



Academic Personnel Short Profile / Short CV

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|-----------------------------|--------------------------|
| University: | University of Nicosia |
| Surname: | Economou |
| Name: | Mary |
| Rank/Position: | Adjunct Faculty |
| Faculty: | Sciences and Engineering |
| Department: | Life and Health Sciences |
| Scientific Domain: * | Nutrition and Dietetics |

** Field of Specialization*

| Academic qualifications (list by highest qualification) | | | | |
|--|------|---|---------------------------------------|---|
| Qualification | Year | Awarding Institution | Department | Thesis title (Optional Entry) |
| PhD in Epidemiology and Biostatistics | 2018 | Cyprus University of Technology | Nursing School | Prevalence of breastfeeding up to the sixth month of the infant's life and its association with breastfeeding self-efficacy and the perceived experience of the implementation of the Baby-Friendly Hospital Initiative's 10 Steps for Successful Breastfeeding |
| MSc in Public Health | 2013 | University of London in association with London School of Hygiene and Tropical Medicine | NA | "Physical activity levels in asthmatic children aged 7-8 and 13-14 years in the Republic of Cyprus with the use of biaxial accelerometers" |
| MSc In Human Nutrition with sp. in Clinical Nutrition | 2003 | University of Glasgow | N/A | The effect of oily-fish consumption on blood pressure in non-obese women (BMI: 18.5-25 kg/m ²) |
| BSc In Nutrition and Dietetics | 2002 | Harokopio University | Department of Dietetics and Nutrition | 'The effect of caffeine consumption on the development of cancer' |



Employment history in Academic Institutions/Research Centers – List by the three (3) most recent

| Period of employment | | Employer | Location | Position |
|----------------------|-------|-------------------------------------|----------|-------------------|
| From | To | | | |
| 2019 | Today | University of Cyprus-Medical School | Cyprus | Researcher |
| 2015 | Today | University of Nicosia | Cyprus | Adjunct Faculty |
| 2013 | Today | Cyprus University of Technology | Cyprus | Special Scientist |

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 | 2018 | Prevalence of breast-feeding and exclusive breast-feeding at 48 h after birth and up to the sixth month in Cyprus: the BrEaST start in life project | M, Kolokotroni O, Paphiti-Demetriou I, Kouta C, Lambrinou E, Hadjigeorgiou E, Hadjiona V, Tryfonos F, Philippou E, Middleton N. | Public Health Nutrition | 21(5) | 967-80 |
| 2 | 2014 | Sex differences in objectively assessed physical activity of asthmatic schoolchildren in relation to healthy controls | Yiallourous P, Kolokotroni O, Savva S, Gavatha M, Ioannou P, Karpathios T, Middleton N, | Pediatric Pulmonary | NA | NA |
| 3 | 2012 | Low serum high-density lipoprotein cholesterol in childhood is associated with adolescent asthma | Yiallourous P.; Savva S, Kolokotroni O, Behbod B., Zeniou M., Chadjigeorgiou C., Kourides Y., Tornaritis, M., Lamnisis D., Middleton N., Milton D. | Clin Exp Allergy. | 42(3) | 423-32 |
| 4 | 2007 | Long-term, moderate coffee consumption is associated with lower prevalence of diabetes mellitus among elderly non-tea drinkers from the Mediterranean Islands (MEDIS Study). | Panagiotakos D.B; Lionis C.; Zeimbekis A; Makri K.; Bountziouka V.; Vlachou I.; Micheli M.; Tsakountakis N.; Metallinos G.; Polychronopoulos E. | Review of diabetic studies : RDS, | 4(2) | 105-11 |
| 5 | 2007 | Long-term fish intake is associated with better lipids profile, and arterial blood pressure, blood | Panagiotakos D.B., Zeimbekis A., Boutziouka V., Kourlaba G., | Med Sci Monit, | 13(7) | 307-312 |



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| | | glucose levels, in elderly people from Mediterranean islands (MEDIS epidemiological study) | Toutouzas P., Polychronopoulos E. | | | |
| 6 | 2007 | Benefits of salmon eating on traditional and novel vascular risk factors in young, non-obese healthy subjects | Lara J.J., Wallace A.M., Rumley A., Lowe G., Slater C., Caslake M., Ssttar N., Lean M.E.J. | Atherosclerosis | 193 | 213–221 |

**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 | 2017 | Maternity clinic practices and exclusive breastfeeding in Cyprus: BrEaST start in life study-European Conference for Public Health | International | Stockholm, Sweden | Scientific Collaborator |
| 2 | 2017 | Perceived social and workplace support among breastfeeding mothers in Cyprus-European Conference for Public Health | International | Stockholm, Sweden | Field Coordinator and Lead Researcher |
| 3 | 2016 | Breastfeeding self-efficacy at 48 hours th and breastfeeding up to the 6 th month: the Cyprus BrEaST start in life project. European Conference for Public Health | International | Vienna, Austria | Researcher |
| 4 | 2014 | Gender differences in objectively assessed physical activity between asthmatic and non-asthmatic children: a descriptive comparative study among Cypriot schoolchildren, 20th IEA World Congress of Epidemiology, | International | Anchorage, Alaska | Researcher |

**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 | 4/2019 -Present | Monitoring, Evaluating and Reviewing of Health Services, Patient Satisfaction and Employee Engagement in the National Health System of Cyprus | Organization of State Health Services of Cyprus (OKYY) | Scientific Collaborator |
| 2 | 9/2014-10/2015 | BrEaST start in life: addressing social inequalities and supporting breastfeeding through inclusion activities project- | Iceland, Liechtenstein, and Norway through the EEA Financial Mechanism and the Republic of Cyprus | Field Coordinator and Lead Researcher |
| 3 | 01/08-12/10 | Nutritional Analysis of Cypriot Traditional Recipes and the digital connection of the consumers, health professionals, and food industry” | IPE | Researcher |
| 4 | 01/06-05/06 | Cyprus Elderly study. | N/A | Researcher |
| 5 | 12/06-05/08 | The relation between obesity, adipose tissue fatty acid content and systemic and airway inflammation’ | IPE | Research Assistant/ Research Fellow |
| 6 | 05/06-12/06 | The CYACCESS project | N/A | Research Assistant |
| 7 | 12/05-05/06 | Global Youth Tobacco Survey’ (GYTS), ‘Global School Personnel Survey’ (GSPS) and ‘Global Workplace Tobacco Survey’ (GWTS) | N/A | Research Assistant/ Field Coordinator |



**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 | August 2014 | Nominated for the World Congress of Epidemiology Student Award - | Committee of World Congress of Epidemiology |