



Academic Personnel Short Profile / Short CV

University:	University of Nicosia
Surname:	Andreou
Name:	Eleni
Rank/Position:	Associate Professor
Faculty:	Sciences and Engineering
Department:	Life Sciences
Scientific Domain: *	Nutrition and Dietetics

** Field of Specialization*

Academic qualifications (list by highest qualification)

Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
Pg Cert in Continuing Professional Academic Development Programme in Learning and Teaching in Higher Education (CPAD)	2012	University of Hertfordshire, UK	Education	
Doctorate in Professional Studies (DProf), "Clinical Dietetics, Nutrition Sciences and Health Education"	2006-2011	Middlesex University, UK	Department of Professional and Social Sciences	The Use and Effectiveness of Behavioural Modification Techniques in Achieving and Maintaining Normal Weight and Fitness-The lifestyle changes for Adults in Cyprus



CPD/RD (postgraduate), "Clinical Dietetics",	1990- 1992	YSU & CDR, USA (Honoured- internship/academic program started from sophomore year)	Department of Human Ecology	Aspartame: Review of Experimental and Observational Data to Determine The Effects of Aspartame to Health
BSc "Food & Nutrition Dietetics" (<i>Summa Cum Laude</i>)	1986- 1990	Youngstown State University, OH, USA	Department of Human Ecology	
Postgraduate Certificates: Renal Dietitian Course Diet, Weight Control and Eating Disorders Diet, Exercise and Fitness Cholesterol, Diet and Heart Disease Diet, Addiction and Recovery Herbal Supplements Nutrition For Young Athletes M.23 "Nutrition in Obesity", Course Certificate M. 12 "Nutritional Support in the GI Diseases", Course Certificate Certification for Insulin Pump for Diabetes M.37 "Nutrition and Sport", Course Certificate	1992 1993 1994 1995 1996 2002 2002 2016 2016 2016 2017	Accreditation Council for Education in Nutrition and Dietetics (ACEND)		



ΦΟΡΕΑΣ ΔΙΑΣΦΑΛΙΣΗΣ ΚΑΙ ΠΙΣΤΟΠΟΙΗΣΗΣ ΤΗΣ ΠΟΙΟΤΗΤΑΣ ΤΗΣ ΑΝΩΤΕΡΗΣ ΕΚΠΑΙΔΕΥΣΗΣ
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M.24 "Nutritional Support in Metabolic Syndrome" Course Certificate	2017			
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Employment history in Academic Institutions/Research Centers – List by the three (3) most recent

Period of employment		Employer	Location	Position
From	To			
7/2018	present	University of Nicosia	Cyprus	Associate Professor, Programmes Coordinator (BSc, MScs, PHD)
2012	2018	University of Nicosia	Cyprus	Assistant Professor, Programmes Coordinator (BSc, MScs, PHD)
2008	2012	University of Nicosia/Intercollege, Nicosia	Cyprus	Lecturer, Programmes Coordinator (BScs)
1992	2008	Intercollege, Nicosia	Cyprus	Part time Lecturer
1992	Present	Self Employed Nicosia	Cyprus	Private Consultant, Clinical Dietitian
1991	1992	Home Care Facilities, Youngstown	USA	Clinical Dietitian

Key refereed journal papers, monographs, books, conference publications etc. List the five (5) more recent and other five (5) selected –(max total 10)

Ref. Number	Year	Title	Other authors	Journal and Publisher / Conference	Vol.	Pages
1	2019	“Hydration status, total water intake and subjective feelings of adolescents living in a hot environment, during a typical school day”.	G. Aphasimis, P. Stavrinou, C. Giannaki	International Journal of Adolescent Medicine and Health 20180230, ISSN 2191-0278,		2191-0278 DOI: https://doi.org/10.1515/ijamh-2018-0230
2	2018	“Effects of High vs. Low Glycemic Index of Post-Exercise Meals on Sleep and exercise Performance: A Randomized, Double-Blind, Counterbalanced Polysomnographic Study”.	Vlahoyiannis A, Aphasimis G, Samoutis G, Sakkas G, Giannaki C.	Nutrients	Issue 11	p.10
3	2018	“Effects of controlled dehydration on sleep quality and quantity: a polysomnographic study in healthy young adults”.	Aristotelous P, Aphasimis G, Sakkas GK, Pantzaris M, Kyprianou T, Hadjigeorgiou GM, Manconi M, Giannaki CD	<i>Journal of Sleep Research.</i> Manuscript ID: JOSR-17-353.		https://doi.org/10.1111/jsr.12662

4	2018	“The association of physical activity to blood cholesterol levels and blood pressure”	Ch. Philippou, D. Papandreou , P. Hadjigeorgiou, E. Charidemou., E. Georgaki , C. Andreou , C. Christoforou, R. Kokkinofta, C. Dioghenous, A. Zampelas	<i>Clinical Nutrition ESPEN,</i>	Volume 24,	p. 188-189
5	2017	“Effects of food allergy on the dietary habits and intake of primary schools’ Cypriot children”.	Vassilopoulou, E., Christoforou, C., Heraclides, A	<i>European Annals of Allergy and Clinical Immunology,</i> DOI: 10.23822/EurAnnACI.1764-1489.07	49 (4)	pp. 181-185
6	2017	“Type 2 Diabetes and Obesity and its correlates in a First Nationwide Study among Cypriot Adults”.	D. Papandreou, P. Hadjigeorgiou, C. Giannaki, G. Aphas, C. Philippou, C. Christoforou, R. Kokkinofta, C. Dioghenous, C. E. Georgaki, E. Charidemou, A. Zampelas	<i>Journal of Pancreatic Disorders & Therapy,</i> DOI: 10.4172/2165-7092-C1-008, ISSN: 2165-7092.	7(4)	p. 41.
7	2017	“Obese Children with Metabolic Syndrome Have 3 Times Higher Risk to Have Nonalcoholic Fatty Liver Disease Compared with Those without Metabolic Syndrome”.	Papandreou D, Karavetian M., Karabouta Z	<i>International Journal of Endocrinology.</i> https://doi.org/10.1155/2017/2671692	2017,	ID 2671692 p. 5
8	2017	“Type 2 diabetes and its correlates in a first nationwide study among Cypriot adults”.	Papandreou D, Hajigeorgiou P, Kyriakou K, Avraam T, Chappa G, Kallis P, Lazarou C,	<i>Primary Care Diabetes;</i> DOI: 10.1016/j.pcd.2017.01.001.	11(2)	112-118



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ΦΟΡΕΑΣ ΔΙΑΣΦΑΛΙΣΗΣ ΚΑΙ ΠΙΣΤΟΠΟΙΗΣΗΣ ΤΗΣ ΠΟΙΟΤΗΤΑΣ ΤΗΣ ΑΝΩΤΕΡΗΣ ΕΚΠΑΙΔΕΥΣΗΣ
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			Philippou C, Christoforou C, Kokkinofa R, Dioghenous C, Savva S, Kafatos A, Zampelas A			
9	2019	Nutrition in the Prevention and Treatment of Abdominal Obesity. In: <i>The Mediterranean Diet: What it is and its Effect on Abdominal Obesity.</i>	Emmanuella Magriplis, Antonis Zampelas	2 nd ed. Academic Press, USA, ISBN: 978-0-12-816093-0. (Book chapter)		p. 281-296
10	2019	The Impact of Nutrition to Various Arthritis	Eleni Andreou	Global Print, Nicosia ISBN :978-9963-9876-7-2 (Book)		

**Exhibitions (where applicable). List the five (5) more recent and other five (5) selected.
(max total 10)**

Ref. Number	Date	Topic	International / Local	Location*	Role in Exhibition
1	2000	1 st International Cyprus Dietetic and Nutrition Association Conference with Concurrent Food and Product Exhibition	International	Forum Hotel Nicosia	Organizer, Chair of the Conference
2	2002	2 nd International Cyprus Dietetic and Nutrition Association Conference with Concurrent Food and Product Exhibition	International	Forum Hotel, Nicosia	Organizer, Chair of the Conference
3	2004	3 rd International Cyprus Dietetic and Nutrition Association Conference with Concurrent Food and Product Exhibition	International	Holliday Inn, Nicosia	Organizer, Chair of the Conference
4	2006	4 th International Cyprus Dietetic and Nutrition Association Conference with Concurrent Food and Product Exhibition	International	Hilton Park, Nicosia	Organizer, Chair of the Conference
5	2008	5 th International Cyprus Dietetic and Nutrition Association Conference with Concurrent Food and Product Exhibition	International	Hilton Park, Nicosia	Organizer, Chair of the Conference
6	2010	6 th International Cyprus Dietetic and Nutrition Association Conference with Concurrent Food and Product Exhibition	International	Hilton Cyprus, Nicosia	Organizer, Chair of the Conference
7	2012	7 th International Cyprus Dietetic and Nutrition Association Conference	International	Hilton Park, Nicosia	Organizer, Chair of the Conference



		with Concurrent Food and Product Exhibition			
8	2014	8 th International Cyprus Dietetic and Nutrition Association Conference with Concurrent Food and Product Exhibition	International	Hilton Park, Nicosia	Organizer, Chair of the Conference
9	2016	9 th International Cyprus Dietetic and Nutrition Association Conference with Concurrent Food and Product Exhibition	International	Hilton Cyprus, Nicosia	Organizer, Chair of the Conference
10	2018	10 th International Cyprus Dietetic and Nutrition Association Conference with Concurrent Food and Product Exhibition	International	Filoxenia Conference Centre, Nicosia	Organizer, Chair of the Conference

**Specify venue, geographic location etc*

Research Projects. List the five (5) more recent and other five (5) selected (max total 10)				
Ref. Number	Date	Title	Funded by	Project Role*
1	2018-2019	"Eating Disorders in adolescence"	The G C School of Careers and ΚΟΥΛΤΟΥΡΑ/ΜΕΡΑ/0918/33 Competition of the Research Promotion Foundation (CyRPF)	<i>Project Coordinator and Researcher</i>
2	2017- present	"Mediterranean Diet in Mediterranean Countries and the compliance to MED nutritional principles". Participants: Cyprus, Greece, France, Egypt, Slovenia, Italy In collaboration with: The Mediterranean League of Angiology and Vascular Surgery.	No funding	Cy Coordinator, Main Researcher
3	2017- present	"NCD-RisC- Non-Communicable Disease Risk Factor Collaborating Group" In Collaboration with: Imperial College London	WHO, other funds	Cyprus Leader/Collaborator, Member of the research team
4	2016-2017 2017-2018 Ongoing	"Effects of orange and natural orange juices to plasma glucose, HbA1c, TG, Chol and insulin	Food companies in Cyprus, CyDNA, University of	Main Researcher, PI

		responses. An Acute postprandial study”.	Nicosia, Biochemical Laboratory-Yiannoukas	
5	2016-2018	“The effects of 6 months supplementation of a formula containing a mixture of omega 3 and omega 6 fatty acids and vitamins on functional capacity, cognitive function and quality of life in the elderly”.	University Seed Grant	Member of the research team
6	2015-2016	“Compare the nutrition information used by clinical and non clinical dietitians working in Cyprus for adult patients with Type 2 Diabetes and identify whether they provide any educational material for diabetes to other health professionals” In Collaboration With: With the University of Hertfordshire	University of Nicosia, University of Hertfordshire	Member of the research team, Supervisor
7	2015-present	“The determination of the prevalence and risk of disordered eating behaviors in university students aged 18-30 to years old with differentiation to dietetics/nutrition University students, in Cyprus”	UNIC, self-funded, MAZI	Main Researcher/PI
8	2010-2013	DIETS2 “Dietitians ensuring education, teaching and professional quality”. Reference number: 2010 -	EFAD	Researcher/ Cy Leader & Representative



		177201-LLP-1-2010-1-UK-ERASMUS-ENWA”		
9	2008-2011	“Analysis of the nutrient components of Cypriot foods and the digital coupling of consumers, health professionals and food service facilities” Cooperation: Esmart, CyDNA	Cy RPF	Researcher-primary investigator, coordinator of the dietitians team
10	2005-2008	“1st Epidemiological Study of Obesity and Dietary Habits of Cypriot Adults”	Cy RPF	Researcher-primary investigator, coordinator of the dietitians team

**Project Role: i.e. Scientific/Project Coordinator, Research Team Member, Researcher, Assistant Researcher, other*

Academic Consulting Services and/or Participation in Councils / Boards/ Editorial Committees. List the five (5) more recent (Optional Entry)				
Ref. Number	Period	Organization	Title of Position or Service	Key Activities
1	1999-present	Cyprus Dietetic and Nutrition Association (elected position)	President	Management ,Promoting, Leadership
2	1996-present	Cyprus Registration Board for Food Scientists/Technologists and Dietitians(position appointed by the Cyprus President/ Ministers Council)	Vice President	Appointed position by the President of the Republic of Cyprus
3	2016-present	Charity/Educational Board "MAZI" (Eating Disorder Foundation)	President	Management ,Promoting, Leadership
4	2014-2019, 2019-2021	CySPEN (Cyprus Association of Clinical Nutrition and Metabolism)	President	Management ,Promoting, Leadership
5	2019	Departmental Postgraduate Programs Committee (DPPC), UNIC	Member	Reviewing and approving the doctorate applications



**Awards / International Recognition (where applicable). List the five (5) more recent and other five (5) selected.
(max total 10) (Optional Entry)**

Ref. Number	Date	Title	Awarded by:
1	19/10/2018	Honorary member	Association of Patients and Friends of inherited metabolic disorders "Shield Life"- Σωματείο Ασθενών και Φίλων Κληρονομικών Μεταβολικών Νοσημάτων "Ασπίδα Ζωής",
2	2016	Honor, Memory, Gratitude and Recognition Award, 2016,	The Cyprus Police Association as acknowledgment for professional achievement for offspring of men in Cyprus Police Force.
5	2007	Outstanding Dietitian of the Year for 2007	The American Overseas Dietetic Association and American Dietetic Association
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Other Achievements. List the five (5) more recent and other five (5) selected. (max total 10) (Optional Entry)			
Ref. Number	Date	Title	Key Activities:
1	2019	Member of the Ad Hoc Committee for research study and nutrition service to the soldier (position appointed by Ministry of Defence)	Member of the Committee
2	2016-2021	Member of the National Committee for Diabetes of the Cyprus Ministry of Health (position appointed by Cyprus Minister of Health)	Member of the Committee, Author of the Diabetes FoodExchange System for Cyprus
3	2019	Participate “Αγγίζω την Υγεία” UNIC (Nicosia, Ath Thesalloniki)	Organizer, Speaker
4	2016-2019	Member of the Panel Presentation/ Interview for the recruitment of the faculty members	Interviewer
5	14/10/2018	Active member at the World Rheumatopathy Day 2018: “This year's theme is "Do not be late, Connect Now" and the slogan: "Come in my place." By Cyprus League Against Rheumatism, Mall of Cyprus	Organizer
6	19/9/2018	Continuing Professional Academic Development Programme in Learning and Teaching in Higher Education (CPAD)- This programme was taught myself to all the full time and part time of Intercolle	Speaker
7	19/7/2018	Participate “Open Day” UNIC (3/9/2018 Athens)	Organizer, Speaker



		Organize field trip at Atsas Training Center by a group of 3 faculty members and 12 students from Emmanuel College in Massachusetts, USA	
8	20/5/2018	Chair the Cyprus Nutrition Day 2018 : " In whom you trust your diet?", The Mall of Cyprus, My Mall, Kings Avenue Mall, (Anthropometrics, Nutrition Theatre & Games, Nutrition Awareness)	Chair
9	15-16/3/2018	Participate at the committee for "Workshop on updating the National Strategy for Rheumatic Diseases" (Nicosia) 6.	Participant, Speaker
10	14/9/2017	Train the Trainer Programme for teaching the educators for the clinical placements (2 different training teaching programmes in a year) 1 st on the	Speaker