



Vassilis Zafiropulos, Ph.D.



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Department of Nutrition & Dietetics Sciences
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Born in Heraklion, Crete (October 1960)

Academic Studies:

- BS in Chemistry, Aristotelian University of Thessaloniki, 9/1978 – 3/1983
- Ph.D. in Physical Chemistry / Chemical Physics, University of Iowa (U.S.A.), 9/1983 – 12/1988.
Title: “Laser Spectroscopy of the Potassium Dimer: Photodissociation Dynamics and Laser Induced Fluorescence”. Thesis Advisor: Prof. William C. Stwalley

Current position:

- *Professor*, Department of Nutrition & Dietetics Sciences, Health Sciences Faculty, Hellenic Mediterranean University (former Technological Educational Institute of Crete – *TEI of Crete*), Associate Professor 4/2003-3/2012, Professor since 4/2012
- *Researcher*, Institute of Agri-Food and Life Sciences, Hellenic Mediterranean University Research Center, since 2020

Previous positions/employment:

- *Research Fellow*, Institute of Electronic Structure & Laser, Foundation for Research & Technology – Hellas (FO.R.T.H.), 4/1990 – 3/2003
- *Visiting Assistant Professor*, Dept. of Chemistry, University of Crete (in parallel to FO.R.T.H. position), 1/1991 – 8/1994
- *Service in Hellenic Army*, 4/1989 – 3/1990
- *Research Fellow*, Institute of Electronic Structure & Laser, Foundation for Research & Technology – Hellas (FO.R.T.H.), 1/1989 – 3/1989
- *Research Assistant*, Dept. of Chemistry, University of Iowa, 7/1985 – 12/1988
- *Teaching Assistant*, Dept. of Chemistry, University of Iowa, 8/1983 – 6/1985
- *Quality Control*, Plastika Kritis Inc., Heraklion, Crete, 3/1983 – 7/1983

Scholarships:

- *Teaching and Research Assistantship*, The University of Iowa, Department of Chemistry, 8/1983 – 12/1988
- *Research scholarship*, CNRS (National Foundation for Research in France), Laboratoire de Physique des Lasers, Université Paris-Nord (in parallel to FO.R.T.H. position and University of Crete position), 12/1991 – 2/1992

Positions of responsibility:

- Member of the Board of Directors, *Hellenic Mediterranean University*, from 12/2022
- Dean, *Health Sciences Faculty, Hellenic Mediterranean University*, 9/2020 – 11/2022
- Chairman, *Department of Nutrition & Dietetics Sciences, Hellenic Mediterranean University (former TEI of Crete)*, 9/2008 – 10/2012 and 12/2017 – 8/2020
- Director, Laboratory of Dietetics & Human Body Composition, since 4/2016
- Member, Curriculum Program Scientific Committee (OMEA), *Department of Nutrition & Dietetics Sciences*, 3/2004 – 7/2020
- Elected Member, Board of Directors (Συμβούλιο Ιδρύματος), *TEI of Crete*, 10/2012 – 8/2016
- Member, Scientific Committee, *Institute of Life-long Learning, TEI of Crete*, 2/2011 – 1/2012
- Deputy Director, *School of Health and Social Welfare, TEI of Crete*, 9/2010 – 10/2012 (officially, 9/2011 – 10/2012)
- Member, Scientific Committee of Graduate Programme, *TEI of Crete*, 9/2009 – 10/2012
- Deputy Chairman, *Department of Nutrition & Dietetics, TEI of Crete*, 9/2003 – 8/2008, 1/2016 – 8/2016 and 2/2017 – 8/2017
- Head, Research Sector of Nutrition, *Center of Technological Research (KTE), TEI of Crete*, 5/2003 – 9/2009
- Head of Research group, *Institute of Electronic Structure & Laser*, 6/1995 – 3/2003

Scientific and Technological interests:

Current interests (since 2003) (change in the scientific field of research in 2003, after joining HMU)

- Principles in measuring Human Body Composition and energy consumption.
- Dietary Intervention in Schools: Measurement of Body Composition changes in children.
- Development of Optical and Physicochemical methods of measuring the Human Body Composition.
- Correlation of measurement data obtained by different methodologies of Human Body Composition. Investigation of irregularities.
- Resting Metabolic Rate (RMR) and Total Energy Expenditure (TEE) in correlation to body composition parameters.
- Adaptation of Spectroscopic Techniques for Food Quality control and on-line processing.

Previous interests (1983 to 2003):

- Laser Spectroscopy.
- Fundamental & Applied Research in Laser-Matter Interactions.
- Development of Prototype systems in Laser-Matter Interactions.
- Development of Methodology based on laser ablation for studying the Scalar Physicochemical properties in a Nano-scale.
- Research on Laser Applications in the Conservation of Artworks (polymerized materials, inorganic encrustation and other materials).
- Adaptation of Spectroscopic Techniques for various applications.

Citations:

- **Scopus:** 9.143 citations (Feb. 2025), *h*-index: 27.
<https://www.scopus.com/authid/detail.uri?authorId=7003639841>
- **Scholar Google:** 14.493 citations, *h*-index: 33. *i10*-index: 67.
<https://scholar.google.com/citations?user=c7RkFjOAAAAJ&hl=el>

Participation in Evaluation panels:

- Participation in *European Community* evaluation panels, such as in DG XII Programmes “Standards, Measurements & Testing (SMT)”, “Competitive and Sustainable Growth”, “GROWTH, Generic Activity 2: Measurements and Testing”, NEST Programme and others.
- Participation in various evaluation panels of General Secretariat of Research and Technology since 1994.

Funded Research:**Projects in Hellenic Mediterranean University:**

- “Sustainable food packaging based on essential oils in polymeric matrices” - [T6YBP-00307] – General Secretariat of Research and Technology, ACTIVITY OF NATIONAL CERTIFICATION: Special Actions "Aquaculture" - "Industrial Materials" - "Open Innovation in Culture" - "COMPETITIVENESS, ENTERPRISE & INNOVATION" (since 2/2020, continuing)
- “Creation of a Structure of Support - Development of the Crafts and the Social and Solidarity Economy in Crete (Support of small and very small Entrepreneurship)”, code 2017EP40200005, bilateral contract with the company Ploigos (since 2018, continuing)
- “Evaluation of a WEB-based intervention promoting healthy eating among primary school children (NUTRI-WEB Children project)”, Archimedes-III Programme, Ministry of Education (2012-2015).
- “Practical Training of undergraduate students in the Department of Nutrition & Dietetics of TEI of Crete”, Programmes EPEAEK & Lifelong Learning (2011-2015 & 2006-2007).
- “Dietary Intervention in High Schools of Lassithi prefecture”, Funded by the Prefecture of Lassithi (2007-2008).
- “Experimental Nutrition”, National EPEAEK Programme, ARCHIMEDES II (2005-2007).

Previous projects:**Participation in the scientific team:**

- “Laser Spectroscopy of alkali dimers” (NSF, during PhD work),
- “Laser Induced Clustering”, NATO Grant (1990-92)
- “Laser based Chemical Vapor Deposition of Corrosion and Wear Resistant layers”, BRITE/EURAM – E.U. Industrial Research Programme (1991-1993)
- “Ultraviolet Laser Facility”, Human Potential - Access to Research Infrastructures Programme (1991-2003)

Representing the Institute:

- “On-line thickness monitoring of plastic films”, bilateral contract, Plastika Kritis Inc (1989-90)
- “New Techniques for Paint Removal”, BRITE/EURAM – E.U. Industrial Research Programme (1993-1996)

- “Laser Technology in Conservation of Artworks (LATECA)” - National funding, *coordination* (1994-1998)
- “SOLON”, Development of Instrumentation for Laser Restoration Applications – Technology Transfer to ‘Art Innovation e.V.’ a spin-off company of FORTH, *coordination* (1996-1997)
- “Non-intrusive Laser Measurement Techniques for Diagnostics of the State of Conservation of Frescoes, Paintings and Wooden Icons”, E.U. Standards, Measurements & Testing (SMT) Programme (1996-1999)
- “Facades Cleaning with Laser (RESTORE)”, E.U. EUREKA project (1997-2000)
- “Applications of Lasers for Industrial Cleaning in Engineering (ALICE)”, BRITE/EURAM – E.U. Basic Research Programme (1997-2000)
- “Laser cleaning of paper and parchment (LACLEPA)”, EUREKA EU Programme (1997-2001)
- “Development of a Manufacturing and Signal Processing Technology to enable SME’s in Low Value, Small Batch Production of Polymer Composites to produce Smart Structures”, BRITE/EURAM – CRAFT EU Programme (1998-2001)
- “Enhanced Free Running Laser Device for Surface Cleaning”, PHARE-TTQM EU Programme (2000-2001)
- “Development of dedicated novel Laser systems for the Committee for the Conservation of Parthenon monuments”, bilateral R&D project (2000-2002)
- “Laser renovation of monuments and artworks (RENOVA)”, EUREKA EU Programme (2001-2003)
- “European Laser Applications Network (EULASNET)”, EUREKA Network EU Programme, *National Representative* (2001-2006)
- “Mechanized Ship Maintenance (MESHMAIN)”, GROWTH-CRAFT Industrial Research project for using Laser Radiation for Paint stripping Applications in Ship Maintenance sector (2002-2004)

As coordinator of the whole project:

- “Application of UV-Laser Technology in Textile Processing (LATEX)”, BRITE/EURAM - Thematic Network EU Programme - Exploratory Phase (1997)
- “Advanced workstations for controlled Laser cleaning of artworks”, ENVIRONMENT – CRAFT EU Programme, *exploratory phase* (1997) & *Project* (1999-2001)
- “Artwork Conservation by Laser”, COST Action G7, participation of 23 countries worldwide (2000-2003)
- “Development of a novel prototype laser system for the removal of surface encrustation in the monuments and sculpture of Acropolis”, Contracted work for the *Committee for the Conservation of Acropolis Monuments* (2000-2003)

Teaching experience:

Teaching in HMU:

- Undergraduate Programme – Department of Nutrition & Dietetics Sciences: i) Human Body Composition, ii) Ergometry in Dietetics, iii) Principles of Physics (topics on medical physics, radioactivity and spectroscopy) iv) General and Inorganic Chemistry.
- Graduate Programme “Laser, Plasma & Applications”: Laser Analytical Techniques and laser Ablation Applications.
- Supervisor of PhD dissertation of Alkioni Chatzaki “Hydration of the human body and its relationship with obesity” (since 12/2019)
- Supervisor of several undergraduate diploma dissertations.

Teaching in other Universities:

- Teaching in the Programme “Public Health” of the Graduate School of the *Department of Medicine, University of Crete*, Spring 2010.
- Co-Supervisor of the PhD dissertation of Ch. Theodorakopoulos in *Royal College of Art, London* (2001-2005).
- Teaching in the Graduate Programme of the *Dept. of Chemical Engineering, National Technical University of Athens*, Academic year 2002-2003.
- Teaching in one Graduate Programme of the University of Crete (3/2002-8/2002).
- Invited series of lectures, *University of Malta*, 3/2002.
- Visiting Assistant Professor in the *Department of Chemistry, University of Crete*: Laboratory of Physical Chemistry, Theory of Inorganic Chemistry II (1991-1994).
- Supervisor of one postdoc in FO.R.T.H. (1998-2003).
- Supervisor of several undergraduate diploma dissertations, Dept. of Physics, University of Crete (1990-2003)
- Main Instructor on Saturday & Evening Classes (Undergraduate Programme of senior citizens), The University of Iowa, 1/1986 - 12/1986
- Teaching Assistant in Dept. of Chemistry, University of Iowa, 8/1983 – 6/1985

Innovative Research Products:

- Body composition measurement protocol for children. Dietary intervention in Schools (2008-2015).
- Optical system for measuring the adulteration of olive oil (2008).
- Patented Laser System with simultaneous and synchronous irradiation of two wavelengths (1064 and 355 nm) for delicate cleaning of monuments and sculpture. Creating a prototype system based on the Greek patent number 20020100116 (60% owned by V. Zafiropulos and 40% by FO.R.T.H.) for the cleaning of Parthenon West Frieze, Caryatids and other significant sculpture of the New Acropolis Museum. Funding by the *Ministry of Culture - Committee for the Conservation of the Acropolis Monuments* (2000-2003).
- Ultraviolet Laser system for specialized cleaning of monuments and sculpture. Bilateral cooperation between the *Committee for the Conservation of the Acropolis Monuments* and FO.R.T.H. (1999).
- Laser system for the selective removal of surface layers. Establishment of the company *Art Innovation b.v.* (Westermaatsweg 11, 7556 BW Hengelo, The Netherlands) by Dutch investors using technology transfer from FO.R.T.H. (1995-1998).
- Laser method for online monitoring the thickness and the tension of plastic film in production line. Bilateral cooperation between FO.R.T.H. and *Plastika Kritis Inc* (1989).

Organizing of International Conferences:

- Chair of the *International Workshop on New Trends in Laser cleaning III*, 2-4 October, 2003
- Organizing Committee of the *7th International Conference on Laser Ablation (COLA'03)*, 5-10 October, 2003
- Chair of the *COST Programme Workshop 'Environmental Effects on Artworks'*, 18-19 October, 2001

- Organizing Committee of the *Fifth International Conference on Optics Within Life Sciences (OWLS V), Biomedicine and Culture in the Era of Modern Optics and Lasers*, 13-16 October, 1998
- Co-Chair of the *First International Workshop on Lasers in Conservation of Artworks (LACONA)*, 4-6 October, 1995
- Organizing Committee of the *Ninth International Symposium on Gas Flow and Chemical Lasers (GCL '92)*, 21-25 September, 1992

Scientific publications:

A. Latest work on: Body Composition – Clinical applications – dietetics – Nutrition – Education

(after the change in the scientific field of research; since 2003)

Book:

- “Measurement of Human Body Composition”, original title in Greek: “Μέτρηση Σύστασης του Ανθρώπινου Σώματος”, V. Zafiropulos (Hellenic Academic Ebooks, Athens, 2015) ISBN 978-960-603-370-4 <https://repository.kallipos.gr/handle/11419/3626?locale=en>

Scientific Journals:

- “Uncovering the FUTREX-6100XL prediction equation for the percentage body fat”, Z.G. Fthenakis, D. Balaska, V. Zafiropulos, *Journal of Medical Engineering & Technology* **36**, 351-357 (2012)
- “Estimation of abdominal fat mass percentage: validity of abdominal bioelectrical impedance analysis and a new model based on anthropometry compared with dual-energy x-ray absorptiometry”, Y. Manios, S. Kanellakis, G. Moschonis, I. Pipidis, E. Skoufas, V. Zafiropulos, *Menopause: The Journal of The North American Menopause Society* **20** (12), 1280-1283 (2013)
- “Longitudinal influence of the extracellular water (ECW)/Total bodywater (TBW) ratio on protein-energy wasting (PEW) in patients with stage 5 chronic kidney disease”, A. Markaki, P. Kyriazis, A. Rizos, V. Zafiropulos, S. Skoulikidi, M. Pateinioti, K. Stylianou, J. Kyriazis, *Nephrology Dialysis Transplantation* **31**, 1559-1560 (2016)
- “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* **390** (10113), 2627-2642 (2017) [http://dx.doi.org/10.1016/S0140-6736\(17\)32129-3](http://dx.doi.org/10.1016/S0140-6736(17)32129-3) - NCD Risk Factor Collaboration (NCD-RisC), participation in the Country and Regional Data List-Collaboration team (V. Zafiropulos, A. Markaki)
- “Rising rural body-mass index is the main driver of the global obesity epidemic in adults”, *Nature* **569** (7755), 260-264 (2019) <https://doi.org/10.1038/s41586-019-1171-x> - NCD Risk Factor Collaboration (NCD-RisC), participation in the Country and Regional Data List-Collaboration team (V. Zafiropulos, A. Markaki)
- “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* **396**, (10261), 1511-1524 (2020) [https://doi.org/10.1016/S0140-6736\(20\)31859-6](https://doi.org/10.1016/S0140-6736(20)31859-6) - NCD Risk Factor Collaboration (NCD-RisC), participation in the Country and Regional Data List-Collaboration team (V. Zafiropulos, A. Markaki)
- “Heterogeneous contributions of change in population distribution of body mass index to change in obesity and underweight”, *eLife* **10** (e60060) Research Article / March 9, 1-35 (2021) - DOI: <https://doi.org/10.7554/eLife.60060> - NCD Risk Factor Collaboration (NCD-RisC),

participation in the Country and Regional Data List-Collaboration team (V. Zafiropulos, A. Markaki)

- “Diminishing benefits of urban living for children and adolescents' growth and development”, *Nature* **615** (7954), 874–883 (2023), <https://www.nature.com/articles/s41586-023-05772-8> - NCD Risk Factor Collaboration (NCD-RisC), participation in the Country and Regional Data List-Collaboration team (V. Zafiropulos, A. Markaki)
- “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* **403** (10431), 1027-1050 (2024) <https://www.thelancet.com/action/showPdf?pii=S0140-6736%2823%2902750-2> - NCD Risk Factor Collaboration (NCD-RisC), participation in the Country and Regional Data List-Collaboration team (V. Zafiropulos, A. Markaki)
- “General and abdominal adiposity and hypertension in eight world regions: a pooled analysis of 837 population-based studies with 7.5 million participants”, *Lancet* **404** (10455), 851-863 (2024) [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(24\)01405-3/fulltext?uuid=uuid%3Aa22937f6-b79d-4fe8-b65f-2d5b5d56a5df](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(24)01405-3/fulltext?uuid=uuid%3Aa22937f6-b79d-4fe8-b65f-2d5b5d56a5df) - NCD Risk Factor Collaboration (NCD-RisC), participation in the Country and Regional Data List-Collaboration team (V. Zafiropulos, A. Markaki)
- “Obesity and variation of human body hydration”, A. Chatzaki, G. Bempis, M.-A. Moysaki, F. Papaicovou, V. Zafiropulos, *Clinical Nutrition*, under submission
- “Comparison of the percent body fat and the fat free mass assessments for children provided by the near infra-red interactance and the bioelectrical impedance spectroscopy methods”, Z.G. Fthenakis, V. Zafiropulos, *International Journal of Obesity*, under submission

Full papers in Proceedings:

- “Survival and evolution of the Mediterranean diet through local-food quality and authentication”, G.A. Fragkiadakis, V. Zafiropulos, E. Kokkinakis, A. Psaroudaki, A. Markaki (2007), in *Proceedings of the 3rd International Conference on Traditional Mediterranean diet: past, present and future* (MedDiet 2007), (http://mediet2007.conferences.gr/uploads/media/Program_Mediet2007_01.pdf), 25th – 26th April 2007, Athens, Greece
- “Utilizing advanced Nutrition-Dietetics technology in sports tourism services: A proposal”, V. Zafiropulos, G.A. Fragkiadakis, in *Proceedings of “International Scientific Congress on Current Trends in Tourism Management and Tourism policy”* (Athens, February 2-3, 2011), pp. 1-8 in electronic form (ISBN 978-960-6746-11-6)
- “Integrated Services/Facilities for Fitness, Nutrition and Wellness, in Elite Hotels”, G. A. Fragkiadakis, V. Zafiropulos, A. Papadaki, and G. Kranioiu, in *Proceedings of “International Scientific Congress on Current Trends in Tourism Management an Tourism policy”* (Athens, February 2-3, 2011), pp. 1-8 in electronic form (ISBN 978-960-6746-11-6)
- “Employment of nutrition-dietetics tertiary technological-education graduates - a case study”, G.A. Fragkiadakis, V. Zafiropulos, A. Spyridaki, A. Markaki, G. Kyriakidis, A. Papadaki, C. Papandreou, in *Proceedings of the 8th International Conference on Education Educational Leadership and Management*, Research and Training Institute of East Aegean (INEAG) & National & Kapodistrian University of Athens, Samos Island Greece, July 5-7, 2012, Ed. Ch. Prachalias (2012), pp: 477-483 (ISBN: 978-618-5009-05-2, ISSN: 1792-3867)
- “Online Interactive Material for Nutritional Intervention in primary-School Children” (translation from Greek), N. Thalassinos, V. Chatzi, A. Kalamari, P. Dimitropoulakis, A. Markaki, I. Mavrikakis, N. Koufaki, Y. Manios, A. Kafatos, G.A. Fragkiadakis, V. Zafiropulos, in *Proceedings of 6th Conference on Informatics in Education 2014* (6th CIE 2014) (Ionian University, Corfu, 2014) pp. 103-112 (ISBN 978-960-578-005-0)

- “Teachers' Evaluation of a Web-Based Interactive Nutritional-Intervention for Primary Schools”, I. Mavrikakis, N. Thalassinos, V. Chatzi, A. Markaki, A. Kalamari, P. Dimitropoulakis, G. A. Fragkiadakis, V. Zafiropulos, in *Proceedings of the 9th International Conference on New Horizons in Industry, Business and Education (NHIBE 2015)*, Skiathos, August 27-29, 2015, pp. 190-195 (ISBN 978-960-99889-9-5)
- “Design and Application of a Targeted Nutritional-Intervention Material for Primary Schools”, V. Chatzi, N. Thalassinos, A. Kalamari, A. Markaki, I. Mavrikakis, G.A. Fragkiadakis, V. Zafiropulos, in *Proceedings of the 9th International Conference on New Horizons in Industry, Business and Education (NHIBE 2015)*, Skiathos, August 27-29, 2015, pp. 355-361 (ISBN 978-960-99889-9-5)
- “Combination of spectroscopic techniques in olive-oil quality control” (translation from Greek), V. Zafiropulos, in *Proceedings of 1st International Congress on Historical and cultural dimension of the Cretan Diet*, (Municipality of Sitia, 2015), pp. 159-166 (ISBN 978-618-82322-0-4)
- “Studies' Success in Tertiary Technological-Education: A Case in Nutrition-Dietetics”, I. Sfindourakis, N. Thalassinos, A. Spyridaki, A. Markaki, V. Zafiropulos, G.A. Fragkiadakis, in *Crcrcs Vol. V* (eISSN: 2301-2358), Eds., Z. Bekirogullari and M.Y. Minas (Future Academy, www.FutureAcademy.org.uk, 2016) pp. 188-194, <http://dx.doi.org/10.15405/book.5.2>

Contributions in Books of Abstracts:

- “Comparison of percent body fat estimations in adolescents using four different field methods”, V. Zafiropulos, Z.G. Fthenakis, D. Balaska, A. Markaki, P. Dimitropoulakis, G.A. Fragkiadakis, E. Andrioti, I. Giakoumaki, in *3rd Balkan Congress on Obesity*, Thessaloniki, October 17-19, 2008, Book of Abstracts, p. 82
- “Uncovering the Futrex-6100XL prediction equation for the percent Body Fat”, Z.G. Fthenakis, D. Balaska, V. Zafiropulos, in *3rd Balkan Congress on Obesity*, Thessaloniki, October 17-19, 2008, Book of Abstracts, p. 52
- “Percent Body Fat in adolescents: use of four field methods in a nutritional intervention”, V. Zafiropulos, D. Balaska, Z.G. Fthenakis, A. Markaki, P. Dimitropoulakis, G.A. Fragkiadakis, I. Giakoumaki, in *17th European Congress on Obesity (ECO2009)*, Amsterdam, May 6-9, 2009, *Obesity Facts – The European Journal of Obesity* **2** (suppl. 2), p. 82 (2009)
- “A new prediction equation for the percent Body Fat for adolescents, using the near infrared interactance method”, Z.G. Fthenakis, A. Markaki, V. Zafiropulos, in *17th European Congress on Obesity (ECO2009)*, Amsterdam, May 6-9, 2009, *Obesity Facts – The European Journal of Obesity* **2** (suppl. 2), p. 96 (2009)
- “Association of adiponectin and leptin with bone mineral density in dialysis patients”, A. Markaki, K. Stylianiou, I. Katsipi, K. Perakis, R. Natso, E. Pouliou, I. Dermitzaki, V. Zafiropulos, A. Margioris and E. Daphnis, in *World Congress of Nephrology 2009*, Milan, May 22-26, 2009, p. 644, Book of Abstracts
- “Evaluation of nutrition care and dietetic support in Greek hospitals during 2006-2007”, A. Markaki, E. Apostolatou, F. Miari, M. Michail, C. Pipili, V. Zafiropulos, G.A. Fragkiadakis, *3rd DIETS Conference*, Lisbon, September 23-24, 2009, p. 18, Book of Abstracts (<http://www.diets2009.org/>). Presented also in the journal: *Actividad Dietetica* **14**(3), p. 148 (2010)
- “Adherence to the Mediterranean diet and prevention of breast cancer risk in postmenopausal women”, A. Markaki, A.M. Papadopoulou, M. Vlahaki, G.A. Fragkiadakis, K. Gkouskou, I. Vlastos, V. Zafiropulos, A. Papadaki, in *4th DIETS Conference “Improving the Nutrition of Europe through a fully evidence-based profession of dietetics”*, Amsterdam, December 3-4, 2010, Book of Abstracts

- “Quality of life in Greek hemodialysis patients correlated with anthropometric evaluation”, M. Aggeli, J. Meintani, A. Markaki, V. Zafiropulos, A. Charonitaki, in *5th DIETS Conference*, Barcelona, October 21-22, 2011, p. 9, Book of Abstracts
- “Adherence to the Mediterranean diet among healthy pregnant women in the city of Heraklion, Greece”, A. Markaki, E. Syligardou, G.A. Fragkiadakis, A. Charonitaki, V. Zafiropulos, in *5th DIETS Conference*, Barcelona, October 21-22, 2011, p. 14, Book of Abstracts
- “Some Determinants of Student Success in Tertiary Technological Education: A Case Study”, G.A. Fragkiadakis, V. Zafiropulos, A. Markaki, A. Spyridaki, N. Thalassinos, P. Dimitropoulakis, G. Kyriakidis, in *20th International Conference on Learning*, University of the Aegean, Rhodes, July 11-13, 2013, Book of Abstracts
- “Nutritional Status of Cirrhotic Patients”, A. Markaki, E. Moschapidakis, A. Mantaka, V. Zafiropulos, E. Kouroumalis, M. Koulentaki, in *36th ESPEN Congress on Clinical Nutrition and Metabolism*, Geneva, September 6-9, 2014, Book of Abstracts
- “The Archimedes-III nutrition-education program 2013-2015: Assessment of growth in primary school children in Crete, Greece”, V. Chatzi, A. Markaki, A.S. Kalamari, N. Thalassinos, P. Dimitropoulakis, Z. Fthenakis, N. Koufaki, I. Mavrikakis, Y. Manios, G.A. Fragkiadakis, V. Zafiropulos, in *DIETS-EFAD VIIIth Conference “Health 2020: Supporting Vulnerable groups”*, Athens, October 9-12, 2014, Book of Abstracts
- “Nutrition of Patients with Liver Cirrhosis”, A. Mantaka, A. Markaki, E. Moschapidakis, M. Christodoulaki, V. Zafiropulos, E. Kouroumalis, M. Koulentaki, *34th Panhellenic Conference on Gastroenterology*, Athens, Dec. 4-6, 2014, p. 93
- “Preliminary results of a Dietary Intervention among primary-school children”, V. Zafiropulos, V. Chatzi, P. Dimitropoulakis, A. Markaki, Z.G. Fthenakis, G. A. Fragkiadakis, in *22nd European Congress on Obesity (ECO2015)*, Prague, May 6-9, 2015. *Obesity Facts – The European Journal of Obesity* **8** (Suppl. 1), p. 133 (2015)
- “Longitudinal study of intracellular water and growth in children aged 8-11 years”, V. Zafiropulos, V. Chatzi, G. Giagkidis, K. Moudanos, P. Dimitropoulakis, A. Markaki, Z.G. Fthenakis, G. A. Fragkiadakis, in *22nd European Congress on Obesity (ECO2015)*, Prague, May 6-9, 2015. *Obesity Facts – The European Journal of Obesity* **8** (Suppl. 1), p. 198 (2015)
- “Web-based interactive material for Dietary Intervention among primary-school children”, N. Thalassinos, V. Chatzi, A. Kalamari, P. Dimitropoulakis, A. Markaki, I. Mavrikakis, N. Koufaki, Y. Manios, A. Kafatos, G. A. Fragkiadakis, V. Zafiropulos, in *22nd European Congress on Obesity (ECO2015)*, Prague, May 6-9, 2015. *Obesity Facts – The European Journal of Obesity* **8** (Suppl. 1), p. 198-199 (2015)
- “Precise measurements of energy requirements and obesity using body composition - Application in evaluating dietary intervention in schools” (translation from Greek), V. Zafiropulos, in *11th Macedonian Congress on Diet*, Thessaloniki, May 15-17, 2015, Book of Abstracts
- “Longitudinal influence of the extracellular water (ECW) / total body water (TBW) ratio on protein-energy wasting (PEW) in patients with stage 5 chronic kidney disease (CKD)”, A. Markaki, P. Kyriazis, A. Rizos, V. Zafiropulos, S. Skoulikidi, M. Pateinioti, K. Stylianou, J. Kyriazis, in *53rd Congress ERA-EDTA*, Vienna May 21-24, 2016, Book of Abstracts
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