

CONTACT

 elisa.berri@unimore.it

WORK EXPERIENCE

● **Azienda Ospedaliero Universitaria di Modena** Modena, Italy

Dietitian

17/04/2025 – Current

Professional Teaching Tutor in Dietetics

Degree Programme in Dietetics

Faculty of Medicine and Surgery

University of Modena and Reggio Emilia

Secondment (36 hours/week) at the *Integrated Service for Training, Research, Innovation and Grant Office* as **Professional Teaching Tutor in Dietetics**, Degree Programme in Dietetics, University of Modena and Reggio Emilia.

● **Azienda USL- IRCCS di Reggio Emilia** Reggio Emilia, Italy

Dietitian

09/05/2022 – Current

Permanent, full-time position (36 hours/week) at the *Department of Primary Care*, starting **17 October 2022**; **secondment to the University Hospital of Modena (AOU Modena)** with a **reduction of on-site hours to 18 hours/week**; from **17 April 2025**, **secondment at AOU Modena for 36 hours/week**.

● **Università di Modena e Reggio Emilia - UniMoRe** Modena, Italy

Contract Lecturer

2025 – 2026

Degree Programme in Dietetics

Faculty of Medicine and Surgery

University of Modena and Reggio Emilia

A.Y. 2025-2026 - Contract Lecturer for the *Dietetic-Informatics Laboratory module* (Integrated Course: *Professional Laboratory, 2nd year*), delivering **20 hours of teaching** within the **Degree Programme in Dietetics**.

● **Università degli Studi di Modena e Reggio Emilia** Modena, Italy

Contract Lecturer

2024 – 2025

Degree Programme in Dietetics

Faculty of Medicine and Surgery

University of Modena and Reggio Emilia

A.Y. 2024-2025 - Contract Lecturer for the *Dietetic-Informatics Laboratory module* (Integrated Course: *Professional Laboratory, 2nd year*), delivering **20 hours of teaching** within the **Degree Programme in Dietetics**.

● **Azienda Ospedaliero Universitaria di Modena** Modena, Italy

Contract Lecturer within Institutional Agreement

2023 – 2024

Degree Programme in Dietetics

Faculty of Medicine and Surgery

University of Modena and Reggio Emilia

A.Y. 2023-2024 - Teaching activities within the *Degree Programme in Dietetics* at the **University of Modena and Reggio Emilia**, delivering the *Dietetic-Inform*

atics Laboratory module (Integrated Course: Professional Laboratory, 2nd year) for **20 hours**.

Azienda Ospedaliero Universitaria di Modena Modena, Italy

Dietitian

17/10/2022 – 16/04/2025

Professional Teaching Tutor in Dietetics

Degree Programme in Dietetics

Faculty of Medicine and Surgery

University of Modena and Reggio Emilia

Secondment (18 hours/week) at the *Service for Training, Human Capital Development and Organizational Well-Being*, serving as **Professional Teaching Tutor** for the *Degree Programme in Dietetics* at the **University of Modena and Reggio Emilia**.

AUSL Modena Modena, Italy

Dietitian

16/06/2018 – 08/05/2022

Permanent, full-time position (36 hours/week) at the *Department of Primary Care, AUSL Modena – Southern Area, Vignola Hospital*.

AUSL Modena Modena, Italy

Dietitian

01/05/2018 – 15/06/2018

Fixed-term, full-time position (36 hours/week) at the *Department of Primary Care, AUSL Modena – Southern Area, Vignola Hospital*.

AUSL Modena Modena, Italy

Dietitian

01/11/2017 – 30/04/2018

Fixed-term, full-time position (36 hours/week) at the *Department of Primary Care, AUSL Modena – Southern Area, Vignola Hospital*.

AUSL Modena Modena, Italy

Dietitian

01/05/2017 – 31/10/2017

Fixed-term, full-time position (36 hours/week) at the *Department of Primary Care, AUSL Modena – Southern Area, Vignola Hospital*.

AUSL Modena Modena, Italy

Dietitian

01/11/2016 – 30/04/2017

Fixed-term, full-time position (36 hours/week) at the *Department of Primary Care, AUSL Modena*.

AUSL Modena, Dietista, 01 Ottobre 2016 – 31 Ottobre 2016 Modena, Italy

Dietitian

01/10/2016 – 31/10/2016

Fixed-term, part-time position (18 hours/week) at the *Department of Primary Care, AUSL Modena*.

AUSL Modena Modena, Italy

Dietitian

31/03/2016 – 30/09/2016

Fixed-term, part-time position (18 hours/week) at the *Department of Primary Care, AUSL Modena*.

AUSL Modena Modena, Italy

Dietitian

01/09/2015 – 30/03/2016

Fixed-term, part-time position (18 hours/week) at the *Department of Primary Care, AUSL Modena.*

AUSL Modena Modena, Italy

Dietitian

20/05/2015 – 30/09/2015

Fixed-term, part-time position (18 hours/week) at the *Department of Primary Care, AUSL Modena.*

AUSL Modena Modena, Italy

Dietitian

20/11/2014 – 19/05/2015

Fixed-term, part-time position (18 hours/week) at the *Department of Primary Care, AUSL Modena.*

AUSL Modena Modena, Italy

Dietitian

20/05/2014 – 19/11/2014

Fixed-term, part-time position (18 hours/week) at the *Department of Primary Care, AUSL Modena.*

AUSL Reggio Emilia Reggio Emilia, Italy

Dietitian

22/02/2011 – 21/08/2011

Fixed-term, part-time position (30 hours/week for 6 months) as maternity-leave replacement at the *Diabetology, Internal Medicine and Hospital Catering Service* of the **Guastalla and Correggio Hospitals.**

Arcispedale Santa Maria Nuova Reggio Emilia

Occasional consultancy as Dietitian – Data Manager for the project “IPERSTUDY (Intensive Phosphate Control in the Development of Renal End Points and Mortality in CKD)”.

Arcispedale Santa Maria Nuova, Reggio Emilia — Dietitian, 18 April 2016 – 31 December 2016

Project-based collaboration as Dietitian – Data Manager for the project *“IPERSTUDY (Intensive Phosphate Control in the Development of Renal End Points and Mortality in CKD)”.*

Arcispedale Santa Maria Nuova Reggio Emilia

Occasional consultancy as Dietitian – Data Manager for the regional platform PIRP (Prevenzione Insufficienza Renale Progressiva).

Arcispedale Santa Maria Nuova, Reggio Emilia — Dietitian, August 2015 – December 2015 **Project-based collaboration as Dietitian – Data Manager** for the regional platform *PIRP (Prevenzione Insufficienza Renale Progressiva).*

Arcispedale Santa Maria Nuova Reggio Emilia

Research fellowship as Dietitian at the Complex Unit of Nephrology and Dialysis.

Arcispedale Santa Maria Nuova, Reggio Emilia — Dietitian, 14 December 2014 – 13 June 2015 **Research fellowship as Dietitian** at the *Complex Unit of Nephrology and Dialysis*, within the regional project *“Intensive control of serum phosphate through a low-phosphate diet and phosphate binders in patients with Chronic Kidney Disease (CKD) to assess renal disease progression and survival.”*

Arcispedale Santa Maria Nuova Reggio Emilia

Research fellowship as Dietitian at the Complex Unit of Nephrology and Dialysis.

Arcispedale Santa Maria Nuova, Reggio Emilia — Dietitian, 05 May 2014 – 13 December 2014 **Research fellowship as Dietitian** at the *Complex Unit of Nephrology and Dialysis*, within the regional project *“Intensive control of serum phosphate through a low-phosphate diet and phosphate binders in patients with Chronic Kidney Disease (CKD) to assess renal disease progression and survival.”*

AUSL Reggio Emilia

Research fellowship as Dietitian at the Community Pediatrics Service of Castelnovo ne' Monti Hospital. AUSL Reggio Emilia – S. Anna Hospital, Castelnovo ne' Monti — Dietitian, 22 November 2010 – 21 February 2011 Research fellowship as Dietitian (total 260 hours) for the project “Healthy nutrition for a healthy child”, carried out at the *Community Pediatrics Service of Castelnovo ne' Monti Hospital*.

EDUCATION AND TRAINING

- **First-level Master's Degree in Renal Dietetics** University of Modena and Reggio Emilia
- **Bachelor's Degree in Dietetics (SNT/3)** University of Modena and Reggio Emilia
- **Scientific High School Diploma** Dall'Aglio Scientific High School – Castelnovo ne' Monti (RE)

LANGUAGE SKILLS

MOTHER TONGUE(S): Italian

Other language(s):

Inglese

Listening B2

Reading B2

Writing B2

Spoken production B2

Spoken interaction B2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

SKILLS

Proficiency in the Microsoft Office Suite (Word, Excel, PowerPoint, etc.) | Email communication | Google Drive | Nutritional software | Windows

PUBLICATIONS

2026

- **Daily Steps During Nutritional Lifestyle Modification Programs for Obesity Management: A Systematic Review and Meta-Analysis**

Saadeddine D, Foglia M, Berri E, Raggi S, Itani L, El Ghoch M. Daily Steps During Nutritional Lifestyle Modification Programs for Obesity Management: A Systematic Review and Meta-Analysis. *International Journal of Environmental Research and Public Health*. 2026; 23(4):522. <https://doi.org/10.3390/ijerph23040522>

2025

- **The Association Between Muscle Strength, Body Cell Mass, and Training Session Hours in Young Female Artistic Gymnasts: A Pilot Study**

Saadeddine, D.; Berri, E.; Itani, L.; Raggi, S.; Padoan, A.; Paganelli, F.; Palumbo, C.; Chiarini, F.; El Ghoch, M. The Association Between Muscle Strength, Body Cell Mass, and Training Session Hours in Young Female Artistic Gymnasts: A Pilot Study. *Appl. Sci.* **2025**, *15*, 12412. <https://doi.org/10.3390/app152312412>

2025

- **Revising BMI Cut-Off Points for Overweight and Obesity in Male Athletes: An Analysis Based on Multivariable Model-Building**

Milanese C, Itani L, Cavedon V, Saadeddine D, Raggi S, Berri E, El Ghoch M. Revising BMI Cut-Off Points for Overweight and Obesity in Male Athletes: An Analysis Based on Multivariable Model-Building. *Nutrients*. 2025 Mar 5;17(5):908. doi: 10.3390/nu17050908. PMID: 40077778; PMCID: PMC11902134.

2025

The Prevalence of and Factors Associated with Disordered Eating Among Adult Athletes in Italy and Lebanon

Cavedon V, Kreidieh D, Milanese C, Itani L, Pellegrini M, Saadeddine D, Berri E, El Ghoch M. The Prevalence of and Factors Associated with Disordered Eating Among Adult Athletes in Italy and Lebanon. *Nutrients*. 2025 Jan 5;17(1):191. doi: 10.3390/nu17010191. PMID: 39796625; PMCID: PMC11723392.

2024

Gestione della salute renale in gravidanza: un dialogo tra pazienti e operatori sanitari

Fantuzzi, AL, Berri, E., Tartaglione, L., Mandreoli, M., Giannini, R., Dominjanni, S., & Porreca, S. (2024). Gestione della salute dei reni durante la gravidanza: un dialogo tra pazienti e operatori sanitari. *Giornale Di Clinica Nefrologica E Dialisi*, 36 (1), 59–66. <https://doi.org/10.33393/gcnd.2024.3180>

2024

CKD avanzata e genere: una visione pluriprospectica e multidimensionale

Fantuzzi, A.L., Berri, E., Tartaglione, L., Mandreoli, M., Giannini, R., Dominjanni, S. and Porreca, S. 2024. Advanced CKD and gender: a multi-perspective and multi-dimensional vision. *Giornale di Clinica Nefrologica e Dialisi*. 36, 1 (Mar. 2024), 10–17. DOI:<https://doi.org/10.33393/gcnd.2024.3026>.

2023

Trapianto di rene: differenze di genere

Fantuzzi, AL, Berri, E., Tartaglione, L., Giannini, R., Dominjanni, S., & Porreca, S. (2023). Trapianto di rene: differenze di genere. *Giornale Di Clinica Nefrologica E Dialisi*, 35 (1), 45–50. <https://doi.org/10.33393/gcnd.2023.2606>

2022

L'assorbimento del glucosio in dialisi peritoneale: strumenti utili per il team multidisciplinare

Fantuzzi AL, Berri E, Tartaglione L, Giannini R, Dominjanni S, Porreca S. L'assorbimento del glucosio in dialisi peritoneale: strumenti utili per il team multidisciplinare. *G Clin Nefrol Dial* [Internet]. 8 febbraio 2022 [citato 31 maggio 2022];34(1):14-21.

<https://journals.aboutscience.eu/index.php/gcnd/article/view/2365>

Telemedicina tra clinica e nutrizione nella Malattia Renale Cronica (MRC): appunti di esperienze al femminile

1.Fantuzzi AL, Berri E, Tartaglione L, Prampolini M, Giannini R, Dominjanni S, Porreca S. Telemedicina tra clinica e nutrizione nella Malattia Renale Cronica (MRC): appunti di esperienze al femminile. *G Clin Nefrol Dial* [Internet]. 19 febbraio 2021 [citato 31 maggio 2022];33(1):12-9.

<https://journals.aboutscience.eu/index.php/gcnd/article/view/2236>

Salute renale per tutti e ovunque: riflessioni al femminile sul tema centrale della Giornata Mondiale del Rene 2020

A.L.Fantuzzi, E. Berri, L.Tartaglione, R.Giannini, S.Dominjanni, S.Porreca. Salute renale per tutti e ovunque: riflessioni al femminile sul tema centrale della Giornata Mondiale del Rene 2020; *G Clin Nefrol Dial* 2020; 32: 73–80 DOI: 10.33393/gcnd.2020.2114

Percorso diagnostico-terapeutico per il paziente con calcolosi renale: update 2020

Adamasco Cupisti, Alberto. Trinchieri, Marco Lombardi, Simone Agostini, Teresa Arcidiacono, Paolo Beltrami, Elisa Berri, Luigi Bevilacqua, Salvatore Campo, Rossella Cannavò, Emanuele Croppi, Giuseppe Casarrubea, Cosimo Caviglioli, Alfonso Crisci, Alessandro D'Addessi, Marco De Sio, Annalaura Fantuzzi, Maria Fusaro, Giovanni Gambaro, Marco Garofalo, Salvatore Micali, Martino Marangella, Michele Petrarulo, Gaetano Piccinocchi, Alberto Sessa, Andrea Tasca, Giuseppe Vezzoli, Corrado Vitale, Filiberto Zattoni a nome del Gruppo

PROFESSIONAL REGISTER

Registration

2019 – present, Registration with the TSRM-PSTRP Order of Modena–Reggio Emilia, Dietitians Register No. 77

TRAINING AND CONTINUING EDUCATION

CURRENT

Continuing Medical Education (ECM)

Regular participation in accredited healthcare training courses, with consistent acquisition of ECM credits.

OTHER ACTIVITIES

Thesis Co-Supervisor for the Bachelor's Degree Programme in Dietetics

Support in the supervision and revision of n. 3 final Bachelor's theses in Dietetics at the University of Modena and Reggio Emilia.

Member of the Degree Examination Committee for the Final Graduation Assessment of the Bachelor's Degree Programme in Dietetics at the University of Modena and Reggio Emilia

Participation in the Degree Examination Committee for the Final Graduation Assessment of the Bachelor's Degree Programme in Dietetics during the Winter Session, A.Y. 2023/2024.

I authorize the processing of my personal data included in this CV pursuant to Art. 13 of Legislative Decree No. 196 of 30 June 2003 – "Personal Data Protection Code" – and Art. 13 of EU Regulation 679/2016 (GDPR) – "General Data Protection Regulation".

Modena, 29/07/2026



Elisa Berri