

## CURRICULUM VITAE

October 2023

### Personal information

Surname / First name: **Katarzyna Stoś**

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Gender: Female

### Education

2004 Doctor Degree of Agricultural Sciences, Food and Nutrition Technology,  
Warsaw Agricultural University/Warsaw University of Life Sciences - SGGW,  
the Faculty of Human Nutrition & Consumer Sciences

1990-1992 SGH Warsaw School of Economics, Postgraduate Studies in Foreign Trade

1984-1990 Warsaw Agricultural University/Warsaw University of Life Sciences - SGGW, the  
Faculty of Food Technology

### Work experience

01.02.2020 – present

National Institute of Public Health NIH - National Research Institute (NIPH NIH - NRI),  
Warsaw, Poland

#### *Positions:*

2020 – present Head of the Department of Nutrition and Nutritive Value of Food

2020 – present Head of the laboratory of the Department of Nutrition and  
Nutritive Value of Food

2023 - assistant professor of the NIPH NIH - NRI

15.03.1993 – 31.01.2020

Institute of Food and Nutrition (IFN), Warsaw, Poland

#### *Positions:*

2011 – 2020 professor of the IFN;

01.04.2011 – 31.01.2020 Deputy Director of Safety of Food and Food Supplements;  
Head of the Department of Food and Food Supplements

01.02.2008 – 31.03.2011 Head of the Department of Food Safety

01.07.2002 – 31.01.2020 Head of the Unit of Safety of Food for Special Nutritional Uses

**Knowledge and experience** in the field of nutrition and food safety, composition and nutritive value of food, food law, food supplements, fortified foods, foodstuffs for particular

nutritional uses, novel food, food consumption surveys, intake of vitamins, minerals, food additives, food labelling (nutrition labelling, nutrition and health claims), prevention of overweight and obesity as well as chronic diseases, iodine deficiency prophylaxis, nutrition education.

**Participation in national and international projects, in particular:**

- Iodine Deficiency Prophylaxis Program in Poland;
- Phare PL/IB/2002/EC/02 “Strengthening the food control administration”, 2004; Seminar on Food Strategies (2003, German-Polish EU Twinning Project, IFN);
- Program of the Prevention of overweight and obesity as well as chronic diseases by improving nutrition and physical activity, 2007-2011, 2012 (POL-HEALTH)” ;
- Total Diet Study Exposure (TDS Exposure) (01.02.2012 – 31.01.2016);
- Project KIK/34 in the Swiss-Polish Cooperation programme “Preventing overweight and obesity as well as chronic noncommunicable diseases through education of the society on nutrition and physical activity”, 2011-2017;
- National Health Program (2016-2020):
  - Updating of the Dietary Reference Values for the Polish population;
  - Educational activities for representatives of the government administration and the food industry - disseminating knowledge about health and economic benefits associated with reducing the content of salt, sugar and the use of various types of fats in food products;
- Support to National Dietary Surveys in Compliance with the EU Menu methodology (fifth support); Lot 1 „The children’s survey”; Lot 2 „The adult’s survey”;  
No OC/EFSA/DATA/2015/03 CT 2 (Lot 1) and OC/EFSA/DATA/2015/03 CT 3 (Lot 2);
- Monitoring of intake of the selected food additives from the diet in Polish population;
- Development of a cereal coffee recipe for children aged 2-3 years; contract between IFN / NIPH NIH – NRI and GRANA Sp. z o.o. ;2019-2021; project implemented the objective of Priority Axis 1 Knowledge Economy, Research and development projects of enterprises under the Regional Operational Program of the Małopolskie Voivodeship for 2014-2020;
- National Health Program 2021-2025, Objective 1: Prevention of overweight and obesity:
  - Task 7. Work on the consumer-friendly system of food labelling;
  - Task 8. Training in the principles of healthy eating and physical activity for professional groups involved in the fight against overweight and obesity (employers, food industry, health managers, medical professions, teachers, health care workers, National Sanitary Inspection employees);
  - Updating of the Dietary Reference Values for the Polish population;

- Recommendations as a scientific basis for the development of nutrition standards in hospitals (2021, 2022);
- Collection and analysis of national data in the field of food safety, including conducting a laboratory in accordance with the principles set out in the Act of August 25, 2006 on food and nutrition safety (2020, item 2021) as part of official food control and cooperation with the EFSA (2021, 2022, 2023).

**Other activities:**

- consultancy and expertise in the area of various working groups, in particular Working Party on Foodstuffs (Labelling), Working Group on food supplements and on the addition of vitamins and minerals and of certain other substances to foods, Expert Group on special food groups, Codex Alimentarius (Codex Committee on Nutrition and Foods for Special Dietary Uses), Task Force on maximum amounts of vitamins and minerals in food supplements and fortified foods
- author or co-author of publications in the area of food quality and safety, nutrition and health
- lecturer in the field of food and nutrition, food supplements, foodstuffs for particular nutritional uses - at the University of Medicine in Warsaw, at the National Institute of Food and Nutrition in Warsaw and the Warsaw University of Life Sciences – SGGW for 10 years.

**Member of advisory entity:**

- Advisory Team for Food Supplements at the Office for Registration of Medicinal Products, Medical Devices and Biocidal Products in Warsaw (2008 – present);
- Working Group for Food Supplements within the Sanitary and Epidemiological Council at the Chief Sanitary Inspectorate (2015 – present);
- Sanitary and Epidemiological Council at the Chief Sanitary Inspectorate (2017 – 2020 term and 2020 – 2023 term, and 2023-2026 term);
- Working Group for Food Supplements of the Public Health Council, Ministry of Health (2017-2021);
- Public Health Council at the Ministry of Health (January, 2022 – present);
- Polish Society of Nutritional Sciences (April, 2011 – present);
- Warsaw Branch of the Polish Society of Nutritional Sciences (member of the Board in the 2015-2019 term and 2020-2024 term);
- Program Council of postgraduate training in nutrition and food safety and dietary counselling at the Institute of Food and Nutrition in Warsaw, (until 2018);

- Polish Standardization Committee; Technical Committee for food concentrates, starch and dietary products;
- International Life Sciences Institute (ILSI) Europe Expert Group on Patterns of Intake of Fortified Foods and Supplements, (2006 – 2009);
- Scientific Council at the Institute of Food and Nutrition (deputy chairman of the Council in 2007-31.03.2011 and member in 2017 - January, 2020);
- Scientific Forum at the Polish Federation of Food Industry Union of Employers (PFFI UE) (2018-2020);
- EFSA Scientific Network on Food Consumption Data NT/U/DATA/2017/02, (2016 – March 2023);
- Program Council of the Polish Journal of Human Nutrition and Metabolism (October, 2016 - December, 2019);
- Polish Council for Control of Iodine Deficiency Disorders;
- Program Council of the Annals of the National Institute of Hygiene (April, 2020 - present);
- Scientific Council of the 21st term at the National Institute of Public Health NIH - National Research Institute (September, 2021 - present);
- Task force on Maximum Amounts of vitamins and minerals in food supplements and fortified foods, European Commission (2021 - present);
- EFSA Management Board (2022 - present)

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