

## REVIEW

of Professor Dr. Krassimir Metodiev, MD, PhD, DScmed  
9103 Varna, Zvezditz, 22 Jupiter street, Phone 0878694803, email: kr.metod@gmail.com

### Regarding:

Academic concourse for full professor in the field of higher education 7.Healthcare and sport, professional direction 7.1 Medicine, specialty "Hygiene (incl. labour, communal, school, radiology, etc.)", at Faculty Public Health, Dept. Hygiene and epidemiology, Educational Sector Hygiene, according to the official announcement in "Durjaven vestnik", N.32 / 26.04.2022, With one single candidate: **Assoc.prof.Dr. Darina Naydenova Hristova**, MD, PhD  
ID: 7504020990, PC 6455541009, issued in Varna passport office  
Private address: 9010 Varna, Dr. Jelezkova street 21-A, Mobile phone: 0886324696

### Details for the academic concourse:

Field of higher education

7. Healthcare and sport

Professional direction

7.1. Medicine, specialty "Hygiene (incl. labour, communal, school, radiology, etc.)"

By Order of the Rector of Varna Medical University P-109-260 from 23-06-2022, I have been appointed as a reviewer on the procedure to obtain the academic position "Professor", with a concourse of Varna Medical University, announced in "Durjaven vestnik" N. 32/26.04.2022, with a single candidate Assoc.prof.Dr. Darina Naydenova Hristova, MD, PhD

### Short personal biographic details:

Assoc.prof.Dr. Darina Naydenova Hristova, MD, PhD was born on 02.04.1975 in Provadia, Varna District

Working position: Medical University, Varna, Bulgaria

Faculty: Public Health

Dept. Hygiene and Epidemiology, Ed.Sector Hygiene

9002 Varna, 55 M.Drinov street, Phone: 052-677050

e-mail: [darina.naydenova@mu-varna.bg](mailto:darina.naydenova@mu-varna.bg)

Private address: 9010 Varna, Dr. Jelezkova street 21-A, floor 4, apt. 12, phone: 0886324696

Education: graduate of Varna Medical University (2000),

Working position: GP ordinary physician (2001-2003), Varna Medical University (2003 – until now), assistant professor (2003-2009), superior assistant professor (2009-2011), head assistant professor (2011-2015), associate professor (from 2015 until today), Head of Ed.Sector "Hygiene", Dept. Hygiene and Epidemiology, Varna Medical University

Language skills: very good English and Russian, with high level of computer skills

### Documents presented for the academic concourse:

Monographs: 2, page volume 276 both

Text books: 5, page volume 1386 total

Educational tools: 4, page volume 477 total

Articles: 53, page volume 249 total

Reports: 61, page volume 300 total  
Participation in national and international meetings with presented papers: 96 altogether  
Presented data for participation in 19 research projects (additional bonus for the concourse)

**Analysis of all presented documents for the academic concourse “professor”:**

Based on a profound analysis of all submitted documents for the aforementioned concourse, I could allow finalizing my opinion and official statement for:

- One of the most important moments for any academic fellow is his/her participation in national and international scientific meetings.

Thus, for the current concourse Assoc.Prof. D.Naydenova presents documents for her attendance at a total of 96 scientific meetings in Bulgaria and abroad (44 national and 52 international forums, in 8 different countries), and in addition, I must say, that these participations are real-time, with posters, oral presentations, short and full-time lectures. This proves her expertise, practical skills, excellent results from long-term scientific studies, and what is most important, her desire to communicate sustainably with her colleagues from Bulgaria and abroad.

I would allow myself to share my personal impression of the scientific performance of Assoc.Prof. D.Naydenova in a number of highly acknowledged international meetings, where she presents her expertise with oral papers and round-table discussions. And not only, she is a member of the Org. Committee of several very important forums, such as: Annual Assembly of IMAB (Intl.Med.Assoc.Bulgaria) and SEEC (South-East European Conference) in Sarajevo (B&H), Budva (Montenegro), Durres (Albania), Varna and Plovdiv (Bulgaria), where D.Naydenova has been appointed to chair conference sessions.

This autumn, 20-23 October 2022, in Stara Zagora, Bulgaria, we shall organize the next high-rank international forum 12-th SEEC and 32-nd IMAB, and D.Naydenova (by that time, for sure, she shall be a full professor) will again be a member of the Org. Committee in a meeting, which attracts in a focus the attendance of hundreds of national and international participants.

I use the chance to extend to her our full appreciation and thanks for her commitments to IMAB and SEEC.

- Very important are the publications in scientific journals of the candidate for the academic position “professor”. In this sense D.Naydenova has given for the concourse a very serious material for evaluation, not only in quantity, but in a very high level of quality, because her published papers reflect not only on her specialty, but also on the medical science and health practice as a whole.

- Assoc.Prof. D.Naydenova provides for the current concourse 2 monographs with 276 pages total, 5 text-books with 1386 pages total, 4 educational tools with 477 pages total, 53 information articles with 249 pages total, plus 61 reports with 300 pages total.

I'll dare express again my personal impression, based on my role as a reviewer of over 50 concourses for academic positions in Bulgaria: the presented materials of D.Naydenova for this competition for a full professor are really rather demonstrative, not on number and volume, but on quality as a whole. Congratulations!

- A very high level of quality comes from the analysis of the research projects in which the applicant for the academic title “full professor” participates: one of the basic practical issue for proper nutrition, a problem which is still very serious for most of the Bulgarian population, is the research project of D.Naydenova “Investigation of the influence of the diet and standard of living”.
- Assoc.Prof. D.Naydenova works and is supervising a number of lessons and seminars on a broad spectrum of topics, associated with hygiene of nutrition, breast feeding, diet regimes, also ecology, logaoedics, environment.
- She is a reviewer of several scientific journals, supervisor of 11 post-graduate doctors, as well as 8 PhD-students, 2 of whom had already completed successfully their thesis.
- Assoc.Prof. D.Naydenova is an expert-lecturer of 9 courses, digital, in-person sessions and online, with an accent specifically on the healthy nutrition, a problem, which needs certain efforts to be solved in our geographic region.
- In addition, as President of IMAB, Founder and Hon.Chair of SEEC, I would dare add that throughout many years of collaboration with D.Naydenova, who is a member of the Board of IMAB, she is not only a participant of our distinguished forums IMAB-SEEC and member of the Org. Committee for the last 10 years, but with her oral and poster presentations she proves permanently her extraordinary competence and expertise with her scientific projects. To add also, with her collegiality, engagement and especially her support for the young researchers, a fact, which is not yet established for a number of other institutions and colleagues.
- One of most important moments in the academic development and carrier of any scientist is his/her active participation and supervision of young colleagues, PhD-students, post-graduates, etc. The candidate for a full professor in the current concourse gives a very excellent example with the PhD-programmes of a group of post-doctors: Vanya Margaritova Nedkova-Milanova, Dimitar Borisov Marinov – both successfully completed their thesis under the scientific supervision of D.Naydenova. Violeta Dimitrova Snegarova, Ivan Georgiev Enev, Rosalina Stefanova Braikova, Yordan Svetomirov Slavov, Raina Pavlova Tomova-Pehlivanova, Tatyana Mateva Mateva-Ivanova – currently enrolled as PhD-students, in a process of completion of their thesis, under the supervision of D.Naydenova.
- Assoc.Prof. D.Naydenova includes in the current concourse her 9 projects, leaded by her as an expert, and this fact allows me again to express my personal opinion of a very active and qualified supervisor. I can add that these projects have a serious impact on the development of this branch of medical science and practice, where D.Naydenova is well-established and highly acknowledged expert.
- The education practice of the candidate for a full professor in the current concourse is very impressive too: 28 thematic lessons/seminars in different educational disciplines, as depicted in the documents, which, as a whole, not only cover the educational requirements for a full professor, but are over any established level of engagement for such concourse.

Assoc.Prof. D.Naydenova teaches students in Bulgarian language, but also in English language for the foreign students in Varna Medical University, and this adds certain bonus to her CV.

It is important to mention, that out of her academic work with the regular students of all faculties of the Medical University, she provides her expertise as teacher and lecturer in a number of other initiatives:

Lecturer post-graduate specialty Nutrition and diets, basic course IV, part Nutrition and health risk;

Diet therapy;

Chair of Commission of State exam in Nutrition and diets;

Author of a programme, supervisor and lecturer (2 lectures) of post-graduate education "Disorders in nutrition behavior – problem of 21-st century, possibilities for improvement and therapy";

Lecturer in post-graduate course "Support and breast feeding";

Lecturer in post-graduate course "Nutrition in the first 1000 days" by personal attendance and electronic education.

All these extraordinary academic projects of D.Naydenova are a serious part of her initiative for the recent several years.

-Based on the submitted materials for the scientific and educational achievements of D.Naydenova, I can allow myself to accept the following 7 basic research areas:

Disorders of nutrition behavior and alternative nutritive methods,

Vitamin D in the genesis of obesity and its role of epigenetic factor,

Recommendations for proper nutrition in the period of early motherhood and early childhood,

Nutritive allergies in infant age,

Nutrition, nutritive status and physical activity in adolescents,

Functional foods and drinks,

Nutrition, health risk and nutritive culture among population,

These topics, worked out and achieved by D.Naydenova provide certain confirmative and informative character and prove the quality of the research programmes of Assoc.Prof. D.Naydenova.

-I would dare add my personal impression and opinion on the candidate for a full professor in the current concourse, because I have had the chance to work, to collaborate, to contribute together with Assoc.Prof. D.Naydenova with our unique organizations IMAB and SEEC, but also to communicate professionally, academically and in personal plan with her for many years.

D.Naydenova is a very correct, cultural, exact, reliable, proper, honest and nature-respecting person. For sure, a contact with such person can only bring positive feelings.

The colleagues with whom D.Naydenova works and collaborates, in and out of our academic area, for sure shall add the same opinion and support my personal view, which I share in my analysis.

Because when we are appointed to give a review on certain concourse, we must not include only professional, scientific and academic achievements, but to add as well those personal characteristics of the candidate, which depict him/her as a Person, with accented P, something what completely corresponds to Assoc.Prof. D.Naydenova.

**Conclusion:** Based on the provided materials for analysis and review on the application of Assoc.Prof. D.Naydenova to obtain the academic position “Full Professor”, I hereby, with completely minded opinion, give my positive evaluation of the quality and considerable necessity of well-established scientists, experts and specialists, such as D.Naydenova, for the Medical University of Varna.

Analyzing all documents for the candidate, I, as a reviewer, can add a strong compliment to the Medical University of Varna to have within the academic family such excellent example for academic behavior and established capacity in the face of the future full professor Assoc.Prof. D.Naydenova.

**I dare address my collegial request to the rest members of the Scientific Jury to vote positively for obtaining and granting the academic title “full professor” to Assoc.Prof. D.Naydenova, the same, as what I shall do.**

**Signed:**

**Professor Dr. Krassimir Metodiev, MD, PhD, DScmed**



02-08-2022