



### ZUZANA DERFLEROVÁ BRÁZDOVÁ, 1992 CZECH REPUBLIC (FORMER CZECHOSLOVAKIA)

Chairperson, Think City

Upon her return home from her Eisenhower Fellowship, Professor Zuzana Brazdová created and established a curriculum on the study of human nutrition for a bachelor's degree in the Czech Republic. This was the first specialized course study in nutrition in Czech history. Soon after, this course base was developed into masters and doctorate tracks, and currently has many successful international graduates.

Inspired by her successful curriculum development for Masaryk University, Brazdová created a proposal for the first ever Czech-wide community nutrition grant called *Czech Project Five-A-Day*. This grant was approved, and incorporated into early childhood courses for the Czech schools.

By utilizing the experience and knowledge she gained on her fellowship, Brazdová industrialized and designed the Czech Food pyramid, which was adopted by the Ministry of Health as the official dietary guideline. In 1997, after these accomplishments, she shared her research with the European Nutrition Congress in the Netherlands. Key officials asked her to start an official corporation, with the first task to formulate dietary guidelines within the CINDI program, a European program for cardiovascular disease prevention. These guidelines are still in use today.

From 1998 to 2006, Professor Brazdová acted as a World Health Organization (WHO) consultant responsible for community nutrition programs in the countries of the former Soviet Union, with a special regard to Central Asian republics. During this time, she was trained in *Nutrition in Emergency*, a WHO program, and completed a number of missions across the globe, including Kosovo, Nagorno Karabakh, Chechnya, Gorno Badakhstan, Yemen, Zimbabwe, Kurdistan, Angola, Kenya and many others. The contacts she made on her fellowship helped Brazdová's work in the field of nutrition policy and within WHO as she was responsible for assisting European countries to deliver the new nutrition policy.

Since her fellowship, Brazdová has continued her work as an associate professor for Masaryk University and has since become head of the Department of Preventive Medicine and Nutrition. She recognized she needed to expand her language skills and learned Portuguese, Hungarian, Polish, German and Swahili to add to her Russian and Spanish language skills. Between 2009 - 2012, she completed her Bachelors of Musical Science with a concentration on baroque cello and performance of early music. She states, "...all I have achieved in my profession, was started during my Eisenhower Fellowship in 1992, and I am aware of it."



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