



Name: Carolina Luisa Donat Vargas

Date of Birth: March 8th, 1989

Workplace: [IMDEA Food Institute](#) and [Universidad Autónoma de Madrid](#) (UAM)

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Current Affiliations – research collaborator in:

Institute of Environmental Medicine, Karolinska Institutet, Stockholm;

Hospital del Mar Institute of Medical Research (IMIM), Barcelona, Spain;

CIBER de Epidemiología y Salud Pública (CIBERESP), Madrid, Spain.

Actual position

Researcher in the institute IMDEA food (Madrid) and Karolinska Institutet (Stockholm) in the department of cardiovascular and nutritional epidemiology. My research field is **public health and preventive medicine** focused on nutritional and environmental epidemiology, with specific training and expertise in dietary and environmental contaminants exposures and effects on human health.

Higher Education Qualifications

- 2017-2018** **PhD Assistant professor certificated** by the Spanish National Agency for the Evaluation of Quality and Accreditation (acreditación de profesor ayudante doctor por la ANECA).
- 2013-2016** **International PhD “Cum Laude” in Applied Medical Research** from the department of Preventive Medicine and Public Health, School of Medicine, University of Navarra, Spain.
- 2012-2013** **Official master’s in Public Health.** Institute of Health Sciences at the Public University of Navarra, Spain.
- 2007-2012** **Degree in Pharmacy.** School of Pharmacy, University of Navarra, Spain.

Prior positions

- 2019-2020** **Juan de la Cierva-Formación postdoc researcher** in the department of Preventive Medicine and Public Health, School of Medicine, UAM, Madrid, Spain.
- 2016-2019** **Fundación Ramón Areces postdoctoral international stay** at the Institute of Environmental Medicine, Karolinska Institutet, Stockholm, Sweden.

Relevant scholarships and awards:

- 2020-2021** **Atracción de Talento 4-years scholarship for young doctors** from the Community of Madrid.
- 2019-2020** **Juan de la Cierva-Formación 2-years scholarship** from the Ministry of Spain. **SEE-CIBERESP award for the best communications presented by young research.** XXXVII SEE Scientific Meeting. September 5th, 2019. Oviedo.
- 2016-2017** **Fundación Ramón Areces 2-years scholarship for the extension of studies abroad in Life Sciences.** XXIX Call for scholarships. Fundación Ramón Areces, Madrid, Spain. **Extraordinary Doctorate Award 2016 for my thesis (2013-16),** from the University of Navarra, Spain. **Scholarship of excellence for a postdoctoral research training** at Karolinska Institutet, Sweden.
- 2015-2016** Award for **the best first scientific publication** from Grupo EJE and la Sociedad Española de Epidemiología (SEE). VI PREMIO Anual de Grupo EJE. Award **for the best original research article in 2015** from the SEE. XXIII PREMIO de la SEE. Grant from the SEEDO (Sociedad Española del Estudio De la Obesidad) to attend the 12th SEEDO Congress, November 25-27th, 2015, Málaga.

Grant from the SEE to attend the MENORCA SUMMER SCHOOL OF PUBLIC HEALTH, Llatzaret Mao (Menorca). September 21-25th, 2015.

Grant from the Spanish Society of History of Medicine to participate in the *Course Education, Health Promotion and Communication. Perspectives from History and Social Sciences*, organized by the XXVI Menorca School of Public Health, Llatzaret Mao, Menorca. September 24-25th, 2015.

2013-2016 **Asociación de amigos de la Universidad de Navarra** 3-year fellowship for the PhD studies.

Relevant training courses – last 5 years

- 2019-2020** 1 week-Course **Cardiovascular Research – an overview of the process of the atherosclerosis**. From May 11th to 15th 2020. **Karolinska Institutet**, Stockholm, Sweden. Course **¿Tengo que hablar en público? Recursos para presentar y arrasar**. School of Economics, **Autonomous University of Madrid**. February 3, 5, 12th 2020 (10 hours-1 ECTS)
Course **Statistical Methods for Sample Surveys**. Fall Institute in Health Policy and Management. **Johns Hopkins Bloomberg School of Public Health**. From Monday 11th – Wednesday 13th November 2019 (24h)
Course **Spatial Analysis I: ArcGIS**. Fall Institute in Health Policy and Management. **Johns Hopkins Bloomberg School of Public Health**. From Monday 18th – Wednesday 20th November 2019 (24 hours)
- 2017-2018** Course **Longitudinal and Survival Data Analysis using Stata. The 2018 Stata Winter School**. Stockholm, Sweden. February 20-23rd 2018.
Course **Design and Interpretation of Clinical Trials**. **Johns Hopkins Bloomberg School of Public Health**. From May 14th to June 14th, 2018.
- 2016-2017** Course **Improving the Relationship with the Media**. **Fundación Dr. Antonio Esteve**. September 5th, 2017, Barcelona.
- 2015-2016** 2-weeks **Summer School on Modern Methods in Biostatistics and Epidemiology** from July 5th to 18th 2016, Treviso, Italy. Courses attended: **Applied linear regression, Applied logistic regression, Joint models for longitudinal and survival data with Stata, Multiple imputation using Stata, Epidemiology II, and Survival analysis**. **Harvard T.H. Chan School of Public Health & Karolinska Institutet**
Course **Principles of toxicology**. April 25th to 29th 2016, **Karolinska Institutet**, Stockholm, Sweden.
Course **Write your research results and get them published**. October 12th to 23rd 2015, **Karolinska Institutet**, Stockholm, Sweden.

Scientific and academic achievements:

Disclosure article:

Agneta Åkesson & Carolina Donat-Vargas. Wise to go nuts? **BMC Medicine**–blog network. December 5th 2016. [Available on-line](#).

Original research articles: to date, about **twenty published articles in journals in the first quartile** – 10 of which as first or corresponding author. Available in [Pubmed](#).

Scientific Reports: Report on Environmental factors and cardiovascular disease (Author of the chapter 4). Environmental Medicine Institute at Karolinska Institutet in collaboration with the Swedish

Government. [PDF Available](#).

Books: Author of 4-chapter books.

Congress communications: Communications presented in 6 national and 11 international conferences.

Reviewer activity: in the Journal of the American College of Cardiology (JACC), British Journal of Nutrition, International Journal of Environmental Research and Public Health (EJEH), Environmental International, Revista Anales (Sistema Sanitario de Navarra), Agencia Estatal de Investigación del Ministerio (proyectos de investigación), Journal of Epidemiology & Community Health, Sociedad Española de Epidemiología (oral communications), Revista Madrileña de Salud Pública (REMASP).

Teaching: In the Medicine, Nutrition, Pharmacy and Nursing degrees in the University of Navarra (2013-16). Lectures on nutritional and environmental epidemiology at the Master Programme in Toxicology at IMM, KI (2016-17).

Directed theses: 1 Master thesis and 3 PhD thesis (still in progress)

Others: member of the scientific committee of REMASP; member of the board of directors of Grupo EJE (Grupo Español de Jóvenes Epidemiólogos/as).

Languages:

Spanish, Catalan, English