

Dr. Christos Christakis BSc, MSc, PhD

EDUCATION

- 2013–2021 **Doctor of Philosophy**
“Biodiversity and agricultural ecosystem management”
Laboratory of Ecosystem and Biodiversity Management, University of Thessaly, Volos
- 2011–2013 **MSc Spatial Analysis and Environmental Management**
School of Engineering, University of Thessaly, Volos
- 2007–2010 **Degree in Agronomy and Crop Science** (Equivalent to the Anglo-Saxon degree M.Sc. in Agricultural Engineering)
Agricultural University of Athens, Athens
- 2017–2021 **Bachelor's degree, Dietetics and Nutrition**
University of Thessaly, Volos
- 1997–2006 **Bachelor's degree, Food Science and Technology**
University of Applied Sciences of Athens, Athens

EMPLOYMENT HISTORY

- 8/2022- Present **Book Translation (English to Greek):** *Canter D. & Daniels R. (2022) The Profession of Dietetics, Jones & Bartlett Learning, Burlington, MA*
- 10/2017–01/2021 **Adult Education Instructor**
Institute of Vocational Training (IVT) Dimitra, Volos
- 01/06/2012–31/10/2016 **Project Coordinator**
EU Project: LIFE+ Nature (LIFE11/NAT/GR/1011)
Coordinating Beneficiary: Laboratory of Ecosystem and Biodiversity Management, University of Thessaly, Volos.
- 28/03/2011–27/03/2012 **Food Technologist (Microbiological food analysis, ISO 17025 Quality Manager)**
Veterinary Laboratory of Larisa, Ministry of Rural Development and Food, Larisa.

ACADEMIC EXPERIENCE

- 10/2022- Present **Adjunct Professor (Master's Degree Program: “Environmental Management”)**
“Ecosystems and Biodiversity Conservation”, fall semester of academic year 2022-2023
- 10/2022- Present **Adjunct Professor**
Study Program of Dietetics and Nutrition, University of Thessaly
“Nutritional Assessment” fall semester of academic year 2022-2023

- 10/2022- Present **Adjunct Professor**
Study Program of Agricultural Engineering Technologists, University of Thessaly
“Milk and Dairy Products Technology”, fall semester of academic year 2022-2023
- 10/2022- Present **Adjunct Professor**
Department of Dietetics and Nutrition, University of Thessaly
“Food Chemistry and Analysis”, fall semester of academic year 2022-2023
- 10/2022- Present **Adjunct Professor**
Department of Public and One Health, University of Thessaly
“Quality Management Systems”, “Geographic Information Systems”, fall semester of academic year 2022-2023
- 3/2022-6/2022 **Adjunct Professor**
Department of Public and One Health, University of Thessaly
“Total Quality Management”, spring semester of academic year 2021-2022
- 3/2022-6/2022 **Adjunct Professor**
Department of Dietetics and Nutrition, University of Thessaly
“Technology, Safety and Quality Control of Food”, spring semester of academic year 2021-2022
- 3/2022-6/2022 **Adjunct Professor**
Study Program of Agricultural Engineering Technologists, University of Thessaly
“Inspection of Livestock Products”, spring semester of academic year 2021-2022
- 10/2021-2/2022 **Adjunct Professor**
Department of Public and One Health, University of Thessaly
“Ecology”, “Geographic Information Systems”, fall semester of academic year 2021-2022
- 10/2021-2/2022 **Adjunct Professor**
Study Program of Agricultural Engineering Technologists, University of Thessaly
“Meat and Meat Products Technology”, “Milk and Dairy Products Technology”, fall semester of academic year 2021-2022
- 10/2020-1/2021 **Adjunct Professor**
Study Program of Dietetics and Nutrition, University of Thessaly
“Food chemistry and technology”, “Technology, Safety and Quality Control of Food”, fall semester of academic year 2020-2021
- 03/2013–06/2020 **Teaching Assistant in undergraduate laboratory courses**
Department of Agriculture Crop Production and Rural Environment, University of Thessaly
“Ecology and Biodiversity”, “Management of Terrestrial Ecosystems”

SUPERVISIONS OF THESES

“Cured meat: products, techniques and public health issues”, Study Program of Agricultural Engineering Technologists, University of Thessaly

"Milk as a nutritional choice. facts and myths about its safe consumption and public health", Study Program of Agricultural Engineering Technologists, University of Thessaly

"Nutritional support for patients with cancer cachexia", Study Program of Dietetics and Nutrition, University of Thessaly

"Public health interventions - a literature review: exploring new intervention methods for changing health attitudes and health behavior in adolescents and adults", Study Program of Dietetics and Nutrition, University of Thessaly

INVITED PRESENTATIONS

"Introduction - The status of the Lesser Kestrel in Thessaly". Conservation and management of the Lesser Kestrel (*Falco naumanni*) at three Greek SPA sites (LIFE11 NAT/GR/1011), Technical workshop, Park Hotel, Volos, 21 - 22/1/2013

"Management of Protected Areas for biodiversity and their inhabitants: the case of the Lake Karla", The Protected Area of Karla - Montenegro - Kefalovrysos - Velestino: problems, prospects, the new institutional framework, Management Body of Karla - Montenegro - Kefalovrysos Ecodevelopment Area - Velestinou, National Center for the Environment & Sustainable Development, Region of Thessaly – Regional Units of Magnesia and Sporades and Municipality of Riga Feraios, 2/3/2018 Technical Chamber of Magnesia

"The LIFE-program for the conservation of the lesser kestrel", Session for the promotion of ecotourism in the Lake Karla titled "Promoting the bird tourism and ecotourism product of Thessaly". NCC – Nature Conservation Consultants Ltd. and Medventure Ltd., 23/5/2015, N. & S. Tsalapata Pottery Museum, Volos

"Conservation and Management of the *Falco naumanni* in three Special Protection Areas of Greece", Event of the Ornithological Society of Greece, "Skouvara" Hall, University of Thessaly, 11/2/2016

"Agricultural Ecosystems", Summer school for young scientists, "Information, education and training of young scientists, farmers and teachers for the protection and conservation of the biodiversity of the Ecodevelopment Area of Karla - Mavrovouni - Kefalovryssou Velestino – KarlaSchool", Management Body of the Karla - Montenegro - Kefalovryssou - Velestino Region, 2-8/6/2018

PUBLICATIONS

Articles in International Journals

Christakis C. and Sfougaris A. (2021) Foraging habitat selection by the Lesser Kestrel *Falco naumanni* during the different phases of breeding and the post breeding period in central Greece. *Ornithological Science* 20(2):175-183 <https://doi.org/10.2326/osj.20.175>

International Conference Presentations

Athanasios Sfougaris, **Christos Christakis**, Konstantinos Vlachopoulos, Olga Christopoulou, Panagiotis Kordopatis, Evgenia Panorgiou, Michalis Vafeiadis, Tasos Dimalexis, Jacob Fric, Margarita Tzali, Lefteris Kakalis, Conservation of the lesser kestrel (*Falco naumanni*) in Greece, International Lesser Kestrel expert meeting, 4-8 October 2016, Plovdiv, Bulgaria

Christos Christakis, Stavros Sakellariou, Olga Christopoulou, Athanassios Sfougaris (2022) "Large-scale habitat description: utilizing GIS classification tools to describe lesser kestrel foraging habitat in the eastern Thessaly plain." 2nd International Symposium

AGROECOINFO, 30/6/2022-2/7/2022, Volos, Greece

Perperidi M, Huybrechts I, Saliari D, **Christakis C**, Kontou N, Saloustros E, Theodorakis Y, Androutsos O. (2022) "Defining the ideal characteristics of effective interventions for the weight management in breast cancer survivors." *Public Health Toxicol* 2022;1(Supplement 1): A148 DOI: 10.18332/pht/149833

National Conference Presentations

Christakis C. and Sfougaris A. Foraging habitat selection during the breeding and post breeding periods by the Lesser Kestrel (*Falco naumanni*) in the Thessaly plain, 10th Hellenic Conference of Ecology, 14-17 October 2021.

Christakis C., Saliari D. and Androutsos O. Early detection tools for adults at high risk for type 2 diabetes, 9th Panhellenic Congress On Thrombosis – Antithrombosis Therapy, Volos, 7-9 October 2021.

Gkanaki Trigona E., **Christakis C.** et al. The contribution of meadows in the conservation of biodiversity, 41st Hellenic Society of Biological Sciences Conference, Katerini, 9-11 May 2019.

Sfougaris A., **Christakis C.** et al. Management of Agroecosystems for biodiversity conservation and increase of agricultural income: the case of the LIFE project "Life for the lesser kestrel in Thessaly", 9th Hellenic Conference of Ecology, Heraklion, 4-7 October 2018, Proceedings p. 93.

Gkanaki Trigona E., **Christakis C.** et al. Selection of artificial meadows as foraging habitat by the lesser kestrel (*Falco naumanni*), 9th Hellenic Conference of Ecology, Heraklion, 4-7 October 2018, Proceedings p. 154.

Christakis C., Sfougaris A., Christopoulou O. Multifunctional Landscape in the Thessalian Plain, 5th Panhellenic Conference of Urban Planning, Regional Planning and Regional Development, Volos, 27 - 30 September 2018, Proceedings p. 342.

Christakis C. Eating habits in Greece and calorie content of a typical diet, 5th Panhellenic Conference of Urban Planning, Regional Planning and Regional Development, Volos, 27 - 30 September 2018, Proceedings p. 279.

Gkanaki Trigona E., **Christakis C.** et al. Installation of perennial meadows in natural ecosystems to increase food availability for the lesser kestrel (*Falco naumanni*), 39th Hellenic Society of Biological Sciences Conference, Lamia, 25-27 May 2017, Proceedings p. 76.

Gkounti E.-D., Koutsiaris I., **Christakis C.** et al. Effects of grazing on composition, coverage and productivity of wet meadows in Lake Karla, 39th Hellenic Society of Biological Sciences Conference, Lamia, 25-27 May 2017, Proceedings p. 80.

Koutsiaris I., Gkounti E.-D., **Christakis C.** et al. Management of wet meadows of the Lake Karla as foraging grounds of the lesser kestrel (*Falco naumanni*), 39th Hellenic Society of Biological Sciences Conference, Lamia, 25-27 May 2017, Proceedings p. 158.

Makri M., Alibizatos X., Vlachopoulos K, **Christakis C.** et al. Study of the lesser kestrel (*Falco naumanni*) food habits during the breeding season in the Thessaly plain. 8th

Hellenic Conference of Ecology, Thessaloniki, October 2016.

Vlachopoulos K., **Christakis C.** et al., Population distribution and estimation of foraging habitats of the lesser kestrel (*Falco naumanni*) in the Thessaly plain. 7th Hellenic Conference of Ecology, Mitilini, October 2014.

Christakis C., Masloumidi et al. Opinions and attitudes of farmers regarding rural development in Thessaly. 1st Environmental conference of Thessaly region, Skiathos, 8-10 September 2012. Proceedings pp. 578-583.