

YANNIS MANIOS, *M.Med.Sc., M.Phil, Ph.D*

Dr. Yannis Manios is Professor of “Nutritional Assessment, Counselling and Health Promotion” at the Department of Nutrition & Dietetics, School of Health Sciences & Education, Harokopio University, Greece.

His Postgraduate studies in Human Nutrition (M.Med.Sc. & M.Phil) at Sheffield University, UK & PhD in Preventive Medicine and Nutrition Clinic, Medical School at the University of Crete, primarily focused on children’s promotion of optimum nourishment, growth and development and the prevention of obesity and cardiometabolic risk factors.

Over the last 20 years his research interests have been expanded to include assessment of dietary habits, physical activity levels and their determinants, as well as their association with obesity and obesity related health indices in large national and multinational cohorts. Recording and understanding the determinants of those behaviors have guided the development and implementation of community-based as well as personalized health and nutrition counseling, web-based interventions and randomized clinical trials aiming to prevent or treat obesity and obesity related risk factors in children and adults.

Since 2001 he is actively involved as a Coordinator or Principal Investigator in many National and European research programs either funded by the private sector, public sector or EU such as FP5: PHYTOHEALTH, FP6: HELENA, FP7: ToyBox-study (coordinator), ENERGY, HabEat, Full4Health, Food4Me, ODIN, HORIZON 2020: Feel4Diabetes-study (coordinator), SWEET, GATEKEEPER and FNS-Cloud.

He has coauthored more than 543 scientific papers published in international scientific journals with more than 13000 citations (h-index 59). He has received 11 awards for his scientific work by national and international organizations. He is editor and author of seven academic manuscripts, reviewer for the European Union, national research organisations and for more than 25 international scientific journals.