

RESUME

Theodora Mouratidou PhD

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CURRENT EMPLOYMENT: Associate Professor, Hellenic Mediterranean University, Greece

NATIONALITY: Greek

LANGUAGES: Greek (native), English (fluent), Spanish (intermediate), Italian (basic)

THEMATIC EXPERTISE: Nutrition, public health and epidemiology, data management, nutrition indicators and health surveys, child and adolescent overweight and obesity, non-communicable diseases (NCDs), maternal and infant nutrition, trans fatty acids, edible oils and fats, dietary assessment, double burden of malnutrition, monitoring and evaluation, policy development and implementation

GEOGRAPHICAL EXPERIENCE: Europe; UK, Spain, Greece, Multi-centered European studies, European Commission; Central Asia; Tajikistan; FAO HQ; IAEA HQ; WHO, WHO/EUROPE, WHO/SEARO

OVERVIEW

Theodora Mouratidou is an Associate Professor at the Hellenic Mediterranean University with over 15 years of experience delivering research, policy support and consultancy in the fields of nutrition, obesity, public health, policy development and NCDs prevention under the framework of data analysis, monitoring and evaluation, capacity building and knowledge management. She has worked for and advised organizations such as the European Commission, UN agencies (WHO, FAO, IOM and IAEA) and academic institutions. Over the years, she investigated the relationship between diet, obesity and NCDs, supported EU legislative policy development on trans fatty acids, supported the EU Action Plan on Childhood Obesity 2014 - 2020, worked on capacity building for the integration of nutrition indicators into budget and health surveys, and focused on knowledge management. She has 64 peer-reviewed publications, 1 book chapter, 8 scientific/technical reports and has supported the organization of 1 international tri-agency UN conference, 1 national conference and 6 international scientific/technical/training events. She has worked in 7 large population research projects and coordinated 3 of them – she has undertaken data collection, analysis (including advanced statistical models) and reporting. Additionally, she has supported the coordination of 3 projects relevant to scientific and technical support for policy, strategic and legislative development.

EDUCATION AND QUALIFICATIONS

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| 2003 – 2006 | PhD on <i>Dietary Assessment of Pregnant women</i>
University of Sheffield, Sheffield, United Kingdom |
| 2001 - 2002 | MMedSci in Human Nutrition
University of Sheffield, Sheffield, United Kingdom |
| 1996 – 2001 | BSc in Human Nutrition
Alexander Technological Educational Institute of Thessaloniki, Thessaloniki, Greece |
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RECORD OF EMPLOYMENT

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| 2021-present | Associate Professor, Hellenic Mediterranean University, Crete, Greece
Expertise area of Community Nutrition |
| 2019-2021 | Associate Professor (temporary), Hellenic Mediterranean University, Crete, Greece
Teaching (nutrition assessment and nutritional epidemiology), educational and research contribution to the Department of Nutrition and Dietetics, School of Health Sciences. |
| 2018-2019 (June) | Nutrition Scientist, IAEA, UN, Austria
Scientific/technical contribution to the jointed UN tri-agency symposium 'Understanding the Double Burden of Malnutrition for Effective Interventions' |
| 2017 | Facility Coordinator, IOM, UN, Greece
Coordinating programme activities and services in a refugee camp |
| 2016 | Field Site Manager, International Medical Corps (IMC), Thessaloniki, Greece
Managing program and operational activities for the Northern Greece Region (WASH, gender-based violence (GBV), mental health and psychosocial support (MHPSS) |
| 2015-2016 | International Nutrition Consultant, FAO, UN, Italy
Contributing to capacity building activities for the integration of nutrition indicators into budget/health surveys |
| 2012-2015 | Scientific/Technical Project Officer, European Commission, Italy
Coordinating administrative agreement of the European Commission's report on the presence of trans fats in foods and in the overall diet of the Union population for the |

European Parliament and contributing/leading activities to support the *EU Action Plan on Childhood Obesity 2014-2020*

2010 –2012

Post-Doctoral Research Associate, University of Zaragoza, Spain

Research focus on prevention of childhood and adolescent obesity and NCDs; data analysis and writing peer-reviewed scientific papers

2006 –2009

Post-Doctoral Research Associate, University of Sheffield, United Kingdom

Research on dietary assessment of pregnant and of post-partum women and on the evaluation of a social protection food subsidy program; data analysis and writing peer-reviewed scientific papers

SELECTED EXPERIENCE

2018-2019

IAEA/WHO/UNICEF jointed International symposium on ‘[Understanding the Double Burden of Malnutrition \(DBM\) for Effective Interventions](#)’ Vienna, Austria 10-14 December 2018

Scientific and technical contribution to the preparation and organization of the symposium. Contributed to the conceptualizing and formulation of the [scientific agenda](#) including session tracks and presentation topics, guided, scientifically and technically, session planning and speakers/experts’ symposium presentations, coordinated activities with cooperation partners, advisory committee etc, contributed to resource mobilization activities and coordinated/contributed to reporting and dissemination activities.

2016

Water supply, sanitation and hygiene promotion (WASH) activities in refugee camps in Greece (10/05-6/9/2016)

Conducted WASH needs assessment in camps in mainland Greece and provided WASH technical support to camps based on the Sphere standards for humanitarian response. Attended Ministerial WASH Cluster Coordination Meetings and collaborated with the camp’s medical services on their epidemiological reporting to the Hellenic Centre for Disease Control and Prevention (KEELPNO). Initiated field-based fund-raising activities resulting to agreements with UNHCR (around €500,000) and UNICEF (over €500,000).

2015-2016

Capacity development in Tajikistan: Integration of a nutrition indicator into the country’s Household Budget Survey

Field visit to train Tajik Household Budget Survey enumerators in collecting and analysing nutrition data. Led the development of a technical M&E framework for MDD-W (Minimum Dietary Diversity-Women) data collection and management in Tajikistan

2012-2015

EU policy support project that lead to an EU-wide legislative change

On 24 April 2019, the Commission adopted a [Commission Regulation amending Annex III to Regulation \(EC\) No 1925/2006 of the European Parliament and of the Council as regards trans fat, other than trans fat naturally occurring in fat of animal origin](#). My duty was to support the [Commission submitted report to the European Parliament and the Council](#) (3 December 2015) regarding trans fats in foods and in the overall diet of the Union. Tasks included desk-based data collection, data analysis and publication, setting up experts workshop, online stakeholder consultation, presented outcomes to the High Level Group on Nutrition and Physical activity led by the EC etc.

2012-2015

Supporting the EU Action Plan on Childhood Obesity 2014-2020

Initiated and led the development of a proposal on ‘Supporting the [EU Action Plan on Childhood Obesity 2014-2020](#) with policy briefs and policy dialogues for evidence-informed policy-making’ which resulted to administrative arrangement with the EC’s Directorate-General for Health and Food Safety.

2010-ongoing

Research on prevention of childhood and adolescent obesity

Co-director of 4 PhD thesis; guided students in addressing research hypothesis, statistical analysis, writing papers. Coordinated the Spanish arm of a multicentre obesity prevention intervention namely ‘ToyBox-study’ (2010-2012). In charge of dietary assessment tool development, questionnaires to define patterns of physical activity and sedentary behaviour, protocol and standardised procedure development for data management.

2006-2009

Evaluation of a social protection food subsidy program on the nutrition of post-partum low income women in the UK

The evaluation was the first of its kind to be conducted in the UK and finding informed the implementation of the program (Healthy Start).

SELECTED PUBLICATIONS, SCIENTIFIC AND TECHNICAL OUTPUTS

Policy support and technical related (out of 9)

1. FAO. 2018. [Dietary Assessment: A resource guide to method selection and application in low resource settings](#). Rome.
2. **T Mouratidou** et al. [Integration of the Minimum Dietary Diversity-Women \(MDD-W\) module into Tajikistan's Household Budget Survey in Dushanbe, Gorno-Badakhshan Autonomous Oblast and the Regions under Republican Subordination Regions of Tajikistan](#). Training report. FAO 2015.
3. J Lopez-Alcalde, C Martin Saborido, JA Blasco, **T Mouratidou** et al. ['GRADE workshop: grading the quality of evidence and strength of recommendations'](#). EUR - Scientific and Technical Research. Publication year: 2014.
4. **T Mouratidou** et al. [Trans Fatty Acids in Diets: Health and Legislative Implications](#). JRC Scientific and Policy Report. Publication year: 2013.

Refereed journals-original articles (out of 64 and 1 book chapter)

1. Martin-Saborido C, **Mouratidou T** et al. Public health economic evaluation of different European Union-level policy options aimed at reducing population dietary trans-fat intake. *Am J Clin Nutr*. 2016 Nov;104(5):1218-1226.
2. Custodio E, López-Alcalde J, Herrero M, Bouza C, Jimenez C, SG Bonsmann S, **Mouratidou T** et al. Nutritional supplements for patients being treated for active visceral leishmaniasis. *Cochrane Database Syst Rev*. 2018 Mar 26;3:CD012261.
3. **Mouratidou T** et al. Tools, harmonization and standardization procedures of the impact and outcome evaluation indices obtained during a kindergarten-based, family-involved intervention to prevent obesity in early childhood: the ToyBox-study. *Obes Rev*. 2014 Aug;15 Suppl 3:53-60.
4. **Mouratidou T** et al. Reproducibility and relative validity of a semiquantitative food frequency questionnaire in European preschoolers: The ToyBox study. *Nutrition*. 2019 Mar 15;65:60-67. doi: 10.1016/j.nut.2019.03.003. [Epub ahead of print]
5. Julián C, **Mouratidou T** et al. Dietary sources and sociodemographic and lifestyle factors effecting vitamin D and calcium intakes in European adolescents: the Healthy Lifestyle in Europe by Nutrition in Adolescence (HELENA) Study. *Public Health Nutr*. 2017 Jun;20(9):1593-1601.
6. Santaliesra-Pasías AM, **Mouratidou T** et al. Physical activity and sedentary behaviour in European children: the IDEFICS study. *Public Health Nutr*. 2014 Oct;17(10):2295-306.
7. Bel-Serrat S, **Mouratidou T** et al. Clustering of multiple lifestyle behaviours and its association to cardiovascular risk factors in children: the IDEFICS study. *Eur J Clin Nutr*. 2013 Aug;67(8):848-54.
8. Duffey KJ, Huybrechts I, **Mouratidou T** et al. Beverage consumption among European adolescents in the HELENA study. *Eur J Clin Nutr*. 2012 Feb;66(2):244-52.
9. **Mouratidou T** et al. Are the benefits of the 'Healthy Start' food support scheme sustained at three months postpartum? Results from the Sheffield 'before and after' study. *Matern Child Nutr*. 2010 Oct;6(4):347-57.
10. **Mouratidou T** et al. Dietary assessment of a population of pregnant women in Sheffield, UK. *Br J Nutr*. 2006 Nov;96(5):929-35.

Symposium, conference, workshop and capacity development training events (out of 8)

1. **International Symposium on 'Understanding the Double Burden of Malnutrition for Effective Interventions'**, IAEA/WHO/UNICEF, Vienna, Austria, 10-13 December
2. Capacity development training on **'Integrating Minimum Dietary Diversity - Women (MDD-W) into the Household Budget Survey'**, Agency on Statistics (AoS) under President of The Republic of Tajikistan, Dushanbe, Tajikistan, 27 – 31 July 2015
3. **GRADE workshop: Grading the quality of evidence and strength of recommendations**, organised by the Public Health Policy Support Unit, JRC, European Commission, Ispra, Italy, 11-12 December 2013
4. **Workshop 'Trans fatty acids in diets: health and legislative implications'**, organised by the Public Health Policy Support Unit, JRC, European Commission, Zagreb, Croatia, 9-10 April 2013