

RESUME

Theodora Mouratidou PhD

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CURRENT EMPLOYMENT: Professor, Hellenic Mediterranean University, Greece

NATIONALITY: Greek

THEMATIC EXPERTISE: Community nutrition, public health and epidemiology, knowledge management, nutrition recommendations and guideline development, child and adolescent overweight and obesity, non-communicable diseases (NCDs), maternal and infant nutrition, social vulnerability and public health, policy development, implementation and evaluation

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

OVERVIEW

Theodora Mouratidou is Professor of Community Nutrition at the Hellenic Mediterranean University, with more than 20 years of experience in research, technical and policy support, and consultancy in nutrition, obesity, public health and policy development. Her expertise includes monitoring and evaluation, capacity building, and knowledge management. She has worked with and advised international and national organizations, including the European Commission, UN agencies (WHO, FAO, IOM, UNICEF, and IAEA), and academic institutions. Her work has focused on diet, obesity, and NCDs, including EU policy and legislative development on trans fatty acids, the development of the EU Action Plan on Childhood Obesity, and the implementation of the Greek Action Plan on Childhood Obesity. She has also contributed to capacity building for integrating nutrition indicators into budget and health surveys. She has authored around 80 peer-reviewed publications, two book chapters, and eight scientific and technical reports. She has contributed to seven large-scale population research projects, coordinating three of them. She has also supported the coordination of four projects providing scientific and technical support for policy, strategic, and legislative development, and contributed to the organization of international and national scientific and technical events.

EDUCATION AND QUALIFICATIONS

2003 – 2006	PhD on Dietary Assessment of Pregnant women 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

RECORD OF EMPLOYMENT

2026 (April) -present	Professor, Hellenic Mediterranean University, Crete, Greece Expertise area of Community Nutrition
2021-2026	Associate Professor, Hellenic Mediterranean University, Crete, Greece Expertise area of Community Nutrition
2019-2021	Associate Professor (contract-based), Hellenic Mediterranean University, Crete, Greece
2018-2019 (June)	Nutrition Scientist, IAEA, UN, Austria
2017	Facility Coordinator, IOM, UN, Greece
2016	Field Site Manager, International Medical Corps (IMC), Thessaloniki, Greece
2015-2016	International Nutrition Consultant, FAO, UN, Italy
2012-2015	Scientific/Technical Project Officer, European Commission, Italy
2010 –2012	Post-Doctoral Research Associate, University of Zaragoza, Spain
2006 –2009	Post-Doctoral Research Associate, University of Sheffield, United Kingdom

SELECTED RESEARCH AND TECHNICAL EXPERIENCE RELATED TO NUTRITION/PUBLIC HEALTH

➤ **2026 (Feb.-April) Technical Advisor, UNICEF**

Provided scientific consultancy and technical support for the Greek National Action Plan on Childhood Obesity.

➤ **2025 (Oct.)-2026 (Dec) European Food Safety Authority (EFSA)**

Invited Scientific Expert in the EU Menu Guidance Update Working Group of the EFSA contributing to the revision of methodological guidance for the EU Menu dietary survey programme.

- **2025 (March) – Present National Nutrition Committee, Ministry of Health, Greece**
Member of the Working Group for the Development of Updated National Dietary Guidelines for Adults, contributing to the revision and development of the national guidelines.
- **2025 Scientific Project Lead for two geographical areas**
Coordination of the National Network of Collaborating Organisations of the General Secretariat for Public Health for the Promotion of Healthy Eating and Physical Activity at Community Level – Tackling Childhood Obesity. Scientific Project Lead for the areas of responsibility of the Hellenic Mediterranean University.
- **2023-2024 External Collaborator**
Project: Understanding the Social-Demographic, Behavioural and Legislative Factors Associated with Childhood Obesity among Vulnerable Population Groups, UNICEF. Scientific Lead: Ioannis Manios, Harokopio University.
- **2022- 2024 Postdoctoral Research Supervisor –Competitive Research Grants**
 - Translating Scientific Evidence on Community-Based Interventions into Public Health Strategies for the Prevention of Cardiometabolic Risk Factors among Vulnerable Population Groups.
 - The Cretan–Mediterranean Dietary Pattern as a Longitudinal Tool for Health Promotion and Protection and Community Innovation.
- **2018-2019 IAEA/WHO/UNICEF jointed International symposium on ‘Understanding the Double Burden of Malnutrition (DBM) for Effective Interventions’**
Scientific and technical contribution to the preparation and organization of the symposium.
- **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.
- **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.
- **2012-2015 EU policy support project that lead to an EU-wide legislative change**
Supported the development of a [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.
- **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’
- **2010-ongoing Research on prevention of childhood and adolescent obesity**
4 completed and 1 on-going related PhD thesis. Contribution as supervisor and co-supervisor in another 3 on-going PhD thesis related to CVD prevention and food and nutrition.
- **2006-2009 Evaluation of a social protection food subsidy program on the nutrition of post-partum low income women in the UK**

SELECTED PUBLICATIONS, SCIENTIFIC AND TECHNICAL OUTPUTS

Refereed journals-original articles (out of 80)

1. Balafouti, T., Svolos, V., Argyropoulou, M., Roussos, R., Strongylou, D. E., Mavrogianni, C., Halilagic, A., Koukouli, S., Moschonis, G., Manios, Y., Androutsos, O., & Mouratidou, T. (2026). Barriers and Facilitators to Increased Parental, Caregiver, and Community Engagement in Obesity Prevention Targeting Vulnerable Children: A Qualitative Study in Greece. *Healthcare*, 14(5), 620. <https://doi.org/10.3390/healthcare14050620>
2. Giannou K, Ağır G, Huybrechts I, Mantzios M, Mouratidou T. Mindful eating moderates the link between self-compassion and body mass Index. *Nutr Health*. 2026 Jul 28;2601060261463454. doi: 10.1177/02601060261463454
3. Moschonis G, Halilagic A, Argyropoulou M, Balafouti T, Roussos R, Svolos V, Dacaya P, Androutsos O, Mouratidou T, Manios Y. Associations Between Energy Balance-Related Behaviours and Childhood Obesity

- Among Vulnerable Populations in Greece: Implications for Public Health Policy and Intervention Development. *Nutrients* 2025, 17, 3486. <https://doi.org/10.3390/nu17213486>
4. Balafouti T, Strongylou DE, Svolos V, Argyropoulou M, Roussos R, Mavrogianni C, Manidis A, Halilagic A, Moschonis G, Androutsos O, Manios Y, Mouratidou T. Addressing Childhood Obesity in Children in Need in Greece: Policy Implementers' Knowledge, Perceptions and Lessons for Effective Implementation. *Nutrients* 2025, 17, 2629. <https://doi.org/10.3390/nu17162629>
 5. Svolos V, Strongylou DE, Argyropoulou M, Stamathioudaki AM, Michailidou N, Balafouti T, Roussos R, Mavrogianni C, Mannino A, Moschonis G, Mouratidou T, Manios Y, Androutsos O. Parental Perceptions About Energy Balance Related Behaviors and Their Determinants Among Children and Adolescents Living with Disability: A Qualitative Study in Greece. *Healthcare* 2025, 13, 758. <https://doi.org/10.3390/healthcare13070758>
 6. Androutsos O, Saltaouras G, Kipouros M, Koutsaki M, Migdanis A, Georgiou C, Perperidi M, Papadopoulou SK, Kosti RI, Giaginis C, Mouratidou T. Comparative Analysis of Dietary Behavior in Children and Parents During COVID-19 Lockdowns in Greece: Insights from a Non-Representative Sample. *Nutrients* 2025, 17, 112. <https://doi.org/10.3390/nu17010112>
 7. Sipahi S, Karaca Çelik KE, Doğan N, Mouratidou T, Baş M. Global Trends and Developments in Diet and Longevity Research: A Bibliometric Analysis. *Nutrients* 2025, 17, 2119. <https://doi.org/10.3390/nu17132119>
 8. Mourouti N, Kantaras P, Mouratidou T, Karaglanı M, Giménez-Legarre N, de Miguel-Etayo P, Rurik I, Torzsa P, Iotova V, Tankova T, Bazdarska Y, Wikstrom K, Cardon G, Liatis S, Makrilakis K, Manios Y. Determinants of BMI underreporting in adults from families at high risk for type 2 diabetes in Europe: The Feel4Diabetes study. *Journal of Public Health*, Feb 2025. DOI: 10.1007/s10389-025-02407-2
 9. Balafouti T, Roussos R, Argyropoulou M, Svolos V, Mavrogianni C, Mannino A, Moschonis G, Androutsos O, Manios Y, Mouratidou T. A Policy-Driven Scoping Review of the Regulatory and Operational Framework Addressing Obesity in Children in Need in Greece. *Children & Society*, 2025; 0:1–11. <https://doi.org/10.1111/chso.12950>
 10. Raikos V, Gkolfinou D, Messari I, Thalassinou N, Mouratidou T. Exploring nutritional content and cost of ready meals in Greek supermarkets: a cross-sectional comparative study of vegetarian and meat/fish-based meals. *British Food Journal*, May 2025. <https://doi.org/10.1108/BFJ-12-2024-1291>
 11. 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. *Current Nutrition Reports*, Nov, 2024. DOI: 10.1007/s13668-024-00593-1
 12. Halilagic A, Roussos R, Argyropoulou M, Svolos V, Mavrogianni C, Androutsos O, Mouratidou T, Manios Y, Moschonis G. Interventions to promote healthy nutrition and lifestyle and to tackle overweight and obesity amongst children in need in Europe: a rapid literature review. *Frontiers in Nutrition*, Oct 2024. <https://doi.org/10.3389/fnut.2024.1517736>
 13. Kantaras P, Mourouti N, Mouratidou T, Chatzaki E, Karaglanı M, Iotova V, Usheva N, Rurik I, Torzsa P, Moreno LA, Liatis S, Makrilakis K, Manios Y. 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*, July 2024. <https://doi.org/10.3390/endocrines5030020>
 14. 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; on behalf of the 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. *Pediatric Obesity*. 2023;18:e13068. DOI: 10.1111/ijpo.13068
 15. 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, 15, 3155. DOI: 10.3390/nu15143155

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.