



Hilmi Sulaiman Rathomi, dr., M.K.M

Department of Public Health

Academic Career

- **Universitas Padjadjaran**
- Magister of Public Health, 2015
- **Universitas Indonesia**
- Medical Doctor, 2009
- Bachelor of Medicine, 2007

Research and development projects over the last 5 years

- The acceptability and feasibility of time-restricted eating as an obesity control strategy | Education Fund Management Institution | Rp. 100.000.000

Employment

- **Faculty of Medicine, Universitas Islam Bandung**
- Lecturer, 2016 - Present

Important publications over the last 5 years

- "It just made sense to me!" A Qualitative Exploration of Individual Motivation for Time-Restricted Eating
- Aligning Behaviour with Physiology: The Potential of Time-Restricted Eating for Rural Obesity Control
- Evaluation of metabolic changes in clinic attendees with therapeutic carbohydrate restriction

Activities in specialist bodies over the last 5 years

- *IDI (Indonesian Doctors Association), - Present*