

PERSONAL INFORMATION Lorenzo M Donini

CURRENT POSITION Full professor of food science and human nutrition

ADDITIONAL RELEVANT POSITIONS

- Head, Research Unit “Food science and Human nutrition” at the Sapienza University, Rome (Italy)
- President of the degree Course of “Sciences, cultures, and gastronomic politics for well-being” at the Sapienza University, Rome (Italy)
- Editor in Chief of “Eating and Weight Disorders” journal - Springer
- Past president of the Italian Society for the Study of Eating Disorders (SISDCA)

EDUCATION AND TRAINING

28.11.1996	Specialised in Statistics “Sapienza” University of Rome
14.11.1991	Specialised in Food Science and Nutrition “Sapienza” University of Rome
28.10.1986	Graduated in Medicine and Surgery Catholic University “Sacro Cuore” of Rome

RESEARCH FIELDS

- Obesity and sarcopenic obesity (pathophysiology, multidimensional approach to the assessment and to the treatment, disability related to obesity)
- Eating disorders (orthorexia, senile anorexia, staging system)
- Malnutrition (prediction equations for weight and stature, ethics of the nutritional intervention, impact of the nutritional status on the outcome of the rehabilitation programs)
- Nutritional status evaluation (validation of tools for the assessment of the nutritional status, impact of nutritional status on clinical outcome and quality of life)
- Sustainability of the Mediterranean Diet (sustainability dimensions, nutritional indicators of sustainability)
- Catering services (impact of the quality of hospital catering services on nutritional status of institutionalized elderly population, survey on the hospital dietetics and on the role of nutritional treatment of the patients admitted in the hospital)
- Front-of-pack nutrition labels (impact on eating behavior and on nutrition literacy)

Total number of publications in peer-reviewed journals: 287 (Scopus)

H-Index (18.10.2025): 56 (Scopus); 70 (Google Scholar)

Google Scholar Page: <https://scholar.google.com/citations?user=JDkLPGwAAAAJ>

Scopus: <https://www.scopus.com/authid/detail.uri?authorId=6603764863>

ORCID: 0000-0003-4692-4754

WORK EXPERIENCE

since September 2016	Full professor of Food Science and Nutrition Research and teaching activity on food science and nutrition
	Sapienza University, Rome Italy
since March 2011	Head of the Food Science and Human Nutrition Research unit Research and clinical activity on food science, dietetics and clinical nutrition
	“Sapienza” University of Rome (Experimental Medicine Department - Medical Physiopathology, Food Science and Endocrinology Section)
November 2000 August 2016	Associate professor of Food Science and Nutrition Research and teaching activity on food science and nutrition
	Sapienza University, Rome Italy
November 1987 October 2011	Head of the Clinical Nutrition and Dietetics Department • Metabolic-Nutritional Rehabilitation ward (obesity, eating disorders and malnutrition inpatients) • internal consulting service (multidimensional evaluation of nutritional status, nutritional intervention through diet prescription, oral supplement and artificial nutrition) • Dietetics and Nutritional Therapy outpatient ward devoted to metabolic diseases: multidisciplinary approach integrating nutritional evaluation and treatment, physical reconditioning and cognitive-behavioural group therapy • Rehabilitation Clinical Institute “ Villa delle Querce” (Nemi - Rome)
February 1987 October 2011	Assistant to Geriatrics and Rehabilitation Unit Multidimensional evaluation and geriatric rehabilitation at the Rehabilitation Clinical Institute “ Villa delle Querce” (Nemi - Rome)

Relevant publications

(in the last 5 years - 2022-2025)

1. Benz E, Pinel A, Guillet C, Capel F, Pereira B, Rizopoulos D, Cruz-Jentoft AJ, Eglseer D, Topinkova E, Barazzoni R, **Donini LM**, Rivadeneira F, Steur M, Voortman T, Weijs PJM, Schoufour JD, Boirie Y. Sarcopenic Obesity Phenotype Index (SOPi): A Population-Based Study. *J Cachexia Sarcopenia Muscle*. 2025 Oct;16(5):e70099. doi: 10.1002/jcsm.70099.
2. Muzzioli L, Scenna D, Frigerio F, Manuela S, Poggiogalle E, Giusti AM, Pinto A, Migliaccio S, Lenzi A, **Donini LM**. Nutri-Score effectiveness in improving consumers' nutrition literacy, food choices, health, and healthy eating pattern adherence: A systematic review. *Nutrition*. 2025 Dec;140:112880. doi: 10.1016/j.nut.2025.112880.
3. Di Vincenzo O, Picocchi C, Muzzioli L, Poggiogalle E, Frigerio F, Minnetti M, Barazzoni R, Brandi ML, Busetto L, Iolascon G, Moretti A, Scalfi L, **Donini LM**, Migliaccio S. Osteosarcopenic obesity: A systematic review and a call for consensus on definitions and diagnostic criteria. *Clin Nutr*. 2025 Aug;51:146-160. doi: 10.1016/j.clnu.2025.06.009
4. Guan Z, Minnetti M, Heymsfield SB, Poggiogalle E, Prado CM, Sim M, Stephan BCM, Wells JCK, **Donini LM**, Siervo M. Beyond Traditional Body Composition Metrics: Load-Capacity Indices Emerge as Predictors of Cardiometabolic Outcomes - A Systematic Review and Meta-Analysis. *Adv Nutr*. 2025 Jan 3:100364. doi: 10.1016/j.advnut.2024.100364
5. Mischitelli M, Poggiogalle E, Tozzi G, Ferri F, Parisse S, Meloni B, Morrone A, Sabbadini A, Salem M, Gangitano E, De Santis A, d'Amati G, Gnessi L, **Donini LM**, Ginanni Corradini S. Reduced Intra- and Extracellular Circulating Postprandial Lysosomal Acid Lipase Activity in Patients with MASLD. *Metabolites*. 2024 Dec 23;14(12):725. doi: 10.3390/metabo14120725.
6. Guan Z, Stephan BCM, **Donini LM**, Prado CM, Sim M, Siervo M. Exploring the association between sarcopenic obesity and cardiovascular risk: a summary of findings from longitudinal studies and potential mechanisms. *Proc Nutr Soc*. 2024 Nov 18:1-9. doi: 10.1017/S0029665124007559
7. Castellini G, Bertorelli S, Carruba M, **Donini LM**, Martini D, Graffigna G. The role of Nutri-Score and NutriInform Battery in guiding the food choices of consumers with specific nutritional needs: A controlled study. *Nutr Metab Cardiovasc Dis*. 2024 Dec;34(12):2789-2798. doi: 10.1016/j.numecd.2024.08.007
8. Brunani A, Brenna E, Zamboni A, Soranna D, **Donini LM**, Busetto L, Bertoli S, Capodaglio P, Canello R. Muscle Strength and Phase Angle Are Potential Markers for the Efficacy of Multidisciplinary Weight-Loss Program in Patients with Sarcopenic Obesity. *J Clin Med*. 2024 Sep 4;13(17):5237. doi: 10.3390/jcm13175237.
9. Cerolini S, D'Amico M, Zagaria A, Mocini E, Monda G, **Donini LM**, Lombardo C. A Brief Online Intervention Based on Dialectical Behavior Therapy for a Reduction in Binge-Eating Symptoms and Eating Pathology. *Nutrients*. 2024 Aug 14;16(16):2696. doi: 10.3390/nu16162696.
10. Gortan Cappellari G, Zanetti M, **Donini LM**, Barazzoni R. Detecting sarcopenia in obesity: emerging new approaches. *Curr Opin Clin Nutr Metab Care*. 2024 Sep 1;27(5):402-409. doi: 10.1097/MCO.000000000000106
11. Valeriani L, Frigerio F, Picocchi C, Piana G, Montevicchi M, **Donini LM**, Mocini E. Oro-dental manifestations of eating disorders: a systematic review. *J Eat Disord*. 2024 Jun 24;12(1):87. doi: 10.1186/s40337-024-01050-8.
12. Muzzioli L, Frigerio F, Mazziotta M, **Donini LM**, Pinto A, Poggiogalle E. Food Compass and the challenge of sustainability on the route towards healthful diets. *Sci Rep*. 2024 Mar 22;14(1):6919. doi: 10.1038/s41598-024-57615-9
13. Migliaccio S, Mocini E, Minnetti M, **Donini LM**. Sarcopenic obesity and the impact on bone health. *Curr Opin Clin Nutr Metab Care*. 2024 May 1;27(3):252-255. doi: 10.1097/MCO.0000000000001032.
14. Giustina A, Bilezikian JP, Adler RA, Banfi G, Binkley NC, Bollerslev J, Bouillon R, Brandi ML, Casanueva FF, di Filippo L, **Donini LM**, Ebeling PR, Fuleihan GE, Fassio A, Frara S, Jones G, Maricotti C, Martineau AR, Minisola S, Napoli N, Procopio M, Rizzoli R, Schafer AL, Sempos CT, Olivieri FM, Virtanen JK. Consensus Statement on Vitamin D Status Assessment and Supplementation: Whys, Whens, and Hows. *Endocr Rev*. 2024 Apr 27:bnae009. doi: 10.1210/endrev/bnae009.
15. Prado CM, Batsis JA, **Donini LM**, Gonzalez MC, Siervo M. Sarcopenic obesity in older adults: a clinical overview. *Nat Rev Endocrinol*. 2024 May;20(5):261-277. doi: 10.1038/s41574-023-00943-z.
16. **Donini LM**, Berry EM. Improving adherence to the Mediterranean Diet through a bio-psycho social and sociotype approach. *Front Nutr*. 2023 Sep 20;10:1232078. doi: 10.3389/fnut.2023.1232078.
17. **Donini LM**, Busetto L, Bischoff SC, Cederholm T, Ballesteros-Pomar MD, Batsis JA, Bauer JM, Boirie Y, Cruz-Jentoft AJ, Dicker D, Frara S, Frühbeck G, Genton L, Gepner Y, Giustina A, Gonzalez MC, Han HS, Heymsfield SB, Higashiguchi T, Laviano A, Lenzi A, Nyulasi I, Parrinello E, Poggiogalle E, Prado CM, Salvador J, Rolland Y, Santini F, Serlie MJ, Shi H, Sieber CC, Siervo M, Vettor R, Villareal DT, Volkert D, Yu J, Zamboni M, Barazzoni R. Definition and diagnostic criteria for sarcopenic obesity: ESPEN and EASO consensus statement. *Clin Nutr*. 2022 Apr;41(4):990-1000. doi: 10.1016/j.clnu.2021.11.014.
18. **Donini LM**, Berry EM, Folkvord F, Jansen L, Leroy F, Şimşek Ö, Fava F, Gobetti M, Lenzi A. Front-of-pack labels: "Directive" versus "informative" approaches. *Nutrition*. 2023 Jan;105:111861. doi: 10.1016/j.nut.2022.111861.
19. Frigerio F, De Marinis M, Camardella F, Cantisani V, Pinto A, Bernardi M, Lubrano C, Gnessi L, Federici M, **Donini LM**, Poggiogalle E. Dynapenia, Muscle Quality, and Hepatic Steatosis in Patients with Obesity and Sarcopenic Obesity. *Biomedicines*. 2023 Feb 6;11(2):472. doi: 10.3390/biomedicines11020472
20. Giustina A, di Filippo L, Facciorusso A, Adler RA, Binkley N, Bollerslev J, Bouillon R, Casanueva FF, Cavestro GM, Chakhtoura M, Conte C, **Donini LM**, Ebeling PR, Fassio A, Frara S, Gagnon C, Latella G, Maricotti C, Mechanick JL, Minisola S, Rizzoli R, Santini F, Shaker JL, Sempos C, Olivieri FM, Virtanen JK, Napoli N, Schafer AL, Bilezikian JP. Vitamin D status and supplementation before and after Bariatric Surgery: Recommendations based on a systematic review and meta-analysis. *Rev Endocr Metab Disord*. 2023 Dec;24(6):1011-1029. doi: 10.1007/s11154-023-09831-3.

21. Poggiogalle E, Kiesswetter E, Romano M, Saba A, Sinesio F, Polito A, Moneta E, Ciarapica D, Migliaccio S, Suwalska A, Wieczorowska-Tobis K, Palys W, Łojko D, Sulmont-Rossé C, Feart C, Brug J, Volkert D, **Donini LM**. Psychosocial and cultural determinants of dietary intake in community-dwelling older adults: A Determinants of Diet and Physical Activity systematic literature review. *Nutrition*. 2021;85:111131. doi: 10.1016/j.nut.2020.111131
22. Poggiogalle E, Parrinello E, Barazzoni R, Busetto L, **Donini LM**. Therapeutic strategies for sarcopenic obesity: a systematic review. *Curr Opin Clin Nutr Metab Care*. 2021;24(1):33-41. doi: 10.1097/MCO.0000000000000714.
23. **Donini LM**, Stephan BCM, Rosano A, Molino A, Poggiogalle E, Lenzi A, Siero M, Muscaritoli M. What Are the Risk Factors for Malnutrition in Older-Aged Institutionalized Adults? *Nutrients*. 2020;12(9):2857. doi: 10.3390/nu12092857
24. **Donini LM**, Rosano A, Di Lazzaro L, Lubrano C, Carbonelli M, Pinto A, Giusti AM, Lenzi A, Siero M. Impact of Disability, Psychological Status, and Comorbidity on Health-Related Quality of Life Perceived by Subjects with Obesity. *Obes Facts*. 2020;1-10. doi: 10.1159/000506079.
25. **Donini LM**, Busetto L, Bauer JM, Bischoff S, Boirie Y, Cederholm T, Cruz-Jentoft AJ, Dicker D, Frühbeck G, Giustina A, Gonzalez MC, Han HS, Heymsfield SB, Higashiguchi T, Laviano A, Lenzi A, Parrinello E, Poggiogalle E, Prado CM, Rodriguez JS, Rolland Y, Santini F, Siero M, Tecilazich F, Vettor R, Yu J, Zamboni M, Barazzoni R. Critical appraisal of definitions and diagnostic criteria for sarcopenic obesity based on a systematic review. *Clin Nutr*. 2019. pii: S0261-5614(19)33151-6. doi: 10.1016/j.clnu.2019.11.024.
26. **Donini LM**, Barrada JR, Barthels F, Dunn TM, Babeau C, Brytek-Matera A, Cena H, Cerolini S, Cho HH, Coimbra M, Cuzzolaro M, Ferreira C, Galfano V, Grammatikopoulou MG, Hallit S, Håman L, Hay P, Jimbo M, Lasson C, Lindgren EC, McGregor R, Minnetti M, Mocini E, Obeid S, Oberle CD, Onieva-Zafra MD, Opitz MC, Parra-Fernández ML, Pietrowsky R, Plasonja N, Poggiogalle E, Rigó A, Rodgers RF, Roncero M, Saldaña C, Segura-Garcia C, Setnick J, Shin JY, Spitoni G, Strahler J, Stroebele-Benschop N, Todisco P, Vacca M, Valente M, Varga M, Zagaria A, Zickgraf HF, Lombardo C. A consensus document on definition and diagnostic criteria for orthorexia nervosa. *Eat Weight Disord*. 2022 Nov 27. doi: 10.1007/s40519-022-01512-5.
27. **Donini LM**, Berry EM, Folkvord F, Jansen L, Leroy F, Şimşek Ö, Fava F, Gobetti M, Lenzi A. Front-of-pack labels: "Directive" versus "informative" approaches. *Nutrition*. 2023 Jan;105:111861. doi: 10.1016/j.nut.2022.11186
28. Penzavecchia C, Todisco P, Muzzioli L, Poli A, Marangoni F, Poggiogalle E, Giusti AM, Lenzi A, Pinto A, **Donini LM**. The influence of front-of-pack nutritional labels on eating and purchasing behaviors: a narrative review of the literature. *Eat Weight Disord*. 2022 Nov 11. doi: 10.1007/s40519-022-01507-2.
29. Picocchi C, Lobefaro S, Luisi F, Miraglia L, Romito N, Luneia R, Foti S, Mocini E, Poggiogalle E, Lenzi A, **Donini LM**. Innovative cooking techniques in a hospital food service: Effects on the quality of hospital meals. *Nutrition*. 2022 Jan;93:111487. doi: 10.1016/j.nut.2021.111487

Presentations at conferences

Over 100 invited and plenary lectures on nutrition (basic, applied, and clinical) and health-related topics at national and international conferences.

2024-2025	DRG4Food - Open Call #2 [HORIZON-CL6-2022-GOVERNANCE-01-10] Project #: 101086523 - PINACLE "Empowering a fair and responsible European FoodRegister, fostering citizen sovereignty and creating a data-driven food system."
2024-2025	"Effectiveness of front-of-package food labels in promoting greater adherence to the Mediterranean Diet" - Funding from the Ministry of Business and Made in Italy2 (MIMIT - 0250287 del 3.8.2023)
2023-2025	Orientation and tutoring plan (POT) SISSA3EFG (Integrated System for Students of Agricultural, Food, Animal, Oenological, Forestry and Gastronomic Sciences) (General Secretary's Decree no. 1327 of 10 August 2023)
2023-2026	PRIN-RPNI (Research Project of National Interest) financed by the Ministry of Education, University and Research (MIUR)- prot 202229ET3S "Clinical implementation of ESPEN-EASO criteria for diagnosis and staging of sarcopenic obesity" (national coordinator)
2023-2026	PNRR - Agritech Spoke 9 - Linea Attività 2 LA2.2 - Task 9.2.4 - Synthetic indexes of nutritional/functional quality of staple foods and developing of new Front-of-Pack label models
2023-2026	PNRR - Partenariato Esteso 10 - Progetto ONFOODS (Research and innovation network on food and nutrition Sustainability, Safety and Security - Working ON Foods) Spoke 1 - Global sustainability Focus on Collective Catering System; Spoke 5 - Lifelong Nutrition - Focus on older subjects Spoke 6 - Tackling malnutrition - Focus on Sarcopenic Obesity
2021-2023	"New sustainable foods with high nutritional value based on malted legumes from Lazio" Lazio-Innova (CUP J85F21000590002)
2019-2021	"Gut microbiota, skeletal muscle and aminoacid-profile" WP of the project "MICROBESOMICS: effect of gut microbiome on "obesitytypes" (prot 2017FM74HK) PRIN-RPNI (Research Project of National Interest) financed by the Ministry of Education, University and Research (MIUR)
2017-2018	"Use of a structured questionnaire for the collection of data on disability through the INTERNATIONAL CLASSIFICATION OF FUNCTIONING, DISABILITY AND HEALTH (ICF) in obesity. Validation by multicenter study (coordinated by IRCCS Istituto Auxologico of Piancavallo (VB, Italy)
2017-2019	"Characterising SARcopenia and sarcopenic obesity in patients Aged 65 years and over, at risk of mobility disability. An OBServational Clinical Trial (SARA-OBS)" financed by Biophytis S.A. (Paris, France)
2017-2019	"Metabolic flexibility and ectopic fat. Adiposity phenotype, mitochondrial dysfunction, hepatic inflammation, gut microbiota, cardiac failure and genetic for a comprehensive understanding of the cross-talk among adipose tissue, liver and musculo-skeletal sysytem". (prot nr 2015JSWLTN) PRIN-RPNI (Research Project of National Interest) financed by the Ministry of Education, University and Research (MIUR)
2017	ADAMO verification test for SPRINTT, final user test simulation in older (>65 years) healthy volunteers: acceptability and reliability over 7-day continuous use & data recording (finanziato da Caretek)
2014-2017	"Nutritional effect of the intervention based on the Mediterranean diet associated with physical activity on hepatic steatosis, myosteatosis and cardio-respiratory fitness in metabolic syndrome" (prot nr C26A14R4SR) financed by the "Sapienza" University of Rome
2013-2016	Research and Training Projects "Training of highly qualified human capital expert in the design of innovative foods for well-being and nutritional interventions for the prevention of the appearance of chronic degenerative diseases associated with the diet" as part of the PROS.IT project - prevention of diseases associated with diet and promotion of healthy aging (CTN01_00230_413096), within the National AGRIFOOD CLUSTER (CLAN) (development and strengthening plan of national technological clusters issued by MIUR with Directorial Decree of 30.05.12 2012 n. 257)

Honours and awards

Stanford University World's Top 2% Scientists Ranking https://elsevier.digitalcommonsdata.com/datasets/btchxktzyw/4				
	Rank	... in the Top 2% Scientists	Rank in the subfield (Nutrition & Dietetics)	... out of a total number of researchers
2024	25.148	236.314	167	55.675
2023	46.460	223.153	319	51.919
2022	50.053	210.198	364	47.968
2021	60.495	200.410	378	33.515
2020	73.456	190.064	536	42.428
2019	90.407	161.442	657	35.927

2025 - Top Italian Scientist in Clinical Sciences (HI 69, citations 23.979 - rank 442)

2024 - Top Italian Scientist in Clinical Sciences (HI 63, citations 20.413 - rank 492)

2023 - Top Italian Scientist in Clinical Sciences (HI 58, citations 17.387 - rank 468)

[Top Italian Scientists Clinical Sciences](#) (20.07.2023)

Mother tongue

Italian

Other languages

French (Level C2, speaking and writing)

English (Level C1, speaking and writing)