

# Staff Handbook

Name	<i>Rahadyana Muslichah, S.Gz., M.Sc</i>												
Post	<i>Sport Nutrition</i>												
Academic career	<i>Initial academic appointment</i>	<i>Institution</i>	<i>Year</i>										
	<i>Bachelor in Public Health, Faculty of Nutrition and Health</i>	<i>Universitas Gadjah Mada</i>	<i>2015</i>										
	<i>Master in Human Nutrition, College of Medical, Veterinary &amp; Life Sciences</i>	<i>University of Glasgow</i>	<i>2017</i>										
Employment	<i>Position</i>	<i>Employee</i>	<i>Period</i>										
	<i>Lecturer</i>	<i>Department of Nutrition and Health, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada</i>	<i>2020-present</i>										
Research and development projects over the last 5 years	<ol style="list-style-type: none"> <li>1. <i>2019: Supplementation with Algae (Ulva sp.) and Tuna (Thunnini)</i></li> <li>2. <i>2020: Supplementation with Siamese pumpkin and tuna-based powder (CHAGURO) on individuals with dyslipidemia</i></li> <li>3. <i>2021: Qualitative Analysis of Knowledge, Perspective, Attitude, and Roles of Sport Officials towards Female Athlete Triad (FAT) Syndrome</i></li> <li>4. <i>2022: Risk Factor Analysis of Female Athlete Triad (FAT) in Young Female Athletes</i></li> </ol>												
Industry collaborations over the last 5 years	<table border="1"> <thead> <tr> <th><i>Project title</i></th> <th><i>Partners</i></th> <th><i>Year</i></th> </tr> </thead> <tbody> <tr> <td><i>Implementation of Sport Sciences in SSB</i></td> <td><i>ASKAB Sleman</i></td> <td><i>2022</i></td> </tr> </tbody> </table>			<i>Project title</i>	<i>Partners</i>	<i>Year</i>	<i>Implementation of Sport Sciences in SSB</i>	<i>ASKAB Sleman</i>	<i>2022</i>				
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Patents and proprietary rights	<table border="1"> <thead> <tr> <th><i>Title</i></th> <th><i>Year</i></th> </tr> </thead> <tbody> <tr> <td><i>Training Module of Quality Improvement for UMKM: Part 1</i></td> <td><i>2023</i></td> </tr> <tr> <td><i>Training Module of Quality Improvement for UMKM: Part 2</i></td> <td><i>2023</i></td> </tr> <tr> <td><i>BPOM Registration Guidelines for Processed Foods</i></td> <td><i>2023</i></td> </tr> <tr> <td><i>Teaching Video: Psychological First Aid for Healthy Santri Cadres</i></td> <td><i>2022</i></td> </tr> </tbody> </table>			<i>Title</i>	<i>Year</i>	<i>Training Module of Quality Improvement for UMKM: Part 1</i>	<i>2023</i>	<i>Training Module of Quality Improvement for UMKM: Part 2</i>	<i>2023</i>	<i>BPOM Registration Guidelines for Processed Foods</i>	<i>2023</i>	<i>Teaching Video: Psychological First Aid for Healthy Santri Cadres</i>	<i>2022</i>
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	Teaching Video: Mobilisation and Immobilisation for Healthy Santri Cadres	2022
	Teaching Video: Nutritional Assessment for Healthy Santri Cadres	2022
	Teaching Video: Basic Principle of First Aid for Healthy Santri Cadres	2022

Important publications over the last 5 years	Selected recent publications from a total of approx. (give total number): 5		
	Author(s)	Title	Publisher, place of publication, date of publication or name of periodical, volume, issue, page numbers
	Toto Sudargo, Atika Anif Prameswari, Bianda Aulia, Tira Aristasari, Fitriana Aninda Ratri, <b>Rahadyana Muslichah</b> , Sheila Rosmala Putri	The effect of a siamese pumpkin and tuna-based powder (CHAGURO) diet in improving chol/HDL ratios in prediabetes individuals with dyslipidemia: a randomised trial	F1000Research 2022, 10
	TOTO SUDARGO, BIANDA AULIA, ATIKA ANIF PRAMESWARI, ALIM ISNANSETYO, INDUN DEWI PUSPITA, SITI ARI BUDIYANTI, <b>RAHADYANA MUSLICHAH</b> , TIRA ARISTASARI, SHEILA ROSMALA PUTRI, KHUSNUL ALFIONITA	Effect of Administration of CHAGURO Made of Chayote (Sechium edule) and Tuna (Thunnus sp.) on Rats Induced with Streptozotocin-Nicotinamide and a High-Fat Diet	Curr Res Nutr Food Sci 2021, 9(1)
	Toto Sudargo, Alim Isnansetyo, Indun Dewi Puspita, Siti Ari Budiyanti, <b>Rahadyana Muslichah</b> , Tira Aristasari, Sheila Rosmala Putri, Khusnul Alfionita, Yosephin Anandati Pranoto	Effects of Supplementation with Furikake Ulvamina Made of Algae (Ulva sp.) and Tuna (Thunnini) on Cognitive Function of Malnourished Mice (Rattus norvegicus)	Curr Res Nutr Food Sci 2020, 8(2)
	Toto Sudargo, <b>Rahadyana Muslichah</b> , Althaf Setyawan, Dody Izwardy	Effects of Maternal Weight Gain and Macronutrients Intakes During the Third Trimester of Pregnancy on Birth Weight: A Prospective Cohort Study in Pregnant	Indian Journal of Public Health Research & Development 2020, 11(4)

		<i>Women in Sleman, Indonesia</i>	
	<i>Toto Sudargo, Banun Ma'rifah Fathsidni, Dea Farah Zakia, Yuliana Novita Rachmawati, Muhammad Hafizh Hariawan, <b>Rahadyana Muslichah</b>, Rathi Paramastri</i>	<i>Association between Blood Lead, Nutritional Status, and Risk Factors of Hypertension and Diabetes Mellitus: A Study in Female Traffic Police Officers in Yogyakarta</i>	<i>Jurnal Gizi dan Pangan 2018, 13(2)</i>
	<i>Any other information : -</i>		
Activities in specialist bodies over the last 5 years	<i>Organisation</i>	<i>Role</i>	<i>Period</i>
	<i>Membership without a specific role need not be mentioned</i>		