

## Odysseas Androutsos

Item	Number
Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases	180
Refereed Conference Presentations	154
Invited Presentations	57
Books (editing)	4
Google Scholar/Scopus Citation Index (including self-citations)	9610/6135
Google Scholar/Scopus h-index	50/39
Involved in Successful Grant Applications	6

### 1. EDUCATION

**Harokopio University Athens, Greece**  
 Department of Nutrition-Dietetics  
 Postdoctoral Research Associate

02/2015-12/2019

**National and Kapodistrian University of Athens, Greece**  
 Faculty of Medicine, Department of Mother and Child Care  
 1<sup>st</sup> Paediatric Clinic-"Aghia Sophia" Children's Hospital

2009-2014

Doctor of Philosophy (PhD) in Medicine

Dissertation title: "Effect of intrauterine and postnatal factors on the development of cardiovascular risk factors in later life and the role of early intervention in childhood"

**University of Glasgow, Scotland, Great Britain**  
 Faculty of Medicine  
 MSc (M.Med.Sci) in Human Nutrition

2005-2006

**Higher Technological Education Institute of Crete, Greece**  
 Department of Nutrition and Dietetics  
 BSc in Human Nutrition and Dietetics

2001-2005

## 2. EMPLOYMENT HISTORY

### Academic positions

- **2016-2018:** Department of Nutrition & Dietetics, Harokopio University, Athens, Greece. Lecturer under contract (Students' Placements).
- **2018-2019:** Department of Nutrition and Dietetics, Technological Institute of Thessaly (Lecturer under contract) (Clinical Nutrition 1, Clinical Nutrition 2, Nutrition in Life Cycle).
- **2019 (August) – 2024 (July):** Univ. of Thessaly, Department of Nutrition and Dietetics (Associate Professor of Nutrition and Clinical Dietetics).
- **2024 (July) – today:** Univ. of Thessaly, Department of Nutrition and Dietetics (Professor of Nutrition and Clinical Dietetics).

### Professional/clinical experience

- **2008 – 2015:** Freelance dietitian-nutritionist.
- **2024 (November) – today:** Pediatric dietitian-nutritionist, Childhood Obesity Clinic, Pediatric Unit, University of Thessaly.

### Research experience

#### Principal Investigator (PI)

- **2026:** «Intervention to improve school menu and to promote healthy nutrition in students of the American College of Greece and their families» (funded by the American College of Greece).
- **2026:** «Acceptability and adherence to different dosing regimens of the multistrain probiotic Vivomixx Neo® 460 in adults undergoing antibiotic therapy: a randomized, open-label clinical trial» (funded by Mendes S.A., Switzerland).
- **2025 – 2026:** «Coordination of a National Network of Associated organizations of the General Secretariat of Public Health to promote healthy eating and physical activity at community level – Addressing Child Obesity» (funded by the Ministry of Health, Greece).
- **2025:** «Nutrition education for students and their families in the American College of Greece » (funded by the American College of Greece).

- **2025:** «Acceptability of the supplement probiotic Smile Probio 45B in healthy adults: an open-labelled pilot intervention» (funded by NATPROD IKE, Greece).
- **2019 – 2023:** «Smart living homes – whole interventions demonstrator for people at health and social risks - Use Case 1 » (GATEKEEPER) (funded by the European Commission, HORIZON 2020).

#### Member of Research teams

- **2008 - today:** Project manager/ Research Associate/ Research Assistant in the following projects:
  - «Addressing Child Obesity: Strengthening primary, secondary and tertiary prevention» (Ministry of Health, Greece).
  - «Understanding the determinants of childhood obesity in vulnerable groups» (UNICEF).
  - Meliora «Multimodal engagement and sustainable lifestyle interventions optimizing breast cancer risk reduction supported by artificial intelligence» (HORIZON).
  - «Science Engagement to Empower Disadvantaged Adolescents» (SEEDS) (HORIZON 2020).
  - «An intersectoral innovative solution involving DIGital tools, empowering families and integrating community CARE services for the prevention and management of type 2 diabetes and hypertension: Digicare4U» (HORIZON 2020).
  - “ToyBox (Multifactorial evidence based approach using behavioral models in understanding and promoting fun, healthy food, play and policy for the prevention of obesity in early childhood” (FP7).
  - “Feel4Diabetes” (Developing and implementing a community-based intervention to create a more supportive social and physical environment for lifestyle changes to prevent diabetes in vulnerable families across Europe) (HORIZON2020).
  - “ENERGY-EuropeaN Energy balance Research to prevent excessive weight Gain among Youth: Theory and evidence-based development and validation of an intervention scheme to promote healthy nutrition and physical activity” (FP7).
  - “Postmenopausal Health Study II” (The effect of vitamin K supplementation on bone mineral density of the spine and hip, and on markers of osteoblast and osteoclast activity) (Friesland Campina SA).
  - «A randomized, controlled, double-blind parallel group trial to study the effects of an infant formula containing partially hydrolysed proteins on growth and tolerance in healthy term infants (HerA-study)» (Friesland Campina SA).
  - “Full4Health”(Understanding food-gut-brain mechanisms across the lifespan in the regulation of hunger and satiety for health)” (FP7).
  - “Food4Me” (Personalized nutrition: An integrated analysis of opportunities and challenges)” (FP7).

- “ODIN” (Food-based solutions for optimal vitamin D nutrition and health through the life cycle) (FP7).
- «Development of new section in the Museum of Mushrooms: pharmaceutical and nutritional value of mushrooms (Museum of Mushrooms).
- «Obesity and obesity-related disorders: etiology-consequences-solutions» (Dianeosis).

### 3. ACADEMIC AND SCIENTEFIC EXPERIENCE

#### 3.1 Undergraduate Teaching

- Universities/Departments:
  1. Department of Nutrition and Dietetics, University of Thessaly (2019-present).
  2. Department of Nutrition and Dietetics, Technological Institute of Thessaly (2018-2019).
  3. Department of Nutrition & Dietetics, Harokopio University, Athens, Greece (2015-2018).
- Courses:
  1. Clinical nutrition 1
  2. Clinical nutrition 2
  3. Clinical nutrition and dietetics 1
  4. Clinical nutrition and dietetics 2
  5. Pediatric nutrition
  6. Dietetic treatment of diseases in childhood
  7. Diet planning for medical conditions
  8. Nutritional assessment
  9. Nutrition education
  10. Diet planning in the life course
  11. Nutrition and prevention for non-communicable diseases
  12. Psychology and psychopathology of nutrition

#### 3.2 Postgraduate Teaching

- Universities/Departments:
  1. Department of Nutrition & Dietetics, Harokopio University, Athens, Greece (2015-present).
  2. University of Athens, Greece (2016-present)
    - Health promotion and health education”, Medical School and Department of Psychology
    - Diabetes and Obesity
    - Hypertension and cardiometabolic and renal diseases
  3. University of Thessaly
    - Medical School (2020-present).

- Department of Physical Education & Sports Science (2022-present)
- 4. Medical School, Aristotle University of Thessaloniki (2020-present).
- 5. European University Cyprus, Nicosia (2016-2017, 2021-2022)
- Courses:
  1. Nutritional behavior and education
  2. Prevention and treatment of obesity and its comorbidities
  3. New insights on nutrition and nutritional assessment
  4. Nutrition, lifestyle and genetic predisposition
  5. Design, implementation and evaluation of community-based prevention programs
  6. Nutrition and nutritional assessment in the life course
  7. Nutrition and exercise in the prevention of chronic diseases

### 3.3 Supervisions of Master's Theses

3.3.1 Completed: 18

3.3.2 In Progress: 1

### 3.4 Funding

3.4.1 Competitive: 6 (International: 2, National: 4)

3.4.1.1 2019 John M. Kinney Award in Pediatric Nutrition (USD 6,000).

### 3.5 Participation in International Scientific and Administrative Committees

- **2025:** Board member of the Hellenic Association of Dietitians Nutritionists.
- **2024 - 2025:** Board member for the development of recommendations for obesity management (ACTION4OBESITY) (co-author of chapter «Medical Nutrition Therapy for Obesity Management»).
- **2024:** Member of the Regional Board of Research and Innovation of Thessaly.
- **2023-present:** Member/Scientific consultant of the Panhellenic Association for the Support of People with Obesity – Thessaly region
- **2015 – 2019:** Scientific Committee Member (elected), Hellenic Union of Dietitians-Nutritionists
- **2015 – 2019:** Childhood Nutrition Expert Working Group (nominated), Hellenic Union of Dietitians-Nutritionists
- **2017 – present:** ESDN Obesity Committee Member (elected), EFAD
- **Editorial Board Member in in peer-reviewed scientific journals:**
  - **2017 – 2022:** International Journal of Clinical Nutrition & Dietetics
  - **2017 – 2022:** Nutrition & Dietetics Case Reports
  - **2019- 2024:** Behavioral Medicine
  - **2019- 2021:** BMC Endocrine Disorders
  - **2020:** Guest Editor in the special issue “Feel4Diabetes”, BMC Endocrine Disorders
  - **2020:** Guest Editor in the special issue “Childhood Obesity: Nutrition and Lifestyle Determinants, Prevention and Management”, Nutrients

- **2020:** Guest Editor in the special issue “Nutrition and Endocrine Disorders”, *Nutrients*
- **2020:** Guest Editor in the special issue “Body Composition in Children”, *CHILDREN*
- **2021 – 2022:** Co-editor in the special issue “Physical activity, sedentary behavior, sleep and nutrition in patients with type 2 diabetes mellitus” *Frontiers in Clinical Diabetes and Healthcare*
- **2022-2023:** *CHILDREN*
- **2022-2023:** Guest Editor in the special issue “Research on nutrition and childhood and adolescent obesity” *CHILDREN*
- **2023:** Topic Editor in the special issue “2022 in Review: Diabetes Clinical Epidemiology” *Frontiers in Clinical Diabetes and Healthcare*
- **2023-2024:** Guest Editor in the special issue “Cancer and Nutrition: from epidemiology to medical nutrition therapy”, *Nutrients*
- **2023-2024:** Guest Editor in the special issue “Obesity in childhood and adolescence: etiology, prevention and treatment”, *Nutrients*
- **2024 – present:** Guest Editor in the special issue “Nutrition in Patient Care”, *Healthcare*
- **2024 – present:** Guest Editor in the special issue “The role of dietary polyphenols in the prevention of Noncommunicable chronic diseases”, *Frontiers in Nutrition*

### 3.6 Membership in International Professional Organizations

- **2018-2020:** National Representative (elected) of the Hellenic Union of Dietitians-Nutritionists at the European Federation of the Associations of Dietitians (EFAD)
- **2009 - 2017:** Nutrition Society (UK)
- **2009 - present:** Hellenic Union of Dietitians-Nutritionists (Greece)
- **2011 - present:** European Federation of the Associations of Dietitians (EFAD)

## 4. PUBLICATIONS

### 4.1 Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases

- 1) Moschonis G, Tanagra S, Koutsikas K, Nikolaidou A, **Androutsos O**, Manios Y. (2009) Association between serum 25-Hydroxyvitamin D levels and body composition in postmenopausal women: The Postmenopausal Health Study. *Menopause* 16(4):701-717 (Erratum in: *Menopause*. 2010; 17 (5): 1091).
- 2) Moschonis G, Tanagra S, Vandorou A, Kyriakou AE, Dede V, Siatitsa PE, Koumpitski A, **Androutsos O**, Grammatikaki E, Kantilafti M, Naoumi A, Farmaki AE, Siopi A, Papadopoulou EZ, Voutsadaki E, Chlouveraki F, Maragkopoulou K,

- Argyri E, Giannopoulou A, Manios Y. (2010) Social, economic and demographic correlates of overweight and obesity in primary-school children: preliminary data from the Healthy Growth Study. *Public Health Nutr.* 13(10A):1693-1700.
- 3) Manios Y, Kourlaba G, Grammatikaki E, **Androutsos O**, Moschonis G, Roma-Giannikou E. (2010) Development of a diet-lifestyle quality index for young children and its relation to obesity: The Preschoolers Diet-Lifestyle Index. *Public Health Nutr.* 13 (12): 2000-2009.
  - 4) Manios Y, Kourlaba G, Grammatikaki E, **Androutsos O**, Ioannou E, Roma-Giannikou E. (2010) Comparison of two methods for identifying dietary patterns associated with obesity in preschool children: the GENESIS study. *Eur J Clin Nutr.* 12:1407-14.
  - 5) Yıldırım M, Verloigne M, de Bourdeaudhuij I, **Androutsos O**, Manios Y, Fels R, Kovács E, Doessegger A, Bringolf-Isler B, te Velde SJ, Brug J, Chinapaw MJM. (2011) Study protocol of physical activity and sedentary behaviour measurement among schoolchildren by accelerometry - Cross-sectional survey as part of the ENERGY-project. *BMC Public Health.* 25;11:182.
  - 6) Manios Y, Grammatikaki E, **Androutsos O**, Chinapaw MJM, Gibson EL, Buijs G, Iotova V, Socha P, Annemans L, Wildgruber A, Mouratidou T, Yngve A, Duvinage K, De Bourdeaudhuij I, on behalf of the ToyBox-study group. (2012) A systematic approach for the development of a kindergarten-based intervention for the prevention of obesity in preschool age children: The ToyBox-study. *Obesity Reviews* 13 Suppl 1: 3-12.
  - 7) Verloigne M, Van Lippevelde W, Maes L, Yıldırım M, Chinapaw M, Manios Y, **Androutsos O**, Kovács E, Bringolf-Isler B, Brug J, De Bourdeaudhuij I. (2012) Levels of physical activity and sedentary time among 10- to 12-year-old boys and girls across 5 European countries using accelerometers: an observational study within the ENERGY-project. *Int J Behav Nutr Phys Act.* 31;9:34.
  - 8) Manios Y, Kanellakis S, **Androutsos O**, Maragkopoulou K, Giannopoulou A, Argyri E, Moschonis G. (2012) Development and validation of a simple model based on anthropometry: estimating fat mass for white postmenopausal women. *Menopause.* 19(4):467-470.
  - 9) **Androutsos O**, Grammatikaki E, Moschonis G, Roma E, Chrousos G, Manios Y, Kanaka-Gantenbein C. (2012) Neck Circumference: A useful screening tool of cardiovascular risk in children. *Pediatr Obes.* 7(3):187-195.
  - 10) Jiménez-Pavón D, Fernández-Alvira JM, te Velde S, Brug J, Bere E, Jan N, Kovacs E, **Androutsos O**, Manios Y, De Bourdeaudhuij I, Moreno LA. (2012) Associations of parental education and parental physical activity (PA) with children's PA: The ENERGY cross sectional study. *Prev Med.* 55(4):310-314.

- 11) Verloigne M, Lippevelde WV, Maes L, Yildirim M, Chinapaw M, Manios Y, **Androutsos O**, Kovács E, Bringolf-Isler B, Brug J, De Bourdeaudhuij I. (2013) Self-reported TV and computer time do not represent accelerometer-derived total sedentary time in 10 to 12-year-olds. *Eur J Public Health*. 23(1):30-32.
- 12) Soriano-Maldonado A, Cuenca-García M, Moreno LA, González-Gross M, Leclercq C, **Androutsos O**, Guerra-Hernández EJ, Castillo MJ, Ruiz JR. (2013) Egg intake and cardiovascular risk egg intake and cardiovascular risk activity; the HELENA study. *Nutr Hosp*. 28(3):868-877.
- 13) Vik FN, Bjørnaraå HB, Overby NC, Lien N, **Androutsos O**, Maes L, Jan N, Kovacs E, Moreno LA, Dössegger A, Manios Y, Brug J, Bere E. (2013) Associations between eating meals, watching TV while eating meals and weight status among children, ages 10--12 years in eight European countries: the ENERGY cross-sectional study. *Int J Behav Nutr Phys Act*. 15;10:58.
- 14) De Decker E, De Craemer M, De Bourdeaudhuij I, Wijndaele K, Duvinage K, **Androutsos O**, Iotova V, Lateva M, Alvira JM, Zych K, Manios Y, Cardon G. (2013) Influencing factors of sedentary behavior in European preschool settings: an exploration through focus groups with teachers. *J Sch Health*. 83(9):654-661.
- 15) Guibas GV, Moschonis G, Xepapadaki P, Roumpedaki E, **Androutsos O**, Manios Y, Papadopoulou NG. (2013) Conception via in vitro fertilization and delivery by Caesarean section are associated with paediatric asthma incidence. *Clin Exp Allergy*. 43(9):1058-1066.
- 16) De Bourdeaudhuij I, Verloigne M, Maes L, Van Lippevelde W, Chinapaw M, te Velde S, Manios Y, **Androutsos O**, Kovacs E, Dössegger A, Brug, J. (2013) Associations of physical activity and sedentary time with weight and weight status among school-aged girls and boys across five countries in Europe: a cluster analysis within the ENERGY-project. *Pediatr Obes*.8(5):367-375.
- 17) Manios Y, **Androutsos O**, Moschonis G, Birbilis M, Maragkopoulou K, Giannopoulou A, Argyri E, Kourlaba G. (2013) Criterion validity of the Physical Activity Questionnaire for Schoolchildren (PAQ-S) in assessing physical activity levels: the Healthy Growth Study. *J Sports Med Phys Fitness*. 53(5):502-508.
- 18) Jiménez-Pavón D, Sesé MA, Huybrechts I, Cuenca-García M, Palacios G, Ruiz JR, Breidenassel C, Leclercq C, Beghin L, Plada M, Manios Y, **Androutsos O**, Dallongeville J, Kafatos A, Widhalm K, Molnar D, Moreno LA. (2013) Dietary and lifestyle quality indices with/without physical activity and markers of insulin resistance in European adolescents: the HELENA study. *Br J Nutr*. 110(10):1919-1925.

- 19) **Androutsos O**, Moschonis G, Koumpitski A, Mantzou A, Roma-Giannikou E, Chrousos GP, Manios Y, Kanaka-Gantenbein C, on behalf of the “Healthy Growth Study” Group. (2014) The correlation of right 2D:4D finger length ratio to the low-grade inflammation marker IL-6 in children. *The Healthy Growth Study. Early Hum Dev.* 90(1):61-65.
- 20) Guibas GV, Moschonis G, Xepapadaki P, Roumpedaki E, **Androutsos O**, Manios Y, Papadopoulos NG. (2014) PD44 - In vitro fertilisation is positively associated with prevalence of asthma in childhood. *Clin Transl Allergy* [Epub ahead of print]
- 21) Van Stralen MM, Yildirim M, Wulp A, Te Velde SJ, Verloigne M, Doessegger A, **Androutsos O**, Kovács E, Brug J, Chinapaw MJ. (2014) Measured sedentary time and physical activity during the school day of European 10- to 12-year-old children: The ENERGY project. *J Sci Med Sport.* 17(4):450.
- 22) **Androutsos O**, Moschonis G, Mavrogianni C, Roma-Giannikou E, Chrousos GP, Kanaka-Gantenbein C, Manios Y. (2014) Identification of lifestyle patterns, including sleep deprivation, associated with insulin resistance in children: the Healthy Growth Study. *Eur J Clin Nutr.* 68(3):344-349.
- 23) Manios Y, Moschonis G, **Androutsos O**, Filippou C, Van Lippevelde W, Vik FN, Te Velde SJ, Jan N, Dössegger A, Bere E, Molnar D, Moreno LA, Chinapaw MJ, De Bourdeaudhuij I, Brug J. (2015) Family sociodemographic characteristics as correlates of children's breakfast habits and weight status in eight European countries. The ENERGY (European Energy balance Research to prevent excessive weight Gain among Youth) project. *Public Health Nutr.* 18(5):774-783.
- 24) Meulenijzer E, Vyncke K, Labayen I, Meirhaeghe A, Béghin L, Breidenassel C, España-Romero V, Manios U, Ferrari M, Moreno LA, Gottrand F, De Henauw S, González-Gross M, Kafatos A, Widhalm K, Molnár D, Sjöstrom M, Marcos A, **Androutsos O**, Wärnberg J, Gilbert CC, Huybrechts I. (2015) Associations of early life and sociodemographic factors with menarcheal age in European adolescents. *Eur J Pediatr.* 174(2):271-278.
- 25) Manios Y, **Androutsos O**, Katsarou C, Iotova V, Socha P, Geyer C, Moreno L, Koletzko B, De Bourdeaudhuij I; ToyBox-study group. (2014) Designing and implementing a kindergarten-based, family-involved intervention to prevent obesity in early childhood: the ToyBox-study. *Obes Rev.* 15 Suppl 3:5-13.
- 26) Duvinage K, Ibrügger S, Kreichauf S, Wildgruber A, De Craemer M, De Decker E, **Androutsos O**, Lateva M, Iotova V, Socha P, Zych K, Mouratidou T, Mesana Graffe MI, Manios Y, Koletzko B; ToyBox-study group. (2014) Developing the intervention material to increase physical activity levels of European preschool children: the ToyBox-study. *Obes Rev.* 15 Suppl 3:27-39.

- 27) Payr A, Birnbaum J, Wildgruber A, Kreichauf S, **Androutsos O**, Lateva M, De Decker E, De Craemer M, Iotova V, Manios Y, Koletzko B; ToyBox-study group. (2014) Concepts and strategies on how to train and motivate teachers to implement a kindergarten-based, family-involved intervention to prevent obesity in early childhood. The ToyBox-study. *Obes Rev.* 15 Suppl 3:40-47.
- 28) **Androutsos O**, Katsarou C, Payr A, Birnbaum J, Geyer C, Wildgruber A, Kreichauf S, Lateva M, De Decker E, De Craemer M, Socha P, Moreno L, Iotova V, Koletzko BV, Manios Y; ToyBox-study group. (2014) Designing and implementing teachers' training sessions in a kindergarten-based, family-involved intervention to prevent obesity in early childhood. The ToyBox-study. *Obes Rev.* 15 Suppl 3:48-52.
- 29) Mouratidou T, Miguel ML, **Androutsos O**, Manios Y, De Bourdeaudhuij I, Cardon G, Kulaga Z, Socha P, Galcheva S, Iotova V, Payr A, Koletzko B, Moreno LA; ToyBox-study group. (2014) Tools, harmonization and standardization procedures of the impact and outcome evaluation indices obtained during a kindergarten-based, family-involved intervention to prevent obesity in early childhood: the ToyBox-study. *Obes Rev.* 15 Suppl 3:53-60.
- 30) González-Gil EM, Mouratidou T, Cardon G, **Androutsos O**, De Bourdeaudhuij I, Gózdź M, Usheva N, Birnbaum J, Manios Y, Moreno LA; ToyBox-study group. (2014) Reliability of primary caregivers reports on lifestyle behaviours of European pre-school children: the ToyBox-study. *Obes Rev.* 15 Suppl 3:61-66.
- 31) De Miguel-Etayo P, Mesana MI, Cardon G, De Bourdeaudhuij I, Gózdź M, Socha P, Lateva M, Iotova V, Koletzko BV, Duvinage K, **Androutsos O**, Manios Y, Moreno LA; ToyBox-study group. (2014) Reliability of anthropometric measurements in European preschool children: the ToyBox-study. *Obes Rev.* 15 Suppl 3:67-73.
- 32) **Androutsos O**, Apostolidou E, Iotova V, Socha P, Birnbaum J, Moreno L, De Bourdeaudhuij I, Koletzko B, Manios Y; ToyBox-study group. (2014) Process evaluation design and tools used in a kindergarten-based, family-involved intervention to prevent obesity in early childhood. The ToyBox-study. *Obes Rev.* 15 Suppl 3:74-80.
- 33) Pil L, Putman K, Cardon G, De Bourdeaudhuij I, Manios Y, **Androutsos O**, Lateva M, Iotova V, Zych K, Gózdź M, González-Gil EM, De Miguel-Etayo P, Geyer C, Birnbaum J, Annemans L; ToyBox-study group. (2014) Establishing a method to estimate the cost-effectiveness of a kindergarten-based, family-involved intervention to prevent obesity in early childhood. The ToyBox-study. *Obes Rev.* 15 Suppl 3:81-89.

- 34) **Androutsos O**, Gerasimidis K, Karanikolou A, Reilly JJ, Edwards CA. (2015) Impact of eating and drinking on body composition measurements by bioelectrical impedance. *J Hum Nutr Diet.* 28(3):165-171.
- 35) Ferrari M, Cuenca-García M, Valtueña J, Moreno LA, Censi L, González-Gross M, **Androutsos O**, Gilbert CC, Huybrechts I, Dallongeville J, Sjöström M, Molnar D, De Henauw S, Gómez-Martínez S, de Moraes AC, Kafatos A, Widhalm K, Leclercq C. (2015) Inflammation profile in overweight/obese adolescents in Europe: an analysis in relation to iron status. *Eur J Clin Nutr.* 69(2):247-255.
- 36) Pérez de Heredia F, Garaulet M, Gómez-Martínez S, Díaz LE, Wärnberg J, **Androutsos O**, Michels N, Breidenassel C, Cuenca-García M, Huybrechts I, Gottrand F, Ferrari M, Santaliestra-Pasías AM, Kafatos A, Molnár D, Sjöström M, Widhalm K, Moreno LA, Marcos A; HELENA Study Group. (2014) Self-reported sleep duration, white blood cell counts and cytokine profiles in European adolescents: the HELENA study. *Sleep Med.* 15(10):1251-1258.
- 37) Labayen I, Ruiz JR, Ortega FB, Huybrechts I, Rodríguez G, Jiménez-Pavón D, Roccaldò R, Nova E, Widhalm K, Kafatos A, Molnar D, **Androutsos O**, Moreno LA. (2014) High fat diets are associated with higher abdominal adiposity regardless of physical activity in adolescents; the HELENA study. *Clin Nutr.* 33(5):859-866.
- 38) de Moraes AC, Gracia-Marco L, Iglesia I, González-Gross M, Breidenassel C, Ferrari M, Molnar D, Gómez-Martínez S, **Androutsos O**, Kafatos A, Cuenca-García M, Sjöström M, Gottrand F, Widhalm K, Carvalho HB, Moreno LA. (2014) Vitamins and iron blood biomarkers are associated with blood pressure levels in European adolescents. The HELENA study. *Nutrition.* 30(11-12):1294-1300.
- 39) Lien N, van Stralen MM, **Androutsos O**, Bere E, Fernández-Alvira JM, Jan N, Kovacs E, van Lippevelde W, Manios Y, Te Velde SJ, Brug J. (2014) The school nutrition environment and its association with soft drink intakes in seven countries across Europe - the ENERGY project. *Health Place.* 30:28-35.
- 40) Altenburg TM, de Niet M, Verloigne M, De Bourdeaudhuij I, **Androutsos O**, Manios Y, Kovacs E, Bringolf-Isler B, Brug J, Chin A Paw M. (2015) Occurrence and duration of various operational definitions of sedentary bouts and cross-sectional associations with cardiometabolic health indicators: The ENERGY-project. *Prev Med.* 71:101-106
- 41) Manios Y, Moschonis G, Karatzi K, **Androutsos O**, Chinapaw M, Moreno LA, Bere E, Molnar D, Jan N, Dössegger A, De Bourdeaudhuij I, Singh A, Brug J. (2015) Large proportions of overweight and obese children, as well as their parents, underestimate children's weight status across Europe. The ENERGY (European Energy balance Research to prevent excessive weight Gain among Youth) project. *Public Health Nutr.* 18(12):2183-2190.

- 42) Pérez-de-Heredia F, Gómez-Martínez S, Díaz LE, Veses AM, Nova E, Wärnberg J, Huybrechts I, Vyncke K, **Androutsos O**, Ferrari M, Palacios G, Wastlund A, Kovács É, Gottrand F, González-Gross M, Castillo MJ, Sjöstrom M, Manios Y, Kafatos A, Molnár D, Widhalm K, Moreno LA, Marcos A; HELENA Study Group. (2015) Influence of sex, age, pubertal maturation and body mass index on circulating white blood cell counts in healthy European adolescents-the HELENA study. *Eur J Pediatr.* 174(8):999-1014.
- 43) De Craemer M, Lateva M, Iotova V, De Decker E, Verloigne M, De Bourdeaudhuij I, **Androutsos O**, Socha P, Kulaga Z, Moreno L, Koletzko B, Manios Y, Cardon G; ToyBox-study group. (2015) Differences in energy balance-related behaviours in European preschool children: the ToyBox-study. *PLoS One.* 18; 10(3): e0118303.
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## 5. REFEREED INTERNATIONAL CONFERENCE PRESENTATIONS

### A) Oral presentations

- 1) **Androutsos O**, Grammatikaki E, Moschonis G, Kurlaba G, Koumpitski A, Kyriakou AE, Vandorou A, Manios Y, Kanaka-Gantenbein C, Chrousos GP. (2011) The association between neck circumference and markers of insulin resistance in schoolchildren: The Healthy Growth Study. CIOI2011 (International Conference on Childhood Obesity), Lisbon, Portugal.
- 2) Perez De Heredia F, Gomez-Martinez S, Diaz LE, Veses AM, **Androutsos O**, Dallongeville J, De Henauw S, Censi L, Moreno LA, Palacios G, Marcons A, on behalf of the HELENA Study group. (2012) Lymphocyte subsets, anthropometric measurements and body composition in European adolescents. The HELENA Study. 6<sup>th</sup> International Immunonutrition Workshop.
- 3) Perez De Heredia F, Diaz LE, Gomez-Martinez S, **Androutsos O**, Dallongeville J, De Henauw S, Ferrari M, Moreno LA, Palacios G, Marcos A, on behalf of the HELENA Study group. (2012) White blood cell count is associated with features of the metabolic syndrome in European adolescents. The HELENA Study. 6<sup>th</sup> International Immunonutrition Workshop.
- 4) Schraffl M, Sesé MA, Jiménez-Pavón D, Gilbert CC, González-Gross M, Gottrand F, de Henauw S, Breidenassel C, Wärnberg J, Molnar D, **Androutsos O**, Cuenca-García M, Kafatos A, Moreno LA, Widhalm K, HELENA-Team. (2012) Der Zusammenhang von ungesunder ernährung und insulinresistenz auf metabolische riskfaktoren bei europaischen jugendlichen daten der HELENA-studie. Austrian Diabetic Association.
- 5) Singh A, Te Velde S, Chin A Paw M, **Androutsos O**, Brug J. (2012) Differences in Personal and Social Environmental Correlates of Energy Balance Behaviors among Schoolchildren across Europe. International Congress of Behavioral Medicine.
- 6) Singh A, te Velde S, Chinapaw MJM, De Bourdeaudhuij I, Jan N, Kovacs E, Bere E, **Androutsos O**, Moreno L, Brug J. (2012) Differences in personal and social environmental correlates of sedentary behaviour, physical activity and active transport behaviour among schoolchildren across Europe: the ENERGY-project. 12<sup>th</sup> International Congress of Behavioural Medicine.
- 7) Bel-Serrat S, Mouratidou T, Jiménez-Pavón D, Huybrechts I, Cuenca-García M, Mistura L, Gottrand F, González-Gross M, Dallongeville J, Kafatos A, **Androutsos O**, Stehle P, Kersting M, De Henauw S, Castillo MJ, Hallstrom L, Molnár D, Widhalm K, Marcos A, Moreno LA. (2012) Consumo de leche y productos lácteos y factores de riesgo cardiovascular en adolescentes europeos: Estudio HELENA. XIV Congreso de la Sociedad Española de Nutrición.

- 8) Valtueña J, González-Gross M, Huybrechts I, Breidenassel C, Ferrari M, Mouratidou T, Gottrand F, Dallongeville J, Azzini E, Sioen I, **Androutsos O**, Cuenca-García M, Kersting M, Stehle P, Kafatos A, Gómez-Martínez S, Widhalm K, Moreno LA, on behalf of the HELENA Study group. (2012) Las concentraciones plasmáticas de 25-Hidroxivitamina D en adolescentes europeos se ven altamente afectadas por la estación del año, la latitud, la composición corporal, la condición física, las horas de sueño y la ingesta de suplementos. El estudio HELENA. XVI Congreso de la Sociedad Española de Nutrición.
- 9) Manios Y, **Androutsos O**, Katsarou C, De Bourdeaudhuij I, Koletzko B, Moreno LA, Summerbell C, Iotova V, Socha P, Lobstein T, on behalf of the ToyBox-study group. (2013) Early prevention of childhood obesity: review of the literature and the first results of the ToyBox-study. 20<sup>th</sup> International Congress on Nutrition (ICN).
- 10) De Bourdeaudhuij I, Cardon G, De Craemer M, De Decker E, Moreno LA, Koletzko B, Iotova V, Kulaga Z, Lobstein T, **Androutsos O**, Manios Y, on behalf of the Toy-Box-study group. (2013) Preschool children's physical activity and sedentary behaviours. 20<sup>th</sup> International Congress on Nutrition (ICN).
- 11) Moreno LA, Mouratidou T, De Miguel-Etayo P, De Bourdeaudhuij I, Koletzko B, Lateva M, Socha P, Lobstein T, **Androutsos O**, Manios Y. (2013) Preschool children's food intake and snacking habits and their determinants. 20<sup>th</sup> International Congress on Nutrition (ICN).
- 12) Breidenassel C, Valtueña J, Spinneker A, Nova E, Cuenca-García M, Benser J, De Henauw S, Kersting M, Kafatos A, **Androutsos O**, Nagy P, Moreno LA, Stehle P, Gonzalez-Gross M. (2013) An inadequate fruit and vegetable intake has only a small effect on vitamin status in European adolescents. The HELENA-study. 20<sup>th</sup> International Congress on Nutrition (ICN).
- 13) De Decker E, De Craemer M, De Bourdeaudhuij I, Wijndaele K, Duvina K, **Androutsos O**, Lateva M, Usheva N, Fernandez-Alvira J. (2013) Influencing factors of preschoolers' sedentary behaviour in Europe: a qualitative study with opinions from teachers and parents. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 14) Mouratidou T, Mesana M, Manios Y, **Androutsos O**, Iotova V, Lateva M, Zych K, Birnbaum J. (2013) Kindergarten teachers' perceptions of children's energy balance related behaviours. The ToyBox-study. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).

- 15) Manios Y, **Androutsos O**, Grammatikaki E, on behalf of the ToyBox-study group. (2013) Interventions to prevent obesity in younger children: overview of existing data and the goals of the ToyBox-study. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 16) De Craemer M, Lateva M, Iotova V, De Decker E, Verloigne M, De Bourdeaudhuij I, **Androutsos O**, Socha P, Kulaga Z, Moreno LA, Koletzko B, Manios Y, Cardon G, on behalf of the ToyBox-study group. (2014) Differences in energy-balance related behaviours in European preschool children. The ToyBox-study. 2<sup>nd</sup> European Congress on Physical Activity and Health Among Children.
- 17) Santaliestra-Pasías AM, Castillo M, **Androutsos O**, Grammatikaki E, Gottrand F, Dallongeville J, Kafatos A, Censi L, Sjostrom M, Wildham K, De Henauw S, González-Gross M, Moreno LA. (2015) Identifying the dietary patterns linked with body composition indicators in European adolescents. The HELENA-study. XVII Congreso de la Sociedad Latinoamericana de Nutrición.
- 18) Pinket AS, Van Lippevelde W, De Bourdeaudhuij I, Deforche B, Cardon G, **Androutsos O**, Koletzko B, De Craemer M. (2016) Effect and process evaluation of a kindergarten-based, family involved intervention on water intake and beverage consumption in preschoolers from six European countries: the ToyBox-study. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 19) Schoeppe S, Vandelanotte C, Bere E, Bjelland M, Kovács E, **Androutsos O**, Vik F, Van Lippevelde W (2016) The influence of parental modelling on children's physical activity and screen time: Does it differ by gender? International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 20) Van Stappen V, De Craemer M, Latomme J, De Bourdeaudhuij I, Moreno LA, Socha P, Iotova V, Koletzko B, Manios Y, **Androutsos O**, Cardon G, Van Dyck D. (2017) Daily patterns of European preschoolers' objectively measured step counts: results from the ToyBox-study CIAPSE2.
- 21) Van Stappen V, Latomme J, De Craemer M, De Bourdeaudhuij I, Moreno LA, Iotova V, Lindström J, Rurik I, Manios Y, **Androutsos O**, Cardon G. (2017) Identification of barriers and facilitators related to physical activity and sedentary behaviours – results of focus group interviews with parents from elementary school children within the Feel4Diabetes study. CIAPSE2.
- 22) Latomme J, Cardon G, Lateva M, Chakarova N, Lindstrom J, **Androutsos O**, Gonzalez-Gil EM, De Miguel-Etayo P, Rurik E, Manios Y, De Creamer M, Van Stappen V (2017) Barriers and facilitators for healthy physical activity, sedentary behaviour and dietary habits in young European families at risk for

type 2 diabetes: Focus groups with teachers and local community workers. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).

- 23) Gibson EL, **Androutsos O**, Moreno L, Socha P, Iotova V, Cardon G, de Bourdeauhuij I, Koletzko B, Manios Y; the Toybox-study Group (2018) Influences of parental attitudes to snacking, modelling behaviours and nutritional knowledge on young children's snacking preferences and intakes: the ToyBox-Study (ICCAP2018).
- 24) Charbonnier L, Van Meer F, Johnstone A, Crabtree D, Buosi W, Manios Y, **Androutsos O**, Giannopoulou A, Smeets PAM (2018) Effects of hunger state on the neural correlates of food choice across the lifespan (SSIB).
- 25) Wever MCM, Charbonnier L, Crabtree D, Buosi W, Giannopoulou A, Van Meer F, **Androutsos O**, Johnstone A, Manios Y, Smeets PAM Associations between ghrelin and leptin and neural food-cue reactivity in a fasted and sated state (SSIB).
- 26) Latomme J, Van Stappen V, Huys N, Cardon G, Lateva M, Lindstrom J, Kivela J, González-Gil E, De Miguel-Etayo P, Nanasi A, **Androutsos O**, Kolozsvari LR, Manios Y, De Craemer M, Chakarova N (2018) The father's role in childhood obesity prevention: investigating the association between fathers' health status and the weight status and health behaviours of their young children. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 27) Cardon G, Van Stappen V, Huys N, Iotova V, Chakarova N, Lindstrom J, **Androutsos O**, Moreno LA, Rurik I, Manios Y, De Craemer M (2018) Targeting families at risk for Type 2 Diabetes: effects on objectively measured sedentary behaviours in Belgian elementary school children: The Feel4Diabetes-study. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 28) Huys N, Van Stappen V, Shadid S, De Craemer M, **Androutsos O**, Lindstrom J, De Miguel-Etayo P, Iotova V, Rurik I, Manios Y, Cardon G (2018) Psychosocial correlates of objectively measured physical activity in higher and lower educated Belgian adults at risk for type 2 diabetes. The Feel4Diabetes-study. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 29) Van Stappen V, Huys N, Cardon G, Iotova V, Chakarova N, Lindstrom J, **Androutsos O**, Moreno LA, Rurik I (2018) Effect of a community-based, family-involved intervention on objectively measured physical activity in Belgian primary schoolchildren: The Feel4Diabetes-study. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).

- 30) De Miguel-Etayo P, Summerbell C, **Androutsos O**, Cardon G, Usheva N, Socha P, Manios Y, Moreno LA (2018) Recruitment rate in a kindergarten-based, family-involved intervention to prevent childhood obesity across Europe by socio-economic status: The ToyBox-study. XVII Conference of the SEN and the X Meeting of the ACCA Spanish Nutrition Society (SEN) and the Catalan Association of Food Science (ACCA)
- 31) Huys N, Van Stappen V, Shadid S, De Craemer M, **Androutsos O**, Lindstrom J, De Miguel-Etayo P, Iotova V, Rurik I, Manios Y, Cardon G (2018) Psychosocial correlates of objectively measured physical activity in higher and lower educated Belgian adults at risk for type 2 diabetes. The Feel4Diabetes-study. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 32) Van Stappen V, Huys N, Cardon G, Iotova V, Chakarova N, Lindstrom J, **Androutsos O**, Moreno L, Rurik I, Manios Y (2018) Effect of a community-based, family-involved intervention on objectively measured physical activity in Belgian primary schoolchildren. The Feel4Diabetes-study. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 33) De Miguel-Etayo P, Summerbell C, **Androutsos O**, Cardon G, Usheva N, Socha P, Manios Y, Moreno LA (2018) Recruitment rate in a kindergarten-based, family-involved intervention to prevent childhood obesity across Europe by socio-economic status: The ToyBox study. Spanish Nutrition Society (SEN) and the Catalan Association of Food Science (ACCA)
- 34) Charbonnier L, Van Meer F, Johnstone AM, Crabtree D, Buosi W, Manios Y, **Androutsos O**, Giannopoulou A, Smeets PAM (2018) Society for the Study of Ingestive Behavior
- 35) Wever MCM, Charbonnier L, Crabtree D, Buosi W, Giannopoulou A, Van Meer F, **Androutsos O**, Johnstone AM, Manios Y, Smeets PAM (2018) Society for the Study of Ingestive Behavior
- 36) Gibson, EL, Poh, BK, Essau CA, Cheah WL, Ruzita AT, Lee JA, Koh DC, Reeves S, Summerbell C, **Androutsos O**, Manios Y.T(2019) ransferring the ToyBox Study from Europe to Malaysia: Funding and Development of the ToyBox Malaysia Feasibility Study. 26<sup>th</sup> European Congress on Obesity. Glasgow, UK.
- 37) Morres ID, Galanis E, Chatzigeorgiadis A, **Androutsos O**, Theodorakis I (2021) Physical activity, dietary behaviour and wellness in adolescents during the period of social distancing due to the COVID-19 pandemic. 29<sup>th</sup> International Conference of Sports and Physical Education.

- 38) Huys N, Van Stappen V, Shadid S, De Craemer M, **Androutsos O**, Lindstrom J, De Miguel-Etayo P, Iotova V, Rurik I, Manios Y, Cardon G (2018) Psychosocial correlates of objectively measured physical activity in higher and lower educated Belgian adults at risk for type 2 diabetes. The Feel4Diabetes-study. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 39) Van Stappen V, Huys N, Cardon G, Iotova V, Chakarova N, Lindstrom J, **Androutsos O**, Moreno L, Rurik I, Manios Y (2018) Effect of a community-based, family-involved intervention on objectively measured physical activity in Belgian primary schoolchildren. The Feel4Diabetes-study. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 40) De Miguel-Etayo P, Summerbell C, **Androutsos O**, Cardon G, Usheva N, Socha P, Manios Y, Moreno LA (2018) Recruitment rate in a kindergarten-based, family-involved intervention to prevent childhood obesity across Europe by socio-economic status: The ToyBox study. Spanish Nutrition Society (SEÑ) and the Catalan Association of Food Science (ACCA)
- 41) Charbonnier L, Van Meer F, Johnstone AM, Crabtree D, Buosi W, Manios Y, **Androutsos O**, Giannopoulou A, Smeets PAM (2018) Society for the Study of Ingestive Behavior
- 42) Wever MCM, Charbonnier L, Crabtree D, Buosi W, Giannopoulou A, Van Meer F, **Androutsos O**, Johnstone AM, Manios Y, Smeets PAM (2018) Society for the Study of Ingestive Behavior
- 43) Gibson, EL, Poh, BK, Essau CA, Cheah WL, Ruzita AT, Lee JA, Koh DC, Reeves S, Summerbell C, **Androutsos O**, Manios Y. (2019) Transferring the ToyBox Study from Europe to Malaysia: Funding and Development of the ToyBox Malaysia Feasibility Study. 26<sup>th</sup> European Congress on Obesity. Glasgow, UK.
- 44) Simitopoulou E, Migdanis A, Migdanis I, Mouratidi M, Louka AS, Boudouvi E, **Androutsos O**, Kanellakis S (2020) Study on changes of body composition during menstrual cycle and its association with physical activity. 13<sup>th</sup> Macedonian Conference (online) on Nutrition-Dietetics, Thessaloniki, Greece.
- 45) Kipouros M, Evangellou I, Vamvakari K, Milona V, Kasti A, **Androutsos O**. (2020) Nutritional assessment of cancer patients: a prospective study. 13<sup>th</sup> Macedonian Conference (online) on Nutrition-Dietetics, Thessaloniki, Greece.
- 46) Perperidi M, Georgiou C, **Androutsos O**. (2020) Nutritional habits of parents with children 2-18 years old during the COVID-19 lockdown in Greece. 13<sup>th</sup> Macedonian Conference (online) on Nutrition-Dietetics, Thessaloniki, Greece.

- 47) Vamvakari K, Evangellou I, Milona V, Kasti A, **Androutsos O**. (2020) Nutritional assessment of cancer patients. 13<sup>th</sup> Macedonian Conference (online) on Nutrition-Dietetics, Thessaloniki, Greece.
- 48) Morres ID, Galanis E, Hatzigeorgiadis A, **Androutsos O**, Theodorakis Y (2021) Physical activity, eating behaviour and well-being in Greek adolescents during a Covid-19 lockdown period. 29<sup>th</sup> Panhellenic Conference on Psychiatry. Thessaloniki, Greece.
- 49) Kalliostra M, Vlassopoulos A, Eroglu Z, Govers E, Mulrooney H, **Androutsos O**, Hassapidou M (2021) Dietetic management of obesity in Europe: gaps of existing practice. 16<sup>th</sup> National Conference of Nutrition & Dietetics (online).
- 50) Koutsaki M, Saltaouras G, Diamantopouou E, Dardavesis T, **Androutsos O** (2021) Knowledge and attitudes of primary and secondary schoolteachers on nutrition education programmes: a qualitative study. 16<sup>th</sup> National Conference of Nutrition & Dietetics (online).
- 51) Perperidi M, Saltaouras G, Konstantis A, Vantzou D, Vatsina K, Saloustris E, Theodorakis I, **Androutsos O** (2023) Determinants of weight management in breast cancer survivors. A qualitative study with focus groups. 1<sup>st</sup> Conference for Researchers in Physical Education, Sport Science and Dietetics. Trikala, Greece.
- 52) Kalafati IP, Evangelou I, Vamvakari K, Kipouros M, Vlachou A, Pavlopoulou A, Kosti RI, Bonoti F, Kasti A, **Androutsos O** (2023) Depression and stress as mediators of the effect of nutritional status on quality of life and functional capacity in cancer patients. 1<sup>st</sup> Conference for Researchers in Physical Education, Sport Science and Dietetics. Trikala, Greece.
- 53) Tsiampalis T, Artemiou E, Papadopoulou I, Polet L, Martens K, Dimopoulou M, Kosti RI, Charmandari E, **Androutsos O** (2023) Diet quality in children with overweight/obesity: assessment based on the “Diet Quality Index” and differences between genders and weight status. 1<sup>st</sup> Conference for Researchers in Physical Education, Sport Science and Dietetics. Trikala, Greece.
- 54) Morres ID, Hatzigeorgiadis A, Krommidas C, Comoutos N, **Androutsos O**, Theodorakis Y (2023) Physical activity interventions and depressive symptoms in obese adults. An ongoing systematic review and meta-analysis. 12th Conference of Health-enhancing Physical Activity (HEPA) Europe, Leuven, Belgium.
- 55) Adamidi N, Chondrou T, Lygouras D, **Androutsos O**, Svolos V (2024) Dietary phytic acid, dephytinisation and phytase supplementation alter micronutrient bioavailability: a literature review of human interventions. 2<sup>nd</sup> International Conference of Nutritional Sciences & Dietetics. Thessaloniki. Greece.

- 56) **Androutsos O**, Chondrou T, Adamidi N, Manou M, Georgiou A, Tsiampalis T, Charmandari E (2025) Lifestyle intervention in children/adolescents with overweight/obesity: pre- post- evaluation of changes in dietary intake. 19<sup>o</sup> Panhellenic Medical Conference on Obesity. Athens.
- 57) Asimoni M, Zagzaki M, Krommydas X, Papadopoulou C, Kalavrou C, Chatzigeorgiadis A, **Androutsos O**, Theodorakis I, Jamurtas A, Fatouros I, Metsiog G, Morres ID (2025) Nutritional behavior and accelerometry/physical activity levels in adults with obesity who do not participate in physical activity. 19<sup>o</sup> Panhellenic Medical Conference on Obesity. Athens.
- 58) Nikolakopoulou K, Chourdakis M, **Androutsos O**, Bahat G, Pinar E, Erdogan T, Abbasoglu O, Poulia KA (2025) Use of oral nutritional supplements in Greece: examining the effect of the level of knowledge of health care professionals on their use in clinical practice. 8<sup>th</sup> Panhellenic conference of Medicine/Clinical Nutrition and Metabolism. Athens.
- 59) **Androutsos O**, Magos K, Simopoulos G (2025) National Action Against Childhood Obesity: Connecting the University with Schools and the Community. The Case of the University of Thessaly. International Conference on Children's Rights. Patras.
- 60) Svolos V, Charmatzis G, Popko E, Argyriadis C, Grigoriou D, Strongylou DE, **Androutsos O** (2025) Experiences, barriers, facilitators and potential of acceptance of partial enteral nutrition in combination with Crohn's Disease Exclusion Diet (CDED) in patients with Crohn's Disease. 18<sup>o</sup> Conference of Nutrition-Dietetics. Athens.
- 61) Strongylou DE, Vlachou A, Parafesta A, Svolos V, **Androutsos O** (2025) Nutritional behavior and mental health in patients with IBD: a qualitative study. 18<sup>o</sup> Conference of Nutrition-Dietetics. Athens.
- 62) Svolos V, Karlos S, Galanopoulou E, Lavassa G, Verdou IA, Manolarakis I, Pavlou E, Strongylou DE, **Androutsos O** (2025) Availability of restaurants with gluten free meals: a comparative study between countries. 18<sup>o</sup> Conference of Nutrition-Dietetics. Athens.
- 63) Tsiaka M, Likouressi E, Dieti E, **Androutsos O**, Kosti RI (2025) Interdisciplinary therapeutical protocol TBT-S and its effectiveness in patients with eating disorders and their families. 18<sup>o</sup> Conference of Nutrition-Dietetics. Athens.
- 64) Balafouti T, Argyropoulou M, Svolos V, Roussos R, Strongylou DE, Mavrogianni X, Moschonis G, **Androutsos O**, Manios Y, Mouratidou T (2025) Promotion of health nutrition and physical activity in children in need: results

of a multi-center qualitative study in Greece. 18<sup>o</sup> Conference of Nutrition-Dietetics. Athens.

## B) Posters

- 1) **Androutsos O**, Gerasimidis K, Reilly JJ, Edwards CA. (2008) Effect of acute food and drink consumption on body composition measurements by two methods of bioimpedance. 30<sup>th</sup> ESPEN Conference Florence.
- 2) Grammatikaki E, Moschonis G, Kantilafti M, Vandorou A, Dede V, Kyriakou AE, Siatitsa PE, Kubicki A, **Androutsos O**, Manios Y. (2009) Food advertisements in Greece: their role in food choices and obesity in schoolchildren. 17<sup>th</sup> European Congress on Obesity, Amsterdam.
- 3) Moschonis G, Kantilafti M, **Androutsos O**, Koumpitski A, Siatitsa PE, Vandorou A, Kyriakou AE, Dede V, Tanagra S, Birbilis E, Manios Y. (2010) The double burden of obesity and iron deficiency in prepubertal children. The Healthy Growth Study. XI International Congress on Obesity, Stockholm.
- 4) Moschonis G, **Androutsos O**, Koumpitski A, Siatitsa PE, Vandorou A, Kyriakou AE, Dede V, Tanagra S, Manios Y. (2010) Prevalence and correlates of overweight and obesity in a representative sample of preadolescents in Athens. Preliminary data from the Healthy Growth Study. Conference on Healthy Agriculture, Healthy Nutrition and Healthy People.
- 5) Moschonis G, Tzotzola V, **Androutsos O**, Iatridi V, Mavrogianni C, Spyridonos M, Malandraki A, Kiorpe D, Maragkopoulou K, Argyri E, Giannopoulou A, Manios Y. (2010) Association between central adiposity, total and visceral fat mass with iron deficiency in prepubertal children. The Healthy Growth Study. Conference on Healthy Agriculture, Healthy Nutrition and Healthy People.
- 6) Moschonis G, **Androutsos O**, Drakopoulou-Vampouli M, Tanagra S, Koumpitski A, Charmandari E, Pervanidou P, Kanaka-Gantenbein C, Manios Y, Chrousos GP. (2010) Increased risk of hypovitaminosis D in children with increased total and visceral fat mass: The Healthy Growth Study. Conference on Healthy Agriculture, Healthy Nutrition and Healthy People.
- 7) **Androutsos O**, Moschonis G, Drakopoulou-Vampouli M, Tanagra S, Siatitsa PE, Charmandari E, Pervanidou P, Kanaka-Gantenbein C, Manios Y, Chrousos GP. (2010) Hypovitaminosis D is associated with metabolic syndrome risk factors in primary school-aged children. Conference on Healthy Agriculture, Healthy Nutrition and Healthy People.

- 8) Moschonis G, Meladaki D, Grammatikaki E, **Androutsos O**, Rousia P, Dede V, Kyriakou AE, Vandorou A, Manios Y. (2010) Association between breakfast consumption or skipping and obesity and levels of total and visceral body fat mass in preadolescents: The Healthy Growth Study. 4<sup>th</sup> Congress of the Hellenic Atherosclerosis Society.
- 9) Moschonis G, Grammatikaki E, Androutsos O, Tzotzola V, Mavrogianni C, Iatridi V, Spyridonos M, Tsikalaki E, Giannopoulou A, Manios Y. (2010) High risk for iron deficiency in children with increased total and visceral fat mass: The Healthy Growth Study. 4<sup>th</sup> Congress of the Hellenic Atherosclerosis Society.
- 10) Moschonis G, Kantilafti M, **Androutsos O**, Grammatikaki E, Koumpitski A, Giannopoulou A, Argyri E, Maragkopoulou K, Birbilis E, Manios Y. (2010) Obesity and iron deficiency coexist among preadolescents in Greece: The Healthy Growth Study. 4<sup>th</sup> Congress of the Hellenic Atherosclerosis Society.
- 11) Moschonis G, **Androutsos O**, Meladaki D, Grammatikaki E, Dede V, Kyriakou AE, Vandorou A, Christodoulou S, Konsta O, Manios Y. (2010) Association between food frequency, obesity and body composition in preadolescents: The Healthy Growth Study. 4<sup>th</sup> Congress of the Hellenic Atherosclerosis Society.
- 12) Moschonis G, **Androutsos O**, Drakopoulou-Vampouli M, Tanagra S, Koumpitski A, Charmandari E, Pervanidou P, Kanaka-Gantenbein C, Manios Y, Chrousos GP. (2010) High risk for hypovitaminosis D in primary schoolchildren with increased levels of total and visceral body fat mass: The Healthy Growth Study. 4<sup>th</sup> Congress of the Hellenic Atherosclerosis Society.
- 13) **Androutsos O**, Moschonis G, Drakopoulou-Vampouli M, Tanagra S, Siatitsa PE, Charmandari E, Pervanidou P, Kanaka-Gantenbein C, Manios Y, Chrousos GP. (2010) The coexistence of hypovitaminosis D and metabolic syndrome risk factors in primary schoolchildren. 4<sup>th</sup> Congress of the Hellenic Atherosclerosis Society.
- 14) Moschonis G, **Androutsos O**, Grammatikaki E, Malandraki A, Argyropoulou D, Dendrami F, Xristodoulou S, Mouzioura S, Siatitsa PE, Manios Y. (2010) Combination of body weight and fitness level on values of cardiovascular risk indices. The Healthy Growth Study. 4<sup>th</sup> Congress of the Hellenic Atherosclerosis Society.
- 15) Kantilafti M, Moschonis G, **Androutsos O**, Manios Y. (2010) Prevalence of iron deficiency and its relation to obesity in Greek children. 1<sup>st</sup> Conference of the Program of Postgraduate Studies, Harokopio University Athens.
- 16) Kyriakou AE, Kourlaba G, **Androutsos O**, Moschonis G, Manios Y. (2010) Development of an index to evaluate nutrition and physical activity levels in

school-aged children and its association with insulin-resistance. Healthy Growth Study. 1<sup>st</sup> Conference of the Program of Postgraduate Studies, Harokopio University Athens.

- 17) Kanellakis S, Moschonis G, **Androutsos O**, Grammatikaki E, Argyri E, Gianopoulou A, Maragkopoulou K, Manios Y. (2010) Changes in diet quality score, macro- and micronutrients intake, and physical activity following a 12-month nutrition and life-style intervention in postmenopausal women. 1<sup>st</sup> Conference of the Program of Postgraduate Studies, Harokopio University Athens.
- 18) Koumpitski A, Moschonis G, **Androutsos O**, Bougioukas K, Karagkiozidis A, Maragkopoulou K, Gianopoulou A, Siopi K, Manios Y. (2011) Association between vitamin D, body composition and physical activity in Greek children. Healthy Growth Study. Hellenic Atherosclerosis Society 4<sup>th</sup> Working Groups Symposium.
- 19) Moschonis G, **Androutsos O**, Aggeli E, Margiola P, Gkakni D, Diossopoulou E, Karatsikaki-Vlami N, Skouli G, Lymperi M, Manios Y. (2011) The combination of higher levels of exercise and frequent meals is associated with lower levels of blood lipids. Healthy Growth Study. Hellenic Atherosclerosis Society 4<sup>th</sup> Working Groups Symposium.
- 20) Siatitsa PE, Nomikos T, Moschonis G, **Androutsos O**, Patikas D, Zlatinsti A, Aga X, Tanagra S, Argyri E, Manios Y. (2011) Association between dietary habits and activity of GPx3 in Greek children. Healthy Growth Study. Hellenic Atherosclerosis Society 4<sup>th</sup> Working Groups Symposium.
- 21) Schraffl M, Hallström L, Labayen I, Ruiz JR, Patterson E, Vereecken CA, Breidenassel C, Gottrand F, Huybrechts I, **Androutsos O**, Mistura L, Kondaki K, Moreno LA, Sjöström M, Widhalm K. (2012) Erhöhte kardiorespiratorische Leistungsfähigkeit, gesünderes kardiovaskuläres Profil und niedrigerer BMI durch regelmäßiges Frühstück bei männlichen Jugendlichen. Austrian Society for Obesity.
- 22) Valtueña J, Gracia-Marco L, Huybrechts I, Breidenassel C, **Androutsos O**, Gutierrez A, Roccaldo R, Moreno LA, González-Gross M, on behalf of the HELENA study group. (2012) Cardiorespiratory fitness in males, and upper limbs muscular strength in females are associated with 25(OH)D concentrations in European adolescents. The HELENA study. EXERNET.
- 23) Sese Sanchez MA, Jimenez-Pavon D, Huybrechts I, Cuenca-Garcia M, Palacios G, Ruiz JR, Gottrand F, **Androutsos O**, Dallongeville J, Kafatos A, Moreno LA. (2012) Indices de calidad de la dieta y marcadores de resistencia a la insulina en adolescentes europeos. Se debe incluirla actividad física? XIV Congreso de la Sociedad Española de Nutrición.

- 24) Ferreira De Moraes AC, Barbosa De Carvalho H, Rey-Lopez JP, Gracia-Marco L, Beghin L, Kafatos A, Jimenez-Pavon D, Molnar D, De Henauw S, **Androutsos O**, Widhalm K, Ruiz J, Ortega FB, Sjostrom M, Polito A, Pedrero R, Marcos A, Gottrand F, Moreno LA. (2012) Efecto de la actividad física y del comportamiento sedentario sobre la presión arterial en adolescentes: diferencias de género. En dos estudios observacionales. XIV Congreso de la Sociedad Española de Nutrición
- 25) Iglesia I, Mouratidou T, González-Gross M, Novakovic R, Breidenassel C, Jiménez-Pavón D, Huybrechts I, De Henauw S, Geelen A, Gottrand F, Kafatos A, Mistura L, Pérez de Heredia F, Widhalm K, **Androutsos O**, Molnar D, Stehle P, Gurinovic M, Cavelaars AEJM, Van't Veer P, Moreno LA, on behalf of the HELENA study group. (2012) Asociación de factores socioeconómicos con las ingestas y niveles relacionados de biomarcadores de ácido fólico y vitamina B12 en adolescentes europeos: estudio HELENA. XIV Congreso de la Sociedad Española de Nutrición.
- 26) **Androutsos O**, Moschonis G, Mavrogianni C, Roma-Giannikou E, Mantzou E, Manios Y, Kanaka-Gantenbein C, Chrousos GP. (2013) Identification of Lifestyle Patterns Associated with High Sensitivity CRP Levels in Children. The Healthy Growth Study. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 27) Bel-Serrat S, Mouratidou T, Huybrechts I, **Androutsos O**, Gómez S, Molnár D, Kafatos A, Moreno L. (2013) Association between amino acids consumption and serum lipid profile in European adolescents participating in the HELENA Study. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 28) Fernández-Alvira JM, te Velde SJ, Singh AS, Jiménez-Pavón D, **Androutsos O**, Moreno L, Brug J. (2013) Can ethnic background differences in children's body composition be explained by differences in energy balance-related behaviors? A mediation analysis within the ENERGY project. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 29) Gracia-Marco L, Ortega F, Ruiz JR, Williams CA, **Androutsos O**, Valtueña J, Moreno L, Sjöström M. (2013) Physical activity and sedentary time according to season in different European regions. The HELENA study. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 30) Vik FN, Bjornara HB, Overby NC, Lien N, **Androutsos O**, Maes L, Jan N, Kovacs E, Moreno LA, Dossegger A, Manios Y, Brug J, Bere E. (2013) Associations between eating meals, eating meals while watching TV and weight status among children, 10-12 years: the ENERGY-cross sectional study. 20<sup>th</sup> International Congress on Nutrition (ICN).

- 31) Bel-Serrat S, Mouratidou T, Huybrechts I, García-Cuenca M, Palacios G, Breidenassel C, Molnár D, Roccaldo R, Widhalm K, Gottrand F, Kafatos A, **Androutsos O**, Vyncke C, Sjöstrom M, Libuda L, Marcos A, Moreno LA. (2013) Associations between dietary fat and serum lipid profile depend on body fat and gender in European adolescents: the HELENA study. 20<sup>th</sup> International Congress on Nutrition (ICN).
- 32) **Androutsos O**, Moschonis G, Mavrogianni C, Roma-Giannikou E, Mantzou E, Manios Y, Kanaka-Gantenbein C, Chrousos GP. (2014) The combination of higher levels of physical activity and more frequent meals is associated with lower levels of C-reactive protein. The Healthy Growth Study. 10<sup>th</sup> Panhellenic Medical Congress for Obesity.
- 33) Lambrinou CP, Polychronopoulou MC, Karatzi P, Moschonis G, **Androutsos O**, Manios Y. (2014) Cut-off points of body composition indices for the identification of insulin resistance and inflammation coexistence in children. The Healthy Growth Study. 10<sup>th</sup> Panhellenic Medical Congress for Obesity.
- 34) Tsigirigoti L, Kountoura M, Moschonis G, **Androutsos O**, Kanellakis S, Manios Y. (2014) The role of body composition in hypovitaminosis D in a Greek pediatric population. The Healthy Growth Study. 10<sup>th</sup> Panhellenic Medical Congress for Obesity.
- 35) Borges CA, Slater B, Santaliestra-Pasias AM, Wildhalm K, **Androutsos O**, Jimenez-Pavon D, Valtuena J, Gottrand F, Le Donne C, Marcos A, Molnar D, De Henauw S, Moreno LA. (2014) Socioeconomic status and dietary patterns: a comparison between European and Brazilian adolescents. XVI Congreso de la Sociedad Espanola de Nutricion.
- 36) Iglesia I, Mouratidou T, González-Gross M, Huybrechts I, Chajes V, Slimani N, Sadalla T, España V, **Androutsos O**, Breidenassel C, Palacios G, Libuda L, Ferrari M, Stehle P, De Henauw S, Gottrand F, Kafatos A, Widhalm K, Moreno L.A. (2014) Vitamin B6, folate and vitamin B12 may be associated with plasma n-3 and other fatty acids: implications in CVR in European adolescents. The HELENA study. XVI Congreso de la Sociedad Espanola de Nutricion.
- 37) Miguel ML, Santaliestra-Pasias AM, **Androutsos O**, De Bourdeaudhuij I, Gardon G, Kulaga Z, Socha P, Galcheva S, Iotova V, Mouratidou T, Manios Y, Moreno LA, on behalf of the ToyBox-study group. (2014) The association between food and beverage consumption and sedentary behaviours in European preschoolers: The ToyBox-study. XVI Congreso de la Sociedad Espanola de Nutricion.

- 38) Moreira NF, Da Veiga GV, Santaliestra AM, **Androutsos O**, Cuenca-García M, De Oliveira ASD, Pereira RA, De Moraes ABV, Van den Bussche K, Censi L, Cañada D, González M, Gottrand F, Kafatos A, Marcos A, Widhalm K, Molnar D, Moreno LA. (2014) Asociación entre comportamientos relacionados con el balance energético e indicadores de composición corporal en adolescentes: Resultados de los estudios HELENA y ELANA. Especial VI Congreso Fundación Española de Dietistas Nutricionistas.
- 39) De Oliveira Forkert EC, De Moraes ACF, Carvalho HB, Kafatos A, Jiménez-Pavón D, Widhalm K, Gottrand F, Gómez S, **Androutsos O**, Ferrari M, Cañada D, Moreno LA. (2014) La asociación entre la educación de los padres y la obesidad abdominal ¿Es diferente en los adolescentes europeos y brasileños? Análisis de dos estudios observacionales. XVI Reunión de la Sociedad Española de Nutrición (SEÑ).
- 40) De Souza WN, Valtuena J, **Androutsos O**, Ferrari M, Widhalm K, Kafatos A, Moreno LA, Martini LA, Gonzalez-Gross M, on behalf of the HELENA group (2015). Vitamin D and inflammatory profile are better in adolescents who eat lunch at school. The HELENA-study. 18<sup>th</sup> Workshop on Vitamin D.
- 41) Galcheva S, Lateva M, Iotova V, **Androutsos O**, Manios Y, De Bourdeaudhuij I, Cardon G, Socha P. (2015) Central obesity among European preschool children. The ToyBox-study. 54<sup>th</sup> Annual meeting of the European Society for Paediatric Endocrinology (ESPE).
- 42) Sadalla Collese T, De Moraes ACF, Fernández-Alvira JM, De Henauw S, Kafatos A, **Androutsos O**, España V, Galfo M, Beghin L, Sjöström M, Pedrero-Chamizo R, Moreno LA, De Carvalho HB. (2015) Clustering of lifestyle related behaviours in adolescents: differences between Europe and Brazil. European Congress of Epidemiology.
- 43) De Oliveira Forkert EC, De Moraes ACF, Carvalho HB, Kafatos A, De Henauw S, Cuenca-García M, **Androutsos O**, Censi L, Sjöström M, Beghin L, González-Gross M, Moreno LA. (2015) Clustering of lifestyle related behaviours and abdominal obesity in European and Brazilian adolescents. European Congress of Epidemiology.
- 44) Nascimento-Ferreira MV, Rendo-Urteaga T, De Moraes ACF, Jimenez-Pavón D, Kafatos A, De Henauw S, **Androutsos O**, Roccaldo R, Gottrand F. (2015) Socioeconomic status associations with body mass index in adolescents of Brazil and Europe: the mediation effect of energy balance related behaviours. European Congress of Epidemiology.
- 45) Rendo-Urteaga T, Nascimento-Ferreira MV, De Moraes ACF, Leal FLT, **Androutsos O**, Chantal G, Sjöström M, Kafatos A, Plada M, Widhalm K, Gottrand F, Leclercq C, Marcos A, González-Gross M, De Henauw S, Ferrari

M, Castillo M, Ruiz JR, Ortega FB, Molnár D, Stehle P, Dallongeville J, Carvalho HB, Moreno LA, on behalf of the HELENA study group. (2015) Mediation effects of body composition on the association of early puberty and apolipoproteins A-I and B in adolescents: HELENA-study. European Congress of Epidemiology.

- 46) Almárcegui CJ, Vandevijvere S, Gottrand F, Dallongeville J, Leclercq C, **Androutsos O**, De Moraes ACF, Kafatos A, Moreno LA, Huybrechts I. Heart rate and blood pressure among European adolescents in relation to dietary patterns 12<sup>th</sup> European Nutrition Conference (FENS).
- 47) Mesana Graffe MI, Hilbig A, **Androutsos O**, Cuenca-García M, Dallongeville J, De Heauw S, Widhalm K, Kafatos A, Marcos A, González-Gross M. Dietary sources of sugars in adolescents' diet: the Helena study. 12<sup>th</sup> European Nutrition Conference (FENS).
- 48) Vanhelst J, Béghin L, Duhamel A, De Henauw S, Ruiz JR, Kafatos A, **Androutsos O**, Widhalm K, Mauro B, Sjöström M, Gottrand F. (2015) Physical activity awareness in European adolescents: The HELENA Study. Pediatric Work Physiology Meeting.
- 49) Vanhelst J, Béghin L, Duhamel A, **Androutsos O**, Molnar D, De Henauw S, Moreno LA, Ortega FB, Sjöström M, Widhalm K, Gottrand F, on behalf of the HELENA study group. (2015) Physical activity is associated with attention capacity in adolescents: The HELENA Study. Pediatric Work Physiology Meeting.
- 50) Vanhelst J, Béghin L, Duhamel A, De Henauw S, Molnar D, Vicente-Rodriguez G, **Androutsos O**, Widhalm K, Kersting M, Polito A, Moreno LA, Gottrand F, on behalf of the HELENA study group. (2015) Relationship between school rhythm and physical activity in adolescents: the HELENA study. Pediatric Work Physiology Meeting.
- 51) Pinket AS, De Craemer M, De Bourdeaudhuij I, Deforche B, Cardon G, **Androutsos O**, Manios Y, Van Lippevelde W. (2016) Can parenting practices explain the differences in beverage intake according to the socio-economic status: the Toybox-study International Society for Behavioral Nutrition and Physical Activity. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- 52) Vik FN, Te Velde S, Van Lippevelde W, **Androutsos O**, Brug J. (2016) Associations between family meals, weight status and parental education among 10-12 year olds in eight European countries. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).

- 53) Miguel-Berges M, Santaliestra-Pasias AM, Mouratidou T, **Androutsos O**, De Craemer M, Pinket AS, Birnbaum J, Koletzko B, Iotova V, Usheva N, Socha P, Kulaga Z, Manios Y, Moreno LA, on behalf of the ToyBox-study group (2017) Food and beverage consumption and sedentary behaviours in European preschoolers: the ToyBox-study (ICDA)
- 54) Giménez-Legarre N, Santaliestra-Pasías AM, Beghin L, Castillo MJ, Dallongeville J, Gilbert C, González-Gross M, De Henauw S, Kafatos A, Kersting M, Leclercq C, **Androutsos O**, Molnar D, Sjöström M, Widhalm K, Moreno LA (2017) Preferences and perceptions of healthy eating related with the breakfast dietary patterns in European adolescents: the HELENA-study (ICDA)
- 55) Cerpa L, De Miguel-Etayo P, Santabárbara J, Miguel-Berges ML, González-Gil EM, De Craemer M, De Bourdeaudhuij I, Cardon G, Kulaga Z, Socha P, Galcheva S, Iotova V, Koletzko B, Birnbaum J, **Androutsos O**, Manios Y, Moreno LA, on behalf of the ToyBox-study group (2017) Association between food preferences and consumption in European preschoolers: the ToyBox-study (ICDA)
- 56) Socha P, Kulaga Z, Pinket AS, De Craemer M, Cardon G, **Androutsos O**, Szott K, Koletzko B, Moreno LA, Iotova V, Manios Y (2017) Parental and children's drinking behavior; results of the Toybox study (ESPGHAN)
- 57) Manios Y, **Androutsos O**, Lambrinou CP, Mavrogianni C, Cardon G, Lindstrom J, Iotova V, Tankova T, Annemans L, Mateo-Gallego R, Ko W, de Sabata MS, Martinez R, Moreno LA, Nanasi A, Schwarz P, Liatis S, Makrilakis K, on behalf of the Feel4Diabetes-study group (2018) Preliminary outcomes of the 1<sup>st</sup> year of an intervention aiming to promote healthy lifestyle in a large-scale European cohort: Feel4Diabetes-study (53<sup>rd</sup> Annual Meeting of the European Diabetes Epidemiology Group)
- 58) Manios Y, **Androutsos O**, Mavrogianni C, Lambrinou CP, Cardon G, Lindstrom J, Iotova V, Tankova T, Annemans L, Mateo-Gallego R, Ko W, de Sabata MS, Martinez R, Moreno LA, Semanova C, Schwarz P, Dafoulas GE, Makrilakis K, on behalf of the Feel4Diabetes-study group (2018) Undiagnosed diabetes and hypertension among young adults with increased diabetes risk in a large-scale European cohort: Feel4Diabetes-study (53<sup>rd</sup> Annual Meeting of the European Diabetes Epidemiology Group)
- 59) Manios Y, **Androutsos O**, Mavrogianni C, Lambrinou CP, Cardon G, Lindstrom J, Iotova V, Tankova T, Annemans L, Mateo-Gallego R, Ko W, de Sabata MS, Martinez R, Moreno LA, Semanova C, Schwarz P, Dafoulas GE, Makrilakis K, on behalf of the Feel4Diabetes-study group (2018) Prevalence of undiagnosed diabetes and hypertension in high risk adults across Europe: Feel4Diabetes study (54<sup>th</sup> EASD Annual Meeting)

- 60) Reppas K, Liatis S, **Androutsos O**, Lambrinou CP, Mavrogianni C, Dafoulas GE, Cardon G, Lindstrom J, Annemans L, Schwarz P, Ko W, Makrilakis K, Manios Y, on behalf of the Feel4Diabetes-study group (2018) Effectiveness of school- and community- based, lifestyle intervention to prevent diabetes. The Feel4Diabetes-study Greek cohort (54<sup>th</sup> EASD Annual Meeting)
- 61) De Craemer M, Verloigne M, De Bourdeaudhuij I, **Androutsos O**, Moreno L, Iotova V, Koletzko B, Socha P, Manios Y, Cardon G (2018) Linking effect to process in European preschool children's snacking behaviour in a kindergarten-based, cluster randomised controlled trial: the ToyBox-study. International Society for Behavioral Nutrition and Physical Activity (ISBNPA)
- 62) Miguel-Berges ML, Santaliestra-Pasías AM, De Craemer M, **Androutsos O**, Koletzko B, Kulaga Z, Manios Y, Moreno LA (2018) Asociacion entre la actividad fisica y el tiempo de ocio sedentario con el consumo de alimentos en Ninos Europeos. Estudio TOYBOX. XIV Congreso Sociedad Espanola Para El Estudio De La Obesidad (SEEDO)
- 63) Migdanis T, Koukoulis G, Migdanis I, Mamaloudis I, Kanaki M, Kosti R, **Androutsos O**, Tzovaras G (2018) The effect of ileostomy formation on nutritional status markers. (ESPEN)
- 64) Malden S, Hughes A, Gibson AM, Bardid F, **Androutsos O**, De Craemer M, Manios Y, Summerbell C, Cardon G, Reilly J (2019) Testing the feasibility of the adapted ToyBox obesity prevention programme in Scottish Pre-schools: A cluster randomised controlled trial and process evaluation. (ECO)
- 65) Malden S, Hughes A, Gibson AM, Bardid F, **Androutsos O**, De Craemer M, Manios Y, Summerbell C, Cardon G, Reilly J (2019) The ToyBox preschool obesity prevention intervention for use in Scotland: Results of a feasibility cluster randomised controlled trial (cRCT) (ISBNPA)
- 66) Stappen V, De Lepeleere S, Huys N, Latomme J, Verloigne M, Cardon G, **Androutsos O**, Manios Y, De Bourdeaudhuij I (2019) Effect of integrating a video intervention on parenting practices and related parental self-efficacy regarding health behaviours within the Feel4Diabetes-study in Belgian primary schoolchildren from vulnerable families (ISBNPA)
- 67) Basdeki E, Karatzi K, **Androutsos O**, Cardon G, Moreno L, Iotova V, Rurik I, Civeira F, Tankova T, Lindstrom J, Liatis S, Makrilakis K, Manios Y (2015). Associations between diet and exercise with blood pressure levels in families at high-risk for developing type 2 diabetes in Europe: the Feel4Diabetes-study. 15<sup>th</sup> National Conference of Nutrition & Dietetics & 4<sup>th</sup> Panhellenic Congress of Clinical Nutrition, Athens, Greece.

- 68) De Miguel-Etayo P, Flores P, Santabarbara J, Iglesia I, Cardon G, Iotova V, Koletzko B, **Androutsos O**, Kotowska A, Manios Y, Chin A Paw M, Moreno LA (2020) Parental role modelling and fruits and vegetables intake in European preschoolers: ToyBox-study. Proceedings of the Nutrition Society (2020), 79 (OCE2), E706
- 69) Flores Barrantes P, Larruy A, Miguel-Berges ML, De Miguel-Etayo P, Iglesia-Altaba I, Cardon G, Iotova V, Koletzko B, **Androutsos O**, Socha P, Manios Y, Moreno LA (2020) Associations between beverage consumption of parents and their children. The ToyBox-study. Proceedings of the Nutrition Society (2020), 79 (OCE2), E708
- 70) **Androutsos O**, Georgiou A, Papadimitriou M, Skeparnakou E, Chouliaras G, Charmandari E (2021) High percent of children with overweight or obesity does not adhere to the Greek food-based recommendations. 16<sup>th</sup> National Conference of Nutrition & Dietetics (online).
- 71) Petsis K, Lambrinou S, **Androutsos O**, Kasti A (2021) Effectiveness of a Low FODMAP adapted to the Mediterranean dietary pattern on depression symptoms and quality of life in patients with irritable bowel syndrome. 41<sup>st</sup> Panhellenic Conference of Gastroenterology. Athens, Greece.
- 72) Christakis C, Saliari D, **Androutsos O** (2021) Screening tools for the identification of adults at high risk for developing type 2 diabetes. 9<sup>th</sup> Panhellenic Conference of Thrombosis. Volos, Greece.
- 73) Morres ID, Galanis E, Chatzigeorgiadis A, **Androutsos O**, Theodorakis I (2021) Psychological wellbeing, physical activity and nutrition during the COVID-19 pandemic. 29<sup>th</sup> Conference of Psychiatry (Online).
- 74) Naeyaert, S., Verbestel, V., Cardon, G., Iotova, V., Koletzko, B., Moreno, L.A., Miguel-Berges, M.L., Gurzkowska, B., Androutsos, O., Manios, Y. & De Craemer, M. Changes in compliance with 24-hour movement behaviour guidelines in preschool children of low and high socioeconomic status: The toybox-study (2022) Changes in compliance with 24-hour movement behaviour guidelines in preschool children of low and high socioeconomic status: the ToyBox-study. 4<sup>th</sup> CIAPSE Congress, Luxembourg
- 75) Evangelou I, Vamvakari K, Kalafati IP, Kipouros M, Kasti A, **Androutsos O** (2022) Assessment of nutritional status using objective and subjective methods in Greek cancer patients. 1<sup>st</sup> International Conference of Nutritional Sciences & Dietetics. Thessaloniki. Greece.
- 76) Demertzi N, Perperidi M, Georgiou C, Kapsoritakis A, Potamianos S, **Androutsos O** (2022) Changes in nutrition of children/adolescents and their parents during the first COVID-19 lockdown in Greece. COVEAT-study. 1<sup>st</sup>

International Conference of Nutritional Sciences & Dietetics. Thessaloniki, Greece.

- 77) Perperidi M, Huybrechts I, Saliari D, Christakis C, Kontou N, Saloustros E, Theodorakis Y, **Androutsos O** (2022) 1<sup>st</sup> International Conference of Nutritional Sciences & Dietetics. Defining the ideal characteristics of effective interventions for the weight management in breast cancer survivors. 1<sup>st</sup> International Conference of Nutritional Sciences & Dietetics. Thessaloniki, Greece.
- 78) Vraka A, Chrysostomou S, **Androutsos O** (2023) Nutritional habits of children with autism. Panhellenic Educational Conference of Primary Healthcare “G. Papadakis”. Athens, Greece.
- 79) Saltaouras G, Perperidi M, Konstantis A, **Androutsos O** (2023) Identification of factors influencing body weight status and the development of body weight loss programs in breast cancer survivors: a qualitative study with health care professionals. 6<sup>th</sup> Greek Society of Clinical Nutrition and Metabolism (GrESPEN) congress, Athens, Greece.
- 80) Magkiosi A, Strongylou D, Gkikas K, Gerasimidis K, **Androutsos O**, Svolos V (2023), ECCO conference, Stockholm, Sweden.
- 81) Belitsi V, Tsiampalis T, Kalantzi V, **Androutsos O**, Bonoti F, Panagiotakos D, Kosti R (2023) Creation and evaluation of the integrated assessment of treatment adherence questionnaire for cardiovascular and metabolic conditions (IAATQ-CMD) in primary healthcare: development and test-retest reliability assessment. 10<sup>th</sup> Panhellenic Conference of the Hellenic Atherosclerosis Society Working Groups, Ioannina, Greece.
- 82) Belitsi V, Tsiampalis T, Kouvari M, Kalantzi V, **Androutsos O**, Bonoti F, Panagiotakos D, Kosti R (2023) Investigating patient convictions and medication compliance within the Mediterranean setting: a cross-sectional examination of individuals with cardiovascular ailments and cardiometabolic conditions in Greece. The IACT-study. 10<sup>th</sup> Panhellenic Conference of the Hellenic Atherosclerosis Society Working Groups, Ioannina, Greece.
- 83) Tsiampalis T, Kouvari M, Belitsi V, Kalantzi V, **Androutsos O**, Bonoti F, Panagiotakos D, Kosti R (2023) The impact of healthcare counselling on facilitating positive lifestyle changes in individuals with cardiometabolic disorders: insights from the IACT cross-sectional study. 10<sup>th</sup> Panhellenic Conference of the Hellenic Atherosclerosis Society Working Groups, Ioannina, Greece.

- 84) **Androutsos O**, Tsiampalis T, Georgiou A, Manou M, Kosti RI, Charmandari E (2023) Breakfast skipping is associated with poor diet quality in children with overweight/obesity. 2023 ESPE Science Symposium, Athens, Greece.
- 85) Perperidi M, Saltaouras G, Huybrechts I, Saloustros E, Theodorakis Y, **Androutsos O** (2023) Designing a lifestyle intervention for the treatment of overweight/obesity in post-treatment breast cancer survivors. 17<sup>th</sup> National Conference of Nutrition & Dietetics, Athens, Greece.
- 86) Kontou N, Tryfonopoulos D, Stavrou N, Arvanitou E, Apostolou A, Gkikas K, **Androutsos O** (2024) Designing an intervention to tackle the side-effects of chemotherapy in breast cancer female patients, using intermittent fasting. 2<sup>nd</sup> International Conference of Nutritional Sciences & Dietetics. Thessaloniki. Greece.
- 87) Svolos V, Triantafyllou A, Charmatzis G, Delliou M, Nanti MN, Moustaka M, Bakassieta E, Balafa E, Strongylou DE, **Androutsos O** (2025) Interplay of genetic predisposition and nutrition in gastroenterology: review of European guidelines. 18<sup>o</sup> Conference of Nutrition-Dietetics. Athens.
- 88) Nona Z, Mitou E, Tsalouchidou A, Bonoti F, **Androutsos O** (2025) Perspectives of adolescents and young adults regarding the public image of dietitians-nutritionists. 18<sup>o</sup> Conference of Nutrition-Dietetics. Athens.
- 89) Svolos B, Vlachou A, Triantafyllou A, Charmatzis Γ, Strongylou DE, **Androutsos O** (2025) Assessment of acceptability of a probiotic supplement in healthy adults: preliminary results. 18<sup>o</sup> Conference of Nutrition-Dietetics. Athens.

## 6. INVITED PRESENTATIONS

- 1) **Androutsos O** (2015). The role of energy balance in body weight control. 9<sup>th</sup> Scientific workshop on the “Implications of Obesity”, Athens, Greece (Hellenic Medical Association for Obesity)
- 2) **Androutsos O** (2015). Energy balance and weight management. 1<sup>st</sup> workshop of the Panhellenic Association of Dietitians and Nutritionists (EDDE), Athens, Greece.
- 3) **Androutsos O** (2015). Personalized, web-based intervention for the management of body weight and health indices in adults. 13<sup>th</sup> National Conference of Nutrition & Dietetics & 2<sup>nd</sup> Panhellenic Congress of Clinical Nutrition, Athens, Greece.

- 4) **Androutsos O** (2016). Effectiveness of obesity prevention programmes at preschool age. 1<sup>st</sup> workshop of the Department of Nutrition-Dietetics, TEI Thessaly, Karditsa, Greece
- 5) **Androutsos O** (2017). ToyBox-study: a kindergarten-based, family-involved intervention aiming to prevent obesity in early childhood. Workshop “Kindergartens as arena for promoting healthy dietary habits in Europe – lessons learned and what’s next?”, Porto, Portugal.
- 6) **Androutsos O** (2017). The role of nutrition in the management of hypertension. Workshop “Dietary advice for the elderly and in adults suffering from chronic diseases”. Trikala, Greece.
- 7) **Androutsos O** (2017) Feel4Diabetes: Designing and implementing interventions for the prevention of prediabetes and diabetes among high-risk families. 14<sup>th</sup> National Conference of Nutrition & Dietetics & 3<sup>rd</sup> Panhellenic Congress of Clinical Nutrition and Metabolism, Athens, Greece.
- 8) **Androutsos O** (2017) Results of EU-projects on childhood obesity: The ToyBox-study. 10<sup>th</sup> Conference of the European Federation of the Associations of Dietitians (EFAD), Rotterdam, Netherlands.
- 9) **Androutsos O** (2017) Nutrition in Adolescence. 10<sup>th</sup> Annual Pediatric Conference, Athens, Greece.
- 10) **Androutsos O** (2018) Prevention and treatment of childhood obesity. Workshop on “Child: Nutrition and Development” of the Panhellenic Association of Dietitians and Nutritionists (EDDE), Athens, Greece.
- 11) **Androutsos O** (2018) Childhood obesity: medical consequences in adulthood and current practices for its treatment: is food consumption the main cause? 12<sup>th</sup> Macedonian Conference on Nutrition-Dietetics, Thessaloniki, Greece.
- 12) **Androutsos O** (2018) Childhood obesity: determinants and prevention measures. 3<sup>rd</sup> Panhellenic Conference of Health Visitors. Thessaloniki, Greece.
- 13) **Androutsos O** (2018) Key learnings from European studies on obesity prevention. European Society for Pediatric Endocrinology (ESPE), Athens, Greece.
- 14) **Androutsos O** (2019). The ToyBox kindergarten/nursery Intervention to Prevent Obesity in Pre-school Children: Impact, Experiences & Outcomes, and Translation across Europe, Malaysia and Scotland/ ToyBox-Europe. 26<sup>th</sup> European Congress on Obesity. Glasgow, UK.

- 15) **Androutsos O** (2019). Behavioral interventions for the treatment of hypertension. Workshop on Salt and the Consequences of its Overconsumption. Trikala, Greece.
- 16) **Androutsos O** (2019). Dietary Management Interventions for Obesity in Children. Pre-conference workshop organized by EFAD and EASO. Berlin, Germany.
- 17) **Androutsos O** (2019). Obesity Management in Europe: Interventions in Children. 11<sup>th</sup> Conference of the European Federation of the Associations of Dietitians (EFAD), Berlin, Germany
- 18) **Androutsos O** (2019). Childhood obesity: determinants and obesity prevention initiatives in Greece and Europe. 31<sup>st</sup> Congress of the Hellenic Society for Social Pediatrics and Health Promotion, Lefkada, Greece
- 19) **Androutsos O** (2019). Controlling obesity in Greece: role and dietary interventions. Think Tank of Trikala. Trikala, Greece
- 20) **Androutsos O** (2020). Primary prevention of cardiovascular disease: dietary, school-based interventions. Panhellenic Educational Conference of Primary Healthcare “G. Papadakis”. Athens, Greece.
- 21) **Androutsos O** (2020): Primary prevention programmes for childhood obesity targeting preschool and school-aged children. 13<sup>th</sup> Macedonian Conference (online) on Nutrition-Dietetics, Thessaloniki, Greece.
- 22) **Androutsos O** (2021): Nutritional needs and behaviours during the COVID-lockdown period, 5<sup>th</sup> Panhellenic Conference of Clinical Nutrition and Metabolism, Greek Society of Clinical Nutrition and Metabolism (GrESPEN), online
- 23) **Androutsos O** (2021) Behavioural interventions to treat obesity in breast cancer survivors. Webinar: Update on Nutritional Knowledge. European University Cyprus, online.
- 24) **Androutsos O** (2021) Treatment of childhood obesity. 2<sup>nd</sup> conference on diabetes mellitus in heart disease. Athens, Greece.
- 25) **Androutsos O** (2021) Is intermittent fasting effective in adolescence? What do we know about ketogenic diet in children? 15<sup>th</sup> Conference of the Greek College of Pediatricians. Online.
- 26) **Androutsos O** (2022) Interventions to prevent obesity in preschool and school aged children. 12<sup>th</sup> Conference of Pediatrics Sub-specializations. Online.

- 27) **Androutsos O** (2022) The role of clinical dietitian in pediatrics. 22<sup>nd</sup> Conference of Pediatrics Central Greece. Larissa, Greece.
- 28) **Androutsos O** (2022) The implementation of the European dietary guidelines for children. European Congress on Obesity. Maastricht, Netherlands.
- 29) **Androutsos O** (2022) European guidelines/ Recommendations on medical nutrition therapy for children with obesity. Webinar organized by the European Association for the study of Obesity (EASO). Online.
- 30) **Androutsos O** (2022) Strategies for weight loss maintenance. Panhellenic Educational Conference of Primary Healthcare “G. Papadakis”. Athens, Greece.
- 31) **Androutsos O** (2022) Nutritional habits and nutrition education in children and adolescents. 8<sup>th</sup> International Conference for the Promotion of Innovation in Education. Online.
- 32) **Androutsos O** (2022) Medical nutrition therapy for children with overweight and obesity. A position of EASO and EFAD. Webinar organized by the European Federation of the Associations of Dietitians (EFAD) and the International Sweeteners Association (ISA). Online.
- 33) **Androutsos O** (2022) Childhood obesity. Conference on Nutrition. Department of Nutrition-Dietetics, University of Thessaly. Trikala, Greece.
- 34) **Androutsos O** (2022) Vitamin D: trends and concerns for the Greek population. 3<sup>rd</sup> Webinar on Food Supplements. Greek Association of Food Supplements Entrepreneurs (SESDI). Online.
- 35) **Androutsos O** (2023) Obesity in children and adolescents: epidemiological trends and national food-based recommendations. Conference “Child and Health in post-COVID period”. Organized by Gerolymatos International. Athens, Greece.
- 36) **Androutsos O** (2023) Childhood obesity: epidemiology and dietetic management. Panhellenic Educational Conference of Primary Healthcare “G. Papadakis”. Athens, Greece.
- 37) **Androutsos O** (2023) Investigating the views of practitioners and patients: A framework for medical nutrition therapy (MNT) guidelines implementation. European Congress on Obesity (ECO), Dublin, Ireland.
- 38) **Androutsos O** (2023) Nutrition, health and sustainable development. 9<sup>th</sup> International Conference for the Promotion of Innovation in Education. Online.

- 39) **Androutsos O** (2023) Lessons from the Implementation of Childhood Obesity Prevention Programs in Real World Settings. 2023 ESPE, Athens, Greece.
- 40) **Androutsos O** (2023) European guidelines for the dietetic treatment of obesity in children and adolescents. 17<sup>th</sup> Panhellenic Conference of Nutrition and Dietetics, Athens.
- 41) **Androutsos O** (2024) European projects on nutrition and physical activity for the prevention and treatment of childhood obesity. Alliance against Obesity (Action4Obesity). Conference on the Treatment of the Obesity Epidemic. Athens, Greece.
- 42) **Androutsos O** (2024) European Guidelines for the Medical Nutrition Therapy for Children with Obesity. 31<sup>st</sup> European Congress on Obesity. Venice, Italy.
- 43) **Androutsos O** (2024) Current epidemiological data and new European Guidelines for the Dietetic Treatment of Obesity in Adults. 27<sup>th</sup> Panhellenic Congress of Internal Medicine. Athens, Greece.
- 44) **Androutsos O** (2024) Dietetic treatment of childhood obesity. 2<sup>nd</sup> Conference of Pediatric Training and Research. Larissa, Greece.
- 45) **Androutsos O** (2024) European Guidelines for the Dietetic Treatment of Obesity in Children and Adolescents. Panhellenic Educational Conference of Primary Healthcare “G. Papadakis”. Athens, Greece.
- 46) **Androutsos O** (2025) Obesity. VIIIth VAPES Postgraduate Course and Conference “DIABETES, OBESITY AND RARE ENDOCRINE DISEASES”. Varna, Bulgaria.
- 47) **Androutsos O** (2025) Childhood obesity: from epidemiology to prevention and dietetic treatment. 1<sup>st</sup> Conference «Georama Trofimon: progress in Food Science and Technology». Department of Food Science and Human Nutrition. Agricultural University of Athens. Athens.
- 48) **Androutsos O** (2025) The role of nutrition in the prevention of obesity and type 2 diabetes. 23<sup>rd</sup> Panhellenic Conference on Diabetes. Athens.
- 49) **Androutsos O** (2025) Dietetic Management of Childhood Obesity. Conference on «Childhood Obesity». Trikala.
- 50) **Androutsos O** (2025) Obesity: Current epidemiology & new European guidelines for dietary treatment in adults. 28<sup>th</sup> Panhellenic Conference of Internal Medicine. Athens.

- 51) **Androutsos O** (2025) “Medical nutrition therapy for the management of overweight and obesity in children and adults”. Conference “MANAGING THE ABNORMAL WEIGHT AS A SOUND BASIS OF CARDIO-RENAL-METABOLIC HEALTH”. Varna, Bulgaria.
- 52) **Androutsos O** (2025) Supplements for children and adolescents. CardioLifestyle 2025 Hellenic Institute of Cardiology and ACSM Greece. Athens.
- 53) **Androutsos O** (2026) Nutrition education against childhood obesity: the example of vegetable garden. Conference of Primary Education of East Attica & Pierce – American College of Greece. Athens.
- 54) **Androutsos O** (2026) Childhood obesity in Greece: etiology, consequences, actions for prevention/treatment. Parents Academy of Larissa. Larissa.
- 55) **Androutsos O** (2026) Basic principles of dietetic management of obesity and type 2 diabetes. Conference on «Nutrition and Metabolism». Department of Nutrition-Dietetics University of Thessaly, Unit of Endocrinology-Metabolism-Diabetes Areteion University Hospital, Institute of Biology and Stress, Trikala.
- 56) **Androutsos O** (2026) Childhood obesity: a continuous challenge for Primary Care Panhellenic Educational Conference of Primary Healthcare “G. Papadakis”. Athens, Greece.

## 7. ADMINISTRATIVE EXPERIENCE

### A) In research projects

- **06/12/2011-30/04/2014:** Harokopio University Athens, Department of Nutrition-Dietetics, Project manager of the EU-funded (FP7) research project ToyBox-study ([www.toybox-study.eu](http://www.toybox-study.eu))
- **30/12/2014 – 31/05/2018:** Harokopio University Athens, Department of Nutrition-Dietetics, Project manager of the EU-funded (HORIZON) research project Feel4Diabetes -study ([www.feel4diabetes-study.eu](http://www.feel4diabetes-study.eu))

### B) University of Thessaly

Director of the Lab of Clinical Nutrition & Dietetics (2023-present).

Head or Member in various Committees in the University of Thessaly, e.g.:

- Head of the Department of Nutrition-Dietetics (Karditsa), University of Thessaly.

- Erasmus Departmental Coordinator and Head of ERASMUS Committee for undergraduate and postgraduate students, Department of Nutrition-Dietetics, University of Thessaly.
- Head of Bioethics Committee of the Department of Nutrition and Dietetics, Department of Nutrition-Dietetics, University of Thessaly.
- Member of Committee for students' practical placement, Department of Nutrition-Dietetics, University of Thessaly.
- Substitute member of the "Committee for issues related to bullying, harassment and peer victimization", University of Thessaly.

## 8. MISCELENAOUS

- **Awards**

- 2026: Award for poster in the 22<sup>nd</sup> Panhellenic Seminar in Pediatrics.
- 2019 John M. Kinney Award in Pediatric Nutrition (USD 6,000).
- Project Manager of the "ToyBox-study", which was voted as one of the top three «best practice interventions» for the prevention of chronic diseases in Europe by the Joint Action Chrodix (Conference «Joining forces in Health Promotion to tackle the burden of chronic diseases in Europe», Lithuania).
- Best oral presentation award: XIV Congreso de la Sociedad Espanola de Nutricion (2012)
- Best oral presentation award: XIV Congreso de la Sociedad Espanola de Nutricion (2012)
- Award for poster presentation (500€) (2021): 29<sup>th</sup> Panhellenic Conference of Psychiatry

- **Evaluation of research proposals**

- 2019: Ministry of Health, Israel
- 2019: The Fund for Scientific Research – FNRS, Belgium
- 2020: Medical Research Center (MRC), G. Britain
- 2020: World Cancer Research Fund International
- 2020: The Fund for Scientific Research – FNRS, Belgium
- 2021: World Cancer Research Fund International
- 2021: Auckland Medical Research Foundation
- 2021: World Cancer Research Fund International
- 2022 & 2024: The Qatar National Research Fund (QNRF), Qatar
- 2025: PRIMA

(In 2022-2023 I acted as the evaluator in 4 proposals in Greece)

- **Reviewer in scientific conferences:**

- International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Cape Town, 2016.
- International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Canada, 2017.
- International Society for Behavioral Nutrition and Physical Activity (ISBNPA), China, 2018.

- European Federation of the Associations of Dietitians (EFAD), Rotterdam, 2018
- International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Czech-Republic, 2019.
- European Federation of the Associations of Dietitians (EFAD), Berlin, 2019
- International Society for Behavioral Nutrition and Physical Activity (ISBNPA), New Zealand, 2020.
- International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Online, ISBNPA XChange 2021.
- International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Phoenix, AZ, USA, 2022.
- International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Upsala, Sweden, 2023.
- International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Omaha, Nebraska, 2024.
- International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Candiz, Spain, 2025.

- **Reviewer in peer-reviewed scientific journals:**

1. Acta Medica Hradec Kralove
2. Aging
3. Annals of Nutrition and Metabolism
4. Appetite
5. Biomolecules
6. British Journal of Nutrition
7. BMC Endocrine Disorders
8. BMC Pediatrics
9. BMC Public Health
10. Cardiovascular Diabetology
11. Child and Adolescent Obesity
12. Chronic Diseases and Translational Medicine
13. Clinical & Experimental Allergy
14. Clinical nutrition
15. Diabetes Research and Clinical Practice
16. Diabetology and metabolic syndrome
17. e-Clinical Medicine (Lancet)
18. Early Human Development
19. European Journal of Clinical Nutrition
20. European Journal of Pediatrics
21. European Journal of Public Health
22. Foods
23. Hellenic Journal of Atherosclerosis
24. Indian Heart Journal
25. International Journal of Adolescent Medicine and Health
26. International Journal of Environmental Research and Public Health
27. International Journal of Food Sciences and Nutrition

28. International Journal of Nursing and Health Care Research
29. International Journal of Pediatrics
30. Jornal de Pediatria
31. Journal of Immunoassay and Immunochemistry
32. Journal of Infection and Public Health
33. Journal of Nutrition and Health Sciences
34. Journal of Pediatric Endocrinology and Metabolism
35. Journal of Pediatric Nursing
36. Journal of Public Health Research
37. International Journal of the American College of Nutrition
38. Lancet Regional Health - Europe
39. Learning and Instruction
40. Nutrients
41. Nutrition and Health
42. Nutrition, Metabolism & Cardiovascular Diseases
43. Obesity Research & Clinical Practice
44. Obesity Reviews
45. Pediatric Diabetes
46. Pediatric Obesity
47. Pediatrics International
48. Preventive Medicine
49. Psychology Research and Behavior Management
50. Public Health Nutrition
51. Saudi Medical Journal
52. Toxicology Reports
53. UCMS
54. World Journal of Pediatrics

- **Chair/ Member of the Organizing Committee in conferences:**

1. **08/03/2013:** Chair in the plenary session: ‘Novel mechanisms underlying food intake modulation by the gut-brain axis’. Lille, France.
2. **29/03/2015:** Member of the organizing committee in the 1<sup>st</sup> workshop of the Panhellenic Association of Dietitians and Nutritionists (EDDE), Athens, Greece.
3. **29/03/2015:** Chair in the session “Current practices regarding nutritional assessment and the evaluation of health indices”, in the 1<sup>st</sup> workshop of the Panhellenic Association of Dietitians and Nutritionists (EDDE), Athens, Greece.
4. **12/02/2016:** Chair in the session “Nutrition in patients with IBD”, in the 11<sup>th</sup> workshop of the Hellenic Society for Gastroenterology and Nutrition-ELIGAST, Athens, Greece.
5. **27/02/2016:** Member of the organizing committee in the 2<sup>nd</sup> workshop of the Panhellenic Association of Dietitians and Nutritionists (EDDE), Athens, Greece.

6. **27/02/2016:** Chair in the session “Breastfeeding, perinatal factors and childhood obesity”, in the 2<sup>nd</sup> workshop of the Panhellenic Association of Dietitians and Nutritionists (EDDE), Athens, Greece.
7. **27-28/05/2017:** Vice president of the organizing committee in the 2<sup>nd</sup> conference of the Panhellenic Association of Dietitians and Nutritionists (EDDE), Athens, Greece.
8. **22/04/2018:** Member of the organizing committee in the workshop “Child, Nutrition, Growth and Development” of the Panhellenic Association of Dietitians and Nutritionists (EDDE), Athens, Greece.
9. **15/02/2019:** President of the round table “Nutrition I”, 14<sup>th</sup> conference ELIGAST, Athens.
10. **07/03/2020:** President of the round table “Nutrition II: Nutrition and Liver Disease”, 15<sup>th</sup> conference ELIGAST, Athens.
11. **25-27/09/2020:** Member of the organizing committee in the 13<sup>th</sup> Macedonian Conference, International Hellenic University and Panhellenic Association of Dietitians and Nutritionists (EDDE) (online conference)
12. **18/09/2020:** President of the round table “Diabetes mellitus and nutrition II”, 18<sup>th</sup> Panhellenic Conference on Diabetes, Hellenic Diabetes Association.
13. **25-27/09/2020:** President of the round table “Nutrition Policy”, 13<sup>th</sup> Macedonian Conference, International Hellenic University and Panhellenic Association of Dietitians and Nutritionists (EDDE) (online conference)
14. **25-27/09/2020:** President of the round table “Nutrition and Diseases of the Gastrointestinal Tract”, 13<sup>th</sup> Macedonian Conference, International Hellenic University and Panhellenic Association of Dietitians and Nutritionists (EDDE) (online conference)
15. **25-27/09/2020:** President of the round table “Personalized Nutrition – Nutrigenetics”, 13<sup>th</sup> Macedonian Conference, International Hellenic University and Panhellenic Association of Dietitians and Nutritionists (EDDE) (online conference)
16. **16-18/05/2021:** President of the round table “Nutrition”, 26<sup>th</sup> Greek Conference for Helicobacter Pylori and Infections of the GI Tract.
17. **11/12/2021:** President of the round table «Nutrition and Cancer in Adults», 16<sup>th</sup> Panhellenic Congress of Nutrition-Dietetics, Athens, Greece (Online).
18. **29/05/2022:** President of the round table «Diet, nutrition and cancer: what do we know and what is the way forward», 1<sup>st</sup> International Conference of Nutritional Sciences & Dietetics. Thessaloniki. Greece.
19. **24/09/2022:** Member of the organizing committee in the conference “New insights in the field of Ethics and Deontology”, University of Thessaly Research Ethics & Deontology Committee (E.H.D.E.), Volos, Greece.
20. **09/10/2022:** President in the lecture of Professor L. Sidossis «Mediterranean diet or Mediterranean lifestyle? What advice should be give to our patients/clients?» 7<sup>n</sup> Conference on Nutrition of the EMBAKAN & 5<sup>th</sup> Conference on Nutrition of the Panhellenic Association of Dietitians and Nutritionists (EDDE), Athens, Greece.

21. **09/10/2022:** President of the round table «Mediterranean diet – Sustainability», 7<sup>n</sup> Conference on Nutrition of the EMBAKAN & 5<sup>th</sup> Conference on Nutrition of the Panhellenic Association of Dietitians and Nutritionists (EDDE), Athens, Greece.
22. **15/10/2022:** President in the speech of Professor A. Trichopoulou «Mediterranean diet», Conference on Nutrition, Department of Nutrition-Dietetics University of Thessaly, Trikala, Greece
23. **20/02/2023:** President of the round table «Obesity», Panhellenic Educational Conference of Primary Healthcare “G. Papadakis”. Athens, Greece.
24. **18/03/2023:** President of the round table «Section VI», 1<sup>st</sup> Conference of New Researchers in the field of Physical Education, Sports Science and Dietetics, Trikala, Greece.
25. **15/10/2023:** President of the round table “Nutrition and Mental Health”, Department of Nutrition-Dietetics, University of Thessaly, Trikala, Greece.
26. **04/11/2023:** Member of the organizing committee in the conference “New insights in the field of Ethics and Deontology with emphasis on Clinical Trials and Artificial Intelligence”, University of Thessaly Research Ethics & Deontology Committee (E.H.D.E.), Larissa, Greece.
27. **09/12/2023:** President of the round table “Focusing on quality of life in cancer”, 17<sup>th</sup> Panhellenic Conference of Nutrition and Dietetics, Athens, Greece.
28. **27/03/2024:** President in the lecture “Factors influencing individuals’ adherence to weight loss interventions”. 22<sup>nd</sup> Panhellenic Conference of Diabetes. Athens, Greece.
29. **11/04/2024:** President of the round table “Chronic diseases and conditions with nutritional disorders”. 8<sup>th</sup> Panhellenic Conference on Medicine/Clinical Nutrition-Metabolism. Athens, Greece.
30. **11/10/2024:** President of the round table “Psychological and dietetic management of diseases” 2<sup>nd</sup> International Conference of Nutritional Sciences & Dietetics. Thessaloniki. Greece.
31. **12/10/2024:** Member of the organizing committee and President of round table in the conference “Deontology and Integrity in Research: the role of Research Ethics & Deontology Committees”, University of Thessaly Research Ethics & Deontology Committee (E.H.D.E.), Larissa, Greece.
32. **17/05/2024:** President of round table in the conference “Nutrition and Mental Health”. Department of Nutrition-Dietetics University of Thessaly, Trikala, Greece.
33. **06/02/2025:** President of round table organized by the Panhellenic Society of Nutrition. Panhellenic Educational Conference of Primary Healthcare “G. Papadakis”. Athens, Greece
34. **08/03/2025:** President of round table “The role of endocrine disruptors in obesity and diabetes”. Scientific seminar “The role of endocrine disruptors

through nutrition and environment in health”. Department of Nutrition-Dietetics, University of Thessaly. Trikala, Greece.

35. **15/03/2025:** President of round table “The role of dietitian in treating eating disorders”. Conference on “Therapeutical protocol TBT-S”. Athens, Greece.
36. **21/03/2025:** President of lecture “Sarcopenic diabetes and the role of nutrition in its prevention and treatment: advances from DNSG and ESPEN”. 24<sup>th</sup> Panhellenic Conference on Diabetes. Athens.
37. **06/09/2025:** President of round table “Nutrition and Exercise”. 18<sup>th</sup> Panhellenic Conference of Cardiometabolic Risk Factors. Kalamata, Greece.
38. **05/12/2025:** President of lecture “Pediatric cancer and nutrition”. 18<sup>th</sup> Conference of Nutrition-Dietetics. Athens, Greece.
39. **05/12/2025:** President of round table “Current education of dietitian-nutritionist”. 18<sup>th</sup> Conference of Nutrition-Dietetics. Athens, Greece.
40. **05/12/2025:** President of round table “Post-therapeutical care in cancer: complications, treatment and support”. 18<sup>th</sup> Conference of Nutrition-Dietetics. Athens, Greece.