

# **Dr Manana S Stanley (nee Gobejishvili)**

## ***RNutr (Public Health)***

### **QUALIFICATIONS**

Post-Graduate Certificate in Nutritional Medicine, Surrey University	2004
Ph.D. Nutrition Tbilisi State Medical University	1993
Doctor of Medicine Tbilisi State Medical University	1982

### **CAREER HISTORY**

**January 2019 to present**  
**President, Georgian Nutrition Society**

**2016 to present**  
**Honorary International Affairs Advisor LLC G. Natadze Scientific-Research Institute of Sanitation, Hygiene and Medical Ecology**

**March 2005 to present**  
Freelance Registered Nutritionist

**August 2003 – February 2005**  
I completed the Raworth Nutritional Therapy Diploma (2005) leading to membership of BANT (British Association for Applied Nutrition and Nutritional Therapy)

**May 2002 – July 2003: Research Fellow in the School of Life and Biomedical Sciences, University of Surrey.**

This role involved co-ordinating the Diet Trials project, a multi-centre research trial involving four regional centres. The study was designed to assess the effect of various commercially available weight loss programmes on free living obese subjects. The University of Surrey was the co-ordinating centre and also ran its own cohort of subjects in the study. My responsibilities included producing protocols and the necessary documentation for the study, building and maintaining databases, liaising with regional centres and helping with data analysis.

**October 1995 – April 2002**  
Career break to start a family. I continued to attend Nutrition Society conferences on a regular basis, as well as taking relevant qualifications in IT (Word & Excel) and completing further advanced qualifications in written and spoken English.

**Oct. 1993 - Sep. 1995: Medical Research Council Staff Scientist, Dunn Nutrition Unit, University of Cambridge**

In October 1993 I joined the Infant and Child Nutrition Group, headed by Dr. P.S.W Davies, where I developed my work in energy metabolism, body composition and growth. I was initially employed through a British Council research grant, given in Georgia, but was subsequently offered a MRC Staff Scientist contract. The role enabled

me to become familiar with new techniques and methodologies in nutrition research. My main responsibility was to conduct a study relating diet to body composition and health in a group of children enrolled in a longitudinal study. This research has resulted in publications in the international research journals.

**Jan. 1992 - Oct. 1993: Head of the Nutrition Research Unit, Natadze Research Institute of Public Health, Tbilisi, Republic of Georgia**

As Head of the Unit and a member of the Scientific Board of the Natadze Research Institute of Public Health, I was involved in directing projects at national level. This included detection and estimation of health threats to the population and regulatory decision making. I oversaw a variety of adult and child nutrition research projects.

**Mar. 1983 - Jan. 1992: Research Fellow, Child Nutrition Group, Natadze Research Institute of Public Health, Tbilisi, Georgia, USSR**

Between 1983 and 1987 I was the Senior Scientist for a major national study examining the influence of nutritional status on health in a group of children aged 3 to 17. This research led to a series of publications in the Soviet research journals. During 1984, I took a six-month course in Advanced Methodological Research in Nutrition at the Academy of Medical Sciences in Moscow, Russia.

From 1988 to 1991 I undertook my Ph.D. (“Improving nutritional provision for boarding school children”), contributing to the knowledge of energy requirements in childhood. I explored energy expenditure in children of different age groups, as well as examining their energy intake and health status.

**SKILLS AND INTERESTS:**

- Registered Nutritionist (Public Health) and member of the Association for Nutrition
- Member of the Nutrition Society.
- Clean UK driving licence.
- Computer-literate: familiar with a variety of software packages.
- Fluent in English, Russian and Georgian, with relevant qualifications in written and spoken English.
- Interests include theatre, music, swimming and running.

## PUBLICATION LIST

Dr Manana Stanley ( nee Gobejishvili)

1. Manana Gobejishvili, Kartoziya M. N. Some data on children's energy intake. Abstracts, XVII annual scientific conference in medicine, Bakuriani, Republic of Georgia 1988.
2. Manana Gobejishvili, Kartosia M.N. Energy expenditure and physiological requirements in children of different age. Abstracts, XIX annual scientific conference in medicine, Bakuriani, Republic of Georgia 1990.
3. Manana Gobejishvili, Tabliashvili S, Pruidze N. Nutrition for children aged 3-5 years. Recommendations. Ministry of Health, Tbilisi, Republic of Georgia 1990.
4. Manana Gobejishvili, Kondratieva I.I. Daily energy intake, physiological standards of energy requirements and energy value of food rations for children in state boarding schools, J. "Voprosi Pitania" Moscow, Medicina, 1990 N4, p.37-39.
5. Manana Gobejishvili, Kartoziya M. N. ET all. Assessment of nutritional status of children attending state boarding schools in Republic of Georgia and recommendations for improvement. Ministry of Health, Tbilisi, Republic of Georgia 1991.
6. J.C.K. Wells, Manana Stanley, A.S. Laidlaw, P.S.W. Davies. The relationship between components of infant energy expenditure and childhood body fatness. *International Journal of Obesity* 1996, 20, 848-853
7. J.C.K. Wells, Manana Stanley, A.S. Laidlaw, P.S.W. Davies. Investigation for the relationship between infant temperament and later body composition. *International Journal of Obesity* 1997, 21, 400-406
8. J.C.K. Wells, Manana Stanley, A.S. Laidlaw, P.S.W. Davies. Energy intake in early infancy and childhood fatness. *International Journal of Obesity*, 1998
9. Truby, H., Hiscutt, R., Herriot, A., Stanley, M., DeLooy, A., Fox, K.R., Baic, S., Robson, P.J., Macdonald, I.A., Taylor, M.A., Ware, R., Logan, C.M., Livingstone, M.B., 2008, Commercial weight loss diets meet nutrient requirements in free living adults over 8 weeks: A randomised controlled weight loss trial, *Nutrition Journal [P]*, vol 7, BioMed Central, United Kingdom, pp. 1-13.