

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
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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. 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>
2. Halilagic A, Roussos R, Argyropoulou M, Svolos V, Mavrogianni C, Androutsos O, **Mouratidou T**, Manios Y and Moschonis G (2025) Interventions to promote healthy nutrition and lifestyle and to tackle overweight and obesity amongst children in need in Europe: a rapid literature review. *Front Nutr*. 11:1517736. doi: 10.3389/fnut.2024.1517736
3. Mannino A, Halilagic A, Argyropoulou M, Siopis G, Roussos R, Svolos V, Mavrogianni C, Androutsos O, **Mouratidou T**, Manios Y, Moschonis G. The Role of Energy Balance-Related Behaviors (EBRBs) and their Determinants on the Prevalence of Overweight and Obesity in Children in Need, in Greece: A Scoping Review. *Curr Nutr Rep*. 2024 Nov 9;14(1):2. doi: 10.1007/s13668-024-00593-1. PMID: 39516392.
4. Kantaras, P.; Mourouti, N.; **Mouratidou, T.**; Chatzaki, E.; Karaglani, M.; Iotova, V.; Usheva, N.; Rurik, I.; Torzsa, P.; Moreno, L.A.; et al. Beverage Consumption Patterns and Their Association with Metabolic Health in Adults from Families at High Risk for Type 2 Diabetes in Europe—The Feel4Diabetes Study. *Endocrines* 2024, 5, 277-289. <https://doi.org/10.3390/endocrines5030020>.
5. Miguel-Berges ML, **Mouratidou T**, Santaliestra-Pasias A, Androutsos O, Iotova V, Galcheva S, De Craemer M, Cardon G, Koletzko B, Kulaga Z, Manios Y, Moreno LA; ToyBox-study group. Longitudinal associations between diet quality, sedentary behaviours and physical activity and risk of overweight and obesity in preschool children: The ToyBox-study. *Pediatr Obes*. 2023 Jul 31:e13068. doi: 10.1111/ijpo.13068.
6. Mourouti N, Mavrogianni C, **Mouratidou T**, Liatis S, Valve P, Rurik I, Torzsa P, Cardon G, Bazdarska Y, Iotova V, Moreno LA, Makrilakis K, Manios Y. The Association of Lifestyle Patterns with Prediabetes in Adults from Families at High Risk for Type 2 Diabetes in Europe: The Feel4Diabetes Study. *Nutrients*. 2023 Jul 14;15(14):3155. doi: 10.3390/nu15143155.
7. Miguel-Berges ML, Santaliestra-Pasias AM, **Mouratidou T**, Miguel-Etayo P, Androutsos O, Craemer M, Galcheva S, Koletzko B, Kulaga Z, Manios Y, and Moreno LA, on behalf of the ToyBox-study group. Combined Longitudinal Effect of Physical Activity and Screen Time on Food and Beverage Consumption in European Preschool Children: The ToyBox-Study. *Nutrients*. 2019, 11, 1048.
8. Aparicio-Ugarriza R, Cuenca-García M, Gonzalez-Gross M, Julián C, Bel-Serrat S, Moreno LA, Breidenassel C, Kersting M, Arouca AB, Michels N, **Mouratidou T**, Manios Y, Dallongeville J, Gottrand F, Widhalm K, Kafatos A, Molnár D, De Henauw S, Gunter MJ, Huybrechts I. Relative validation of the adapted Mediterranean Diet Score for Adolescents by comparison with nutritional biomarkers and nutrient and food intakes: the Healthy Lifestyle in Europe by Nutrition in Adolescence (HELENA) study. *Public Health Nutr*. 2019 Sep;22(13):2381-2397.
9. **Mouratidou T**, Mesana Graffe MI, Huybrechts I, De Decker E, De Craemer M, Androutsos O, Manios Y, Galcheva S, Lateva M, Gurzkowska B, Kułaga Z, Birnbaum J, Koletzko B, Moreno LA; ToyBox-study group. Reproducibility and relative validity of a semiquantitative food frequency questionnaire in European preschoolers: The ToyBox study. *Nutrition*. 65, 2019, 60- 67.
10. Owino VO, **Mouratidou T**. Strengthened Data Systems to Mitigate the Double Burden of Malnutrition: The Role of Stable Isotope Technique-Derived Nutrition Indicators. *Ann Nutr Metab*. 2019;75(2):119-122.

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