

ΟΔΥΣΣΕΑΣ ΑΝΔΡΟΥΤΣΟΣ

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1. ΣΠΟΥΔΕΣ

Χαροκόπειο Πανεπιστήμιο

2015-2018

Τμήμα Επιστήμης Διαιτολογίας-Διατροφής

Μεταδιδακτορική έρευνα

Θέμα: «Αποτύπωση παραγόντων κινδύνου για παχυσαρκία και συνοδά καρδιομεταβολικά νοσήματα, ανάπτυξη, εφαρμογή και αξιολόγηση προγραμμάτων παρέμβασης για την πρόληψη και την αντιμετώπισή τους»

Εθνικό και Καποδιστριακό Πανεπιστήμιο Αθηνών

2009-2014

Ιατρικής Σχολής, Τομέας Υγείας Μητέρας-Παιδιού

Α΄ Παιδιατρική Κλινική, Νοσ. Παίδων «Η Αγία Σοφία»

Διδακτορικό δίπλωμα (PhD)

Τίτλος Διατριβής: «Επίδραση γεγονότων ενδομήτριας και εξωμήτριας ζωής στην έκφραση παραγόντων κινδύνου καρδιαγγειακών νοσημάτων στη μετέπειτα ζωή και ο ρόλος της πρώιμης παρέμβασης κατά την παιδική ηλικία»

Πανεπιστήμιο Γλασκώβης, Μ. Βρετανία

2005-2006

Ιατρική Σχολή

Μεταπτυχιακό Δίπλωμα Ειδίκευσης MSc (M.Med.Sci) στη Διατροφή του Ανθρώπου

Τεχνολογικό Εκπαιδευτικό Ίδρυμα (ΤΕΙ) Κρήτης

2001-2005

Τμήμα Διατροφής & Διαιτολογίας

Πτυχιούχος Διατροφολόγος – Διαιτολόγος

2. ΕΠΑΓΓΕΛΜΑΤΙΚΟ ΙΣΤΟΡΙΚΟ

- **2008 – 2015:** Διαιτολόγος-Διατροφολόγος (ελεύθερος επαγγελματίας).
- **01/04/2008 - 30/06/2010:** Επιστημονικός συνεργάτης Χαροκοπείου Πανεπιστημίου Αθηνών, Τμήματος Επιστήμης Διαιτολογίας-Διατροφής στο ερευνητικό πρόγραμμα «Μελέτη της επίδρασης της συμπληρωματικής χορήγησης βιταμίνης Κ στην οστική πυκνότητα της σπονδυλικής στήλης και του γοφού και σε δείκτες οστεοβλαστικής και οστεοκλαστικής δραστηριότητας».
- **15/12/2009 - 31/07/2012:** Επιστημονικός συνεργάτης Χαροκοπείου Πανεπιστημίου Αθηνών, Τμήματος Επιστήμης Διαιτολογίας-Διατροφής στο ερευνητικό πρόγραμμα «Ευρωπαϊκό πρόγραμμα για την πρόληψη και αντιμετώπιση της παχυσαρκίας στην παιδική ηλικία: σχεδιασμός, εφαρμογή και αξιολόγηση παρέμβασης για την προώθηση ισορροπημένης διατροφής και φυσικής δραστηριότητας: ENERGY» (FP7).
- **26/01/2010-30/04/2014:** Επιστημονικός συνεργάτης Χαροκοπείου Πανεπιστημίου Αθηνών, Τμήματος Επιστήμης Διαιτολογίας-Διατροφής στο ερευνητικό πρόγραμμα «Πολυπαραγοντική προσέγγιση για την πρόληψη της παχυσαρκίας στην προσχολική ηλικία: χρήση συμπεριφορικών μοντέλων για την κατανόηση των παραγόντων που επιδρούν στη διατροφή και φυσική δραστηριότητα με στόχο τη διαμόρφωση πολιτικών υγείας για την προώθηση ενός ισορροπημένου τρόπου ζωής: TOYBOX» (FP7).
- **01/02/2011 – 31/01/2016:** Επιστημονικός συνεργάτης Χαροκοπείου Πανεπιστημίου Αθηνών, Τμήματος Επιστήμης Διαιτολογίας-Διατροφής στο ερευνητικό πρόγραμμα «Κατανοώντας τους μηχανισμούς τροφής-εντέρου-εγκεφάλου κατά τη διάρκεια της ζωής στη ρύθμιση της πείνας και του κορεσμού για την υγεία: Full4Health» (FP7).
- **06/12/2011-30/04/2014:** Χαροκόπειο Πανεπιστήμιο Αθηνών, Τμήμα Επιστήμης Διαιτολογίας-Διατροφής, Διευθυντής ερευνητικού προγράμματος «Πολυπαραγοντική προσέγγιση για την πρόληψη της παχυσαρκίας στην προσχολική ηλικία: χρήση συμπεριφορικών μοντέλων για την κατανόηση των παραγόντων που επιδρούν στη διατροφή και φυσική δραστηριότητα με στόχο τη διαμόρφωση πολιτικών υγείας για την προώθηση ενός ισορροπημένου τρόπου ζωής: TOYBOX» (FP7).
- **01/04/2011 – 31/03/2015:** Επιστημονικός συνεργάτης Χαροκοπείου Πανεπιστημίου Αθηνών, Τμήματος Επιστήμης Διαιτολογίας-Διατροφής στο ερευνητικό πρόγραμμα «Εξατομικευμένη διατροφή: Μία ολοκληρωμένη ανάλυση των ευκαιριών και των προκλήσεων (Food4Me)-Personalized nutrition: An integrated analysis of opportunities and challenges (Food4Me)» (FP7).

- **01/11/2013 – 31/10/2017:** Επιστημονικός συνεργάτης Χαροκοπέιου Πανεπιστημίου Αθηνών, Τμήματος Επιστήμης Διαιτολογίας-Διατροφής στο ερευνητικό πρόγραμμα «Διερεύνηση των διατροφικών πρακτικών για τη βελτιστοποίηση της πρόσληψης βιταμίνης D και τη διασφάλιση της υγείας στα διάφορα στάδια της ζωής (ODIN)» (FP7).
- **30/12/2014 – 31/05/2018:** Χαροκόπειο Πανεπιστήμιο Αθηνών, Τμήμα Επιστήμης Διαιτολογίας-Διατροφής, Διευθυντής ερευνητικού προγράμματος «Ανάπτυξη και εφαρμογή ενός προγράμματος παρέμβασης στην κοινότητα για τη διαμόρφωση ενός υποστηρικτικού κοινωνικού και φυσικού περιβάλλοντος για την τροποποίηση του τρόπου ζωής με σκοπό την πρόληψη του σακχαρώδους διαβήτη σε οικογένειες υψηλού κινδύνου σε όλη την Ευρώπη (Feel4Diabetes)» (FP7).
- **10/2018 – 06/2019:** Ακαδημαϊκός υπότροφος, Τμήμα Διατροφής-Διαιτολογίας, Πανεπιστημίου Θεσσαλίας.
- **09/2019-σήμερα:** Μέλος ΔΕΠ Τμήματος Διαιτολογίας-Διατροφολογίας, Πανεπιστημίου Θεσσαλίας.

3. ΑΚΑΔΗΜΑΪΚΗ ΚΑΙ ΕΠΙΣΤΗΜΟΝΙΚΗ ΕΜΠΕΙΡΙΑ

3.1 Διδασκαλία σε Προπτυχιακά Προγράμματα Σπουδών

- **Ιδρύματα/Τμήματα:**
 - Πανεπιστήμιο Θεσσαλίας, Τμήμα Διαιτολογίας-Διατροφολογίας (2019-σήμερα)
 - ΤΕΙ Θεσσαλίας, Τμήμα Διατροφής και Διαιτολογίας (2018-2019)
 - Χαροκόπειο Πανεπιστήμιο, Τμήμα Επιστήμης Διαιτολογίας-Διατροφής (2015-2018)
- **Μαθήματα:**
 - Διατροφική Αξιολόγηση
 - Διατροφική Αγωγή
 - Κλινική Διατροφή I
 - Κλινική Διατροφή II
 - Κλινική Διατροφή και Διαιτολογία 1
 - Κλινική Διατροφή και Διαιτολογία 2
 - Σχεδιασμός Διαιτολογίου για Παθολογικές Καταστάσεις
 - Κλινική Παιδιατρική Διατροφή
 - Διαιτητική αντιμετώπιση νοσημάτων στην παιδική ηλικία
 - Σχεδιασμός Διαιτολογίου για Φυσιολογικές Καταστάσεις
 - Διατροφή και Πρόληψη Μη Μεταδιδόμενων Νοσημάτων
 - Ψυχολογία & Ψυχοπαθολογία της Διατροφής

3.2 Διδασκαλία σε Προγράμματα Μεταπτυχιακών Σπουδών

- **Ιδρύματα/Τμήματα:**
 - Χαροκόπειο Πανεπιστήμιο, Τμήμα Επιστήμης Διαιτολογίας-Διατροφής (2015-2023).
 - Εθνικό και Καποδιστριακό Πανεπιστήμιο Αθηνών, Ιατρική Σχολή (2016-2020)
 - Προαγωγή και Αγωγή Υγείας
 - Διαβήτης και Παχυσαρκία
 - Υπέρταση, καρδιαγγειακά νοσήματα και νοσήματα νεφρών
 - Πανεπιστήμιο Θεσσαλίας
 - Ιατρική Σχολή (2020- σήμερα)
 - ΤΕΦΑΑ (2022-σήμερα)
 - Αριστοτέλειο Πανεπιστήμιο Θεσσαλονίκης, Ιατρική Σχολή (2020-σήμερα).
 - Ευρωπαϊκό Πανεπιστήμιο Κύπρου (2017-2018, 2021-2022)
- **Μαθήματα:**
 - Διατροφική συμπεριφορά και αγωγή
 - Πρόληψη και αντιμετώπιση παχυσαρκίας και συνοδών νοσημάτων
 - Σύγχρονα θέματα διατροφής-διατροφικής αξιολόγησης
 - Διατροφή, Τρόπος Ζωής και Γενετική Προδιάθεση
 - Σχεδιασμός, εφαρμογή και αξιολόγηση προγραμμάτων πρόληψης στην κοινότητα
 - Ειδικά θέματα διατροφής & διατροφικής αξιολόγησης στα στάδια της ζωής
 - Πρόληψη και αντιμετώπιση παχυσαρκίας και συνοδών της νοσημάτων

3.3 Επίβλεψη Μεταπτυχιακών Διατριβών

3.3.1 Επιβλέψεις που ολοκληρώθηκαν: 12

3.3.2 Επιβλέψεις Εν εξελίξει:

- Ιατρική Σχολή, Αριστοτέλειο Πανεπιστήμιο Θεσσαλονίκης: 3
- Ιατρική Σχολή, Πανεπιστήμιο Θεσσαλίας: 3

3.4 Επιτυχείς Διεκδικήσεις Χρηματοδοτήσεων

3.4.1 Ανταγωνιστική Διεθνής Χρηματοδότηση: 2

- Επιστημονικά Υπεύθυνος του Use Case 1 για την Κεντρική Ελλάδα του ερευνητικού προγράμματος «GATEKEEPER (Smart living homes – whole interventions demonstrator for people at health and social risks)» (φορέας χρηματοδότησης: Ευρωπαϊκή Ένωση, HORIZON 2020).
- 2019 John M. Kinney Award in Pediatric Nutrition (USD 6,000) Βραβείο καλύτερης δημοσίευσης στον τομέα «Κλινικής Παιδιατρικής Διατροφής» για το άρθρο «Perinatal and lifestyle factors mediate the association between maternal education and preschool children’s weight status: the ToyBox study» [Androutsos et al, Nutrition 48 (2018) 6–12].

3.5 Συμμετοχή σε Διεθνείς & Ελληνικές Επιστημονικές και Διοικητικές Επιτροπές

- **2015 – 2019:** Κεντρική Επιστημονική Επιτροπή, Ένωση Διαιτολόγων-Διατροφολόγων Ελλάδας (ΕΔΔΕ) (εκλεγμένο μέλος)
- **2015 - 2019:** Μέλος της Ομάδας Εργασίας για την Παιδική Διατροφή, Ένωση Διαιτολόγων-Διατροφολόγων Ελλάδας (ΕΔΔΕ) (εκλεγμένο μέλος)
- **2017 - σήμερα:** Ομάδα Ειδικών για τη Διαχείριση της Παχυσαρκίας (ESDN Obesity Committee), Ευρωπαϊκή Συνομοσπονδία Διαιτολόγων-Διατροφολόγων (EFAD) (εκλεγμένο μέλος)
- **Μέλος Συντακτικής Επιτροπής σε Διεθνή Επιστημονικά Περιοδικά:**
 - **2017 – 2022:** International Journal of Clinical Nutrition & Dietetics (τακτικό μέλος)
 - **2017 – 2022:** Nutrition & Dietetics Case Reports (τακτικό μέλος)
 - **2019 - 2024:** Behavioral Medicine (τακτικό μέλος)
 - **2019 - 2021:** BMC Endocrine Disorders (τακτικό μέλος)
 - **2020:** Guest Editor για το special issue “Feel4Diabetes” στο περιοδικό BMC Endocrine Disorders
 - **2020:** Guest Editor για το special issue “Childhood Obesity: Nutrition and Lifestyle Determinants, Prevention and Management” στο περιοδικό Nutrients
 - **2020:** Guest Editor για το special issue “Nutrition and Endocrine Disorders” στο περιοδικό Nutrients
 - **2020:** Guest Editor για το special issue “Body Composition in Children” στο περιοδικό CHILDREN
 - **2021 – 2022:** Co-editor για το special issue “Physical activity, sedentary behavior, sleep and nutrition in patients with type 2 diabetes mellitus” στο περιοδικό Frontiers in Clinical Diabetes and Healthcare
 - **2022 - 2023:** CHILDREN (τακτικό μέλος)
 - **2022 – 2023:** Guest Editor για το special issue “Research on nutrition and childhood and adolescent obesity” στο περιοδικό CHILDREN
 - **2023:** Topic Editor για το special issue “2022 in Review: Diabetes Clinical Epidemiology” στο περιοδικό Frontiers in Clinical Diabetes and Healthcare
 - **2023 - 2024:** Guest Editor για το special issue “Cancer and Nutrition: from epidemiology to medical nutrition therapy” στο περιοδικό Nutrients
 - **2023 - σήμερα:** Guest Editor για το special issue “Obesity in childhood and adolescence: etiology, prevention and treatment” στο περιοδικό Nutrients
 - **2024 – σήμερα:** Guest Editor για το special issue “Nutrition in Patient Care” στο περιοδικό Healthcare
 - **2024 – σήμερα:** Guest Editor για το special issue “The role of dietary polyphenols in the prevention of Noncommunicable chronic diseases” στο περιοδικό Frontiers in Nutrition

3.6 Συμμετοχή ως Μέλος σε Διεθνείς Επαγγελματικούς Οργανισμούς

- **2018 - 2020:** Εθνικός Εκπρόσωπος της Ένωσης Διαιτολόγων-Διατροφολόγων Ελλάδας (ΕΔΔΕ) στην Ευρωπαϊκή Συνομοσπονδία Διαιτολόγων-Διατροφολόγων (EFAD) (εκλεγμένο μέλος)
- **2009 - 2017:** Nutrition Society (UK)
- **2011 - σήμερα:** European Federation of the Associations of Dietitians (EFAD)
- **2009 – σήμερα:** Ένωση Διαιτολόγων-Διατροφολόγων Ελλάδας (ΕΔΔΕ)

4. ΔΗΜΟΣΙΕΥΣΕΙΣ

4.1 Άρθρα σε Διεθνή Περιοδικά με Σύστημα Κριτών Ενταγμένα σε Βιβλιογραφικές Βάσεις Δεδομένων

- 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, Bjørnarå 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, Papadopoulos 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]
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5. ΠΑΡΟΥΣΙΑΣΕΙΣ ΣΕ ΔΙΕΘΝΗ ΣΥΝΕΔΡΙΑ ΜΕ ΚΡΙΤΕΣ

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- 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. 10th Panhellenic Medical Congress for Obesity.
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- 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).
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- 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.
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- 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. 12th European Nutrition Conference (FENS).
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- 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)

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- 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, Kułaga 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 1st year of an intervention aiming to promote healthy lifestyle in a large-scale European cohort: Feel4Diabetes-study (53rd 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 (53rd 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 (54th 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 (54th 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) Asociación entre la actividad física y el tiempo de ocio sedentario con el consumo de alimentos en Niños Europeos. Estudio TOYBOX. XIV Congreso Sociedad Española 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. 15th National Conference of Nutrition & Dietetics & 4th 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. 16th 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. 41st 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. 9th 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. 29th 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. 4th 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. 1st 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. 1st International Conference of Nutritional Sciences & Dietetics. Thessaloniki. Greece.
- 77) Perperidi M, Huybrechts I, Saliari D, Christakis C, Kontou N, Saloustris E, Theodorakis Y, **Androutsos O** (2022) 1st International Conference of Nutritional Sciences & Dietetics. Defining the ideal characteristics of effective

interventions for the weight management in breast cancer survivors. 1st 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. 6th 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. 10ο Πανελλήνιο Συνέδριο των Ομάδων Εργασίας Εταιρείας Αθηροσκλήρωσης, Ιωάννινα.
- 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. 10ο Πανελλήνιο Συνέδριο των Ομάδων Εργασίας Εταιρείας Αθηροσκλήρωσης, Ιωάννινα.
- 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. 10ο Πανελλήνιο Συνέδριο των Ομάδων Εργασίας Εταιρείας Αθηροσκλήρωσης, Ιωάννινα.
- 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^ο Πανελλήνιο Συνέδριο Διατροφής & Διαιτολογίας, Αθήνα.

6. ΠΑΡΟΥΣΙΑΣΕΙΣ ΜΕΤΑ ΑΠΟ ΠΡΟΣΚΛΗΣΗ

- 1) **Androutsos O** (2015). The role of energy balance in body weight control. 9th Scientific workshop on the “Implications of Obesity”, Athens, Greece (Hellenic Medical Association for Obesity)
- 2) **Androutsos O** (2015). Energy balance and weight management. 1st 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. 13th National Conference of Nutrition & Dietetics & 2nd Panhellenic Congress of Clinical Nutrition, Athens, Greece.
- 4) **Androutsos O** (2016). Effectiveness of obesity prevention programmes at preschool age. 1st 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. 14th National Conference of Nutrition & Dietetics & 3rd Panhellenic Congress of Clinical Nutrition and Metabolism, Athens, Greece.
- 8) **Androutsos O** (2017) Results of EU-projects on childhood obesity: The ToyBox-study. 10th Conference of the European Federation of the Associations of Dietitians (EFAD), Rotterdam, Netherlands.
- 9) **Androutsos O** (2017) Nutrition in Adolescence. 10th 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? 12th Macedonian Conference on Nutrition-Dietetics, Thessaloniki, Greece.
- 12) **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. 26th European Congress on Obesity. Glasgow, UK.
- 13) **Androutsos O** (2019). Behavioral interventions for the treatment of hypertension. Workshop on Salt and the Consequences of its Overconsumption. Trikala, Greece.
- 14) **Androutsos O** (2019). Dietary Management Interventions for Obesity in Children. Pre-conference workshop organized by EFAD and EASO. Berlin, Germany.
- 15) **Androutsos O** (2019). Obesity Management in Europe: Interventions in Children. 11th Conference of the European Federation of the Associations of Dietitians (EFAD), Berlin, Germany
- 16) **Androutsos O** (2019). Childhood obesity: determinants and obesity prevention initiatives in Greece and Europe. 31st Congress of the Hellenic Society for Social Pediatrics and Health Promotion, Lefkada, Greece
- 17) **Androutsos O** (2019). Controlling obesity in Greece: role and dietary interventions. Think Tank of Trikala. Trikala, Greece
- 18) **Androutsos O** (2020). Primary prevention of cardiovascular disease: dietary, school-based interventions. Panhellenic Educational Conference of Primary Healthcare "G. Papadakis". Athens, Greece.
- 19) **Androutsos O** (2020): Primary prevention programmes for childhood obesity targeting preschool and school-aged children. 13th Macedonian Conference (online) on Nutrition-Dietetics, Thessaloniki, Greece.
- 20) **Androutsos O** (2021): Nutritional needs and behaviours during the COVID-lockdown period, 5th Panhellenic Conference of Clinical Nutrition and Metabolism, Greek Society of Clinical Nutrition and Metabolism (GrESPEN), online
- 21) **Androutsos O** (2021) Behavioural interventions to treat obesity in breast cancer survivors. Webinar: Update on Nutritional Knowledge. European University Cyprus, online.

- 22) **Androutsos O** (2021) Treatment of childhood obesity. 2nd conference on diabetes mellitus in heart disease. Athens, Greece.
- 23) **Androutsos O** (2021) Is intermittent fasting effective in adolescence? What do we know about ketogenic diet in children? 15th Conference of the Greek College of Pediatricians. Online.
- 24) **Androutsos O** (2022) Interventions to prevent obesity in preschool and school aged children. 12th Conference of Pediatrics Sub-specializations. Online.
- 25) **Androutsos O** (2022) The role of clinical dietitian in pediatrics. 22nd Conference of Pediatrics Central Greece. Larissa, Greece.
- 26) **Androutsos O** (2022) The implementation of the European dietary guidelines for children. European Congress on Obesity. Maastricht, Netherlands.
- 27) **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.
- 28) **Androutsos O** (2022) Strategies for weight loss maintenance. Panhellenic Educational Conference of Primary Healthcare “G. Papadakis”. Athens, Greece.
- 29) **Androutsos O** (2022) Nutritional habits and nutrition education in children and adolescents. 8th International Conference for the Promotion of Innovation in Education. Online.
- 30) **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.
- 31) **Androutsos O** (2022) Childhood obesity. Conference on Nutrition. Department of Nutrition-Dietetics, University of Thessaly. Trikala, Greece.
- 32) **Androutsos O** (2022) Vitamin D: trends and concerns for the Greek population. 3rd Webinar on Food Supplements. Greek Association of Food Supplements Entrepreneurs (SESDI). Online.
- 33) **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.

- 34) **Androutsos O** (2023) Childhood obesity: epidemiology and dietetic management. Panhellenic Educational Conference of Primary Healthcare “G. Papadakis”. Athens, Greece.
- 35) **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.
- 36) **Androutsos O** (2023) Lessons from the Implementation of Childhood Obesity Prevention Programs in Real World Settings. 2023 ESPE, Athens, Greece.
- 37) **Androutsos O** (2024) European Guidelines for the Medical Nutrition Therapy for Children with Obesity. 31st European Congress on Obesity. Venice, Italy.
- 38) **Androutsos O** (2024) Ευρωπαϊκές Κατευθυντήριες Οδηγίες για τη Διαιτητική Αντιμετώπιση της Παχυσαρκίας Παιδιών και Εφήβων. Πανελλήνιες Εκπαιδευτικές Ημερίδες Πρωτοβάθμιας Φροντίδας Υγείας «Γ. Παπαδάκης», Αθήνα.

7. ΔΙΟΙΚΗΤΙΚΗ ΕΜΠΕΙΡΙΑ

A) Σε Ερευνητικά Προγράμματα που έχουν Χρηματοδοτηθεί από την Ευρωπαϊκή Ένωση

- **06/12/2011-30/04/2014:** Χαροκόπειο Πανεπιστήμιο Αθηνών, Τμήμα Επιστήμης Διαιτολογίας-Διατροφής, Διευθυντής ερευνητικού προγράμματος «Πολυπαραγοντική προσέγγιση για την πρόληψη της παχυσαρκίας στην προσχολική ηλικία: χρήση συμπεριφορικών μοντέλων για την κατανόηση των παραγόντων που επιδρούν στη διατροφή και φυσική δραστηριότητα με στόχο τη διαμόρφωση πολιτικών υγείας για την προώθηση ενός ισορροπημένου τρόπου ζωής: TOYBOX»
Καθήκοντα: Επικοινωνία με την Ευρωπαϊκή Επιτροπή, και προετοιμασία επιστημονικών αναφορών του προγράμματος, συντονισμός προετοιμασίας και υλοποίησης της τελικής συνάντησης για τη διάχυση των αποτελεσμάτων του προγράμματος ToyBox.
- **30/12/2014 – 31/05/2018:** Χαροκόπειο Πανεπιστήμιο Αθηνών, Τμήμα Επιστήμης Διαιτολογίας-Διατροφής, Διευθυντής ερευνητικού προγράμματος «Ανάπτυξη και εφαρμογή ενός προγράμματος παρέμβασης στην κοινότητα για τη διαμόρφωση ενός υποστηρικτικού κοινωνικού και φυσικού περιβάλλοντος για την τροποποίηση του τρόπου ζωής με σκοπό την πρόληψη του σακχαρώδους διαβήτη σε οικογένειες υψηλού κινδύνου σε όλη την Ευρώπη (Feel4Diabetes)»

B) Πανεπιστήμιο Θεσσαλίας

Συμμετοχή σε Κεντρικά Όργανα, Επιτροπές και Ινστιτούτα Πανεπιστημίου Θεσσαλίας

- **2023:** Μέλος Επιτροπής σύνταξης των τεχνικών προδιαγραφών και το εδεσματολόγιο της σύμβασης (διαγωνισμού) για τη σίτιση των Φοιτητών του Πανεπιστημίου Θεσσαλίας (για 5 πόλεις) (διεθνής διαγωνισμός)
- **2023:** Αναπληρωματικό μέλος της Επιτροπής Αξιολόγησης Προσωπικού στο πλαίσιο του έργου 7480
- **2022 – σήμερα:** Ιδρυτικό Μέλος του Ινστιτούτου «Εφαρμοσμένων Επιστημών της Συμπεριφοράς»
- **2022 – σήμερα:** Αναπληρωματικό Μέλος Κεντρικής Επιτροπής Ηθικής και Δεοντολογίας Έρευνας και Αξιολογητής Ερευνητικών Προτάσεων, Πανεπιστήμιο Θεσσαλίας
- **2022:** Αναπληρωματικό μέλος της Επιτροπής Αξιολόγησης Προσωπικού στο πλαίσιο του έργου 6879
- **2021:** Εισηγητής για Αξιολόγηση Ερευνητικής Πρότασης προς την Κεντρική Επιτροπή Βιοηθικής και Δεοντολογίας, Πανεπιστήμιο Θεσσαλίας
- **2020:** Αναπληρωματικό μέλος της «Επιτροπής για θέματα εκφοβισμού, παρενόχλησης και θυματοποίησης» του Πανεπιστημίου Θεσσαλίας.
- **2020 - 2021:** Μέλος Επιτροπής αξιολόγησης σίτισης των Φοιτητών του Πανεπιστημίου Θεσσαλίας (για 5 πόλεις) (διεθνής διαγωνισμός)

Συμμετοχή σε Όργανα/Επιτροπές του Τμήματος Διαιτολογίας-Διατροφολογίας, Πανεπιστημίου Θεσσαλίας

Ενεργές διοικητικές θέσεις

- **2023 - σήμερα:** Διευθυντής & Ιδρυτής Εργαστηρίου «Διαιτολογίας και Κλινικής Διατροφής» (CND-lab), Τμήμα Διαιτολογίας – Διατροφολογίας, Πανεπιστήμιο Θεσσαλίας (ΦΕΚ Ίδρυσης: 4640/06-10-2021)
- **2023:** Επιτροπή αξιολόγησης αιτήσεων Πανεπιστημιακών Υποτρόφων, Τμήμα Διαιτολογίας – Διατροφολογίας, Πανεπιστήμιο Θεσσαλίας
- **2020 - σήμερα:** Ακαδημαϊκά Υπεύθυνος και Πρόεδρος Επιτροπής Προγράμματος ERASMUS για τους προπτυχιακούς και Υποψήφιους Διδάκτορες του Τμήματος Διαιτολογίας – Διατροφολογίας, Πανεπιστήμιο Θεσσαλίας (ανάθεση ΓΣ: Αριθ. 15/11-05-2020)
- **2022 - σήμερα:** Μέλος Εσωτερικής Επιτροπής Βιοηθικής & Δεοντολογίας, Τμήμα Διαιτολογίας – Διατροφολογίας, Πανεπιστήμιο Θεσσαλίας.
- **2022 – σήμερα:** Μέλος Επιτροπής Μεταπτυχιακών και Διδακτορικών Σπουδών, Τμήμα Διαιτολογίας – Διατροφολογίας, Πανεπιστήμιο Θεσσαλίας
- **2022 – σήμερα:** Μέλος Επιτροπής Εσωτερικού Κανονισμού Λειτουργίας, Τμήμα Διαιτολογίας – Διατροφολογίας, Πανεπιστήμιο Θεσσαλίας
- **2022 - σήμερα:** Μέλος Επιτροπής Αξιολόγησης Ενστάσεων Προκηρύξεων έκτακτου προσωπικού, Τμήμα Διαιτολογίας – Διατροφολογίας, Πανεπιστήμιο Θεσσαλίας
- **2021 – σήμερα:** Σύμβουλος Καθηγητής (για περίπου 40 φοιτητές/έτος του Τμήματος Διαιτολογίας-Διατροφολογίας)
- **2020 – σήμερα:** Μέλος της Γενικής Συνέλευσης του Τμήματος Διαιτολογίας – Διατροφολογίας του Πανεπιστημίου Θεσσαλίας.
- **2020 – σήμερα:** Αναπληρωτής Εκπρόσωπος του Τμήματος Διαιτολογίας – Διατροφολογίας στην Επιτροπή Ερευνών του Πανεπιστημίου Θεσσαλίας.

Παρελθούσες διοικητικές θέσεις

- **2023:** Μέλος Τριμελούς Κεντρικής Εφορευτικής Επιτροπής για την ανάδειξη Προέδρου και Αντιπροέδρου του Τμήματος Διαιτολογίας-Διατροφολογίας, Τμήμα Διαιτολογίας – Διατροφολογίας, Πανεπιστήμιο Θεσσαλίας.
- **2022:** Μέλος Τριμελούς Κεντρικής Εφορευτικής Επιτροπής για την ανάδειξη Προέδρου και Αντιπροέδρου του Τμήματος Διαιτολογίας-Διατροφολογίας, Τμήμα Διαιτολογίας – Διατροφολογίας, Πανεπιστήμιο Θεσσαλίας.
- **2020 - 2022:** Πρόεδρος εσωτερικής Επιτροπής Βιοηθικής & Δεοντολογίας, Τμήμα Διαιτολογίας – Διατροφολογίας, Πανεπιστήμιο Θεσσαλίας.
- **2020 - 2022:** Μέλος Επιτροπής Προγράμματος Σπουδών, Τμήμα Διαιτολογίας – Διατροφολογίας, Πανεπιστήμιο Θεσσαλίας.

- **2020 - 2022:** Μέλος επιτροπής συνεργασίας με Πολιτιστικούς, Αθλητικούς και Κοινωνικούς Φορείς, Τμήμα Διαιτολογίας – Διατροφολογίας, Πανεπιστήμιο Θεσσαλίας
- **2021 – 2022:** Μέλος Επιτροπής Αναγνώρισης Μαθημάτων Εισερχόμενων Φοιτητών, Τμήμα Διαιτολογίας – Διατροφολογίας, Πανεπιστήμιο Θεσσαλίας
- **2020-2021:** Πρόεδρος επιτροπής ωρολογίου προγράμματος εξαμήνου & εξετάσεων, Τμήμα Διαιτολογίας – Διατροφολογίας, Πανεπιστήμιο Θεσσαλίας.
- **2021:** Μέλος Επιτροπής Παραλαβής Εξοπλισμού, Τμήμα Διαιτολογίας – Διατροφολογίας, Πανεπιστήμιο Θεσσαλίας
- **2020:** Μέλος επιτροπής αναγνώρισης μαθημάτων φοιτητών, Τμήμα Διαιτολογίας – Διατροφολογίας, Πανεπιστήμιο Θεσσαλίας
- **2020:** Επιτροπή πρακτικής άσκησης φοιτητών, Τμήμα Διαιτολογίας – Διατροφολογίας, Πανεπιστήμιο Θεσσαλίας
- **2020:** Επιτροπή αξιολόγησης αιτήσεων και ενστάσεων Αποσπασμένων Καθηγητών, συμβασιούχων με το Π.Δ. 407/80, Πανεπιστημιακών Υποτρόφων, Απόκτησης Ακαδημαϊκής Διδακτικής Εμπειρίας σε Νέους Επιστήμονες Κατόχους Διδακτορικού, Τμήμα Διαιτολογίας – Διατροφολογίας, Πανεπιστήμιο Θεσσαλίας
- **2020:** Επιτροπή ελέγχου Πανεπιστημιακών σημειώσεων, Τμήμα Διαιτολογίας – Διατροφολογίας, Πανεπιστήμιο Θεσσαλίας
- **2020:** Αναπληρωματικό Μέλος (εκπρόσωπος Τμήματος Διαιτολογίας – Διατροφολογίας) της Επιτροπής για την σύνταξη Ιδρυματικής Πολιτικής για την Ανοικτή Πρόσβαση στο Πανεπιστήμιο Θεσσαλίας, Τμήμα Διαιτολογίας – Διατροφολογίας, Πανεπιστήμιο Θεσσαλίας
- **2020:** Επιτροπή Γραφείου Διασύνδεσης και Επικοινωνίας με τους Πτυχιούχους του Τμήματος (Προεδρεύων), Τμήμα Διαιτολογίας – Διατροφολογίας, Πανεπιστήμιο Θεσσαλίας
- **2020:** Μέλος επιτροπής Σίτισης των φοιτητών του Τμήματος Διαιτολογίας – Διατροφολογίας (Τρίκαλα), Πανεπιστήμιο Θεσσαλίας
- **2020:** Μέλος επιτροπής διαμόρφωσης Κανονισμού Διδακτορικών Σπουδών του Τμήματος Διαιτολογίας – Διατροφολογίας του Πανεπιστημίου Θεσσαλίας
- **2020:** Μέλος επιτροπής αντιστοίχισης μαθημάτων Τμήματος Διαιτολογίας και Διατροφολογίας του Π.Θ. με το Τμήμα Διατροφής και Διαιτολογίας του π.ΤΕΙ, Τμήμα Διαιτολογίας – Διατροφολογίας, Πανεπιστήμιο Θεσσαλίας
- **2020-2021:** Μέλος επιτροπής ΟΜΕΑ, Τμήμα Διαιτολογίας – Διατροφολογίας, Πανεπιστήμιο Θεσσαλίας.
- **2019-2020:** Μέλος Επιτροπής Κατατακτηρίων Εξετάσεων

Διοικητικές θέσεις στο τ. Τμήμα Διατροφής-Διαιτολογίας, τ. ΤΕΙ Θεσσαλίας

Ενεργές διοικητικές θέσεις

- **2020 – σήμερα:** Εισηγητής (Προϊστάμενος) Προγράμματος Σπουδών Διατροφής-Διαιτολογίας (Καρδίτσα), Πανεπιστήμιο Θεσσαλίας
- **2020 – σήμερα:** Μέλος επιτροπής πρακτικής άσκησης Προγράμματος Σπουδών Διατροφής-Διαιτολογίας (Καρδίτσα), Πανεπιστήμιο Θεσσαλίας
- **2020 – σήμερα:** Υπεύθυνος COVID για το Πρόγραμμα Σπουδών Διατροφής-Διαιτολογίας (Καρδίτσα), Πανεπιστήμιο Θεσσαλίας

Παρελθούσες διοικητικές θέσεις/ έργο

- **2022:** Πρόεδρος Επιτροπής Αξιολόγησης Αιτήσεων και Ενστάσεων Εκτάκτων Καθηγητών για το Ακαδ. Έτος 2022-2023
- **2020:** Δημιουργία Κανονισμού Πτυχιακών Εργασιών (σε συνεργασία με μέλος ΔΕΠ του τ. ΤΔΔ ΤΕΙ Θεσσαλίας)
- **2021:** Πρόεδρος Επιτροπής Αξιολόγησης Αιτήσεων και Ενστάσεων Εκτάκτων Καθηγητών για το Ακαδ. Έτος 2021-2022
- **2020 - 2022:** Υπεύθυνος Εργαστηρίου Εργομετρίας, Πρόγραμμα Σπουδών Διατροφής-Διαιτολογίας (Καρδίτσας) (ανάθεση Συμβουλίου Ένταξης: Αριθμ. 35/5-3-2020)

Συμμετοχή σε εκλεκτορικά σώματα

- Πανεπιστήμιο Θεσσαλίας, Ελληνικό Μεσογειακό Πανεπιστήμιο, Διεθνές Πανεπιστήμιο Ελλάδας, Γεωπονικό Πανεπιστήμιο Αθηνών, Πανεπιστήμιο Αιγαίου, Πανεπιστήμιο Πατρών, Χαροκόπειο Πανεπιστήμιο

8. ΔΙΑΦΟΡΑ

- **Διακρίσεις**
 - 2021: Βραβείο αναρτημένης ανακοίνωσης στο 29ο Πανελλήνιο Συνέδριο Ψυχιατρικής Τίτλος: ««Φυσική Δραστηριότητα, Διατροφική Συμπεριφορά και Ευεξία σε Έφηβους κατά την περίοδο μέτρων κοινωνικής αποστασιοποίησης λόγω της Πανδημίας Covid-19» Συγγραφείς: Ι. Μωρρές, Ε. Γαλάνης, Α. Χατζηγεωργιάδης, Ο. Ανδρούτσος, Ι. Θεοδωράκης
 - 2019 John M. Kinney Award in Pediatric Nutrition (USD 6,000) Βραβείο καλύτερης δημοσίευσης στον τομέα «Κλινικής Παιδιατρικής Διατροφής» για το άρθρο «Perinatal and lifestyle factors mediate the association between maternal education and preschool children’s weight status: the ToyBox study» [Androutsos et al, Nutrition 48 (2018) 6–12].
 - Project Manager του Ευρωπαϊκού προγράμματος «ToyBox-study», το οποίο ψηφίστηκε ανάμεσα στις τρεις καλύτερες παρεμβάσεις («best practice interventions») αναφορικά με την πρόληψη χρόνιων νοσημάτων στην Ευρώπη από το Joint Action Chrodis (Conference «Joining forces in

Health Promotion to tackle the burden of chronic diseases in Europe», Lithuania).

- Βραβείο καλύτερης προφορικής ανακοίνωσης: XIV Congreso de la Sociedad Espanola de Nutricion (2012)
- Βραβείο καλύτερης προφορικής ανακοίνωσης: XIV Congreso de la Sociedad Espanola de Nutricion (2012)
- Βραβείο αναρτημένης ανακοίνωσης (500€) (2021): 29^ο Πανελλήνιο Συνέδριο Ψυχιατρικής

- **Αξιολογητής Ερευνητικών Προτάσεων**

- 2019: Υπουργείο Υγείας Ισραήλ
- 2019: The Fund for Scientific Research – FNRS, Βέλγιο
- 2020: Medical Research Center (MRC), Μ. Βρετανία
- 2020: World Cancer Research Fund International
- 2020: The Fund for Scientific Research – FNRS, Βέλγιο
- 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), Κατάρ

(To 2022-2023 συμμετείχα ως αξιολογητής 4 προτάσεων σε ελληνικούς φορείς)

- **Αξιολογητής Περιλήψεων (Abstracts) σε Επιστημονικά Συνέδρια:**

- 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.

- **Αξιολογητής σε Διεθνή Επιστημονικά Περιοδικά:**

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

• **Προεδρεία / Μέλος Οργανωτικής Επιτροπής σε Συνέδρια:**

1. **08/03/2013:** Πρόεδρος στο τραπέζι: ‘Novel mechanisms underlying food intake modulation by the gut-brain axis’. Lille, France.
2. **29/03/2015:** Μέλος Οργανωτικής Επιτροπής στην 1^η Ημερίδα της Ένωσης Διαιτολόγων-Διατροφολόγων Ελλάδας.
3. **29/03/2015:** Πρόεδρος στο τραπέζι «Σύγχρονα θέματα εκτίμησης κατάστασης θρέψης και αξιολόγησης δεικτών υγείας», στην 1^η Ημερίδα της Ένωσης Διαιτολόγων-Διατροφολόγων Ελλάδας.
4. **12/02/2016:** Πρόεδρος στο τραπέζι «Διατροφή και ασθενείς με ευερέθιστο έντερο», 11^η Εκπαιδευτική Συνάντηση ΕΛΙΓΑΣΤ, Αθήνα.
5. **27/02/2016:** Μέλος της Οργανωτικής Επιτροπής στη 2^η Ημερίδα της Ένωσης Διαιτολόγων-Διατροφολόγων Ελλάδας.
6. **27/02/2016:** Πρόεδρος στο τραπέζι «Μητρικός θηλασμός, περιγεννητικοί παράγοντες και παιδική παχυσαρκία» στη 2^η Ημερίδα της Ένωσης Διαιτολόγων-Διατροφολόγων Ελλάδας.
7. **27-28/05/2017:** Αντιπρόεδρος Οργανωτικής Επιτροπής, 2^η Διημερίδα της Ένωσης Διαιτολόγων-Διατροφολόγων Ελλάδας.
8. **22/04/2018:** Επιστημονική Επιτροπή Ημερίδας «Παιδί-Διατροφή-Ανάπτυξη» της Ένωσης Διαιτολόγων-Διατροφολόγων Ελλάδας.
9. **15/02/2019:** Πρόεδρος στο τραπέζι «Διατροφή Ι», 14^η Εκπαιδευτική Συνάντηση ΕΛΙΓΑΣΤ, Αθήνα.
10. **07/03/2020:** Πρόεδρος στο τραπέζι «Διατροφή ΙΙ: Διατροφή και χρόνιες ηπατοπάθειες», 15^η Εκπαιδευτική Συνάντηση ΕΛΙΓΑΣΤ, Αθήνα.
11. **25-27/09/2020:** Μέλος Επιστημονικής Επιτροπής 13^{ου} Μακεδονικού Συνεδρίου, Διεθνές Πανεπιστήμιο Ελλάδας (ΔΙΠΑΕ) και Ένωση Διαιτολόγων-Διατροφολόγων Ελλάδας
12. **18/09/2020:** Πρόεδρος στο τραπέζι «Σακχαρώδης Διαβήτης και Διατροφή ΙΙ», 18^ο Πανελλήνιο Διαβητολογικό Συνέδριο, Ελληνική Διαβητολογική Εταιρεία.
13. **25-27/09/2020:** Πρόεδρος στο τραπέζι «Διατροφική Πολιτική», 13^ο Μακεδονικό Συνέδριο, Διεθνές Πανεπιστήμιο Ελλάδας και Ένωση Διαιτολόγων-Διατροφολόγων Ελλάδας
14. **25-27/09/2020:** Πρόεδρος στο τραπέζι «Διατροφή και Νοσήματα του Γαστρεντερικού Συστήματος», 13^ο Μακεδονικό Συνέδριο, Διεθνές Πανεπιστήμιο Ελλάδας και Ένωση Διαιτολόγων-Διατροφολόγων Ελλάδας

15. **25-27/09/2020:** Πρόεδρος στο τραπέζι «Προσωποποιημένη Διατροφή - Διατροφογενετική», 13^ο Μακεδονικό Συνέδριο, Διεθνές Πανεπιστήμιο Ελλάδας και Ένωση Διαιτολόγων-Διατροφολόγων Ελλάδας
16. **16-18/05/2021:** Συντονιστής στρογγυλού τραπεζιού «Διατροφή», 26^ο Ελληνικό Συνέδριο για το Ελικοβακτηρίδιο του Πυλωρού και Λοιπών Λοιμώξεων του Πεπτικού.
17. **11/12/2021:** Πρόεδρος στο στρογγυλό τραπέζι «Διατροφή και Καρκίνος στους Ενήλικες», 16^ο Πανελλήνιο Συνέδριο Διατροφής & Διαιτολογίας, Πανελλήνιος Σύλλογος Διαιτολόγων-Διατροφολόγων (Online).
18. **29/05/2022:** Πρόεδρος στο τραπέζι «Diet, nutrition and cancer: what do we know and what is the way forward», 1st International Conference of Nutritional Sciences & Dietetics. Thessaloniki. Greece.
19. **24/09/2022:** Οργανωτική Επιτροπή στην ημερίδα «Επίκαιρα Θέματα Ηθικής και Δεοντολογίας» της Επιτροπής Ηθικής & Δεοντολογίας της Έρευνας του Πανεπιστημίου Θεσσαλίας, Βόλος.
20. **09/10/2022:** Πρόεδρος στη διάλεξη του Καθηγητή κ. Λάμπρου Συντώση «Μεσογειακή διατροφή ή μεσογειακός τρόπος ζωής; Τι προτείνουμε στους ασθενείς/πελάτες μας;» 7^η Ημερίδα Διατροφής Εταιρίας Μελέτης Παραγόντων Κινδύνου για Αγγειακά Νοσήματα (EMΠαKAN) και 5^η Δημερίδα Διατροφής Ένωσης Διαιτολόγων-Διατροφολόγων Ελλάδας (ΕΔΔΕ)
21. **09/10/2022:** Πρόεδρος στο τραπέζι «Μεσογειακή Διατροφή – Βιωσιμότητα», 7^η Ημερίδα Διατροφής Εταιρίας Μελέτης Παραγόντων Κινδύνου για Αγγειακά Νοσήματα (EMΠαKAN) και 5^η Δημερίδα Διατροφής Ένωσης Διαιτολόγων-Διατροφολόγων Ελλάδας (ΕΔΔΕ)
22. **15/10/2022:** Πρόεδρος στη διάλεξη της Ομότιμης Καθηγήτριας κ. Αντωνίας Τριχοπούλου «Μεσογειακή Διατροφή», Ημερίδα Διατροφής, Τμήμα Διαιτολογίας-Διατροφολογίας, Τρίκαλα
23. **20/02/2023:** Πρόεδρος στο τραπέζι «Παχυσαρκία», Πανελλήνιες Εκπαιδευτικές Ημερίδες Πρωτοβάθμιας Φροντίδας Υγείας «Γ. Παπαδάκης»
24. **18/03/2023:** Πρόεδρος στο τραπέζι «Ενότητα VI», 1^ο Συνέδριο Νέων Ερευνητών Επιστημών Φυσικής Αγωγής, Αθλητισμού & Διαιτολογίας, Τρίκαλα
25. **15/10/2023:** Πρόεδρος σε τραπέζι στην ημερίδα «Διατροφή και Ψυχική Υγεία» του Τμήματος Διαιτολογίας και Διατροφολογίας του Πανεπιστημίου Θεσσαλίας, Τρίκαλα
26. **04/11/2023:** Οργανωτική Επιτροπή στην ημερίδα «Επίκαιρα Θέματα Ηθικής και Δεοντολογίας με έμφαση στις Κλινικές Δοκιμές και στην Τεχνητή Νοημοσύνη» της Επιτροπής Ηθικής & Δεοντολογίας της Έρευνας του Πανεπιστημίου Θεσσαλίας, Λάρισα.
27. **09/12/2023:** Πρόεδρος στο τραπέζι «Εστιάζοντας στην ποιότητα ζωής στον καρκίνο», 17^ο Πανελλήνιο Συνέδριο Διατροφής & Διαιτολογίας, Αθήνα.