

# ΒΙΟΓΡΑΦΙΚΟ ΣΗΜΕΙΩΜΑ

MATINA ΚΟΥΒΑΡΗ, MSc, PhD

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## ΣΠΟΥΔΕΣ

**2017 – 2020**

**ΔΙΔΑΚΤΟΡΙΚΗ ΔΙΑΤΡΙΒΗ ΣΤΗΝ ΕΠΙΔΗΜΙΟΛΟΓΙΑ, ΔΗΜΟΣΙΑ ΥΓΕΙΑ ΚΑΙ ΔΙΑΤΡΟΦΙΚΕΣ ΠΟΛΙΤΙΚΕΣ (ΒΑΘΜΟΣ: ΑΡΙΣΤΑ), ΤΜΗΜΑ ΕΠΙΣΤΗΜΗΣ ΔΙΑΙΤΟΛΟΓΙΑΣ-ΔΙΑΤΡΟΦΗΣ, ΣΧΟΛΗ ΕΠΙΣΤΗΜΩΝ ΥΓΕΙΑΣ ΚΑΙ ΑΓΩΓΗΣ, ΧΑΡΟΚΟΠΕΙΟ ΠΑΝΕΠΙΣΤΗΜΙΟ (ΑΝΤΑΠΟΔΟΤΙΚΗ ΥΠΟΤΡΟΦΙΑ: ΕΛΛΗΝΙΚΗ ΕΤΑΙΡΕΙΑ ΑΘΗΡΟΣΚΛΗΡΩΣΗΣ, ΙΟΥΛΙΟΣ 2017 – ΔΕΚΕΜΒΡΙΟΣ 2020)**

**2015-2017**

**ΜΕΤΑΠΤΥΧΙΑΚΗ ΕΚΠΑΙΔΕΥΣΗ, ΠΡΟΓΡΑΜΜΑ ΜΕΤΑΠΤΥΧΙΑΚΩΝ ΣΠΟΥΔΩΝ ΣΤΗΝ ΕΦΑΡΜΟΣΜΕΝΗ ΔΙΑΙΤΟΛΟΓΙΑ-ΔΙΑΤΡΟΦΗ, ΤΟΜΕΑΣ ΚΛΙΝΙΚΗ ΔΙΑΤΡΟΦΗ (ΒΑΘΜΟΣ: 9,70/10 / ΣΕΙΡΑ ΑΠΟΦΟΙΤΗΣΗΣ: 1<sup>η</sup> ΣΤΟΝ ΤΟΜΕΑ) ΤΜΗΜΑ ΕΠΙΣΤΗΜΗΣ ΔΙΑΙΤΟΛΟΓΙΑΣ-ΔΙΑΤΡΟΦΗΣ, ΣΧΟΛΗ ΕΠΙΣΤΗΜΩΝ ΥΓΕΙΑΣ ΚΑΙ ΑΓΩΓΗΣ, ΧΑΡΟΚΟΠΕΙΟ ΠΑΝΕΠΙΣΤΗΜΙΟ (ΑΝΤΑΠΟΔΟΤΙΚΗ ΥΠΟΤΡΟΦΙΑ: ΙΔΡΥΜΑ ΩΝΑΣΗΣ).**

**2011-2015**

**ΠΤΥΧΙΟ, ΕΠΙΣΤΗΜΗ ΔΙΑΙΤΟΛΟΓΙΑΣ-ΔΙΑΤΡΟΦΗΣ (ΒΑΘΜΟΣ: 9.12/10 – ΑΡΙΣΤΑ, ΣΕΙΡΑ ΚΑΤΑΤΑΞΗΣ: 1<sup>η</sup> ΣΤΟ ΕΤΟΣ) ΤΜΗΜΑ ΕΠΙΣΤΗΜΗΣ ΔΙΑΙΤΟΛΟΓΙΑΣ-ΔΙΑΤΡΟΦΗΣ, ΣΧΟΛΗ ΕΠΙΣΤΗΜΩΝ ΥΓΕΙΑΣ ΚΑΙ ΑΓΩΓΗΣ, ΧΑΡΟΚΟΠΕΙΟ ΠΑΝΕΠΙΣΤΗΜΙΟ**

**2011**

**ΑΠΟΛΥΤΗΡΙΟ ΛΥΚΕΙΟΥ (ΒΑΘΜΟΣ: 19,7/20 – ΑΡΙΣΤΑ) ΓΕΝΙΚΟ ΛΥΚΕΙΟ ΑΓΙΟΥ ΙΩΑΝΝΗ ΡΕΝΤΗ**

## ΕΠΑΓΓΕΛΜΑΤΙΚΗ & ΑΚΑΔΗΜΑΪΚΗ ΕΜΠΕΙΡΙΑ

**02/2024 –**

**ΕΠΙΣΤΗΜΟΝΙΚΗ ΥΠΕΥΘΥΝΗ, ΙΝΣΤΙΤΟΥΤΟ ΠΡΟΛΗΠΤΙΚΗΣ, ΠΕΡΙΒΑΛΛΟΝΤΙΚΗΣ ΚΑΙ ΕΡΓΑΣΙΑΚΗΣ ΙΑΤΡΙΚΗΣ, PROLEPSIS**

**02/2023 – 01/2024**

**ΜΕΤΑΔΙΔΑΚΤΟΡΙΚΗ ΕΡΕΥΝΑ ΣΤΗΝ ΠΑΘΟΦΥΣΙΟΛΟΓΙΑ ΤΗΣ ΗΠΑΤΙΚΗΣ ΣΤΕΑΤΩΣΗΣ ΚΑΙ ΙΝΩΣΗΣ ΜΗ ΑΛΚΟΟΛΙΚΗΣ ΑΙΤΙΟΛΟΓΙΑΣ ΜΕ ΕΜΦΑΣΗ ΣΤΗ ΜΕΤΑΒΟΛΟΜΙΚΗ ΚΑΙ ΠΡΩΤΕΟΜΙΚΗ MANTZOROS LABORATORY, DEPARTMENT OF MEDICINE, BETH ISRAEL DEACONESS MEDICAL CENTER AND BOSTON VA HEALTHCARE SYSTEM, HARVARD MEDICAL SCHOOL**

*Υπεύθυνος: Prof Christos Mantzoros*

**07/2022 – 01/2023**

**ΜΕΤΕΚΠΑΙΔΕΥΣΗ MANTZOROS LABORATORY, DEPARTMENT OF MEDICINE, BETH ISRAEL DEACONESS MEDICAL CENTER AND BOSTON VA HEALTHCARE SYSTEM, HARVARD MEDICAL SCHOOL (ΑΝΤΑΠΟΔΟΤΙΚΗ ΥΠΟΤΡΟΦΙΑ: ΕΛΛΗΝΙΚΗ ΕΤΑΙΡΙΑ ΑΘΗΡΟΣΚΛΗΡΩΣΗΣ)**

**01/2022 – 03/2022**

**ΕΠΙΣΤΗΜΟΝΙΚΗ ΣΥΝΕΡΓΑΤΗΣ, ΤΜΗΜΑ ΕΠΙΣΤΗΜΗΣ ΔΙΑΙΤΟΛΟΓΙΑΣ-ΔΙΑΤΡΟΦΗΣ ΧΑΡΟΚΟΠΕΙΟ ΠΑΝΕΠΙΣΤΗΜΙΟ**

**12/2021-σήμερα**

**ΥΠΕΥΘΥΝΗ ΕΡΕΥΝΑΣ & ΣΧΕΔΙΑΣΜΟΥ ΔΙΑΤΡΟΦΗΣ, ΙΝΣΤΙΤΟΥΤΟ ΠΡΟΛΗΠΤΙΚΗΣ, ΠΕΡΙΒΑΛΛΟΝΤΙΚΗΣ ΚΑΙ ΕΡΓΑΣΙΑΚΗΣ ΙΑΤΡΙΚΗΣ, PROLEPSIS**

**03/2021 – 05/2022**

**ΜΕΤΕΚΠΑΙΔΕΥΣΗ ΣΤΗ ΜΗ ΑΛΚΟΟΛΙΚΗ ΛΙΠΩΔΗ ΔΙΗΘΗΣΗ ΗΠΑΤΟΣ, MANTZOROS LABORATORY, DEPARTMENT OF MEDICINE, BETH ISRAEL DEACONESS MEDICAL CENTER AND BOSTON VA HEALTHCARE SYSTEM, HARVARD MEDICAL SCHOOL (ΑΝΤΑΠΟΔΟΤΙΚΗ ΥΠΟΤΡΟΦΙΑ: ΕΛΛΗΝΙΚΗ ΕΤΑΙΡΕΙΑ ΙΑΤΡΙΚΗΣ ΕΚΠΑΙΔΕΥΣΗΣ, ΜΑΡΤΙΟΣ 2021-ΜΑΙΟΣ 2021)**

*Υπεύθυνος: Prof Christos Mantzoros*

**03/2021 – 10/2022**

**ΜΕΤΑΔΙΔΑΚΤΟΡΙΚΗ ΕΡΕΥΝΑ ΣΤΟ ΜΕΤΑΒΟΛΙΚΟ ΣΥΝΔΡΟΜΟ, DISCIPLINE OF NUTRITION AND DIETETICS | FUNCTIONAL FOODS AND NUTRITION RESEARCH LABORATORY, FACULTY OF HEALTH, UNIVERSITY OF CANBERRA, AUSTRALIA**

**06/2019 – 10/2022**

**ΕΠΙΣΤΗΜΟΝΙΚΗ ΣΥΝΕΡΓΑΤΗΣ, ΤΜΗΜΑ ΕΠΙΣΤΗΜΗΣ ΔΙΑΙΤΟΛΟΓΙΑΣ-ΔΙΑΤΡΟΦΗΣ ΧΑΡΟΚΟΠΕΙΟ ΠΑΝΕΠΙΣΤΗΜΙΟ**

**Αντικείμενο θέσης:** Ανάθεση ερευνητικού έργου στο πλαίσιο του ευρωπαϊκού προγράμματος NUTRISHIELD (H2020)

**03/2017 – 11/2021**

**ΕΡΕΥΝΗΤΡΙΑ-ΥΠΕΥΘΥΝΗ ΔΙΑΧΕΙΡΙΣΗΣ ΠΡΟΓΡΑΜΜΑΤΩΝ, ΙΝΣΤΙΤΟΥΤΟ ΠΡΟΛΗΠΤΙΚΗΣ, ΠΕΡΙΒΑΛΛΟΝΤΙΚΗΣ ΚΑΙ ΕΡΓΑΣΙΑΚΗΣ ΙΑΤΡΙΚΗΣ, PROLEPSIS**

**12/2015 – 02/2017**

**ΔΙΑΙΤΟΛΟΓΟΣ-ΔΙΑΤΡΟΦΟΛΟΓΟΣ, ΙΝΣΤΙΤΟΥΤΟ ΠΡΟΛΗΠΤΙΚΗΣ, ΠΕΡΙΒΑΛΛΟΝΤΙΚΗΣ ΚΑΙ ΕΡΓΑΣΙΑΚΗΣ ΙΑΤΡΙΚΗΣ, PROLEPSIS**

## **ΔΙΔΑΚΤΙΚΟ ΕΡΓΟ**

*(ΜΕΤΑ ΤΗΝ ΑΠΟΚΤΗΣΗ ΔΙΔΑΚΤΟΡΙΚΟΥ ΔΙΠΛΩΜΑΤΟΣ)*

**02/2024-07/2024**

**ΕΝΤΕΤΑΛΜΕΝΗ ΔΙΔΑΣΚΟΥΣΑ, ΤΜΗΜΑ ΕΠΙΣΤΗΜΗΣ ΔΙΑΙΤΟΛΟΓΙΑΣ-ΔΙΑΤΡΟΦΗΣ, ΠΑΝΕΠΙΣΤΗΜΙΟ ΘΕΣΣΑΛΙΑΣ**

**ΕΠΠΕΛΟ:** Προπτυχιακό. 6<sup>ο</sup> Εξάμηνο.

**ΜΑΘΗΜΑ:** ΔΙΑΤΡΟΦΗ ΚΑΙ ΔΗΜΟΣΙΑ ΥΓΕΙΑ

**02/2024-07/2024**

**ΕΝΤΕΤΑΛΜΕΝΗ ΔΙΔΑΣΚΟΥΣΑ, ΤΜΗΜΑ ΕΠΙΣΤΗΜΗΣ ΔΙΑΙΤΟΛΟΓΙΑΣ-ΔΙΑΤΡΟΦΗΣ, ΠΑΝΕΠΙΣΤΗΜΙΟ ΘΕΣΣΑΛΙΑΣ**

**ΕΠΠΕΛΟ:** Προπτυχιακό. 6<sup>ο</sup> Εξάμηνο.

**ΜΑΘΗΜΑ:** ΑΝΘΡΩΠΟΛΟΓΙΑ ΤΗΣ ΔΙΑΤΡΟΦΗΣ

**12/2022-02/2023**

**ΕΝΤΕΤΑΛΜΕΝΗ ΔΙΔΑΣΚΟΥΣΑ, ΤΜΗΜΑ ΕΠΙΣΤΗΜΗΣ ΔΙΑΙΤΟΛΟΓΙΑΣ-ΔΙΑΤΡΟΦΗΣ, ΠΑΝΕΠΙΣΤΗΜΙΟ ΠΕΛΟΠΟΝΝΗΣΟΥ**

**ΕΠΠΕΛΟ:** Προπτυχιακό. 3<sup>ο</sup> Εξάμηνο. Θεωρία & Φροντιστήριο.

**ΜΑΘΗΜΑ:** ΔΙΑΤΡΟΦΗ ΣΤΑ ΣΤΑΔΙΑ ΤΗΣ ΖΩΗΣ

**12/2022-02/2023**

**ΕΝΤΕΤΑΛΜΕΝΗ ΔΙΔΑΣΚΟΥΣΑ, ΤΜΗΜΑ ΕΠΙΣΤΗΜΗΣ ΔΙΑΙΤΟΛΟΓΙΑΣ-ΔΙΑΤΡΟΦΗΣ, ΠΑΝΕΠΙΣΤΗΜΙΟ ΠΕΛΟΠΟΝΝΗΣΟΥ**

**ΕΠΠΕΛΟ:** Προπτυχιακό. 7<sup>ο</sup> Εξάμηνο. Θεωρία & Εργαστήριο.

**ΜΑΘΗΜΑ:** ΜΕΘΟΔΟΛΟΓΙΑ ΔΙΑΤΡΟΦΙΚΗΣ ΕΡΕΥΝΑΣ

**08/2022-11/2022**

**ΔΙΔΑΣΚΟΥΣΑ**, DISCIPLINE OF NUTRITION AND DIETETICS, FACULTY OF HEALTH, UNIVERSITY OF CANBERRA

**ΕΠΙΠΕΔΟ:** Level 2. Semester 2. Undergraduate Level. Theory and Labs.

**ΜΑΘΗΜΑ:** FOOD SCIENCE

**ΙΔΙΟΤΗΤΑ:** ADJUNCT ASSISTANT PROFESSOR (ΜΑΡΤΙΟΣ 2022 – ΑΠΡΙΛΙΟΣ 2025)

**03/2022**

**ΠΡΟΣΚΕΚΛΗΜΕΝΗ ΟΜΙΛΗΤΡΙΑ**, DISCIPLINE OF NUTRITION AND DIETETICS, FACULTY OF HEALTH, UNIVERSITY OF CANBERRA

**ΕΠΙΠΕΔΟ:** Faculty of Health Honors. Graduate Level.

**ΜΑΘΗΜΑ:** Research Methods

*Τίτλος διάλεξης: Writing For Publication*

**ΙΔΙΟΤΗΤΑ:** ADJUNCT ASSISTANT PROFESSOR (ΜΑΡΤΙΟΣ 2022 – ΑΠΡΙΛΙΟΣ 2025)

**02/2022-05/2022**

**ΔΙΔΑΣΚΟΥΣΑ**, DISCIPLINE OF NUTRITION AND DIETETICS, FACULTY OF HEALTH, UNIVERSITY OF CANBERRA

**ΕΠΙΠΕΔΟ:** Level 2. Semester 1. Undergraduate Level. Theory and Labs.

**ΜΑΘΗΜΑ:** INTRODUCTION TO FOOD SCIENCE

**ΙΔΙΟΤΗΤΑ:** ADJUNCT ASSISTANT PROFESSOR (Μάρτιος 2022 – Απρίλιος 2025)

**08/2021-11/2021**

**ΔΙΔΑΣΚΟΥΣΑ**, DISCIPLINE OF NUTRITION AND DIETETICS, FACULTY OF HEALTH, UNIVERSITY OF CANBERRA

**ΕΠΙΠΕΔΟ:** Level 2. Semester 2. Undergraduate Level. Theory and Labs.

**ΜΑΘΗΜΑ:** FOOD SCIENCE

**ΙΔΙΟΤΗΤΑ:** TEACHING ASSOCIATE (στο πλαίσιο μεταδιδακτορικών σπουδών – Μάρτιος 2021-Οκτώβριος 2022)

**03/2021-05/2021**

**ΔΙΔΑΣΚΟΥΣΑ**, DISCIPLINE OF NUTRITION AND DIETETICS, FACULTY OF HEALTH, UNIVERSITY OF CANBERRA

**ΕΠΙΠΕΔΟ:** Level 2. Semester 1. Undergraduate Level. Theory and Labs.

**ΜΑΘΗΜΑ:** INTRODUCTION TO FOOD SCIENCE

**ΙΔΙΟΤΗΤΑ:** TEACHING ASSOCIATE (στο πλαίσιο μεταδιδακτορικών σπουδών – Μάρτιος 2021-Οκτώβριος 2022)

**10/2021-07/2022**

**ΔΙΔΑΣΚΟΥΣΑ**, ΤΜΗΜΑ ΕΠΙΣΤΗΜΗΣ ΔΙΑΙΤΟΛΟΓΙΑΣ-ΔΙΑΤΡΟΦΗΣ, ΣΧΟΛΗ ΕΠΙΣΤΗΜΩΝ ΥΓΕΙΑΣ ΚΑΙ ΑΓΩΓΗΣ, ΧΑΡΟΚΟΠΕΙΟ ΠΑΝΕΠΙΣΤΗΜΙΟ

**ΕΠΙΠΕΔΟ:** ΜΕΤΑΠΤΥΧΙΑΚΟ ΠΡΟΓΡΑΜΜΑ ΣΠΟΥΔΩΝ «ΕΦΑΡΜΟΣΜΕΝΗ ΔΙΑΙΤΟΛΟΓΙΑ-ΔΙΑΤΡΟΦΗ». 1<sup>ο</sup> έτος μερικής φοίτησης.

**ΜΑΘΗΜΑ:** ΒΙΟΣΤΑΤΙΣΤΙΚΗ – ΜΕΘΟΔΟΛΟΓΙΑ ΕΡΕΥΝΑΣ

## **ΤΙΜΗΤΙΚΕΣ ΔΙΑΚΡΙΣΕΙΣ, ΒΡΑΒΕΙΑ ΚΑΙ ΥΠΟΤΡΟΦΙΕΣ**

**1<sup>ο</sup> ΒΡΑΒΕΙΟ** Καλύτερης Προφορικής Ανακοίνωσης, 17ο Πανελλήνιο Συνέδριο Διατροφής & Διαιτολογίας, Αθήνα, Ελλάδα, 8-10 Δεκεμβρίου 2023

**1<sup>ο</sup> ΒΡΑΒΕΙΟ** Καλύτερης Προφορικής Ανακοίνωσης, Ελληνικό Κολλέγιο Μεταβολικών Νοσημάτων, Πορταριά, Ελλάδα, 24 Ιουνίου 2023

**ΥΠΟΤΡΟΦΙΑ** από **European Diabetes Foundation** στο πλαίσιο του Albert Renold Travel

Fellowship Programme 2022 για μετεκπαίδευση στο Department of Medicine, Beth Israel Deaconess Medical Center and Boston VA Healthcare System, HARVARD MEDICAL SCHOOL, ΣΕΠΤΕΜΒΡΙΟΣ 2022 – ΔΕΚΕΜΒΡΙΟΣ 2022

**ΥΠΟΤΡΟΦΙΑ από Ελληνική Εταιρεία Αθηροσκλήρωσης**

για μετεκπαίδευση στο DEPARTMENT OF MEDICINE, BETH ISRAEL DEACONESS MEDICAL CENTER AND BOSTON VA HEALTHCARE SYSTEM, HARVARD MEDICAL SCHOOL, ΙΟΥΛΙΟΣ 2022 – ΙΑΝΟΥΑΡΙΟΣ 2023

**ΥΠΟΤΡΟΦΙΑ από Ελληνική Εταιρεία Ιατρικής Εκπαίδευσης**

για μετεκπαίδευση στο DEPARTMENT OF MEDICINE, BETH ISRAEL DEACONESS MEDICAL CENTER AND BOSTON VA HEALTHCARE SYSTEM, HARVARD MEDICAL SCHOOL, ΜΑΡΤΙΟΣ – ΜΑΙΟΣ 2021

**BEST POSTERS PRESENTATION, European Society of Cardiology Congress, 2020**

**3<sup>ο</sup> ΒΡΑΒΕΙΟ** Καλύτερης Ανακοίνωσης **8<sup>ο</sup> Πανελλήνιο Συμπόσιο Ομάδων Εργασίας**, Ελληνική Εταιρεία Αθηροσκλήρωσης, 29-30 Νοεμβρίου 2019

**10 ΚΑΛΥΤΕΡΕΣ ΑΝΑΚΟΙΝΩΣΕΙΣ, 39<sup>ο</sup> Πανελλήνιο Καρδιολογικό Συνέδριο**, 18-20 Οκτωβρίου 2018

**3<sup>ο</sup> ΒΡΑΒΕΙΟ** Καλύτερης Ανακοίνωσης **7<sup>ο</sup> Πανελλήνιο Συμπόσιο Ομάδων Εργασίας**, Ελληνική Εταιρεία Αθηροσκλήρωσης, 1-2 Δεκεμβρίου 2017

**ΥΠΟΤΡΟΦΙΑ από Ελληνική Εταιρεία Αθηροσκλήρωσης** για την εκπόνηση διδακτορικής διατριβής

**ΕΠΑΙΝΟΣ, 14<sup>ο</sup> Πανελλήνιο Συνέδριο Διατροφής & Διαιτολογίας και 3<sup>ο</sup> Πανελλήνιο Συνέδριο Κλινικής Διατροφής & Μεταβολισμού**, 24-26 Νοεμβρίου 2017

**ΕΠΑΙΝΟΣ, 14<sup>ο</sup> Πανελλήνιο Συνέδριο Διατροφής & Διαιτολογίας και 3<sup>ο</sup> Πανελλήνιο Συνέδριο Κλινικής Διατροφής & Μεταβολισμού**, 24-26 Νοεμβρίου 2017

**ΥΠΟΤΡΟΦΙΑ από το Ίδρυμα Ωνάση** (Μεταπτυχιακό πρόγραμμα σπουδών)

**ΥΠΟΤΡΟΦΙΑ από το Ίδρυμα Κρατικών Υποτροφιών** (1<sup>ο</sup> έτος, Τμήμα Επιστήμης Διαιτολογίας-Διατροφής, Χαροκόπειο Πανεπιστήμιο)

**ΒΡΑΒΕΙΟ από την Τράπεζα Πειραιώς** για τις ακαδημαϊκές επιδόσεις

**ΒΡΑΒΕΙΟ από την Τράπεζα Eurobank** στο πλαίσιο του προγράμματος «Η Μεγάλη Στιγμή για την Παιδεία».

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## ΕΝΔΕΙΚΤΙΚΑ ΕΡΕΥΝΗΤΙΚΑ ΠΡΟΓΡΑΜΜΑΤΑ

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**07/2023-08/2024**

**ΑΝΑΘΕΣΗ ΕΡΓΟΥ**

**ΠΡΟΓΡΑΜΜΑ:** Εκπόνηση Σχεδίου για την Επισιτιστική Ασφάλεια, Στο Πλαίσιο μιας Βιώσιμης Ανάπτυξης, στην Ελλάδα της Μετά- Covid-19 εποχής

**ΧΡΗΜΑΤΟΔΟΤΗΣΗ:** Ιδιώτης

**ΦΟΡΕΑΣ:** Χαροκόπειο Πανεπιστήμιο

**2019-2022**

**RESEARCH FELLOW**

**ΠΡΟΓΡΑΜΜΑ:** Fact-based personalised nutrition for the young – NutriShield

**ΧΡΗΜΑΤΟΔΟΤΗΣΗ:** HORIZON 2020

**ΦΟΡΕΑΣ:** Χαροκόπειο Πανεπιστήμιο

## ΣΥΜΜΕΤΟΧΗ ΣΕ ΕΠΙΔΗΜΙΟΛΟΓΙΚΕΣ ΜΕΛΕΤΕΣ

(ανάλυση δεδομένων, εξαγωγή συμπερασμάτων)

- A multi-center study for non-alcoholic fatty liver disease coordinated by the Beth Israel Deaconess Medical Center, Department of Endocrinology, Harvard Medical School
- ATTICA prospective epidemiological study (2002-2022)
- ATTICA prospective epidemiological study (2002-2012)
- IKARIA prospective epidemiological study (2009-2013)
- Hellenic Heart Failure prospective epidemiological study (2006-2016)
- Greek Study of Acute Coronary Syndromes prospective epidemiological study (2004-2014)

## ΣΥΜΜΕΤΟΧΗ ΣΕ ΕΠΙΤΡΟΠΕΣ ΕΠΙΣΤΗΜΟΝΙΚΩΝ ΦΟΡΕΩΝ

**2024-2026**

**ΑΝΤΙΠΡΟΕΔΡΟΣ,** Ομάδα Εργασίας Επιδημιολογίας και Πρόληψης της Αθηροσκλήρωσης, Ελληνική Εταιρεία Αθηροσκλήρωσης

**2022-2023**

**MEMBER,** European Association for the Study of Diabetes

**2022-2023**

**ESC PROFESSIONAL MEMBER,** European Society of Cardiology

**2022-2024**

**ΜΕΛΟΣ,** Ομάδα Εργασίας Επιδημιολογίας και Πρόληψης της Αθηροσκλήρωσης, Ελληνική Εταιρεία Αθηροσκλήρωσης

**2019-2021**

**ΜΕΛΟΣ,** Ομάδα Εργασίας Επιδημιολογίας και Πρόληψης της Αθηροσκλήρωσης, Ελληνική Εταιρεία Αθηροσκλήρωσης

**2019-2021**

**ESC PROFESSIONAL MEMBER,** European Society of Cardiology

## ΕΝΔΕΙΚΤΙΚΟ ΣΥΓΓΡΑΦΙΚΟ ΕΡΓΟ

**(Α) ΑΡΘΡΑ ΣΕ ΔΙΕΘΝΗ ΕΠΙΣΤΗΜΟΝΙΚΑ ΠΕΡΙΟΔΙΚΑ**

*\*correspondence*

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### **(Γ) ΚΕΦΑΛΑΙΑ ΣΕ ΕΠΙΣΤΗΜΟΝΙΚΑ ΣΥΓΓΡΑΜΑΤΑ**

1. *Τίτλος Κεφαλαίου:* Αναδρομή των Διατροφικών Συνηθειών του Ελληνικού Πληθυσμού, 1950 – 2020. | *Έργο:* Εκπόνηση Σχεδίου για την Επισιτιστική Ασφάλεια, στο πλαίσιο μιας βιώσιμης ανάπτυξης, στην Ελλάδα της μετά COVID-19 εποχής.
2. *Τίτλος Κεφαλαίου:* Το κόστος της Υγιεινής Διατροφής στην Ελλάδα του σήμερα: Προτάσεις για Υγιεινή Διατροφή με Χαμηλότερο Κόστος. | *Έργο:* Εκπόνηση Σχεδίου για την Επισιτιστική Ασφάλεια, στο πλαίσιο μιας βιώσιμης ανάπτυξης, στην Ελλάδα της μετά COVID-19 εποχής.