

Curriculum Vitae

Rena I.Kosti

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Date of Birth: 11/01/1965
Marital status : Single
Nationality : Greek

Education

- 2006-2009 **AGRICULTURAL UNIVERSITY OF ATHENS**
PhD in Human Nutrition
Thesis: “ Nutrition habits and obesity in a sample of adolescents:
creation of a nutrition index for the evaluation of possibility of
adolescent obesity ”
Final Mark: 10 (“**Excellent**”)
- 1997 – 1998 **Certificate in Management studies**
Business School
University of Sunderland, England
- 1993 **“4th European postgraduate intensive course on
Clinical Nutrition”**
Scholarship by ESPEN Society & ERASMUS
University
University of Limburg, Maastricht and Catholic
University of Leuven.
- 1988 - 1989 **UNIVERSITY OF READING, U.K.**
MSc in Food and Agricultural Biotechnology
- 1988 NATO Scholarship
- 1982 – 1987 **AGRICULTURAL UNIVERSITY OF ATHENS**
Distinguished Graduate of The
Agricultural University of Athens- First Class Honors
Specialization: Food Science & Technology,
Integrated Master
Final Mark: 8,51 (9.0) “ **Excellent**”

Professional Experience

- December'16-Nov'19 **Ministry of Rural Development and Food**
Department of Nutrition Policy
National Delegate of the Hellenic Ministry of Rural
Development in O.I.V.
- October'15- November'16 **Aegean Omiros College**
Pathway Leader for the BSc (Hons) in Dietetics validated
by Coventry University
- Sept'05-Sept'08 **National Center for the Environment & Sustainable
Development (NCESD), Athens, Greece**
Scientific expert in Organic Farming and Nutrition
- July'02- March'03 **Friesland Hellas S.A.**
Scientific and Marketing consultant in Turkey, Cyprus,
Bulgaria and Kroatia
- January '01-June '02 **Crestcom International**
Training & Consulting
- September'99- January '01 **NOVARTIS HELLAS S.A. Consumer Health**
Manager of Health and Functional Foods and infant and
baby business
- June '96 – July '98 **WYETH HELLAS S.A.**
Line Manager Nutritionals
- January '95 - May '96: **ABBOTT LABORATORIES S.A. GENEVA**
Middle East Africa & Turkey Region
International Product Manager
- March'91 – October '94: **NUTRICIA HELLAS S.A.**
Scientific Advisor in Clinical Nutrition- & Product Manager
in infant formulas
- November '89-February'91 **HOFFMANN LA ROCHE HELLAS S.A.**
Responsible for the Vitamin department of Human Health

Academic experience

- October'23- to date **University of Thessaly**
School of Physical Education, Sport Science & Dietetics
Department of Nutrition & Dietetics
Professor in Human Nutrition- Epidemiology
- January'19 –October'23 **University of Thessaly**
School of Physical Education, Sport Science & Dietetics

Department of Nutrition & Dietetics
Associate Professor in Human Nutrition- Epidemiology

October'10 – October'15

Technological Educational Institute of Thessaly
Department of Nutrition & Dietetics
Adjunct Assistant Professor in Human Nutrition

Publications in refereed journals (referred only those in English)

1. **Kosti, R. I.,** & Panagiotakos, D. B. (2006). The epidemic of obesity in children and adolescents in the world. *Central European journal of public health*, 14(4), 151–159. <https://doi.org/10.21101/cejph.a3398>. [Pubmed] [I.F. 1.163, IF. 2022]
2. **Kosti, R. I.,** Panagiotakos, D. B., Mihas, C. C., Alevizos, A., Zampelas, A., Mariolis, A., & Tountas, Y. (2007). Dietary habits, physical activity and prevalence of overweight/obesity among adolescents in Greece: the Vyronas study. *Medical science monitor : international medical journal of experimental and clinical research*, 13(10), CR437–CR444. [Pubmed] [I.F. 2,649, 2022]
3. **Kosti, R. I.,** Panagiotakos, D. B., Zampelas, A., Mihas, C., Alevizos, A., Leonard, C., Tountas, Y., & Mariolis, A. (2008). The association between consumption of breakfast cereals and BMI in schoolchildren aged 12-17 years: the VYRONAS study. *Public health nutrition*, 11(10), 1015–1021. <https://doi.org/10.1017/S1368980007001437> [Pubmed][I.F. 4,539, 2022]
4. **Kosti, R. I.,** Panagiotakos, D. B., Tountas, Y., Mihas, C. C., Alevizos, A., Mariolis, T., Papathanassiou, M., Zampelas, A., & Mariolis, A. (2008). Parental Body Mass Index in association with the prevalence of overweight/obesity among adolescents in Greece; dietary and lifestyle habits in the context of the family environment: the Vyronas study. *Appetite*, 51(1), 218–222. <https://doi.org/10.1016/j.appet.2008.02.001> [Pubmed] [I.F. 5,016, 2022]
5. **Kosti, R. I.,** Panagiotakos, D. B., Mariolis, A., Zampelas, A., Athanasopoulos, P., & Tountas, Y. (2009). The Diet-Lifestyle Index evaluating the quality of eating and lifestyle behaviours in relation to the prevalence of overweight/obesity in adolescents. *International journal of food sciences and nutrition*, 60 Suppl 3, 34–47. <https://doi.org/10.1080/09637480802534525> [Pubmed] [I.F. 3,833, 2022]
6. **Kosti, R. I.,** Panagiotakos, D. B., & Zampelas, A. (2010). Ready-to-eat cereals and the burden of obesity in the context of their nutritional contribution: are all ready-to-eat cereals equally healthy? A systematic review. *Nutrition research reviews*, 23(2), 314–322. <https://doi.org/10.1017/S095442241000020X> [Pubmed] [I.F. 7,8, 2022]

7. Psaltopoulou, T., **Kosti, R. I.**, Haidopoulos, D., Dimopoulos, M., & Panagiotakos, D. B. (2011). Olive oil intake is inversely related to cancer prevalence: a systematic review and a meta-analysis of 13,800 patients and 23,340 controls in 19 observational studies. *Lipids in health and disease*, 10, 127. <https://doi.org/10.1186/1476-511X-10-127> [Pubmed] [I.F. 3,567, 2022]
8. **Kosti, R. I.**, Priftis, K. N., Anthracopoulos, M. B., Papadimitriou, A., Grigoropoulou, D., Lentzas, Y., Yfanti, K., & Panagiotakos, D. B. (2012). The association between leisure-time physical activities and asthma symptoms among 10- to 12-year-old children: the effect of living environment in the PANACEA study. *The Journal of asthma : official journal of the Association for the Care of Asthma*, 49(4), 342–348. <https://doi.org/10.3109/02770903.2011.652328> [Pubmed] [I.F. 2,515, 2022]
9. **Kosti, R. I.**, Triga, M., Tsabouri, S., & Priftis, K. N. (2013). Food allergen selective thermal processing regimens may change oral tolerance in infancy. *Allergologia et immunopathologia*, 41(6), 407–417. <https://doi.org/10.1016/j.aller.2012.08.011> [Pubmed] [I.F. 1,667, 2022]
10. Psaltopoulou, T., Sergentanis, T. N., Panagiotakos, D. B., Sergentanis, I. N., **Kosti, R.**, & Scarmeas, N. (2013). Mediterranean diet, stroke, cognitive impairment, and depression: A meta-analysis. *Annals of neurology*, 74(4), 580–591. <https://doi.org/10.1002/ana.23944> [Pubmed] [I.F. 10,422, 2022]
11. Psaltopoulou, T., Sergentanis, T. N., Panagiotakos, D. B., Sergentanis, I. N., **Kosti, R.**, & Scarmeas, N. (2014). Mediterranean diet: Relationship with anxiety and depression. Reply. *Annals of neurology*, 75(4), 614. <https://doi.org/10.1002/ana.23990> [Pubmed] [I.F. 10,422, 2022]
12. Ganatsiou, Ch., **Kosti, R.I.**, Migdanis, A., & Migdanis, J. (2014). On Discrete-Time Birth Death processes defined by directed weighted circuits. *JP Journal of Biostatistics*, 11(2), 103-116. [WoS] [I.F. 0,54, 2022]
13. Ganatsiou, Ch., **Kosti, R.I.**, Migdanis, A., & Migdanis, J. (2014). On the study of Discrete -Time Birth-Death circuit chains in random ergodic environments. *JP Journal of Biostatistics*, 11(2),157-168. [WoS] [I.F. 0,54, 2022]
14. Ozdemir, Y., Polat, Z., Ozkan. M., & **Kosti R.I.** (2015). Effects of selected bio-fungicide and fungicide treatments on shelf life and quality characteristics of romaine lettuce (*Lactuca sativa* L.) *J of Food Quality*, 39, 25-35. [Scopus] [I.F. 3,2 , 2022]
15. Ozdemir, Y., Ozturk, A., Tufekci, S., Keskinel, O., & **Kosti, R.I.** (2017).

Physicochemical and Nutritional Properties of Bitter Melon at Four Maturation Stages. *Eurasian Journal of Food Science and Technology*, 1(2), 36-40. [Google Scholar]

16. Ozdemir, Y., Yavas, H., Ozyurt, U., **Kosti, R.I.**, Keskinel, O. (2018). Olive semidrying process: oleuropein degradation in relation to sensory bitterness. *Food Science Nutrition*, 1(2), 1-8. 10.35841/food-science.1.2.1-8 [Google Scholar]
17. Ozdemir, Y., Özkan, M.H., Ozturk, A., Ozyurt, U., & **Kosti, R.I.**(2019). The development of organic sliceable black table olive products in sausage-like form from physicochemical, microbiological and organoleptic characteristics. *Bulgarian Journal of Agricultural Science*, 25 (2),424-429. [Scopus] [IF.0,694, 2022]
18. **Kosti, R. I.**, Kanellopoulou, A., Fragkedaki, E., Notara, V., Giannakopoulou, S. P., Antonogeorgos, G., Rojas-Gil, A. P., Kornilaki, E. N., Lagiou, A., & Panagiotakos, D. B. (2020). The Influence of Adherence to the Mediterranean Diet among Children and Their Parents in Relation to Childhood Overweight/Obesity: A Cross-Sectional Study in Greece. *Childhood obesity (Print)*, 16(8), 571–578. <https://doi.org/10.1089/chi.2020.0228>. [PubMed][I.F. 2,867, 2022]
19. Restani, P., Di Lorenzo, C., Fradera, U., Stockley, C. S., Teissedre, P. L., Ruf, J. C., Iasiello, B., Biella, S., Colombo, F., & **Kosti, R. I.** (2020). Is it scientifically justifiable to exclude wine and/or unfermented grape derivatives from the diet of consumers with or at risk of developing type-2 diabetes? *Food & function*, 11(12), 10266–10278. <https://doi.org/10.1039/d0fo01969k> [PubMed] [I.F. 6,317, 2022]
20. Teissedre, P.-L., Rasines-Perea, Z., Ruf, J.-C., Stockley, C., Antoce, A. O., Romano, R., Fradera, U., & **Kosti, R. I.** (2020). Effects of alcohol consumption in general, and wine in particular, on the risk of cancer development: a review. *OENO One*, 54(4), 813–832. [Scopus] [I.F. 3,0, 2022]
21. Notara V., Kanellopoulou A., Diamantis D.V., Antonogeorgos G., Magriplis E., Rojas-Gil A-P., Kornilaki E.N., **Kosti R.I.**, Lagiou A., & Panagiotakos D.B. (2021). Extracurricular activities and childhood obesity: An epidemiological study among 10–12 years old children, *Children and Youth Services Review*, 120, 105760. [Scopus] [I.F.2,393, 2022]
22. Bogri, M., Kanellopoulou, A., Notara, V., Antonogeorgos, G., Rojas-Gil, A.-P., Kornilaki, E., Kordonis, M.-E., Velentza, A., Mesimeri, M., **Kosti, R.I.**, Lagiou, A., & Panagiotakos, D.B. (2020). Parental health status and children's eating behaviors: An epidemiological study in 1728 Greek 10-12 years old students. *Journal of Atherosclerosis Prevention and Treatment*, 11(3),101–111. [Google Scholar]

23. Kanellopoulou, A., Katelari, A., Notara, V., Antonogeorgos, G., Rojas-Gil, A.P., Kornilaki, E.N., **Kosti, R.I.**, Lagiou, A., & Panagiotakos, D.B. (2021). Parental health status in relation to the nutrition literacy level of their children: Results from an epidemiological study in 1728 Greek students. *Mediterranean Journal of Nutrition and Metabolism*, 14, 57-67. [Scopus] [I.F. 2,79, 2022]

24. Kanellopoulou, A., **Kosti, R. I.**, Notara, V., Antonogeorgos, G., Rojas-Gil, A. P., Kornilaki, E. N., Lagiou, A., Yannakoulia, M., & Panagiotakos, D. B. (2021). Dietary Patterns, Weight Perception and Obesity Status, among 10-12-Year-Old Children; an Epidemiological Study in Greece. *Children (Basel, Switzerland)*, 8(8), 626. <https://doi.org/10.3390/children8080626>. [Pubmed] [I.F. 2,835, 2022]

25. **Kosti, R. I.**, Kanellopoulou, A., Notara, V., Antonogeorgos, G., Rojas-Gil, A. P., Kornilaki, E. N., Lagiou, A., & Panagiotakos, D. B. (2021). Household food spending, parental and childhood's diet quality, in financial crisis: a cross-sectional study in Greece. *European journal of public health*, 31(4), 822–828. <https://doi.org/10.1093/eurpub/ckab076>. [Pubmed] [I.F. 4,424, 2022]

26. Panagiotakos, D., **Kosti, R. I.**, & Pitsavos, C. (2022). How will the way we live look different in the wake of the COVID-19 pandemic? A nutrition survey in Greece. *Nutrition and health*, 28(4), 677–683. <https://doi.org/10.1177/02601060211009033> [Pubmed] [I.F. 1,368, 2022]

27. **Kosti, R. I.**, Di Lorenzo, C., Panagiotakos, D. B., Sandeman, G., Frittella, N., Iasiello, B., Teissedre, P.-L. ., & Restani, P. (2021). Dietary and lifestyle habits of drinkers with preference for alcoholic beverage: does it really matter for public health? A review of the evidence. *OENO One*, 55(4), 1–17. <https://doi.org/10.20870/oeno-one.2021.55.4.4757>. [Scopus] [I.F. 3,0, 2022]

28. **Kosti, R. I.***, Kasdagli, M. I.,* Kyrozis, A., Orsini, N., Lagiou, P., Taiganidou, F., & Naska, A. (2022). Fish intake, n-3 fatty acid body status, and risk of cognitive decline: a systematic review and a dose-response meta-analysis of observational and experimental studies. *Nutrition reviews*, 80(6), 1445–1458. <https://doi.org/10.1093/nutrit/nuab078> [Pubmed][I.F. 7,11, 2022]

29. Kanellopoulou, A., Antonogeorgos, G., Kokkou, S., Notara, V., Rojas-Gil, A. P., Kornilaki, E. N., Lagiou, A., **Kosti, R. I.**, & Panagiotakos, D. B. (2022). Assessing the association between breastfeeding, type of childbirth and family structure with childhood obesity: results from an observational study among 10-12 years old children. *International journal of food sciences and nutrition*, 73(4), 522–530. <https://doi.org/10.1080/09637486.2021.2006151>. [Pubmed][I.F. 3,833, 2022]

30. **Kosti, R.**, Tsiampalis, T., Kouvari, M., Chrysohoou, C., Georgousopoulou, E., Skoumas, J., Pitsavos, C.S., & Panagiotakos, D.B. (2022). Dietary patterns and alcoholic beverage preference in relation to 10-year cardiovascular disease, hypertension, hypercholesterolemia and diabetes mellitus incidence in the ATTICA cohort study. *OENO One*, 56(3): e. [Scopus] [I.F. 3,0, 2022]
31. Kanellopoulou, A., **Kosti, R. I.**, Notara, V., Antonogeorgos, G., Rojas-Gil, A. P., Kornilaki, E. N., Lagiou, A., Yannakoulia, M., & Panagiotakos, D. B. (2022). The Role of Milk on Children's Weight Status: An Epidemiological Study among Preadolescents in Greece. *Children (Basel, Switzerland)*, 9(7), 1025. <https://doi.org/10.3390/children9071025>. [Pubmed] [I.F. 2,835, 2022]
32. Kouvari, M., Tsiampalis, T., **Kosti, R. I.**, Naumovski, N., Chrysohoou, C., Skoumas, J., Pitsavos, C. S., Panagiotakos, D. B., & Mantzoros, C. S. (2022). Quality of plant-based diets is associated with liver steatosis, which predicts type 2 diabetes incidence ten years later: Results from the ATTICA prospective epidemiological study. *Clinical nutrition (Edinburgh, Scotland)*, 41(10), 2094–2102. <https://doi.org/10.1016/j.clnu.2022.07.026>. [Pubmed][I.F. 7,324, 2022]
33. Gketsios, I., Foscolou, A., Vassilakou, T., Panagiotakos, D. B., & **Kosti, R. I.** (2022). Parental Misperceptions of Their Offspring's Weight and Their Strategies for Child's Eating Behavior: A Narrative Review of the Recent Evidence. *Children (Basel, Switzerland)*, 9(10), 1565. [Pubmed] [I.F. 2,835, 2022]
34. **Kosti, R. I.**, Kanellopoulou, A., Morogianni, K., Notara, V., Antonogeorgos, G., Kourtesa, T., Rojas-Gil, A. P., Kornilaki, E. N., Lagiou, A., & Panagiotakos, D. B. (2022). The path between breakfast eating habit, sleep duration and physical activity on obesity status: An epidemiological study in schoolchildren. *Nutrition and health*, 2601060221102270. Advance online publication. <https://doi.org/10.1177/02601060221102270>. [Pubmed] [I.F. 1,368, 2022]
35. **Kosti, R. I.**, Tsiampalis, T., Kouvari, M., Chrysohoou, C., Georgousopoulou, E., Pitsavos, C. S., & Panagiotakos, D. B. (2022). The association of specific types of vegetables consumption with 10-year type II diabetes risk: Findings from the ATTICA cohort study. *Journal of human nutrition and dietetics : the official journal of the British Dietetic Association*, 36(1), 226–240. <https://doi.org/10.1111/jhn.13056>. [Pubmed][I.F. 2,995, 2022]
36. Damigou, E., **Kosti, R. I.**, & Panagiotakos, D. B. (2022). White Meat Consumption and Cardiometabolic Risk Factors: A Review of Recent Prospective Cohort Studies. *Nutrients*, 14(24), 5213. <https://doi.org/10.3390/nu14245213>. [Pubmed] [I.F. 5,429, 2022]

37. Gketsios, I., Tsiampalis, T., Foscolou, A., Vassilakou, T., Kanellopoulou, A., Notara, V., Antonogeorgos, G., Rojas-Gil, A. P., Kornilaki, E. N., Lagiou, A., Panagiotakos, D. B., & **Kosti, R. I.** (2022). The Association of Junk Food Consumption with Preadolescents' Environmental Influences: A School-Based Epidemiological Study in Greece. *Children (Basel, Switzerland)*, 9(12), 1891. <https://doi.org/10.3390/children9121891>. [PubMed] [I.F. 2,835, 2022]
38. Kouvari, M., Damigou, E., Florentin, M., **Kosti, R. I.**, Chrysohoou, C., Pitsavos, C. S., & Panagiotakos, D. B. (2022). Egg Consumption, Cardiovascular Disease and Cardiometabolic Risk Factors: The Interaction with Saturated Fatty Acids. Results from the ATTICA Cohort Study (2002-2012). *Nutrients*, 14(24), 5291. <https://doi.org/10.3390/nu14245291>. [PubMed] [I.F. 5,429, 2022]
39. **Kosti, R.I.**, Tsiambalis, T., Kouvari, M., Gketsios, I. Kanellopoulou, A., Notara, V., Antonogeorgos, G., Rojas-Gil, A- P., Kornilaki, E., Lagiou, A., Panagiotakos, D.B. (2023). Clustering of activity-related behaviours in relation to self-reported causes of stress among pre-adolescents: results from a national epidemiological study. *Life*, 13(3):622. <https://doi.org/10.3390/life13030622> [PubMed] [IF 3.253, 2021].
40. Gketsios, I., Tsiampalis, T., Foscolou, A., Vassilakou, T., Kanellopoulou, A., Notara, V., Antonogeorgos, G., Rojas-Gil, A.-P., Kornilaki, E.N., Lagiou, A., Panagiotakos D.B., and **Kosti, R.I.** (2023). The synergetic effect of soft drinks and sweet/salty snacks consumption and the moderating role of obesity on preadolescents' emotions and behavior: A school- based epidemiological study. *Life*, 13(3):633. <https://doi.org/10.3390/life13030633> [PubMed] [IF 3.253, 2021].
41. Gketsios, I., Tsiampalis, T., Foscolou, A., Kalafati I.P., Vassilakou, T., Androutsos, O., Kornilaki, E.N., Lagiou, A., Panagiotakos D.B., and **Kosti, R.I.** (2023). Association between Family and School Pressures, Consumption of Ultra-Processed Beverages, and Obesity in Preadolescents: A School-Based Epidemiological Study. *Children*, 10(3):500. <https://doi.org/10.3390/children10030500> [PubMed] [I.F. 2,835, 2022].
42. Vamvakari, K., Evangelou, I., Kalafati, I. P., Kipouros, M., **Kosti, R. I.**, Kasti N.,A., Androutsos O. (2023). Assessment of Nutritional Status Using Objective and Subjective Methods in Greek Patients with Cancer. *Memo, Magazine of European Medical Oncology*. <https://doi.org/10.1007/s12254-023-00877-2>. [PubMed] [I.F. 0,535, 2022]
43. Belitsi, V., Tsiampalis, T., Kalantzi, V., Androutsos, O., Bonoti, F., Panagiotakos, D.B., & **Kosti, R.I.** (2023). Test –retest Repeatabilit; Integrated Assessment of Adherence to Treatment Questionnaire for Cardio Metabolic Diseases (IAATQ-CMD) in primary health care. *J Atherosclerosis Prev Treat*, 14(1): 1-12. doi.:

10.53590/japt.02.1037 [Google Scholar].

44. Kalantzi, V., Kalafati, I.P., Belitsi, V., Tsiampalis, T., Koutsonasios, I., Androutsos, O., Bonoti, F., Panagiotakos, D.B. and **Kosti, R.I.** Cardiometabolic patient – related factors influencing the adherence to lifestyle changes and overall treatment : a review of the recent literature. *Life* 2023, 13, 1153. <https://doi.org/10.3390/life13051153> [PubMed] [IF 3.253, 2021].
45. Dinas P.C., Students of the module 5104 (Introduction to Systematic Reviews), Moe, R., H., Boström, C., **Kosti, R.I.**, Kitas, G.D., and Metsios, G.S. (2023). Combined effects of diet and physical activity on inflammatory joint disease: A Systematic Review and Meta-Analysis. *Healthcare* 2023, 11, 1427. <https://doi.org/10.3390/healthcare11101427> [PubMed] [I.F. 3,160, 2021]
46. Androutsos, O., Tsiampalis, T., Kouvari, M., Manou, M., Dimopoulou, M., Georgiou, A., **Kosti, R. I.**, & Charmandari, E. (2023). Assessment of Diet Quality in Children and Adolescents with Overweight or Obesity in Greece. *Children (Basel, Switzerland)*, 10(7), 1261. <https://doi.org/10.3390/children10071261>
47. Belitsi, V., Tsiampalis, T., Kouvari, M., Kalantzi, V., Androutsos, O., Bonoti, F., Panagiotakos, D. B., & Kosti, R. I. (2023). Exploring Patient Beliefs and Medication Adherence in the Mediterranean Context: A Cross-Sectional Study in Patients with Cardiovascular Diseases and Cardiometabolic Disorders in Greece-The IACT-Study. *Life (Basel, Switzerland)*, 13(9), 1880. <https://doi.org/10.3390/life13091880>
48. Kipouros, M., Vamvakari, K., Kalafati, I. P., Evangelou, I., Kasti, A. N., **Kosti, R. I.**, & Androutsos, O. (2023). The Level of Adherence to the ESPEN Guidelines for Energy and Protein Intake Prospectively Influences Weight Loss and Nutritional Status in Patients with Cancer. *Nutrients*, 15(19), 4232. <https://doi.org/10.3390/nu15194232>
49. Damigou, E., **Kosti, R. I.**, Anastasiou, C., Chrysohoou, C., Barkas, F., Adamidis, P. S., Kravvariti, E., Pitsavos, C., Tsioufis, C., Liberopoulos, E., Sfikakis, P. P., Panagiotakos, D., & ATTICA Study Group (2023). Associations between meat type consumption pattern and incident cardiovascular disease: The ATTICA epidemiological cohort study (2002-2022). *Meat science*, 205, 109294. <https://doi.org/10.1016/j.meatsci.2023.109294>
50. Tsiampalis, T., Kouvari, M., Belitsi, V., Kalantzi, V., Androutsos, O., Bonoti, F., Panagiotakos, D. B., & **Kosti, R. I.** (2023). Physicians' Words, Patients' Response: The Role of Healthcare Counselling in Enhancing Beneficial Lifestyle Modifications for Patients with Cardiometabolic Disorders: The IACT Cross-Sectional Study.

Healthcare (Basel, Switzerland), 11(22), 2982.
<https://doi.org/10.3390/healthcare11222982>

51. Foscolou, A., Androustos, O., & **Kosti, R. I.** (2023). Addressing a Growing Crisis: Exploring Novel Insights and Solutions in Research on Nutrition and Childhood and Adolescent Obesity. *Children* (Basel, Switzerland), 10(12), 1883.
<https://doi.org/10.3390/children10121883>
52. Evangelou, I., Vamvakari, K., Kalafati, I. P., Kipouros, M., Kasti, A. N., Kosti, R. I., Bonoti, F., & Androustos, O. (2023). Depression and Anxiety Mediate the Associations between Nutritional Status, Functional Capacity, and Quality of Life in Patients with Cancer. *Nutrition and cancer*, 75(9), 1783–1794.
<https://doi.org/10.1080/01635581.2023.2237688>
53. Damigou, E., Faka, A., Kouvari, M., Anastasiou, C., Kosti, R. I., Chalkias, C., & Panagiotakos, D. (2023). Adherence to a Mediterranean type of diet in the world: a geographical analysis based on a systematic review of 57 studies with 1,125,560 participants. *International journal of food sciences and nutrition*, 74(8), 799–813.
<https://doi.org/10.1080/09637486.2023.2262781>
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66. Androutsos, O., Saltaouras, G., Kipouros, M., Koutsaki, M., Migdanis, A., Georgiou, C., Perperidi, M., Papadopoulou, S. K., **Kosti, R. I.**, Giaginis, C., & Mouratidou, T.

(2025). Comparative Analysis of Dietary Behavior in Children and Parents During COVID-19 Lockdowns in Greece: Insights from a Non-Representative Sample. *Nutrients*, 17(1), 112. <https://doi.org/10.3390/nu17010112>

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Publications in International Organizations

1. Stockley C., Grande C.I., Stein-Hammer C., Fradera U. Kosti R.I., Teissedre P.-L., Restani P., Tejedor N.G., Studer P.(2019).Comparison of International Alcohol Drinking Guidelines. Collective expertise document. International Organization of Vine and Wine (OIV). Available at <http://www.oiv.int/public/medias/6707/oiv-report-alcohol-drinking-guidelines-collective-expertise.pdf>
2. Antoce A., Dani C., Rebigan C., Dusa D., Restani P., Genest P., Teissedre P.-L., Gargantini R., Kosti R., Fradera U. (2024). Assessment and use of epidemiological evidence to evaluate the role of grapes, wine and other vitivinicultural products consumption on human health. Collective expertise document. International Organization of Vine and Wine (OIV). Available at https://www.oiv.int/sites/default/files/2024-03/OIV-expertise-document_Assessment_and_use_of_epidemiological_evidence_to_evaluate_the_role_of_grapes_wine_and_other_vitivinicultural_products_0.pdf
3. Romano R., Teissedre P.-L., Restani P., Kosti R., Fradera U., Stein-Hammer C. (2024). Wine consumption among adolescents: an overview of the recent literature. Collective expertise document. International Organization of Vine and Wine (OIV). Available at https://www.oiv.int/sites/default/files/2024-03/OIV-Collective-expertise-document_WINE_CONSUMPTION_AMONG_ADOLESCENTS_An_overview_of_the_recent_literature.pdf

Chapters in International Scientific books

Kosti, R.I., & Panagiotakos D.B. (2009). Parental and Childhood Obesity: The role of Food Habits. In K. Hasegawa & H. Takahashi (Eds), *New Research on Food Habits* (pp 65-84). NY: Nova Science Publishers, Inc.

Panagiotakos D.B., & **Kosti R.I.** (2009). Olive Oil and Acute Coronary Syndromes: The CARDIO2000 Case-Control Study. In V. R. Preedy & R.R. Wotson (Eds), *Olives and Olive Oil in Health and Disease Prevention* (pp 795-800). San Diego, CA: Elsevier.

Stockley C.S., Antoce A.O., **Kosti R.I.** (2022) Therapeutic potential of wine. In V.K. Joshi (Eds), *Concise Encyclopedia of Science and Technology of Wine*, (71-89), 2nd edition, Boca Raton: CRC Press.

Chapters in National Scientific books

Kosti R.I. (2021). "Nutrition". In D. Panagiotakos, General and Specific Epidemiology (272-327): Dionikos

Androutsos, O., Kosti R.I., Papakonstantinou A., Skoti E., Tarantilis P.A. (2022). "Herbs and Spices" in A. Zampelas , Clinical Dietetics and Nutrition with elements of pathology (939-990): Broken Hill LTD.

Kosti R.I. (2023) "Basic Principles of Food Security" In the book by D. Panagiotakou, Antonis Zambela, Vasilikis Kostarellis, Emmanuelas Magripli, Plan for Food Security, in the context of a sustainable development, in Greece in the post-COVID-19 era.

General Academic and Scientific editing & translation of textbooks

Kosti R.I. (2024) General Scientific editing of the textbook " Food Nutrition and Diet in Ageing and Longevity"), ed. Suresh I. S. Rattan Gurcharan Kaur, Springer: Greek edition by Broken Hill LTD

Academic and Scientific editing & translation of chapters

Kosti R.I. (2023). «Nutrition and Health» and «Obesity and weight management in the centre» in A. Zampelas & F. Arvaniti, Discovering nutrition (561-656): Broken Hill LTD.

Kosti R.I. (2024). "Nutrition of Specific Groups". In the book of A. Zampelas & Kalliopi Anna Poulia, Dietetic practice and case studies" Publications, Broken Hill LTD.

Publications in international conference proceedings

1. **Kosti, R.I.**, Panagiotakos, D.B., Zampelas, A., Mihos, C., Alevizos, A., Leonard, C., Tountas, Y., Mariolis, A. (July, 2007). *The association between consumption of breakfast cereals and BMI in schoolchildren aged 12-17 years: The Vyrnas Study.* Poster presented at the 17th Annual Meeting of the European Childhood Obesity Group (ECOG), Athens, Greece. (Session: *Epidemiology, P020, Obesity reviews, Book of abstracts, p.23.*)
2. **Kosti, R.I.**, Zampelas, A., Tountas, Y., Mariolis, A., Panagiotakos, D.B. (July, 2007). *Soft-drinks consumption and obesity among adolescents: The Vyrnas Study.* Poster presented at the 17th Annual Meeting of the European Childhood Obesity Group (ECOG), Athens, Greece. (Session: *Epidemiology, P039, Obesity reviews, Book of abstracts, p.28.*)
3. **Kosti, R.I.**, Panagiotakos, D.B., Tountas, Y., Mihos, C., Alevizos, A., Papathanasiou,

M., Mariolis, T., Zampelas, A., Mariolis, A. (May, 2008). *Parental Body Mass Index in association with the prevalence of overweight/obesity among adolescents in Greece; Dietary and Lifestyle habits in the context of the family environment (The Vyronas Study)*. Poster presented at the 16th European Congress on Obesity (ECO), Geneva, Switzerland. (Track 5: Prevention and Public Health, T5:PS.58, International journal of Obesity. Geneva, Switzerland, Book of abstracts, p.S194).

4. **Kosti, R.I.**, Panagiotakos, D.B., Mariolis, A., Zampelas, A., Athanasopoulos, P., Tountas, Y. (May, 2009). *A Diet-Lifestyle Index which evaluates the quality of eating and lifestyle behaviours in relation to the prevalence of overweight /obesity in adolescents*. Poster presented at the 17th European Congress on Obesity (ECO 2009), Amsterdam, The Netherlands. (T2:PO.161, Obesity Facts, The European Journal of Obesity. Amsterdam, The Netherlands, Book of abstracts, p.128).
5. Psaltopoulou T, Tzanninis I-G, Ntanasis-Stathopoulos I, **Kosti R**, Kanavidis P, Panagiotakos DB, Sergentanis TN. (April, 2013). *Physical activity and gastric cancer risk: a meta-analysis*. Poster presented at the World Cancer Research Fund International (WCRF) & International Association for the study of Obesity (IASO) Joint Conference on 'Obesity, Physical Activity and Cancer', London, UK.
6. Sergentanis, T.N., Ntanasis-Stathopoulos, I., Tzanninis, I.-G., Kanavidis, P., **Kosti R.**, Sergentanis, I.N., Panagiotakos. D.B, Psaltopoulou T. *Obesity and risk for gliomas and meningiomas: a meta-analysis*. World Cancer Research Fund International (WCRF) & International Association for the study of Obesity (IASO) Joint Conference on 'Obesity, Physical Activity and Cancer', 16 - 17 April 2013, London, UK.
7. **Kosti R.I.**, Ganatsiou, C.V., Migdanis, A., Paraskevopoulou, S., Tousi, P.I., Deligiannis, K. (October, 2014). - *Lifestyle and psychological determinants of Greek adolescents' Body Mass Index in suburban and rural areas*. Poster presented at the VII-Diets-EFAD Conference, Athens, Greece. (PP53, p.19).
8. Benetou V., Zota K., Belogianni K., Kastorini C-M., Papadimitriou E., Spyridis I., **Kosti R.**, Veloudaki A. and Linos A. *The development of food-based dietary guidelines for the population living in Greece: The "Ef...Diatrofin" project*. 12th European Nutrition Conference FENS 2015, 20-23 October 2015, Berlin, Germany. (Abstract book :149/1344).
9. Basourakos P., Stergioulas A, Barbakas D, **Kosti R**. *Eating Habits and Quality of life of middle-aged (35-65) residents of Lakonia*. (May, 2015). 23rd International Congress of Physical Education and Sport Sciences (ICPES), Komotini, Greece.(21019, p. 96)
10. Ozdemir Y., Ozturk A, Tufekci S., Keskinel O., **Kosti R.I.** (May, 2017).

Physicochemical and nutritional properties of bitter melon at four maturation stages. Poster presented at the International Conference on Agriculture, Forest, Food Sciences and Technologies, Nevşehir, Turkey. (Abstract Proceeding book :p.951)

11. Migdanis, A., Koukoulis, G., Migdanis, I., Mamaloudis, I., Kanaki, M., **Kosti R.**, Androutsos, O., Tzovaras, G. (September, 2018). *The effect of ileostomy formation on nutritional status markers.* Poster presented at the 40th ESPEN Congress, Madrid, Spain. Abstract Proceeding book;37:S1: S106-S107 (SUN-P197).
12. Migdanis I., Trifonova N ; Xadjivasiliou L ; **Kosti R** ; Armeni L ; Kanellakis, S; Migdanis A. (March, 2020). *Assessment of nutritional status and dietary intake of former opioid users undergoing detoxification process in a public university hospital.* Poster presented at the 2020 ASPEN Nutrition Science & Practice Conference. (M125, p. 254)
13. Panagiotakos, D.B., **Kosti, R.**, Vassou C., Pitsavos, C. (June, 2021). *How the way we will live look different in the wake of the Covid-19 pandemic? A survey in Greece.* Elsevier Public Health Emergency Collection. E-poster published in Atherosclerosis. 2021 Aug; 331: e194 in the frame of the 89th virtual European Atherosclerosis Society (EAS) Congress.
14. Damigou, E., Kouvari, M., Florentin, M., **Kosti, R.**, Chrysohoou, C., Pitsavos, C., Panagiotakos, D.,B. (April, 2023). *Egg consumption, cardiovascular disease and cardiometabolic risk factors: the interaction with saturated fatty acids. The ATTICA cohort study (2002-2012).* ESC Preventive Cardiology. Malaga, Spain.
15. Damigou, E., **Kosti, R.,I.**, Chrysohoou, C., Koutsogianni, A.,D., Pitsavos, C., Tsioufis, C., Liberopoulos, E., Sfikakis, P.,P., Panagiotakos D.,B.; the ATTICA Study group. (May, 2023). *Meat type consumption and 20-year cardiovascular disease risk: The ATTICA epidemiological cohort study (2002-2022).* 91st EAS Congress. Mannheim, Germany.
16. Damigou, E., **Kosti, R.,I.**, Chrysohoou, C., Adamidis, P.,S., Pitsavos, C., Tsioufis, C., Liberopoulos, E., Sfikakis, P.,P., Panagiotakos, D.,B.; the ATTICA Study group. (May, 2023). *An environmentally sustainable diet is protective against the 20-year cardiovascular disease incidence: the ATTICA epidemiological cohort study (2002-2022).* 91st EAS Congress. Mannheim, Germany.
17. **Kosti, R.,I.**,Tsiampalis, T., Kouvari, M., Chrysohoou, C., Georgousopoulou, E., Skoumas, J., Pitsavos, C.,S., & Panagiotakos, D.B. (June, 2023). *Dietary patterns and alcoholic beverage preference in relation to 10-year cardiovascular disease, hypertension, hypercholesterolemia, and diabetes mellitus incidence in the ATTICA*

cohort study. 44th World Congress of Vine and Wine, Cadiz and Jerez de la Frontera, Spain. [2023-2860]

18. Damigou E, **Kosti RI**, Chrysohoou C, Barkas F, Anastasiou G, Adamidis PS, Pitsavos C, Tsioufis C, Liberopoulos E, Sfikakis PP, Panagiotakos D; the ATTICA Study group. (August, 2023). *Concomitant intake of carbohydrates and saturated fatty acids affects the 20-year risk of type 2 diabetes mellitus: Highlights from the ATTICA prospective cohort study (2002-2022)*. ESC Congress. Amsterdam, Netherlands.
19. Damigou E, Anastasiou K, **Kosti RI**, Chrysohoou C, Barkas F, Kyrili K, Anastasiou G, Pitsavos C, Tsioufis C, Liberopoulos E, Sfikakis PP, Panagiotakos D; the ATTICA Study group. (August, 2023). *Chronic stress is independently inversely associated with an increased 20-year risk of obesity: the ATTICA epidemiological cohort study (2002-2022)*. ESC Congress. Amsterdam, Netherlands.
20. Damigou E, Kouvari M, **Kosti RI**, Chrysohoou C, Barkas F, Koutsogianni AD, Pitsavos C, Tsioufis C, Liberopoulos E, Sfikakis PP, Panagiotakos D; the ATTICA Study group. (August, 2023). *Diet quality, consumption of healthy and unhealthy foods, measured via Global Diet Quality Score, against cardio-metabolic outcomes in apparently healthy adults from the Mediterranean region: The ATTICA epidemiological cohort study (2002-2022)*. ESC Congress. Amsterdam, Netherlands.
21. Kouvari M, Tsiampalis T, **Kosti RI**, Damigou E, Chrysohoou C, Anastasiou G, Koutsogianni AD, Liberopoulos E, Tsioufis C, Sfikakis PP, Pitsavos C, Panagiotakos D. (April, 2024). *The prolonged impact of swapping non-fermented with fermented dairy products on cardiovascular disease: the ATTICA cohort study (2002-2022)*. ESC Preventive Cardiology. Athens, Greece.
22. Kouvari M, Tsiampalis T, **Kosti RI**, Damigou E, Chrysohoou C, Anastasiou G, Koutsogianni AD, Liberopoulos E, Tsioufis C, Sfikakis PP, Pitsavos C, Panagiotakos D. (April, 2024). *Decoding the impact of ultra-processed foods on cardiovascular health over two decades in a Mediterranean region; the ATTICA prospective study (2002-2022)*. ESC Preventive Cardiology. Athens, Greece.
23. Kouvari, M., Tsiampalis, T., Kalantzi, V., Belitsi, V., Zairis, A., Bonoti, F., Panagiotakos, D.B., and **Kosti, R.I.** (October, 2024). *Alcohol preference and health behaviors in patients with cardiometabolic diseases: Insights from the multi-center IACT cross-sectional Study*. 45th World Congress of Vine and Wine. Dijon, France

Invited speeches at international conferences

1. **Kosti R.I.** The hidden common virtue of the Traditional Mediterranean diets. 2nd International Lifestyle Wine and Health Congress (Rome, 2025).
2. **Kosti R.I.** Seed oils vs. Saturated fats: Effects on Inflammation and Atherosclerosis. 4th Annual "Lifestyle Medicine" Conference, "Hippocratic Tradition & Modern Applications" (KOS island, Greece: Oct 29-Nov 3, 2025).

Announcements

Announcements/invitations in 55 national congresses
Chair in 7 national and international congresses

President/Vice President and Member of International and National Scientific Committees

March'19 – March'25	International Organization of Vine and Wine- (OIV) Elected President of the scientific group "Consumption Nutrition and Health" CONUSA (twice elected) Member of the Commission IV "Safety and Health" of OIV Member of the Scientific and Technical Committee (CST) of OIV
March'25- Today	International Organization of Vine and Wine- (OIV) Elected Vice- President of the scientific group "Consumption Nutrition and Health" CONUSA Member of the Commission IV "Safety and Health" of OIV
March 2025-present	Ministry of Health Member of the working group "National Dietary Recommendations for Adults aged 65 and over". Revision of the National Dietary Recommendations of the National Nutrition Committee of the Ministry of Health OENO-ONE Journal Member of the editorial board
December 2025-present	Hellenic Atherosclerosis Society Elected Vice President of the "Lifestyle, Psychosocial Factors and Atherosclerosis Working Group of the Hellenic Atherosclerosis Society
April 2026-present	Hellenic Foundation for Research and Innovation Member of the General Assembly (H.F.R.I.)

Participation in funded research/educational programs (KEDIVIM)

- 2010-2011 Research Fellow - Laboratory of Hygiene & Epidemiology of the Medical School of the University of Athens - "Statistical Data Analysis Writing of scientific papers
- 2010-2011 Research Fellow- Hellenic Health Foundation-«CREDITS4HEALTH» : WP7/Task7.1
- 2013- Research Fellow - Institute of Preventive Medicine, Environmental and Occupational Health Prolepsis- Development and Dissemination of National Dietary Guidelines “EY Dia...trofi.”
- 2021 - Principal Investigator- University of Thessaly (funded by private sector)- Research and development of chicken products with high added nutritional value, nutritional evaluation, and scientific support for their promotion» code:6879
- 2022 Research Fellow- European Digital Innovation Hubs – EDIHs- HEALTH HUB - Healthcare & Pharmaceutical Industry Transformation through Artificial Intelligence Digital Services
- Harokopeio University (funded by the private sector)- Development of epidemiological models regarding the consumption of meat in human health based on the data of the 20-year follow-up of the participants in the Attiki study
- 2024 – today: Research Fellow in the Flagship Action of the TY "Flagship action for sustainable agro-food systems - applied research, development of infrastructure and services for the sustainability of the sector with code no. 2024NA11900001 - Total budget: 2,900,000.00
- 2024 -2026 Research Fellow in the UNICEF program «Coordination of a National Network of Associated organizations of the General Secretariat of Public Health to promote healthy eating and physical activity at the community level –Addressing Child Obesity»- Project code 7877
- 2025 -today Scientific Manager of the educational program (KEDIVIM) of the University of Thessaloniki – «Code 4165.0360 entitled: "Professional Clinical Postgraduate Training in the Temperament Based Therapy with Support (TBT-S) Protocol in Eating Disorders in Adolescents and Adults for Dietitians".

Membership in other societies

Member of the “National Accreditation Center for Continuing Vocational Training” register, 2003

Member of the “Geotechnical Chamber of Greece”, 2002

Member of the National Center for Public Administration and local Government, register, 2006

Reviewer in:

Public Health Nutrition, International Journal of Food Science & Nutrition, Cardiology Research & Practice, BMC PUBLIC HEALTH, British Journal of Medicine and Medical

Research, International Journal of Medicine and Medical Sciences, PLoS One, OMICS Publishing Group/ACR, BMJ Open, Journal of Nutritional Sciences, Mediterranean Journal of Nutrition and Metabolism, The Reviews of Diabetic Studies, Frontiers in Nutrition, Frontiers in Sustainable Food Systems, Diabetes, Metabolic Syndrome and Obesity, Children, Nutrients, International Journal of Environmental Research and Public Health, Healthcare

Evaluator of Research Programs

European Commission –Research Executive Committee -Evaluation – Call HORIZON-CL6-2021-FARM2FORK-01/ HORIZON-CL6-2021-COMMUNITIES-01/ HORIZON-CL6-2021-CLIMATE-01

Topic HORIZON CL6 2024 FARM2FORK 01 07

Israeli Ministry of Health- Evaluator of research protocol

Research Impact Metrics

- h-index (according to Google Scholar database): 18
- h-10 index (according to Google Scholar database): 32
- Citations (according to Google Scholar database): 3,085
- h-index (according to Scopus database): 14
- Citations (according to Scopus database): 1,775