia (APE) — <i>Gac Sanit</i> 38(S2): I–VI
2021	XVI Congresso APE — <i>Gac Sanit</i> 35(Suppl): I–IX
2020	I Virtual Congress SEE & APE — <i>Gac Sanit</i> 34(Suppl): V
2019	XIV Congresso APE — <i>Gac Sanit</i> 33(Suppl): VI–VII
2018	XIII Congresso APE — <i>Gac Sanit</i> 32(Suppl): IV–V
2017	XII Congresso APE — <i>Gac Sanit</i> 31(Suppl): V–VII
2016	XI Congresso APE — <i>Gac Sanit</i> 30(Suppl): IV–VI

12. GRANTS

SELECTED COMPETITIVE GRANTS (2015 – 2025)

Period	Funding Agency / Scheme	Project Title	Role
2024 – 2025	EU Horizon 2020 (H2020) (DIE24-0001)	Establishment and Use of the European–Latin American Consortium for the Eradication of Preventable Gallbladder Cancer – EULAT Eradicate GBC	Co-Investigator
2023 – 2026	Fundação de Amparo à Pesquisa do Estado de São Paulo (FAPESP) & UFRO (FPP22-0017)	Value-Added Potential of Brewer’s Spent Grains from the Beer Industry: Process Development for Functional Bars and Juices	Co-Investigator
2023 – 2027	ANID – FONDECYT Regular 1230616	Novel Dietary Guidelines for Elderly Denture-Wearers to Ensure Adequate Nutritional Intake, Good Quality of Life, and Enhanced Performance in Cognitive Tasks	Co-Investigator

Period	Funding Agency / Scheme	Project Title	Role
2018 – 2021	ANID – FONDECYT Regular 1181734	Effectiveness of a Hybrid Exercise-Based Cardiac Rehabilitation Program: A Randomized, Multicenter, Non-Inferiority Clinical Trial	Co-Investigator
2021-2022	UFRO – DI21-0108	Rectord of Cerebrovascular Diseases, Hospital Dr. Hernán Henríquez de Temuco (RECTEM)	Co-Investigator
2017 – 2018	UFRO – PIAF17-0009	Lifestyle surveillance in university students (UFRO)	Principal Investigator
2015-2016	UFRO- DI15-0034	Cardiovascular Risk Factors in Students at the Universidad de La Frontera, Temuco, Chile	Principal Investigator

13.MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS

Organization	Membership Period
SOCHINUT	2013 – to date
American Society for Nutrition (ASN)	2020 – to date
Canadian Nutrition Society (CNS)	2021 – to date
Sociedad Española de Epidemiología (SEE — Spanish Society of Epidemiology)	2015 – 2024

Temuco, Chile, July 9, 2025