

## Dr. Ioanna-Panagiota Kalafati Dietitian - Nutritionist

Item	Number
Books	1
Book Chapters	1
Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases	23
Articles not Indexed in Bibliographical Databases	
Refereed International Conference Presentations	13
Invited Presentations	1
Google Scholar/Scopus Citation Index (including self-citations)	2928
Google Scholar/Scopus h-index	12
Involved in Successful Grant Applications	

### 1. EDUCATION

- 2013-2017     **Harokopio University of Athens**, Athens, Greece  
**PhD in Gene-Diet/Lifestyle Interactions in non-alcoholic fatty liver disease**  
 A hospital-based, case-control study for the investigation of gene-diet/lifestyle interactions in NAFLD.
- 2010-2011     **University College London (UCL)**, London, UK  
**MSc in “Clinical and Public Health Nutrition”, Division of Medicine**  
 MSc thesis: “Role of microglia in iron homeostasis in the brain”
- 2006-2010     **Harokopio University of Athens**, Athens, Greece  
**BSc in Dietetics & Nutritional Sciences**  
 BSc thesis: “Gene-zinc interactions in glycemic traits of adults”

## 2. EMPLOYMENT HISTORY

- 2022 **Research Associate, Harokopio University of Athens**  
General Secretariat for Research & Innovation -2019 - European project: “Mastiha treatment for healthy obese with NAFLD diagnosis (MAST4HEALTH) - MAST4HEALTH H2020- MSCA-RISE- 2015”
- Statistical analysis of genetic and dietary data
- 2022-2023 **Postdoctoral researcher, Department of Nutrition & Dietetics, University of Thessaly, Trikala**  
“Investigation of the nutritional status of Greek patients with cancer and its effect on their quality of life, functionality and mental health”
- Recruitment of patients, statistical analysis of the data and results dissemination.
- 2021-2023 **Research Associate, Harokopio University of Athens**  
“NASH patient’s itinerary: Comparison of strategies for screening, referring and management of diabetic patients (NASH-PI).”
- Coordination of the clinical study in Greece, sample recruitment, nutritional assessment
- 2021-2023 **Research Associate, Harokopio University of Athens**  
“Diagnosis and prognosis of NAFLD: analysis of genetic, metabolomic and environmental data - NADPRO”
- Investigation of the role of genetic and lifestyle data in NAFLD diagnosis and prognosis
- 2020-2021 **Postdoctoral researcher, Harokopio University of Athens**  
“Genetic predisposition and body weight control: Assessment of the role of genetic background in nutritional intervention response of overweight/obese adults.:
- Statistical analyses of the data
- 2019-2020 **Postdoctoral researcher, WHRI, Queen Mary University of London, UK**
- Human Genetics (GWAS, gene expression) & cardiometabolic diseases
- 2018 **Dietitian - Nutritionist**  
Personalised nutritional counselling in pathological conditions

- 2015-2018 **Lecturer/Module leader, Aegean Omiros College / Coventry University, Athens**  
 BSc (Hons) Dietetics (Applied)
- Modules: Clinical nutrition, Nutritional counselling, Professional practice and development, Biostatistics, Gene-diet interactions
  - Clinical Placement leader and tutor
  - Supervisor of dissertations on Nutritional epidemiology, Clinical nutrition, Gene-Diet interactions
- 2013-2015 **Research assistant, Harokopio University of Athens**  
 “Obesity and metabolic syndrome: dietary intervention with Greek raisins in NAFLD/NASH. Investigation of molecular mechanisms” reviewed and approved by the Greek Secretariat for Research and Technology (Cooperation 890/2009).”
- Statistical analysis and dissemination of the results
- 2013-2014 **Dietitian - Nutritionist**  
 Nutrition portal [mednutrition.gr](http://mednutrition.gr)
- Food supplements/Nutrition-related project management, scientific advisor
- 2012-2013 **Statistical Genetics Intern, Wellcome Trust Sanger Institute, Cambridge, UK**
- Statistical analyses of large genetic and phenotypic datasets - Investigation of gene-diet/lifestyle interactions in cardio metabolic diseases

### 3. ACADEMIC AND SCIENTEFIC EXPERIENCE

#### 3.1.Undergraduate Teaching

- 2021-2022 **Department of Nutrition and Dietetics, University of Thessaly, Trikala, Greece**  
 Adjunct Lecturer
- Public Health Nutrition - *Fully in charge*
  - Marketing - *Fully in charge*

#### 3.2.Postgraduate Teaching

- 2021-2022 **MSc in Nutrition, Well-being and Public Health, Aegean University, Limnos, Greece**  
 Adjunct Lecturer

- Lecturing for the module “Nutritional Epidemiology”
- Lecturing for the module “Nutrition and Prevention of Chronic diseases”

2017-2022 **MSc in Applied Dietetics - Nutrition**, Harokopio University of Athens, Greece

Adjunct Lecturer

- Lecturing for the module “Nutrigenetics”
- Lecturing for the module “Diet, Lifestyle and Genetic predisposition”

### 3.3. Co-supervision of Master’s Theses

3.3.1. Completed

3.3.2. In Progress

**Co-supervision of MSc thesis:** “Assessment of knowledge on the field of Nutrigenetics among Greek Dietitians-Nutritionists”, Department of Medicine, Aristotle University of Thessaloniki, MSc Student name: Theodora Alexandrou

3.4.Funding

3.4.1. Competitive International

3.4.2. Competitive National

3.4.3. Other

3.5.Participation in International Scientific and Administrative Committees

3.6.Membership in International Professional Organizations

Member of ESHRE (European Society of Human Reproduction)

## 4. PUBLICATIONS

4.1.Books

*PhD Thesis*

«[Non-alcoholic fatty liver disease: Role of genetic and environmental factors](#)» Ioanna-Panagiota Kalafati | Harokopio University of Athens

4.2.Book Chapters

Chapter: “Non-alcoholic fatty liver disease” in the book “Human Molecular Genetics”, Pub: UTOPIA

4.3.Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases

Amanatidou A., ..., Kalafati IP et al. Association of Dietary Patterns with MRI Markers of Hepatic Inflammation and Fibrosis in the MAST4HEALTH Study  
**Int J Environ Res Public Health 2022 Jan 16;19(2):971. doi: 10.3390/ijerph19020971**

Kafyra M.<sup>+</sup>, Kalafati IP<sup>+</sup> et al. The iMPROVE Study; Design, Dietary Patterns, and Development of a Lifestyle Index in Overweight and Obese Greek Adults. <sup>+</sup>Equal contribution  
**Nutrients 2021 Oct 3;13(10):3495. doi: 10.3390/nu13103495.**

Kafyra M., Kalafati IP et al. Dietary patterns, blood pressure and the glycemic and lipidemic profile of two teenage, European populations.  
**Nutrients 2021 Jan;13(1):E198. doi: 10.3390/nu13010198.**

Kaliora AC, Gioxari A, Kalafati IP et al. The effectiveness of Mediterranean Diet in nonalcoholic fatty Liver disease clinical course: An Intervention Study.  
**J Med Food. 2019 Jul;22(7):729-740. doi: 10.1089/jmf.2018.0020**

Kalafati IP et al. Fish intake interacts with TM6SF2 gene variant to affect NAFLD risk: results of a case-control study.  
**European Journal of Nutrition 2019 Jun;58(4):1463-1473. doi: 10.1007/s00394-018-1675-4**

Kalafati IP et al. Dietary patterns and non-alcoholic fatty liver disease in a Greek case-control study.  
**Nutrition 2019 May;61:105-110. doi: 10.1016/j.nut.2018.10.032**

Asprouli E, Kalafati IP et al. Evaluation of Plasma Trace Elements in Different Stages of Nonalcoholic Fatty Liver Disease.  
**Biological Trace Element Research 2019 Apr;188(2):326-333. doi: 10.1007/s12011-018-1432-9**

Karlsson Linner R, ... , Kalafati IP et al. Genome-wide association analyses of risk tolerance and risky behaviors in over 1 million individuals identify hundreds of loci and shared genetic influences.  
**Nature Genetics 2019 Feb; 51(2): 245-257. doi: 10.1038/s41588-018-0309-3**

Merino J ,..., Kalafati IP et al . Genome-wide meta-analysis of macronutrient intake of 91,114 European ancestry participants from the cohorts for heart and aging research in genomic epidemiology consortium.  
**Molecular Psychiatry 2019 Dec;24(12):1920-1932. doi: 10.1038/s41380-018-0079-4**

Kaliora AC, Kalafati IP et al. A modified response of NAFLD patients with non-significant fibrosis in nutritional counseling according to GCKR rs1260326.  
**European Journal of Nutrition, 2018 Sep;57(6):2227-2235. doi: 10.1007/s00394-017-1499-7**

Lee JJ, ... , Kalafati IP et al. Gene discovery and polygenic prediction from a genome-wide association study of educational attainment in 1.1 million individuals.  
**Nature Genetics 2018 Jul 23;50(8):1112-1121. doi: 10.1038/s41588-018-0147-3**

Vezou C, Kalafati IP & Dedoussis GV. Nutrigenetics of Non-Alcoholic Fatty Liver Disease: What do we know so Far?  
**Journal of Clinical Nutrition & Metabolism 2017 Oct; 1: 2**

Marioni RE,..., Kalafati IP et al. Genetic variants linked to education predict longevity.  
**Proceedings of the National Academy of Sciences of USA 2016 Nov; 113(47):13366-13371**

Barban N,..., Kalafati IP et al . Genome-wide analysis identifies 12 loci influencing human reproductive behavior.  
**Nature Genetics 2016 Oct; 48: 1462-1472. doi: 10.1038/ng.3698**

Okbay A,..., Kalafati IP et al . Genome-wide association study identifies 74 loci associated with educational attainment.

**Nature 2016 May 26;533(7604):539-42. doi: 10.1038/nature17671**

Dimitriou M,..., Kalafati IP et al . Exclusive olive oil consumption has a protective effect on coronary artery disease; overview of the THISEAS study.

**Public Health Nutrition 2016 April; 19(6):1081-1087. doi: 10.1017/S1368980015002244**

Fretts AM,..., Kalafati IP et al. Consumption of meat is associated with higher fasting glucose and insulin concentrations regardless of glucose and insulin genetic risk scores: a meta-analysis of 50,345 Caucasians.

**American Journal of Clinical Nutrition 2015 Nov;102(5):1266-78. doi: 10.3945/ajcn.114.101238**

Dashti HS,..., Kalafati IP et al. Gene-Environment Interactions of Circadian-Related Genes for Cardiometabolic Traits.

**Diabetes Care. 2015 Aug;38(8):1456-66. doi: 10.2337/dc14-2709**

Nettleton J.A,..., Kalafati IP et al . Gene × dietary pattern interactions in obesity: Analysis of up to 68 317 adults of European ancestry.

**Human Molecular Genetics 2015 Aug; 24(16):4728-38. doi: 10.1093/hmg/ddv186**

Shungin D,..., Kalafati IP et al. New genetic loci link adipose and insulin biology to body fat distribution.

**Nature 2015 Feb;518(7538):187-96. doi: 10.1038/nature14132**

Dashti HS,..., Kalafati IP et al. Habitual sleep duration is associated with BMI and macronutrient intake and may be modified by CLOCK genetic variants.

**American Journal of Clinical Nutrition 2015 Jan;101(1):135-43. doi: 10.3945/ajcn.114.095026**

Kalafati IP, Borsa D and Dedoussis GV. The Genetics of Nonalcoholic Fatty Liver Disease: Role of Diet as a Modifying Factor.

**Current Nutrition Reports 2014 Sep; 3(3):223-232.**

Tanaka T,..., Kalafati IP et al . Genome-Wide Meta-Analysis of Observational Studies Shows Common Genetic Variants Associated with Macronutrient Intake.

**American Journal of Clinical Nutrition 2013; 97:1395–402. doi: 10.3945/ajcn.112.052183**

## 5. REFEREED INTERNATIONAL CONFERENCE PRESENTATIONS

Amanatidou AI, Kalafati IP et al. Physical activity alters the genetic predisposition of non-alcoholic fatty liver disease (NAFLD) in a Greek case-control study. **The10th Santorini Conference -The Odyssey from hope to Practice: Patient first, 2022 (poster presentation)**

Kalafati IP et al. Gene-diet interactions in NAFLD highlight the need for personalised nutrition. **International Conference on Fatty Liver (ICFL) 2022 (poster presentation)**

Iliana E. Vamvakari K, Kalafati IP, et al. Assessment of nutritional status using objective and subjective methods in Greek cancer patients. **1st International Conference of Nutritional Sciences and Dietetics (ICONSD) 2022 (poster presentation)**

Amanatidou AI, Kafyra M, Kalafati IP et al. Association of a lifestyle risk score with genetic polymorphisms in a Greek case-control study for NAFLD. **International Society of Nutrigenetics-Nutrigenomics (ISNN) 2021 (poster presentation)**

Kalafati IP et al. Lower adherence to Mediterranean diet eliminates a hypolipidemic effect of FTO rs9939609 polymorphism in overweight/obese adults. **19th European Congress of Internal Medicine 2021, (oral presentation)**

Kalafati IP et al. Dietary patterns and NAFLD in a Greek case-control study. **54th EASD Annual Meeting, Berlin, Germany (poster presentation)**

Kalafati IP et al. Beneficial effect of fresh fruit juice and PUFAs-rich foods intake on genetically susceptible individuals as determined by 11 NAFLD-associated loci. **1st International Congress for Fatty Liver 2017, Seville, Spain (poster presentation)**

Kalafati IP et al. Frequency of NAFLD-associated genetic polymorphisms in a Greek case-control study for NAFLD. **15th Hellenic Congress of Hepatology, Larissa, Greece (poster presentation)**

Kalafati IP et al. Effect of PUFAs-rich foods intake on genetically predisposed individuals: the Hellenic NAFLD study. **9th International Congress of Internal Medicine 2015, Athens, Greece (oral presentation)**

Kalafati IP et al. Effect of PNPLA3 - fish intake interaction in NAFLD. **14th Hellenic Congress of Hepatology Kos 2015, Greece (oral presentation)**

Dimitriou M,..., Kalafati IP, Kolovou G, Dedoussis GV. Effect of exclusive olive oil consumption on CAD odds: results of the THISEAS study. **83th Congress of the European Atherosclerosis Society, Glasgow, UK (poster presentation)**

Kalafati IP et al. Effect of food groups intake on NAFLD odds in a Greek sample. **European Congress of Obesity 2014, Sofia, Bulgaria (poster presentation)**

Kalafati IP et al. Negative association of adiponectin levels with CVD odds: results of the THISEAS study. **34th EEBE Scientific Congress 2013, Trikala, Greece (oral presentation)**

## 6. INVITED PRESENTATIONS

9th Congress of ELIGAST, Athens, Mar 2014 - Presenter - "Diet and Irritable Bowel Disease"

## 7. MISCELLANEOUS

### CONTINUOUS PROFESSIONAL DEVELOPMENT

#### • **Article reviewer for:**

British Journal of Nutrition (IF 2018=3.319), Nutrition Journal (2-yr IF=3.592), Gastroenterology Research and Practice (IF 2019=1.890), Nutrition Research (IF 2019= 2.767), Nutrition, Metabolism & Cardiovascular Diseases (IF 2019= 1.111), iScience (IF 2020=5.08), Nutrients (IF 2019= 4.546)

#### • **Volos Summer School on Human Genetics, 2017**

Πρόκειται για έναν κύκλο μαθημάτων και εργαστηρίων σχετικό με τη γενετική των σύνθετων νοσημάτων του ανθρώπου, με έμφαση στην υπολογιστική και στατιστική ανάλυση μελετών σάρωσης γονιδιώματος.

#### **ICH Good Clinical Practice E6 (R2)**

It is an e-learning course που στόχο έχει να εμφυσήσει στον κλινικό ερευνητή τις βασικές αρχές της ορθής κλινικής πράξης καθώς και το πώς αυτές μπορούν να εφαρμοστούν πρακτικά σε ερευνητικό επίπεδο.

### FOREIGN LANGUAGES SKILLS

**English:** fluent, Certificate of Proficiency of Michigan University & IELTS (Band Score:8)

**French:** fluent, Certificate of Sorbonne II

**Spanish:** basic

### IT/ PROGRAMMING SKILLS

• ECDL certificate

• R programming language

• SPSS software

• Software for statistical genetics: PLINK, SNPTEST, SAIGE