







PERSONAL INFORMATION

Prof Demosthenes B. PANAGIOTAKOS



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Sex Male | Date of birth 17/07/1967 | Nationality Greek

POSITION

Professor in Biostatistics - Epidemiology of Nutrition
 School of Health Science & Education
 Department of Nutrition and Dietetics,
H A R O K O P I O U N I V E R S I T Y
 Athens, Greece

WORK EXPERIENCE

- 2013–today** **Professor**, Biostatistics – Epidemiology of Nutrition - Research Methods, Department of Nutrition and Dietetics, **Harokopio University**, Athens, Greece
- 2008–2013** **Associate Professor** of Biostatistics – Epidemiology of Nutrition, Department of Nutrition and Dietetics, **Harokopio University**, Athens, Greece

Courses: Biostatistics I, Biostatistics II, Special issues in data analysis, Research Methods in Nutrition (undergraduate), Biostatistics & Research Methods, Nutritional Epidemiology (graduate).

Supervisor in 12 PhD theses (9 completed).

Supervisor in 55 MSc theses (47 completed).
- 2008–2014** **Visiting Professor** in Biostatistics & Research Methods, in MSc in Food Science, **Agricultural University of Athens**, Greece
- 2008–2015** **Visiting Professor** in Advanced Biostatistics, in PhD in Dentistry Science, **School of Dentistry, University of Athens**, Greece
- 2004–2008** **Lecturer** of Biostatistics - Epidemiology of Nutrition, Department of Nutrition and Dietetics, **Harokopio University**, Athens, Greece
- 2002-2003** **Research Fellow**, Cardiology Department, **School of Medicine, Georgetown University** and **Veterans Affairs Medical Center**, Washington DC, USA
- 2001–2015** **Visiting Professor** in Statistical Software, Multivariate Data Analysis, Biostatistics & Research Methods in

 - (a) MSc in Biostatistics (since 2001),
 - (b) MSc Public Health (since 2006),
 - (c) MSc in Intensive Care Units (since 2008),
 - (d) MSc in Cardiovascular Nursing (since 2008),

School of Medicine, University of Athens, Greece
- 1998–2004** Instructor in Applied Mathematics and Statistics, **Technological Educational Institute of Piraeus**, Greece
- 1996–1998** Lecturer in Data Analysis & Research Methods, Hellanion College, **Department of Sports Science, University of Portsmouth**, UK

COMITTEE RESPONSIBILITIES

NATIONAL COUNCILS

- 2016 – 2021** Member, **Scientific Committee, Health, Environmental, Emerging Risks, DG SANTE – C2, European Commission**

2010-2016	Member, Scientific Council of Food Safety Authority, Ministry of Health
2011-2014	Member, National Council Public Health, Ministry of Health (Epidemiology)
ACADEMIC	
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2016 - today	vRector , Harokopio University
2013–2016	Dean, School of Health Science & Education , Harokopio University
2013–today	Member of the Senate , Harokopio University
2013–2013	Chair, Department of Nutrition and Dietetics , Harokopio University
2012	Member , Election Committee for the Council of Harokopio University
2012	Member , Committee of Harokopio University for «Development and sale of digital educational content from universities and TEI - Open academic courses»
2011-2013	Director of the Graduate Program, Department of Nutrition and Dietetics, Harokopio University
2011-2013	Member , Education and Research Committee, Harokopio University
2011	Member , Committee of the Department of Nutrition and Dietetics, Harokopio University for Lifelong Training
2010	Member , Committee of the DASTA project, Harokopio University
2010	Member , selection committee of graduate students for the Department of Nutrition and Dietetics , Harokopio University
2009-2011	Associate Member , Education and Research Committee, Harokopio University
2009-2011	Member , Committee of the Department of Nutrition and Dietetics, Harokopio University for the webpage and e-class
2010	Member , Organizing Committee of 1 st Bi-annual Conference of the Graduate programs of the Department of Nutrition and Dietetics, Harokopio University
2010–2011	Member of the Senate , Harokopio University
2009-2011	Member, board of directors of the Graduate Programs of the Department of Nutrition and Dietetics, Harokopio University
2009	Member , Committee of the Department of Nutrition and Dietetics, Harokopio University for Lifelong Training
2006-2013	Member , of the Committee of the Computers Lab of the Department of Nutrition and Dietetics, Harokopio University
2012-2013	Member, National Nutritional Guidelines , University of Athens, Ministry of Health
2012	Member , Cypriot Council of Higher Education Recognition (KYSATS)
2012	Member , Committee for “Action in Reducing Salt Intake”, Ministry of Health
2012	Member , “Nutrition, Foods, and Agriculture”, Ministry of Education
2011	Chair , Committee for “Management of Food Control and Safety”, National Food Safety Authority, Ministry of Health
2011	Chair , Committee for “Evaluation of heavy metals in Greek foods” National Food Safety Authority, Ministry of Health
2011	Member , Committee for “Evaluation Food and Health Risks”, National Food Safety Authority, Ministry of Health
2005-2006	Member , Committee for “Risk and Insurance Analysis”, Ministry of Health
2005	Member , Committee for “Nutritional Policy”, National Food Safety Authority, Ministry of Agriculture
SCIENTIFIC SOCIETIES	
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2014 - 2016	Secretary , Executive Board, Greek Statistical Institute
2012–2014	Secretary General , Executive Board, Hellenic Atherosclerosis Society
2010–2012	Secretary General , Executive Board, Hellenic Atherosclerosis Society
2011–2013	Member , Education Committee, American College of Epidemiology
2009–2011	Member , Education Committee, American College of Epidemiology
2006	Member , working group Quality of Care and Outcomes Research, American Heart Association

2008–2010	Secretary , Executive Board, Hellenic Atherosclerosis Society
2006–2008	Secretary , Executive Board, Hellenic Atherosclerosis Society
2006–2008	Member , Executive Board, Hellenic Society of Nursing Research and Education
2006	Member , Council on Epidemiology and Prevention, American Heart Association
2005	Member , Working Group, Nutrition Policy, <i>Hellenic Food Authority</i> , Ministry of Agriculture
2004–2006	Member , Executive Board, Hellenic Society of Lipidology and Atherosclerosis

EDUCATION AND TRAINING

2014	CME in PRINCIPLES OF EPIDEMIOLOGY IN PUBLIC HEALTH PRACTICE, Centers for Disease Control and Prevention (CDC) , e-seminar.
2014	CME in DATA ANALYSIS AND CAUSAL INFERENCE, University of North Carolina Gillings School of Global Public Health , e-seminar.
2013	FOOD CRISIS EXERCISE , European Food Safety Authority (EFSA) , Parma, Italy, October 1-3 2013.
2009	CME in “Ischemic Heart Disease” Summit, University of Pisa, Department of Cardiology, Pisa, Italy
2008	CME in “Implementing CVD prevention in clinical practice: a global public health strategy”. European Society of Cardiology, Nice, France
2006	CME in “Atherosclerosis”, EAS Summer School, Hamburg, Germany
2002-2003	post-Doctorate in “Cardiovascular Epidemiology”, Veterans Affairs Medical Center, Georgetown University Medical Center, Washington DC, USA
1999-2002	Doctorate in Medicine, School of Medicine, University of Athens, Athens, Greece
1998-2000	MSc (Honors) in Biostatistics, School of Medicine and Department of Mathematics, University of Athens, Athens, Greece
1999	Certificate in “Epidemiology: Climate Change and Human Health”, London School of Hygiene and Tropical Medicine (LSHTM), University of London, London, UK
1989-1994	MSc/PhD in Mathematical Statistics, Department of Mathematics, University of Athens, Athens, Greece
1990-1991	Certificate in “Data Analysis using Statistical Packages”, Hellenic Statistical Institute, Athens, Greece
1989-1990	Certificate in “Probability Theory and Actuarial Mathematics”, Hellenic Statistical Institute, Athens, Greece
1985–1989	BSc in Mathematics (with distinction), School of Science, Department of Mathematics, University of Patra, Greece

PERSONAL SKILLS

- Cardiovascular and Cancer Epidemiology
- Nutritional Epidemiology, Dietary pattern analysis, Dietary indices (scores)
- Public Health from theory to practice
- Risk modeling, Risk analysis methods in Epidemiology, Multivariate analysis, Path analysis

Communication skills Communication skills gained through my experience as a Board member in 5 Executive Boards of scientific societies

Organisational / managerial skills Leadership skills gained through my position as the head of the Department of Nutrition and Dietetics and director of the Graduate Studies (responsible for 30+ staff and faculty members, 400+ students and graduates)

Job-related skills

Computer skills

- excellent command of Microsoft Office™ tools
- excellent command on statistical software use, STATA, SPSS/PASW, Statistica, Minitab, Statexact,
- good command in programming

- Publications**
 - 2 Dissertations
 - 2 MSc thesis
 - **578** original research or review articles in international peer reviewed journals
 - **(13.361** citations, **h-index: 54**; TOP5% in Europe BiomedExperts DBase 2014)
 - 85 original research or review articles in national peer reviewed journals or conference proceedings
 - 3 Books
- Presentations**
 - 18 chapters in books (6 in international books)
 - **230** invited lectures, in **16** countries (USA, Canada, Scotland, Netherlands, Spain, Turkey, Egypt, Jordan, Germany, Cyprus, France, Czech Republic, Italy, Ireland, Israel, Belgium, Switzerland, Swiss) and Greece, and 21 Universities or National / International Organizations
- Projects**
 - Principal investigator in 15 research projects (Grants awarded 0.9M)
 - Co- Principal investigator in 6 research projects (Grants awarded 7.4M)
- Conferences**
 - Co- Principal investigator in 6 research projects (Grants awarded 7.4M)
- Seminars**
 - Research fellow in 20 projects
- Honours and awards**
 - **840** presentations in National and International Conferences
- Memberships**
 - 31 invited lectures
 - 3 Honours, 8 awards for research
 - Society for Risk Analysis (2007)
 - Hellenic Society of Nutrigenetics & Nutrigenomics (2008)
 - European Society of Cardiology (2005)
 - American College of Epidemiology (2004)
 - European Arteriosclerosis Society (2003)
 - Hellenic Society of Arteriosclerosis, (2002)
 - Hellenic Society of Arteriosclerosis and Lipidology (2004-2006),
 - International Epidemiological Association (2001)
 - International Biometrics Society - EMR (2000)
 - Society for Clinical Trials (1999)
 - American Statistical Association (1996)
 - Hellenic Mathematical Society (1989)
- Editorial Boards**
 - **Editor-in-Chief**, "DIETS e-journal", (DIETS thematic network) since 2013
 - **Editor-in-Chief**, "Hellenic Journal of Nutrition & Dietetics" (in Greek), since 2010
 - **Editor-in-Chief**, "Cardiovascular Epidemiology e-journal" (in Greek), since 2005
 - **Associate Editor**, "Atherosclerosis", since 2014-
 - **Associate Editor**, "Lipids in Health and Disease", since 2007-
 - **Associate Editor**, "Reviews in Diabetic Studies", 2006-2011 & since 2012-
 - **Editor**, "Current Food Nutrition Science", since 2012
 - **Editor**, "Journal of Allergy & Therapy", since 2011
 - **Editor**, "World Journal of Diabetes", since 2010
 - **Editor**, "Epidemiology Research International", since 2010
 - **Editor**, "Maturitas", since 2009
 - **Editor**, "Atherosclerosis", since 2009
 - **Editor**, "Nutrition, Metabolism and Cardiovascular Disease", since 2008
 - **Statistical Editor**, "Vascular Disease Prevention", since 2008.
 - **Statistical Editor**, "Current Vascular Pharmacology", since 2008.
 - **Statistical Editor**, "The Open Cardiovascular Medicine Journal", since 2008.
 - **Statistical Editor**, "Health Science Journal", since 2007
 - **Statistical Editor**, "Hellenic journal of Cardiology", Hellenic Cardiology Society
- Project Evaluator**
 - 18 National / International Calls (FP6, FP7, HORIZON2020)
- Journal Referee**
 - 71 international peer reviewed journals

ANNEXES

LIST OF INTERNATIONAL ORGANIZATIONS, AUTHORITIES, YEAR OF INVITATION

- Academy of Finland, European Science Open Forum, 2012
- American Heart Association, 2006
- Angiology Union, 2010
- Cyprus Cardiology Society, 2009
- Cyprus International Institute for Environmental and Public Health/ Harvard School of Public Health, 2012
- European Federation of the Associations of Dietitians, 2014
- European Hypertension Society, 2006
- European Institute of Mediterranean Diet (IEAMED), 2015
- European Society of Cardiology, 2007, 2012
- European Society of Cardiovascular Prevention and Rehabilitation, 2012
- European Society of Menopause and Andropause, 2012
- International Academy of Cardiology, 2008, 2010, 2012, 2014, 2015
- Israeli Nutrition Society, 2012
- Spanish Atherosclerosis Society, 2007, 2008
- Turkish Society of Cardiology, 2015
- TERRAOLIVO Institution, Tel-Aviv, Israel, 2012
- University of Pisa, School of Medicine, Department of Cardiology, 2008
- Veterans Affairs Medical Center, Georgetown University Medical School, Washington DC, 2004

Selected, LIST OF most recent 10 out of 580+ PUBLICATIONS (in International peer reviewed Journals)

1. Esposito K, Maiorino MI, Bellastella G, Chiodini P, Panagiotakos D, Giugliano D. A journey into a Mediterranean diet and type 2 diabetes: a systematic review with meta-analyses. *BMJ*. 2015 Aug 10;5(8):e008222.
2. Panagiotakos DB, Georgousopoulou EN, Fitzgerald AP, Pitsavos C, Stefanadis C. Validation of the HellenicSCORE (a Calibration of the ESC SCORE Project) Regarding 10-Year Risk of Fatal Cardiovascular Disease in Greece. *Hellenic J Cardiol*. 2015 Jul-Aug;56(4):302-8.
3. Koloverou E, Panagiotakos DB, Pitsavos C, Chrysohoou C, Georgousopoulou EN, Laskaris A, Stefanadis C. The evaluation of inflammatory and oxidative stress biomarkers on coffee-diabetes association: results from the 10-year follow-up of the ATTICA Study (2002-2012). *Eur J Clin Nutr*. 2015 Jul 1.
4. Koloverou E, Panagiotakos DB, Pitsavos C, Chrysohoou C, Georgousopoulou EN, Grekas A, Christou A, Chatzigeorgiou M, Skoumas I, Tousoulis D, Stefanadis C; ATTICA Study group. Adherence to Mediterranean diet and 10-year incidence (2012-2014) of diabetes; the mediating effect of inflammatory and oxidative stress biomarkers: results from ATTICA cohort study. *Diabetes Metab Res Rev*. 2015
5. Mourouti N, Kontogianni MD, Papavagelis C, Psaltopoulou T, Kapetanstraki MG, Phtznanopoulou P, Vassilakou T, Malamos N, Linos A, Panagiotakos DB. Whole Grain Consumption and Breast Cancer: A Case-Control Study in Women. *J Am Coll Nutr*. 2015 Apr 27:1-7.
6. Tyrovolas S, Haro JM, Mariosis A, Piscopo S, Valacchi G, Makri K, Zeimbekis A, Tyrovola D, Bountziouka V, Gotsis E, Metallinos G, Tur JA, Matalas A, Lionis C, Polychronopoulos E, Panagiotakos D. The Role of Energy Balance in Successful Aging Among Elderly Individuals: The Multinational MEDIS Study. *J Aging Health*. 2015 Apr 22.
7. Panagiotakos DB, Georgousopoulou EN, Georgiopoulos GA, Pitsavos C, Chrysohoou C, Skoumas I, Nteritimi M, Laskaris A, Papadimitriou L, Tousoulis D, Stefanadis C. Adherence to Mediterranean diet offers an additive protection over the use of statin therapy: results from the ATTICA study (2002-2012). *Curr Vasc Pharmacol*. 2015 Apr 16.
8. Panagiotakos D, Georgousopoulou E, Notara V, Pitaraki E, Kokkou E, Chrysohoou C, Skoumas Y, Metaxa V, Pitsavos C, Stefanadis C; the ATTICA study group. Education status determines 10-year (2002-2012) survival from cardiovascular disease in Athens metropolitan area: the ATTICA study, Greece. *Health Soc Care Community*. 2015 Mar 9.
9. Panagiotakos DB, Notara V, Georgousopoulou EN, Pitsavos C, Antonoulas A, Kogias Y, Mantas Y, Stravopodis P, Zombolos S, Stefanadis C; for the GREECS Study Investigators, Greece. A comparative analysis of predictors for 1-year recurrent acute coronary syndromes events, by age group: The Greek observational study of ACS (GREECS). *Maturitas*. 2014 Dec 5.
10. Panagiotakos DB, Georgousopoulou EN, Pitsavos C, Chrysohoou C, Metaxa V, Georgiopoulos GA, Kalogeropoulou K, Tousoulis D, Stefanadis C; ATTICA Study group. Ten-year (2002-2012) cardiovascular disease incidence and all-cause mortality, in urban Greek population: The ATTICA Study. *Int J Cardiol*. 2015 Feb 1;180:178-84.

LIST OF collaborative PUBLICATIONS (in International peer reviewed Journals)

1. Farzadfar F, Finucane MM, Danaei G, Pelizzari PM, Cowan MJ, Paciorek CJ, Singh GM, Lin JK, Stevens GA, Riley LM, Ezzati M; Global Burden of Metabolic Risk Factors of Chronic Diseases Collaborating Group (Cholesterol). National, regional, and global trends in serum total cholesterol since 1980: systematic analysis of health examination surveys and epidemiological studies with 321 country-years and 3.0 million participants. *Lancet*. 2011 Feb 12;377(9765):578-86.
2. Finucane MM, Stevens GA, Cowan MJ, Danaei G, Lin JK, Paciorek CJ, Singh GM, Gutierrez HR, Lu Y, Bahalim AN, Farzadfar F, Riley LM, Ezzati M; Global Burden of Metabolic Risk Factors of Chronic Diseases Collaborating Group (Body Mass Index). National, regional, and global trends in body-mass index since 1980: systematic analysis of health examination surveys and epidemiological studies with 960 country-years and 9.1 million participants. *Lancet*. 2011 Feb 12;377(9765):557-67.
3. Danaei G, Finucane MM, Lin JK, Singh GM, Paciorek CJ, Cowan MJ, Farzadfar F, Stevens GA, Lim SS, Riley LM, Ezzati M; Global Burden of Metabolic Risk Factors of Chronic Diseases Collaborating Group (Blood Pressure). National, regional, and global trends in systolic blood pressure since 1980: systematic analysis of health examination surveys and epidemiological studies with 786 country-years and 5.4 million participants. *Lancet*. 2011 Feb 12;377(9765):568-77.
4. Danaei G, Finucane MM, Lu Y, Singh GM, Cowan MJ, Paciorek CJ, Lin JK, Farzadfar F, Khang YH, Stevens GA, Rao M, Ali MK, Riley LM, Robinson CA, Ezzati M; Global Burden of Metabolic Risk Factors of Chronic Diseases Collaborating Group (Blood Glucose). National, regional, and global trends in fasting plasma glucose and diabetes prevalence since 1980: systematic analysis of health examination surveys and epidemiological studies with 370 country-years and 2.7 million participants. *Lancet*. 2011 Jul 2;378(9785):31-40.
5. Emerging Risk Factors Collaboration. Lipoprotein(a) concentration and the risk of coronary heart disease, stroke, and nonvascular mortality. *JAMA*. 2009 Jul 22;302(4):412-23.
6. Emerging Risk Factors Collaboration. C-reactive protein concentration and risk of coronary heart disease, stroke, and mortality: an individual participant meta-analysis. *Lancet*. 2010 Jan 9;375(9709):132-40.
7. Emerging Risk Factors Collaboration. Major lipids, apolipoproteins, and risk of vascular disease. *JAMA*. 2009 Nov 11;302(18):1993-2000.
8. Thompson S, Kaptoge S, White I, Wood A, Perry P, Danesh J; Emerging Risk Factors Collaboration. Statistical methods for the time-to-event analysis of individual participant data from multiple epidemiological studies. *Int J Epidemiol*. 2010 Oct;39(5):1345-59.
9. Emerging Risk Factors Collaboration, Sarwar N, Gao P, Seshasai SR, Gobin R, Kaptoge S, Di Angelantonio E, Ingelsson E, Lawlor DA, Selvin E, Stampfer M, Stehouwer CD, Lewington S, Pennells L, Thompson A, Sattar N, White IR, Ray KK, Danesh J. Diabetes mellitus, fasting blood glucose concentration, and risk of vascular disease: a collaborative meta-analysis of 102 prospective studies. *Lancet*. 2010 Jun 26;375(9733):2215-22.
10. Emerging Risk Factors Collaboration, Seshasai SR, Kaptoge S, Thompson A, Di Angelantonio E, Gao P, Sarwar N, Whincup PH, Mukamal KJ, Gillum RF, Holme I, Njølstad I, Fletcher A, Nilsson P, Lewington S, Collins R, Gudnason V, Thompson SG, Sattar N, Selvin E, Hu FB, Danesh J. Diabetes mellitus, fasting glucose, and risk of cause-specific death. *N Engl J Med*. 2011 Mar 3;364(9):829-41.
11. Emerging Risk Factors Collaboration. Separate and combined associations of body-mass index and abdominal adiposity with cardiovascular disease: collaborative analysis of 58 prospective studies. *Lancet*. 2011 Mar 26;377(9771):1085-95.
12. Rapsomaniki E, White IR, Wood AM, Thompson SG; Emerging Risk Factors Collaboration. A framework for quantifying net benefits of alternative prognostic models. *Stat Med*. 2012 Jan 30;31(2):114-30.