

Anastasia Markaki, PhD

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EDUCATION

10/2007- 04/2013	PhD, Medical Department, Faculty of Health Sciences, University of Crete, Topic of Thesis: "Nutritional Status of End Stage Renal disease patients in correlation with inflammatory markers"
09/2000- 09/2001	MSc, Department of Medicine and Therapeutics, Faculty of Human Physiology, University of Aberdeen, Scotland, UK (funded by scholarship awarded from the Greek State Scholarship foundation "IKY") Topic of research project/ dissertation: "EPA supplementation and eicosanoid enzyme expression in PBMCs of elderly men"
09/1989- 06/1994	BSc in Nutrition, Department of Nutrition, School of Food Technology and Nutrition, Technological Educational Institute (TEI) of Thessaloniki, Greece Topic of dissertation: "Neurotoxins and Hepatotoxins of Blue-Green Algae" (Grade: 9/10)

WORK and TEACHING EXPERIENCE

01/09/2022 -	Head of the Department of Nutrition and Dietetics Sciences
29/09/2020 -	Associate Professor in "Clinical Nutrition" , Department of Nutrition and Dietetics Sciences, School of Health Sciences (SHS), Hellenic Mediterranean University (HMU)
25/06/2015-28/09/20	Assistant Professor in "Clinical Nutrition" , Department of Nutrition and Dietetics Sciences, SHS, HMU (since 07/05/2019)/ Department of Nutrition & Dietetics, School of Agriculture and Food Technology, Technological Educational Institute (TEI) of Crete (until 06/05/2019)
17/10/2005-24/06/15	Lecturer in "Nutrition & Metabolism" , Department of Nutrition and Dietetics, TEI of Crete
03/2003-10/2005	Laboratory Staff , Department of Nutrition and Dietetics, TEI of Crete
09/2001-03/2003	Temporary Staff , Department of Nutrition and Dietetics, TEI of Crete
02/2000-06/2000	Hourly paid Nutrition teacher , at Secondary Schools in Heraklion, Crete
04/1997- 03/2000	Head of the Nutrition Department , Health Studio for weight loss (Private Sector), Heraklion, Crete
06/1994- 06/1995	Dietician , Health Studio for weight loss (Private Sector), Heraklion, Crete

SELECTED PUBLICATIONS (out of 41)

A. PUBLICATIONS IN INTERNATIONAL (37) & NATIONAL (3) SCIENTIFIC JOURNALS UNDER PEER REVIEW

REVIEW ARTICLES

1. **Markaki A**, Psylinakis E, Spyridaki A. Adiponectin and End Stage Renal Disease. *Hormones*. 2016;15(3):345-354 (IF 2018: 1.643)
2. Grammatikopoulou MG, Kotanidou EP, **Markaki AG**, Stylianou Ch, Galli-Tsinopoulou A, Tsigga M, Hassapidou M. A systematic review and meta-analysis of weight status among adolescents in Cyprus: scrutinizing the data for the years 2000-2010. *Hormones*. 2014;13(4):543-551 (IF: 1.643)

RESEARCH ARTICLES

1. NCD Risk Factor Collaboration (NCD-RisC), **participation in the Country and Regional Data List**. General and abdominal adiposity and hypertension in eight world regions: a pooled analysis of 837 population-based studies with 7.5 million participants. *The Lancet*. 2024;404(10455):851–863
2. Petrakis I, Bacharaki D, Kyriazis P, Balafa O, Dounousi E, ..., **Markaki A**, et al. Cardiovascular and All-Cause Mortality Is Affected by Serum Magnesium and Diet Pattern in a Cohort of Dialysis Patients. *J Clin Med*. 2024;13(14):4024
3. NCD Risk Factor Collaboration (NCD-RisC), **participation in the Country and Regional Data List**. Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population-representative studies with 222 million children, adolescents, and adults. *Lancet*. 2024:S0140-6736(23)02750-2.
4. NCD Risk Factor Collaboration (NCD-RisC), **participation in the Country and Regional Data List**. Diminishing benefits of urban living for growth and development of children and adolescents in the 21st century. *Nature*. 2023;615(7954):874-883
5. Spyridaki A, Psylinakis E, Chatzivasili D, Thalassinos N, Kounelaki V, Charonitaki A, **Markaki A**. Adherence to the Mediterranean diet is linked to reduced psychopathology in female celiac disease patients. *Psychol Health Med*. 2023;28(6):1634-1639
6. Bacharaki D, Petrakis I, Kyriazis P, **Markaki A**, Pleros C, Tsirpanlis G, et al. Adherence to the Mediterranean Diet Is Associated with a More Favorable Left Ventricular Geometry in Patients with End-Stage Kidney Disease. *J Clin Med*. 2022;11(19):5746. doi: 10.3390/jcm11195746.
7. Koulentaki M, Drygiannakis I, Mantaka A, Moschapidakis E, Chalkiadaki A, Augoustaki A, Spyridaki A, Kouroumalis E, **Markaki A**. Nutritional assessment of Greek liver cirrhosis patients: Mini Nutritional Assessment predicts mortality. *Healthcare*. 2022;10(5):859
8. Spyridaki A, Kotsoni EK, Thalassinos N, Sfakianaki E, Sfendourakis I, **Markaki A**. The gluten-free diet challenge in adults with coeliac disease: the Hellenic survey. *PEC Innov*. 2022;1:100037.
9. Spyridaki A, Psylinakis E, Chatzivasili D, Thalassinos N, Kounelaki V, Charonitaki A, **Markaki A**. Adherence to the Mediterranean diet is linked to reduced psychopathology in female celiac disease patients. *Psychol Health Med*. 2022;14:1-6
10. NCD Risk Factor Collaboration (NCD-RisC), **participation in the Country and Regional Data List**. Heterogeneous contributions of change in population distribution of body mass index to change in obesity and underweight. *eLife*. 2021;10:e60060. DOI: <https://doi.org/10.7554/eLife.60060>
11. **Markaki A**, Kyriazis P, Dermitzaki EK, Maragou S, Psylinakis E, Spyridaki A, Drosadaki H, Lygerou D, Grammatikopoulou MG, Petrakis I, Stylianou K. The Association Between Handgrip Strength and Predialysis Serum Sodium Level in Patients With Chronic Kidney Disease Stage 5D. *Front Med (Lausanne)*. 2021;7:610659. doi: 10.3389/fmed.2020.610659
12. Katsaridis S, Grammatikopoulou MG, Gkiouras K, Tzimos C, Papageorgiou ST, **Markaki AG**, Exiara T, Goulis DG, Papamitsou T. Low Reported Adherence to the 2019 American Diabetes Association Nutrition Recommendations among Patients with Type 2 Diabetes Mellitus, Indicating the Need for Improved Nutrition Education and Diet Care. *Nutrients*. 2020;12(11):3516. doi: 10.3390/nu12113516

13. **Markaki AG**, Gkiouras K, Papakitsos C, Grammatikopoulou MG, Papatsaraki A, Ioannou R, Tsagkari A, Papamitsou T, Bogdanos DP. Disease Activity, Functional Ability and Nutritional Status in Patients with Rheumatoid Arthritis: An Observational Study in Greece. *Mediterr J Rheumatol* 2020;31(4):406-11
14. NCD Risk Factor Collaboration (NCD-RisC), **participation in the Country and Regional Data List**. Height and body-mass index trajectories of school-aged children and adolescents from 1985 to 2019 in 200 countries and territories: a pooled analysis of 2181 population-based studies with 65 million participants. *Lancet*. 2020; 396: 1511–24. doi.org/10.1016/S0140-6736(20)31859-6
15. Psylinakis E, Koukoulanaki M, **Markaki A**, Spyridaki A. Antioxidant activity of Cretan herbs and herbal combinations. *J Food & Nutr Sciences*. 2020;2(1):59-65. DOI:10.3233/MNM-190393
16. **Markaki A**, Psylinakis E, Theodoridis X, Dimitropoulakis P, Charonitaki A, Spyridaki A. Association between dietary intake and nutritional status in Eastern Mediterranean patients receiving hemodialysis. *Med J Nutr & Metab*. 2020;13:175-182
17. Grammatikopoulou MG, Gkiouras K, **Markaki AG**, Gkouskou K, Stylianou K, Bogdanos D. AMY1 copy number haplotype among end-stage renal disease patients. *Hormones*. 2020. <https://doi.org/10.1007/s42000-020-00199-6>
18. Stavropoulou A, Rovithis M, Grammatikopoulou MG, Kyriakidi K, Pylarinou A, **Markaki AG**. Exploring patients' experiences after Chronic Kidney Disease diagnosis: A qualitative study. *Nephrol Nurs J*. 2020;47(1):67-98
19. NCD Risk Factor Collaboration (NCD-RisC), **participation in the Country and Regional Data List**. Rising rural body-mass index is the main driver of the global obesity epidemic in adults. *Nature*. 2019;569(7755):260-264 doi.org/10.1038/s41586-019-1171-x
20. **Markaki AG**, Charonitaki Ai, Psylinakis E, Dimitropoulakis P, Spyridaki A. Nutritional status in hemodialysis patients is inversely related to depression and introversion. *Psychol Health Med*. 2019;3:1-7. doi: 10.1080/13548506.2019.1612074
21. Grammatikopoulou M, Gkiouras K, Theodoridis X, Tsimiri M, **Markaki A**, Chourdakis M, et al. Food insecurity increases the risk for malnutrition among community-dwelling older adults. *Maturitas*. 2019;119:8-13. doi: 10.1016/j.maturitas.2018.10.009
22. NCD Risk Factor Collaboration (NCD-RisC), **participation in the Country and Regional Data List**. Worldwide trends in body-mass index, underweight, overweight, and obesity from 1975 to 2016: a pooled analysis of 2416 population-based measurement studies in 128.9 million children, adolescents, and adults. *Lancet*. 2017;390(10113):2627-2642. doi: 10.1016/S0140-6736(17)32129-3
23. Stavropoulou A, Grammatikopoulou M, Rovithis M, Kyriakidi K, Pylarinou A, **Markaki AG**. Through the patients' eyes: The experience of end-stage renal disease patients concerning the provided nursing care. *Healthcare*. 2017;5(3). pii: E36. doi: 10.3390/healthcare5030036
24. Gkouskou K, **Markaki A**, Vasilaki M, Roidis A, Vlastos I. Quality of nutritional information on the Internet in health and disease. *Hippokratia*. 2011;15(4):304-307

B. SELECTED FULL PAPERS in CONFERENCE PROCEEDINGS UNDER PEER REVIEW (out of 25)

1. Sfendourakis I, Thalassinos N, Spyridaki A, **Markaki A**, Zafiropulos V, Fragkiadakis G.A. Studies' success in Tertiary Technological-Education: A case in Nutrition-Dietetics. Proceedings of the 7th ICEPSY 2016 International Conference on Education & Educational Psychology, Rhodes Island, Greece, 11-15 October 2016. C-crcs Volume IV eISSN 2301-2358, Eds., Bekirogullari Z, Minas MY (Future Academy, www.FutureAcademy.org.uk, 2016) pp. 188-194, <http://dx.doi.org/10.15405/book.5.2>
2. Chatzi V, Thalassinos N, Kalamari A, **Markaki A**, Mavrikakis I, Fragkiadakis GA, Zafiropulos V. Design and Application of Targeted Nutritional-Intervention material for Primary Schools. Proceedings of the 9th International Conference on "New Horizons Industry, Business and Education" (9th NHIBE 2015), Skiathos Island, Greece, 27-29 August 2015. ISBN: 978-960-99889-9-5, pp. 355-361. [http://nhibe2015.vs-net.eu/proceedings/papers/9_02_\[P\]0059.pdf](http://nhibe2015.vs-net.eu/proceedings/papers/9_02_[P]0059.pdf)

3. Vrolijk J, Oosterveld B, **Markaki A**, Thalassinou N, Fragkiadakis GA. Education and Food-Industry: Olive Oil Consumption. Proceedings of the 8th International Conference on "New Horizons in Industry, Business and Education" - NHIBE 2013, TEI of Crete, Crete Island, Greece, 29-30 August 2013. Editors: Papadourakis G, Lazaridis I, Paschaloudis D; Published by the Technological Education Institute (TEI) of Crete, ISBN: 978-960-99889-6-4, pp. 245-250
4. Oosterveld B, Vrolijk J, **Markaki A**, Thalassinou N, Fragkiadakis GA. Education and Hospitality-Industry: Food Service Managers. Proceedings of the 8th International Conference on "New Horizons in Industry, Business and Education" - NHIBE 2013, TEI of Crete, Crete Island, Greece, 29-30 August 2013. Editors: Papadourakis G, Lazaridis I, Paschaloudis D; Published by the Technological Education Institute (TEI) of Crete, ISBN: 978-960-99889-6-4, pp. 239-244
5. Fragkiadakis GA, **Markaki A**. Internet-based promotion of gastronomic tourism activities in Greece. Proceedings of the International Scientific Current Trends in Tourism Management and Tourism Policy (www.ats.conferences.gr), Athens, Greece, 10-11 February 2010, pp 1-9. ISBN 978-960-6746-05-05. <http://ats.conferences.gr/5592.html>
6. Fragkiadakis GA, Zafiropoulos V, Kokkinakis E, Psaroudaki A, **Markaki A**. Survival and evolution of the Mediterranean diet through local-food quality and authentication. Proceedings of the 3rd International Conference on Traditional Mediterranean diet: past, present and future (MedDiet 2007), Athens, Greece, 25-26 April 2007. http://mediet2007.conferences.gr/uploads/media/Program_Mediet2007_01.pdf.

ORAL AND POSTER PRESENTATIONS IN CONFERENCES

More than 125 presentations in international and Greek conferences

CITATIONS

Google Scholar/ Scopus

1. Total citations **11367/ 7222**
2. h-index: **18/ 14**
3. i10-index: **22**

EUROPEAN EXPERIENCE

1. Member of the Education and Lifelong Learning Committee (**ELLLC**) of the European Federation of Associations of Dietitians (**EFAD**) from 01/2019
2. Member of the Education Committee of EFAD, 01/2016 -12/2018
3. Member of the Work Package 1 (WP1) for the Practice Placement Learning in the "Dietitians Improving Education Training Standards across Europe" (**DIETS**) program (www.thematicnetworkdietetics.eu), 12/2010-12/2013
4. Key Contact Person of the Nutrition & Dietetics Department, TEI of Crete, in **DIETS**, 09/2006 - 12/2013