

### Personal Information

<b>Surname:</b>	Eleni
<b>Name:</b>	Andreou
<b>Rank:</b>	Assistant Professor (Coordinator Nutrition/Dietetic Programs)
<b>School:</b>	School of Science and Engineering
<b>Department:</b>	Life and Health Sciences
<b>Academic Domain:</b>	Dietetics & Nutrition

### Educational Qualifications

Degree Title	Awarding Institution	Year Awarded
BSc "Food & Nutrition Dietetics" ( <i>Summa Cum Laude</i> )	Youngstown State University, OH, USA	1986-1990
CPD/RD (postgraduate), "Clinical Dietetics", YSU & CDR, USA (Honored-internship/academic program started from sophomore year)	Youngstown State University, OH, USA	1990-1992
Doctorate in Professional Studies (DProf), "Clinical Dietetics, Nutrition Sciences and Health Education",	Middlesex University, UK	2006-2011
Doctoral Dissertation: Doctorate in Professional Studies (DProf), "Clinical Dietetics, Nutrition Sciences and Health Education" Topic: The Use and Effectiveness of Behavioural Modification Techniques in Achieving and Maintaining Normal Weight and Fitness-The lifestyle changes for Adults in Cyprus Private Funding & partial funding by private companies (Nutrifit, EMA) (research proposal for the doctorate, 2007-2009, 34.000 euro)		

### Employment History

Period of Employment (MM/YY-MM/YY)	Employer	Location	Position
3/2012- Present	University of Nicosia	Nicosia, Cyprus	Assistant Professor
2008-2012	University of Nicosia/Intercollege	Nicosia, Cyprus	Lecturer
1992-2008	Intercollege	Nicosia,	Part time Lecturer

		Cyprus	
1991-2000	Paraskevaïdion Renal Transplant Center Nicosia, Cyprus	Nicosia, Cyprus	Clinical Dietitian, advisor
1991-Present	Self Employed	Nicosia, Cyprus	Private Consultant, Clinical Dietitian
Coordinator for (chronological order based to level of degree):			
2005-Present	Intercollege/ UNIC	Nicosia, Cyprus	BSc Nutrition and Dietetics Programme – Coordinator
2013-Present	University of Nicosia	Nicosia, Cyprus	MSc Clinical Dietetics - Coordinator
2015-Present	University of Nicosia	Nicosia, Cyprus	MSc Sports Nutrition/Dietetics and Nutrition Intervention - Coordinator
2016-Present	University of Nicosia	Nicosia, Cyprus	PhD in Nutrition/Dietetics- Coordinator
2011-2015	University of Hertfordshire	Nicosia, Cyprus	Coordinator BSc Dietetics –franchised programme of University of Hertfordshire

## Publications

*Key refereed journals / conference publications / books (monographs, co-authored, edited, chapters)  
(list up to 10 most recent and important ones)*

	Year	Title	Authors	Journal/Conference/Book/etc	Vol. No /ISBN	Pages
1	2018	Nutrition and Cancer: Nutrition Guidelines, (W /E)	<b>Andreou, E. et al</b>	Book	ISBN 978-9963-9370-1-1 3rd edition. Globalprint.	111
2	2018	<b>Εγκυκλοπαίδεια της Διατροφής και Κουζίνας/ Encyclopedia of Nutrition and Healthy Cuisine</b> Text with nutrition information and guidelines and specialized cooked book with complete Nutritional Analysis of 300 recipes, (in press )	<b>Andreou E.</b>	Monographs	2nd edition,	300
3	2017	Type 2 Diabetes and Obesity and its	<b>E. Andreou, D. Papandreou, P.</b>	Journal of Pancreat	Volume 7(4), DOI: 10.4172/2165-	41

		correlates in a First Nationwide Study among Cypriot Adults	Hadjigeorgiou, C. Giannaki, G. Aphamis, C. Philippou, C. Christoforou, R. Kokkinofta, C. Dioghenous, C. E. Georgaki, E. Charidemou, A. Zampelas.	Disorders & Therapy,	7092-C1-008, ISSN: 2165-7092.	
4	2017	Effects of food allergy on the dietary habits and intake of primary schools' Cypriot children	Vassilopoulou, E., Christoforou, C., <b>Andreou, E.</b> , Heraclides, A	European Annals of Allergy and Clinical Immunology	49 (4), DOI: 10.23822/EurAnnACI.1764-1489.07	181-185.
5	2017	Obese Children with Metabolic Syndrome Have 3 Times Higher Risk to Have Nonalcoholic Fatty Liver Disease Compared with Those without Metabolic Syndrome	Papandreu D, Karavetian M., Karabouta Z., <b>Andreou E</b>	International Journal of Endocrinology.	2017, Article ID 2671692	5
6	2017	Type 2 diabetes and its correlates in a first nationwide study among Cypriot adults	<b>Andreou E</b> , Papandreu D, Hajigeorgiou P, Kyriakou K, Avraam T, Chappa G, Kallis P, Lazarou C, Philippou C, Christoforou C, Kokkinofta R, Dioghenous C, Savva S, Kafatos A, Zampelas A	Primary Care Diabetes	11(2) DOI: 10.1016/j.pcd.2017.01.001.	112-118
7	2017	Uric Acid , Metabolism and Nutrition Intervention. In: Εντατική Θεραπεία & Επείγουσα Ιατρική: ΜΕΤΑΒΟΛΙΣΜΟΣ & ΔΙΑΤΡΟΦΗ, (W)	<b>Andreou E</b> , Avraam,T, Christofidou M., Kyprianou T.	Book	1st edition.. Athens: ΕΚΔΟΣΕΙΣ ΕΠΙΣΤΗΜΩΝ ΕΠΕ.	
8	2017	The impact of nutrition education on nutrition knowledge and adherence to the Mediterranean Diet in adolescent competitive swimmers	Philippou E, Middleton N, Pistos C, <b>Andreou E</b> , Petrou M	Journal of Science and Medicine in Sport	Volume 20, Issue 4,	328-332

9	2016	Proceedings of the 9 <sup>th</sup> Cyprus Dietetic and Nutrition Association Conference with CySPEN Participation with theme "Novelties in Nutrition and Dietetics". Nicosia: Global Print (E)	<b>Andreou E. ed.</b>	Book	ISBN: 978-9963-9876-4-1.	11-17
10	2015	Cancer and Nutrition. In: Antioxidants in Health and Disease. 1st ed. New York: CRC press Taylor & Francis Group,	<b>Andreou E.</b>	Book	ISBN: 978-1-4665-8003-9.(W)	165-198.

### Funded Projects

*(list up to 10)*

	<b>Project Title</b>	<b>Funding Agency</b>	<b>Project Duration</b> (DD/MM/YY-DD/MM/YY)	<b>Participation Status</b> (e.g. Partner, Principal Investigator, Research Associate)	<b>Total Project's Budget</b>	<b>Allocated / Awarded Budget to the Participant</b>
1	"Mediterranean Diet in Mediterranean Countries and the compliance to MED nutritional principles". Participants: Cyprus, Greece, France, Egypt, Slovenia, Italy	The Mediterranean League of Angiology and Vascular Surgery.	2017-ongoing	<b>Coordinator:</b> Dr Nicos Angelides, MD, PhD, FRCS, FACA <b>President of MLAVS</b> Visiting Prof of the University of Nicosia <b>Main Researcher:</b> Dr Eleni Andreou		
2	"NCD-RisC Non-Communicable Disease Risk Factor Collaborating Group" Description: the NCD Risk Factor Collaboration (NCD-RisC), are a worldwide network of health researchers and practitioners that provides rigorous and timely NCD risk factor trend estimates for all countries. The working/research group works closely with the World Health Organization (WHO),	WHO, other funds	2017-ongoing	<b>Coordinator:</b> Dr Ver Bilano, PhD Research Fellow Department of Epidemiology and Biostatistics School of Public Health Imperial College London <b>Cyprus Researcher:</b> Dr Eleni Andreou		

	through the WHO Collaborating Centre on NCD Surveillance and Epidemiology at Imperial College London. The results are published in high-impact scientific journals with the most recent on global adiposity, blood pressure and diabetes trends in the Lancet and height in eLife, garnering international media coverage.					
3	“Effects of orange and natural orange juices to plasma glucose, HbA1c, TG, Chol and insulin responses. An Acute postprandial study”.	Food company in Cyprus <b>Principal Investigator/Main</b>	2016-2018	<b>Researcher:</b> Dr Eleni Andreou (MSc and BSc students work as part of their thesis)		
4	“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”	UNIC (thesis budget)	2015-2016	<b>Researchers:</b> Eleni Andreou, Maria Christofidou, Elena Philippou, Dona Hileti, Jane McClinchy (BSc & MSc students work as part of their thesis) <b>Collaboration:</b> With the University of Hertfordshire		
5	“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(thesis budget), self-funded, pending application to CyRFP	2015-ongoing	<b>Main Researcher:</b> Eleni Andreou		
6	DIETS2 “Dietitians ensuring education, teaching and professional quality”. Reference number: 2010 - 177201-LLP-1-2010-1-UK-	EFAD	2010-2013	<b>Researcher:</b> Eleni Andreou (Cyprus Representative)		

	ERASMUS-ENWA”					
7	“Analysis of the nutrient components of Cypriot foods and the digital coupling of consumers, health professionals and food service facilities”	CyRFP	2008-2011	<b>Cooperation:</b> Esmart, CyDNA (researcher-primary investigator, coordinator of the dietitians team)	75.000 CYP	
8	“EPOWECARD- Helping Young Children and Adolescents make Healthy lifestyle Choices in School Cantines”	EURECA, Cy RFP (researcher-primary investigator, coordinator of the dietitians team)	2008-2001		75.000 CYP	
9	“1st Epidemiological Study on Obesity for Cypriot Adults”	IPE	2005-2009	Cyprus Dietetic and Nutrition Association	75.000CYP	
10	“Preventive Immuno-Reinforcing Nutrients in Critically Ill Patients”	Cy RFP (researcher-primary investigator, coordinator of the dietitians team)	2005-2008	<b>Collaboration:</b> ICU of General Hospital in Nicosia, Ayias Olga-children Hospital in Athens and the Cyprus Dietetic and Nutrition Association	90.000 CYP	

### Consultancy and Scholarly Work

*(E.g. Membership in Boards, Editorial Committees, etc. List up to 10)*

	<b>Period</b> (MM/YY-MM/YY)	
1	1999-2019	President of Cyprus Dietetic and Nutrition Association (CyDNA) (elected position)
2	2014-2019	President of Cyprus Society of Parenteral and Enteral Nutrition(CySPEN)
3	1996-2020	Vice President of the Cyprus Registration Board for Food Scientists, Technologists and Dietitians (position appointed by the Ministers Council)

4	2016-present	President of Charity/Educational Board "MAZI" (Eating Disorder Foundation)
5	2016-present	Member of the Board of Cyprus Atherosclerosis Association
6	2000-present	Editor of the Cyprus Nutrition and Dietetic Association Newsletter (with ISSN no.1450-474X)
7	1998-present	Cyprus Representative of EFAD (European Federation of Dietetic Associations)/ICDA (International Confederation for Dietetic Associations)
8	1992-present	Active Member of Commission of Dietetic Registration (USA, regulatory/ registration body)
9	1991-present	Active Member of American Academy of Nutrition and Dietetics
10	2013-2016	Active Member of National Coordinating Committee for diabetes (position appointed by Ministry of Health)
11	2013-2016	Active Member of Food Council (position appointed by Ministry of Health)
12	2014-2015	Active Member of GrESPEN (Greek Society of Clinical Nutrition and Metabolism)
13	2005-2008	President of American Overseas Dietetic Association

### Awards and Recognitions

*(list up to 10)*

	<b>Year</b>	<b>Description</b>
1	2007	Outstanding Dietitian of the Year for 2007 granted by the American Overseas Dietetic Association and American Dietetic Association
2	2016	Honor, Memory, Gratitude and Recognition Award, 2016, granted by the Cyprus Police Association as acknowledgment for professional achievement for offspring of men in Cyprus Police Force.