

# Curriculum Vitae

**Last name, First name:** PANAGIOTAKOS, Demosthenes

**Gender:** M

**Nationality/ies:** Greek

## Overall Scientific Expertise:

**Demosthenes Panagiotakos** is Professor in Biostatistics, Research Methods, and Epidemiology, and is currently Board Member of the Scientific Council of the Hellenic Food Safety Authority (since 2022), and Expert in the European Court of Auditors (Luxembourg). He has served as Vice President and Executive Board Member of the National Public Health Organization (CDC) (2019-2022), v\Rector of Financial Affairs, Research & Development (2016-2019), Dean of the School of Health Sciences & Education (2013-2016), as well as Head of Graduate Studies (2011-2015), and Chair of the Dept of Nutrition - Dietetics (2013), at Harokopio University in Athens (Greece). Dr Panagiotakos is also a visiting Professor at the Faculty of Health, University of Canberra (Australia). He has supervised 18 PhD students, in the field of epidemiology and biostatistics. He is the Principal Investigator of 9 large-scale epidemiological studies. His research interests include CVD & epidemiology, risk modelling and multivariate data analysis, medical research methodology, meta-analysis, and causal modelling. He has published 4 books, 870+ scientific papers in peer-reviewed international journals and has received 45.000+ citations (120,000+ in Google Scholar) of his work (*h*-index of 83 based on Scopus); according to International rankings he has been classified in the Top 2% in the World in the field of medicine. He has received 3 *National and International Awards and 3 Scholarships* (2 *National*, 1 *EU*) and 12+ *Awards from Scientific Societies*. He has served as an evaluator for 19 National and International Organizations, as well as reviewer in 80+ international journals. Dr Panagiotakos is the President Elected of the *Hellenic Atherosclerosis Society*, as well as the Vice President of the *Greek Statistical Institute*; he has served (2016-2022) as Nucleus Board Member in the *European Association for Preventive Cardiology*, as an Executive Board Member in 3 National Scientific Societies (2002-2015). He is Member of the European Society of Cardiology (ESC), Fellow of the American College of Epidemiology (ACE) and Fellow of the Royal Society of Public Health (RSPH). He is the Editor-in-Chief of *Rev Diab Studies*, Senior Editor of *BMC Med Research Method*, as well as Associate Editor in 5 International Journals (since 2011), and Editorial Board member in 15 international journals. He has invited to give more than 220 Lectures in 17 countries around the World. Dr Panagiotakos has participated in several Committees and sub-Committees regarding food and health Risk Assessment and has served as Board Member of the National Council of Public Health, as well as in several Committees in the Greek Ministries of Health & Education.

## Professional Experience

| Years employed from – to | Title of position  | Employer – name and location  | Areas of professional specialisation*  |
|--------------------------|--------------------|---|--|
| 2016-2019                | v\Rector           | Harokopio University, Athens, Greece  | Financial Affairs, Research & Development  |
| 2013-2016                | Dean               | School of Health Science and Education, Harokopio University, Athens, Greece                                      |  |
| 2013                     | Chair              | Department of Nutrition & Dietetics, School of Health Science and Education, Harokopio University, Athens, Greece |  |
| 2003-today               | Professor          | Harokopio University, Department of Nutrition & Dietetics, School of Health Science and Education, Athens, Greece | Biostatistics; multivariate and big data analysis; research design; epidemiology; nutrition; public health |
| 1998-2004                | Research Associate | School of Medicine, University of Athens, Athens, Greece  | Research design; epidemiology; cardiovascular disease; public health                                       |
| 1996-2003                | Research Associate | Higher Technological Education Institute of Piraeus, Piraeus, Greece  | Statistics; data analysis; research design;  |

## Educational Background

| Year | Degree awarded | Educational Institution – name and location  | Areas of educational specialisation*          |
|------|----------------|--|---|
| 2003 | Post-doc       | Georgetown University, School of Medicine/<br>VAMC, Washington DC, USA                     | Cardiovascular Epidemiology                   |
| 2002 | PhD            | School of Medicine, University of Athens, Athens,<br>Greece                                | Cardiovascular Epidemiology                   |
| 2000 | MSc            | School of Medicine & Department of<br>Mathematics, University of Athens, Athens,<br>Greece | Biostatistics (environmental<br>epidemiology) |
| 1999 | Cert           | London School of Hygiene & Tropical Medicine   | Environmental epidemiology                    |
| 1992 | MSc/PhD        | Department of Mathematics, University of Athens,<br>Athens, Greece                         | Mathematical Statistics                       |
| 1989 | BSc            | Department of Mathematics, University of Patras,<br>Patras, Greece                         | Mathematics                                   |

## Additional Training (CME)

|      |   |
|------|---|
| 2015 | <b>CME</b> in A COMMUNITY HEALTH WORKER TRAINING RESOURCE FOR PREVENTING HEART DISEASE AND STROKE, <b>Centers for Disease Control and Prevention (CDC)</b> , e-seminar. |
| 2014 | <b>CME</b> in PRINCIPLES OF EPIDEMIOLOGY IN PUBLIC HEALTH PRACTICE, <b>Centers for Disease Control and Prevention (CDC)</b> , e-seminar.                                |
| 2014 | <b>CME</b> in DATA ANALYSIS AND CAUSAL INFERENCE, <b>University of North Carolina Gillings School of Global Public Health</b> , e-seminar.                              |
| 2013 | <b>FOOD CRISIS EXERCISE</b> , <b>European Food Safety Authority (EFSA)</b> , Parma, Italy, 1-3 October 2013.  |
| 2009 | <b>CME</b> in DATA INTERPRETATION FOR PUBLIC HEALTH PROFESSIONALS, <b>University of Washington, School of Public Health</b> , e-seminar.                                |
| 2009 | <b>CME</b> in “Ischemic Heart Disease” Summit, <b>University of Pisa, Department of Cardiology</b> , Pisa, Italy  |
| 2008 | <b>CME</b> in “Implementing CVD prevention in clinical practice: a global public health strategy”. <b>European Society of Cardiology</b> , Nice, France                 |
| 2006 | <b>CME</b> in “Atherosclerosis”, <b>EAS Summer School</b> , Hamburg, Germany  |

## Memberships in Scientific Advisory Bodies/Committees/Panels (if any):

### COUNCILS

|           |   |
|-----------|---|
| 2022-2025 | <b>MEMBER</b> , Scientific Council of Hellenic Food Safety Authority, <b>Ministry of Food and Agriculture</b> |
| 2016-2022 | <b>Member (Nucleus) Preventive Cardiology Association</b> , <b>European Society of Cardiology</b>             |
| 2013-2016 | <b>MEMBER</b> , Scientific Council of Hellenic Food Safety Authority, <b>Ministry of Health</b>               |
| 2011-2014 | <b>MEMBER</b> , National Council Public Health, <b>Ministry of Health</b>                                     |
| 2010-2013 | <b>MEMBER</b> , Scientific Council of Hellenic Food Safety Authority <b>Ministry of Health</b>                |

### ACADEMIC

|           |   |
|-----------|---|
| 2013–2019 | <b>MEMBER of the Senate</b> , Harokopio University  |
| 2013-2015 | <b>DIRECTOR</b> of the Graduate Program, Department of Nutrition and Dietetics, Harokopio University  |
| 2012      | <b>Member</b> , Election Committee for the Council of Harokopio University  |
| 2012      | <b>Member</b> , Committee of Harokopio University for «Development and sale of digital educational content from universities and TEI - Open academic courses» |
| 2011-2013 | <b>DIRECTOR</b> of the Graduate Program, Department of Nutrition and Dietetics, Harokopio University  |
| 2011-2013 | <b>Member</b> , Education and Research Committee, Harokopio University  |
| 2011      | <b>Member</b> , Committee of the Department of Nutrition and Dietetics, Harokopio University for Lifelong Training  |
| 2010      | <b>Member</b> , Committee of the DASTA project, Harokopio University  |
| 2010      | <b>Member</b> , selection committee of graduate students for the <b>Department of Nutrition and Dietetics</b> , Harokopio University                          |
| 2009-2011 | <b>Associate Member</b> , Education and Research Committee, Harokopio University  |
| 2009-2011 | <b>Member</b> , Committee of the Department of Nutrition and Dietetics, Harokopio University for the webpage and e-class                                      |

2010 **Member**, Organizing Committee of 1<sup>st</sup> 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**, executive board 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 (4<sup>th</sup> EKT ΕΣΠΑ 2007-2013)

2006-2013 **Member**, of the Committee of the Computers Lab of the Department of Nutrition and Dietetics, Harokopio University

#### COMMITTEES

2012-2014 **Member, National Nutritional Guidelines Committee**, Prolepsis Institute & University of Athens, Ministry of Health

2012-today **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

2011–2013 **Member**, Education Committee, **American College of Epidemiology**

2009–2011 **Member**, Education Committee, **American College of Epidemiology**

2006 **Member**, Council on Epidemiology and Prevention, **American Heart Association**

*National*

2022–2024 **PRESIDENT ELECTED**, Executive Board, **Hellenic Atherosclerosis Society**

2022–2024 **VICE PRESIDENT**, Executive Board, **Greek Statistical Institute**

2018–2019 **PRESIDENT ELECTED**, Executive Board, **Hellenic Atherosclerosis Society**

2014–2016 **SECRETARY**, Executive Board, **Greek Statistical Institute**

2010–2014 **SECRETARY GENERAL**, Executive Board, **Hellenic Atherosclerosis Society**

2006 **Member**, working group Quality of Care and Outcomes Research, **American Heart Association**

2006–2010 **SECRETARY**, Executive Board, **Hellenic Atherosclerosis Society**

2006–2008 **Member**, Executive Board, **Hellenic Society of Nursing Research and Education**

2004–2006 **Member**, Executive Board, **Hellenic Society of Lipidology and Atherosclerosis**

#### Memberships in Learned Societies (if any):

##### Fellowship(s)

**FACE**, American College of Epidemiology (*elected* 2011)

**FRSPH**, Royal Society of Public Health (*elected* 2010)

**FESC**, European Society of Cardiology (*elected* 2008-2010)

##### Membership(s)

- Hellenic Society of Nutrigenetics & Nutrigenomics (2008)
- Society for Risk Analysis (2007)
- European Society of Cardiology (2005)
- Greek Statistical Institute (2005)
- American College of Epidemiology (2004)
- Hellenic Society of Arteriosclerosis and Lipidology (2004)
- European Arteriosclerosis Society (2003)
- Hellenic Society of Arteriosclerosis (2002)
- International Epidemiological Association (2001)
- International Biometrics Society - EMR (2000)
- Society for Clinical Trials (1999)
- American Statistical Association (1996)
- Hellenic Mathematical Society (1989)

## Memberships in Editorial Boards (if any):

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**Editor-in-Chief**, “Reviews in Diabetic Studies”, since 2020  
**Editor-in-Chief**, “DIETS e-journal”, (DIETS thematic network) 2013-2015  
**Editor-in-Chief**, “Hellenic Journal of Nutrition & Dietetics” (in Greek), since 2010  
**Senior Editor**, BMC Med Research Method, since 2019  
**Associate Editor**, “Lipids in Health and Disease”, since 2007  
**Associate Editor**, “Reviews in Diabetic Studies”, 2006-2019  
**Associate Editor**, “Atherosclerosis”, since 2014  
**Associate Editor**, “Public Health Nutrition”, since 2014  
**Associate Editor**, “Hellenic journal of Cardiology”, Hellenic Cardiology Society, since 2015  
**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”, 2009-2013  
**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, 2010-2015

## List of Publications:

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### Books

Panagiotakos D.B., “Epidemiology”, DIONICOS Pub Co., Athens 2021 (p. 430)  
Panagiotakos D.B., “Research Methods and Analysis, in Health Sciences”, 2<sup>nd</sup> Edition, DIONICOS Pub Co., Athens 2011 (p. 550)  
Stavrinos V, Panagiotakos D.B., “Biostatistics”, Gutenberg Pub. Co., Athens 2007 (p. 472)  
Panagiotakos D.B., “Research Methods and Analysis, in Health Sciences”, K Kostakis Pub Co., Athens 2005 (p. 450)  
Panagiotakos D.B., Pitsavos C., Stefanadis C. “Cardiovascular Epidemiology: CARDIO2000 study”, K. Kostakis Pub. Co., Athens 2003 (p. 112)

### Chapters in Books

#### Selected 6 (in English) out of 27

1. R. Kosti, D. Panagiotakos. «Parental and Childhood Obesity: the role of food habits», in NEW RESEARCH ON FOOD HABITS. Nova Science Publishers, Inc., (ISBN 978-1-60456-864-6), (pp 65-84), New York, 2009.
2. D. Panagiotakos, D. Mikhailidis, C. Pitsavos. “Features of the Mediterranean Diet on the burden of CVD”, in HANDBOOK OF DISEASE BURDEN AND QUALITY OF LIFE MEASURES, by Victor R Preedy and Ronald Ross Watson. Springer-Verlag, Inc., (ISBN 978-0-387-78665-0), Germany, 2010.
3. R. Kosti, D. Panagiotakos. «Olive Oil and Acute Coronary Syndromes», in OLIVE OIL IN HEALTH AND DISEASE PREVENTION, by Victor R Preedy and Ronald Ross Watson. Elsevier, Inc., (ISBN 978-0-123-7442-0), New York, 2010.
4. Kastorini CM, Milionis H, Goudevenos J, Panagiotakos DB. « Fish consumption and cardiovascular disease risk », in BIOACTIVE FOODS AND CHRONIC DISEASE STATES. by Steevens Bethany & Ronald Ross Watson. Elsevier, Inc., (ISBN .....), (pp 9-18), New York, 2012.
5. Matalas AL, Lazarou C, Panagiotakos D. Meal Habits of Cypriot Schoolchildren: Associations with Socio-Economic Factors, in TIME FOR FOOD: EVERYDAY MEALS AND CHANGING FOOD HABITS, by Lysaght P. (ISBN .....), (pp 8-16), 2012.
6. G. Antonogeorgos, D. Panagiotakos. «Diet quality and viewing TV and Games» in DIET QUALITY: AN EVIDENCE-BASED APPROACH, by Victor R Preedy. Springer Sciences + Business Media, Inc., 2012.

### Papers In Peer Reviewed International Journals (Total: 871, Corresponding author in 560 papers)

#### Selection of 7 out of 871 papers published in peer reviewed international Journals (last year)

1: Chrissini MK, Panagiotakos DB. Public health interventions tackling childhood obesity at European level: A literature review. Prev Med Rep. 2022 Nov 22;30:102068.

- 2: Vassou C, Georgousopoulou EN, Chrysohoou C, Yannakoulia M, Pitsavos C, Cropley M, Panagiotakos DB. Psychological factors in relation to the 10-year incidence of metabolic syndrome: The ATTICA epidemiological study (2002-2012). *Nutr Metab Cardiovasc Dis*. 2022 Sep;32(9):2195-2203.
- 3: Mamalaki E, Poulimeneas D, Tsiampalis T, Kouvari M, Karipidou M, Bathrellou E, Collins CE, Panagiotakos DB, Yannakoulia M. The effectiveness of technology- based interventions for weight loss maintenance: A systematic review of randomized controlled trials with meta-analysis. *Obes Rev*. 2022 Sep;23(9):e13483.
- 4: Gkotzamanis V, Panagiotakos D, Yannakoulia M, Kosmidis M, Dardiotis E, Hadjigeorgiou G, Sakka P, Scarmeas N. Trajectories of healthy aging and their association with the Mediterranean diet: The HELIAD Study. *Maturitas*. 2022 May;159:33-39.
- 5: Jani R, Mhaskar K, Tsiampalis T, Kassaw NA, González MÁM, Panagiotakos DB. Circulating 25-hydroxy-vitamin D and the risk of cardiovascular diseases. Systematic review and meta-analysis of prospective cohort studies. *Nutr Metab Cardiovasc Dis*. 2021 Nov 29;31(12):3282-3304.
- 6: De Jong WH, Panagiotakos D, Proykova A, Samaras T, Clemens MW, De Jong D, Hopper I, Rakhorst HA, Santanelli di Pompeo F, Turner SD; Final opinion on the safety of breast implants in relation to anaplastic large cell lymphoma: Report of the scientific committee on health, emerging and environmental risks (SCHEER). *Regul Toxicol Pharmacol*. 2021 Oct;125:104982.
- 7: SCORE2 working group and ESC Cardiovascular risk collaboration. SCORE2 risk prediction algorithms: new models to estimate 10-year risk of cardiovascular disease in Europe. *Eur Heart J*. 2021 Jul 1;42(25):2439-2454.