

## **Yannis Manios, *M.Med.Sc., M.Phil, Ph.D***

Assistant Professor in Nutritional Assessment, Counseling and Health Promotion



### **CONTACT DETAILS**

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Harokopio University

70 El. Venizelou avenue, 17671, Kallithea-Athens, Greece

Tel: 210-9549156 (Office), 6945-203040 (Mobile), Fax: 210- 9549141

E-mail: [manios@hua.gr](mailto:manios@hua.gr)

URL: <http://galaxy.hua.gr/~manios>

### **EDUCATION**

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- 1998** Ph.D. in Preventive Medicine and Nutrition, Medical School, University Of Crete, Greece with specialization in Nutritional Assessment, Counseling and Health Promotion
- 1993 - 1994** Master of Philosophy on Human Nutrition (M.Phil), Centre Of Human Nutrition, University Of Sheffield - UK
- 1989 - 1990** M.Med.Sc. in Sports Science, Medical Physics and Clinical Engineering, University Of Sheffield - UK
- 1985 - 1989** B.Sc. in Sports and Exercise Science with specialization in “Sports Nutrition”, Democretus University Of Thrace, Greece

### **ACADEMIC POSITIONS**

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- 2007-Present** Assistant Professor at the Department of Nutrition & Dietetics, Harokopio University
- 2001- 2007** Lecturer at the Department of Nutrition & Dietetics, Harokopio University
- 2000-2001** Research & Teaching Associate at the Department of Nutrition & Dietetics, Harokopio University
- 1992-1999** Doctoral and Post-Doctoral fellowship in Preventive Medicine & Nutrition Clinic, School of Medicine, University of Crete
- 1992-2000** Lecturing Staff in Technological Educational Institute (TEI) of Crete (occasionally)

## **PROFESSIONAL EXPERIENCE**

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### **2001-2009: FRIESLAND FOODS HELLAS**

#### **Science & Nutrition Consultant (Greece & Cyprus)**

Advisory services and guidance in product upgrading and new product development. Scientific substantiation of company's product through research execution; scientific publications; consumer and medical detailing leaflets; communication to consumers, health professionals and Media.

### **1999 - 2001: KELLOGG'S MARKETING & SALES**

#### **Nutrition Affairs Manager, East Mediterranean & Middle East Regions**

Accountable for the development and implementation of nutrition marketing strategies, working closely with academics, institutions, and Governmental bodies in developing nutrition, science and health promoting programs and turning the scientific findings, through the media, into consumer friendly communication.

Project leader of the Kellogg's web site in the four core markets, translated and adapted to the needs of each market, that went live before the end of the year 2000. It primarily focused in health, nutrition information & life style (adults), nutrition education activities (children), promotional activities & entertainment and news & campaigns in each market

## **LECTURING EXPERIENCE**

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### **1990 - present: Lecturer in the following Academic Entities**

- Postgraduate Study Programme "Health Education and Health Promotion", Medical School of University of Athens
- Postgraduate Study Programme "Food Science and Technology & Human Nutrition", Agricultural University of Athens
- Postgraduate Study Programme "Applied Dietetics and Nutrition", Harokopio University
- Department of Nutrition & Dietetics, Harokopio University
- School of Medicine, University of Crete
- School of Education, University of Crete
- Department of Sports Science & Physiological Education, University of Athens
- School of Nursing, Technological Educational Institute of Crete (Heraklion)

### **Lecturer in the following Subjects**

- Health and Nutrition Education
- Nutritional Assessment
- Ergophysiology & Ergometry
- Clinical Nutrition
- Nutrition & Athletic Performance
- Preventive Medicine and Nutrition

## **AREAS OF RESEARCH INTEREST**

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- Assessment of dietary intake, lifestyle behaviours and health indices in children, adolescents, adults and elderly.
- Health and nutrition education, prevention and rehabilitation from chronic diseases in children and adults.
- Functional foods and their role in prevention and/or treatment of chronic diseases.

## **GRANT SUPPORT**

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1999-2001	Kellogg's Assessment of the Nutritional Status and Growth of Primary School children in Turkey"
2000-2001	Kellogg's Assessment of the Nutritional Status and Growth of Primary School children in Volos-Greece
2001-2002	Friesland Foods-Hellas "Assessment of Osteoporosis Risk Factors in a Semi-representative Greek cohort"
2002-2004	European Union, Quality of Life and Management of Living Resources, Key Action 1: Food, Nutrition and Health Local Mediterranean Food Plants: Potential New Nutraceuticals
2003-2005	Friesland Foods-Hellas Growth, Exercise and Nutrition: Epidemiological Survey In preSchoolers (GENESIS)
2003-2005	European Union: Thematic Network (QLRT-2001-02453) Improving health through dietary phytoestrogens: A Pan-European Network on consumers' Issues and opportunities for producers
2004-2006	European Union: Food Quality and safety (Contract number: STREP-506850) Nutritional Zinc, Oxidative stress and Immunosenescence: Biochemical, Genetic and lifestyle Implications for Healthy Ageing (ZINCAGE).
2004-2008	Friesland Foods-Hellas "Osteoporosis risk factors: Assessment of the effectiveness of a Health & Nutrition education programme on postmenopausal women"
2005-2007	European Union: (Contract number: STREP-007034) "Healthy Lifestyle in Europe by Nutrition in Adolescence (HELENA)"
2007-2008	Friesland Foods-Hellas "Prediabetes, Obesity and Growth Epidemiological Study in Schoolchildren-PROGRESS Study"
2007-2009	Friesland Foods-Hellas Design and assessment of a nutrition intervention programme tackling cardiovascular risk factors.
2008-2010	Friesland Foods- Netherlands The effect of vitamin K supplementation on Bone Mineral density of the spine and hip, and on markers of osteoblast and osteoclast activity
2009-2011	European Union EuropeaN Energy balance Research to prevent excessive weight Gain among Youth : Theory and evidence-based development and validation of an intervention scheme to promote healthy nutrition and physical activity (ENERGY)
2010-2013	European Union Multifactorial evidence based approach using behavioural models in understanding and promoting fun, healthy food, play and policy for the prevention of obesity in early childhood (ToyBox)
2010-2013	European Union Determining factors and critical periods in food habit formation and breaking in early childhood: a multidisciplinary approach (HabEat)

**GRANTS FOR HEALTH EDUCATION AND HEALTH PROMOTION ACTIONS IN  
THE THEMATIC AREAS OF NUTRITION AND PHYSICAL ACTIVITY**

1992	Europe Against Cancer programme “ <i>Physical Activity, Nutrition and Health</i> ” for the 1 <sup>st</sup> Grade in elementary school <ul style="list-style-type: none"> <li>• Activity book</li> <li>• Informational manual for teachers and parents</li> </ul>
1997	Ministry of Health and Kellogg’s <i>Health Promotion for the 6<sup>th</sup> Grade in elementary school</i> <ul style="list-style-type: none"> <li>• Activity book</li> <li>• Manual for the teachers</li> </ul>
1997	Ministry of Health <i>Health and Nutrition in preschool age</i> <ul style="list-style-type: none"> <li>• Manual for kindergarten teachers</li> </ul>
1999	Ministry of Education, Pedagogical Institute Operational Programme for Education and Initial Vocational Training <i>Health Promotion</i> for students in the 5 <sup>th</sup> Grade of elementary school <ul style="list-style-type: none"> <li>• Activity book</li> <li>• Manual for the teachers</li> </ul> <i>Health Promotion</i> for students in Junior High School <ul style="list-style-type: none"> <li>• Activity book</li> <li>• Manual for the teachers</li> </ul>
2000-2001	Ministry of Education, National Foundation for the Youth <i>Nutrition and Health</i> for students attending 5 <sup>th</sup> - 6 <sup>th</sup> Grade of Elementary school and Junior High School <ul style="list-style-type: none"> <li>• Activity book</li> <li>• Manual for the teachers</li> <li>• CD-ROM</li> </ul> <i>Nutrition and Health</i> for students attending High School <ul style="list-style-type: none"> <li>• Activity book</li> <li>• Manual for the teachers</li> <li>• CD-ROM</li> </ul>
2006-2008	Ministry of Education, National Foundation for the Youth  <u>Scientific manager of the project:</u> <i>Nutrition- Nutritional habits</i> for children aged 6-8 years old <ul style="list-style-type: none"> <li>• Activity book</li> <li>• Manual for the teachers</li> </ul> <i>Nutrition- Nutritional habits</i> for children aged 9-12 years old <ul style="list-style-type: none"> <li>• Activity book</li> <li>• Manual for the teachers</li> </ul> <i>Physical Activity and Health</i> for children aged 8-12 years old <ul style="list-style-type: none"> <li>• Activity book</li> <li>• Manual for the teachers</li> </ul>

**REVIEWER IN THE FOLLOWING PEER-REVIEWED SCIENTIFIC JOURNALS AND  
SCIENTIFIC AND RESEARCH ORGANIZATIONS**

- Acta Paediatrica

- American Journal of Human Biology
- Archives of Pediatrics & Adolescent Medicine
- BMC Public Health
- European Journal of Cardiovascular Prevention and Rehabilitation
- European Journal of Clinical Nutrition
- Health Education Research
- International Journal of Vitamin and Nutrition Research
- Journal of the American Dietetic Association
- Journal of Pediatric Gastroenterology and Nutrition
- Journal of Public Health
- Journal of School Health
- Nutrition Metabolism and Cardiovascular Diseases
- Obesity
- Obesity Research
- Pediatrics
- Preventive Medicine
- Public Health Nutrition
- ZonMw - The Netherlands Organisation for Health Research and Development

### **ADMINISTRATIVE DUTIES**

<b>2007-2011</b>	Associate Editor on Nutrition for the bimonthly edition Well-being and Nutrition of the Hellenic Institute of Gastroenterology & Nutrition (ELIGAST)
<b>2007- present</b>	President of the Editorial Board of the bimonthly Newsletter of the Working Group of Lifestyle, Psychosocial Parameters and Atherosclerosis of the Hellenic Atherosclerosis Society
<b>2007- present</b>	President of the Working Group of Lifestyle, Psychosocial Parameters and Atherosclerosis of the Hellenic Atherosclerosis Society

### **SCHOLARSHIPS - AWARDS**

<b>1990- 1992</b>	National Foundation for Scholarships
<b>2001</b>	Award of Social Pediatrics for the study "Health and nutrition education in elementary schools in Crete: changes in chronic disease risk factors after a six-year intervention". 36 <sup>th</sup> Hellenic Conference in Pediatrics
<b>2007</b>	Award from the Hellenic Medical Association for the Study of Obesity for the study "Impact of peroxisome proliferator-activated receptor $\gamma$ and $\delta$ on adiposity in toddlers and preschoolers in the GENESIS study" Lagou V, Scott RA, Manios Y, Joshua Chen TL, Wang C, Grammatikaki E, Kortsalioudaki C, Liarigkovinos T, Moschonis G, Pitsiladis YP. 17th Annual Meeting of the European Childhood Obesity Group (ECOG)
<b>2008</b>	Award for the study "Perinatal factors predisposing for obesity in preadolescence" Siatitsa PE, Moschonis G, Kubicki A, Siopi A, Farmaki AE, Kantilafti M, Damianidi L, Micheli S, Margiola P, Gkaki D, Tanagra S, Manios Y. 8 <sup>th</sup> Macedonian Congress on Nutrition and Dietetics

### **PUBLICATIONS**

<b>Publications in:</b>	International Scientific Journals (116) * Greek Scientific Journals (9) Academic Manuscripts (7)
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Medical & Consumer leaflets, School Nutrition Books and Web sites (35)  
Presentations in conferences (115)  
\*(Detailed information in APPENDIX I)

## APPENDIX I

### PUBLICATIONS

#### International Scientific Journals

1. **Manios Y**, Kafatos A, Markakis G. (1998) Physical activity in 6-year-old children: validation of two proxy reports. *Pediatric Exercise Science*. **10**:176-188. (IF/2008:0.983)
2. **Manios Y**, Kafatos A, Mamalakis G. (1998) The effects of a health education intervention initiated at 1st grade over a 3-year period: physical activity and fitness indices. *Health Education Research*. **13**:593-605. (IF/2008:2.310)
3. **Manios Y**, Kafatos A, Codrington C. (1999). Gender differences in physical activity and physical fitness in young children in Crete. *The Journal of Sports Medicine and Physical Fitness*. **39**:24-30. (IF/2008:0.695)
4. **Manios Y**, Moschandrea J, Hatzis H, Kafatos A. (1999). Evaluation of a Health and Nutrition Education Program in Primary School Children of Crete over a 3 Year Period. *Preventive Medicine*. **28**:149-159. (IF/2008: 2.757)
5. Kafatos A, **Manios Y**, Markatji I, Giachetti I, Vaz de Almeida M, Engstrom L. (1999). Regional, demographic and national influences on attitudes and beliefs with regard to physical activity, body-weight and health in a nationally representative sample in the European Union. *Public Health Nutrition*. **2**:87-95. (IF/2008:2.123)
6. **Manios Y**, Kafatos A. (1999). Health and Nutrition Education in Elementary schools: Changes in health knowledge, nutrient intakes and physical activity over a six-year period. *Public Health Nutrition*. **2**:445-48. (IF/2008:2.123)
7. Bramley PM, Elmadfa I, Kafatos A, Kelly FJ, **Manios Y**, Roxborough HE, Schuch W, Sheeny PJA and Wagner K-H. (2000). Review Vitamin E. *Journal of the Science of Food and Agriculture*. **80**:913-938. (IF/2008:1.333)
8. Mamalakis G, Kafatos A, **Manios Y**, Anagnostopoulou T, Apostolaki I. (2000). Obesity indices in a cohort of primary school children in Crete: a six year prospective study. *International Journal of Obesity*. **24**:765-771. (IF/2008:3.64)
9. **Manios Y**, Boreham C, Kafatos A. (2000). Childhood obesity: The Role of Physical Activity and Diet. *Bahrain Medical Bulletin*. **22**:103-112.
10. Mamalakis G, Kafatos A, **Manios Y**, Kalogeropoulos N, Andrikopoulos N. (2001) Adipose fat quality vs. quantity: relationships with children's serum lipid levels. *Preventive Medicine*. **33**:525-535. (IF/2008: 2.757)

11. Mamalakis G, Kafatos A, **Manios Y**, Kalogeropoulos N, Andrikopoulos N. (2002) Abdominal vs buttock adipose fat: relationships with children's serum lipid levels. *European Journal of Clinical Nutrition*. **56**:1081-1086. (IF/2008:2.686)
12. **Manios Y**, Moschandreas J, Kafatos A, Hatzis C. (2002). Health and Nutrition Education in Elementary schools: Changes in chronic diseases risk factors following a 6-year intervention programme. *British Journal of Nutrition*. **88**:315-324. (IF/2008:2.764)
13. Panagiotakos DB, Kokkinos P, **Manios Y**, Pitsavos C. (2004) Physical activity and markers of inflammation and thrombosis related to coronary heart disease. *Preventive Cardiology Journal*, **7(4)**:190-194.
14. **Manios Y**, Dimitriou M, Moschonis G, Kocaoglu B, Sur H, Keskin Y, Hayran OC. (2004) Cardiovascular disease risk factors among children of different socioeconomic status in Istanbul-Turkey: Directions for Public Health and Nutrition Policy. *Lipids in Health and Diseases*, **3(1)**:11 (IF/2008: 2.062)
15. Maniadakis K, Lasaridi K, **Manios Y**, Kyriacou M, Manios T. (2004) Integrated waste management through producers and consumers education: composting of vegetable crop residues for reuse in cultivation. *Journal of Environmental Science and Health*, **39(1)**:169-183. (IF/2008:0.93)
16. Dedoussis G, **Manios Y**, Choumerianou D, Yannakouris N, Panagiotakos DB, Skenderi K, Zampelas A. (2004). The IL-6 gene G-174C polymorphism related to health indices in Greek primary school children. *Obesity Research*, **12(7)**:1037-1041. (IF/2008:2.762)
17. **Manios Y**, Yiannakouris N, Papoutsakis C, Moschonis G, Magkos F, Skenderi K, Zampelas A (2004) Behavioral and physiological indices related to BMI in a cohort of primary schoolchildren in Greece. *American Journal of Human Biology*. **16(6)**:639-647. (IF/2008:1.976)
18. Magkos F, **Manios Y**, Babaroutsi E, Sidossis LS. (2005) Contralateral differences in quantitative ultrasound of the heel: the importance of side in clinical practice. *Osteoporosis International*. **16(8)**:879-86 Dec 7. Epub 2004 Dec 7. (IF/2008:4.290)
19. Magkos F, **Manios Y**, Christakis G, Kafatos AG. (2005) Secular trends in cardiovascular risk factors among school-aged boys from Crete, Greece, 1982-2002. *European Journal of Clinical Nutrition*. **59(1)**:1-7. (IF/2008:2.686)
20. Keskin Y, Moschonis G, Dimitriou M, Kocaoglu B, Sur H, Hayran OC, **Manios Y**, (2005). Prevalence of iron deficiency among schoolchildren of different socio-economic status in urban Turkey. *European Journal of Clinical Nutrition*. **59(1)**:64-71. (IF/2008:2.686)
21. Babaroutsi E, Magkos F, **Manios Y**, Sidossis LS. (2005) Lifestyle factors affecting heel ultrasound in Greek females across different life stages. *Osteoporosis International*. **16(5)**:552-561. Epub 2005 Feb 2 (IF/2008:4.290).
22. Kocaoglu B, Moschonis G, Dimitriou M, Kolotourou M, Keskin Y, Sur H, Hayran O, **Manios Y**. (2005) Parental educational level and cardiovascular disease risk factors in schoolchildren in large



- urban areas of Turkey: directions for public health policy. *BMC Public Health*. **5(1)**:13. (IF/2008:2.029)
23. Panagiotakos DB, Pitsavos C, **Manios Y**, Polychronopoulos E, Chrysohoou CA, Stefanadis C. (2005) Socio-economic status in relation to risk factors associated with cardiovascular disease, in healthy individuals from the ATTICA study. *European Journal of Cardiovascular Prevention and Rehabilitation*. **12(1)**:68-74. (IF/2008:2.361)
24. Papoutsakis C, Yiannakouris N, **Manios Y**, Papaconstantinou E, Magkos F, Schulpis KH, Zampelas A, Matalas AL. (2005) Plasma homocysteine concentrations in Greek children are influenced by an interaction between the methylenetetrahydrofolate reductase C677T genotype and folate status. *Journal of Nutrition*. **135(3)**:383-388. (IF/2008:3.647)
25. Magkos F, **Manios Y**, Babaroutsi E, Sidossis LS. (2005) Quantitative ultrasound calcaneus measurements: normative data for the Greek population. *Osteoporosis International* Mar; **16(3)**:280-288. Epub 2004 Jul 6. (IF/2008:4.290)
26. Babaroutsi E, Magkos F, **Manios Y**, Sidossis LS. (2005) Body mass index, calcium intake, and physical activity affect calcaneal ultrasound in healthy Greek males in an age-dependent and parameter-specific manner. *Journal of Bone and Mineral Metabolism*; **23(2)**:157-166. (IF/2008:2.1)
27. **Manios Y**, Kolotourou M, Moschonis G, Sur H, Keskin Y, Kocaoglu B, Hayran O (2005). Macronutrient intake, physical activity, serum lipids and increased body weight in primary schoolchildren in Istanbul. *Pediatrics International*. **47(2)**:159-166. (IF/2008:0.677)
28. **Manios Y**, Antonopoulou S, Kaliora AC, Felliou G, Perrea D. (2005). Dietary intake and biochemical risk factors for cardiovascular disease in two rural regions of Crete. *Journal of Physiology and Pharmacology* **56(Suppl 1)**:171-181 (IF/2008:2.631)
29. Sur H, Kolotourou M, Dimitriou M, Kocaoglu B, Keskin Y, Hayran O, **Manios Y**. (2005) Biochemical and behavioural indices related to BMI in school children in urban Turkey. *Preventive Medicine* **41(2)**:614-621 (IF/2008: 2.757)
30. Dedoussis GV, Genschel J, Sialvera TE, Bochow B, Manolaki N, **Manios Y**, Tsafantakis E, Schmidt H. (2005) Wilson disease: high prevalence in a mountainous area of Crete. *Annals of Human Genetics*. **69(Pt 3)**:268-274. (IF/2008:2.195)
31. Kafatos A, **Manios Y**, Moschandreas I. (2005) Health and nutrition education in primary schools of Crete: follow-up changes in body mass index and overweight status. *European Journal of Clinical Nutrition*. **59(9)**:1090-2. (IF/2008:2.686)
32. **The Local Food- Nutraceuticals Consortium**. (2005) Understanding local Mediterranean diets: A multidisciplinary pharmacological and ethnobotanical approach. *Pharmacological Research* **52**:353-366. (IF/2008:3.287)
33. **Manios Y**, Harizani K, Markakis G, Galani P, Manios T. (2005) Relating fruit and vegetable consumption in households with residue generation and utilization in the city of Heraklion, Crete,

- Greece. *International Journal of Sustainable Development & World Ecology* **12**: 1-9 (IF/2008:0.510)
34. **Manios Y**, Magkos F, Christakis G, Kafatos AG. (2005). Twenty-year dynamics in adiposity and blood lipids of Greek children: regional differences in Crete persist. *Acta Paediatrica* **94(7)**:859-865 (IF/2008:1.517)
35. **Manios Y**, Panagiotakos DB, Pitsavos C, Polychronopoulos E, Stefanadis C. (2005) Implication of socio-economic status on the prevalence of overweight and obesity in Greek adults: the ATTICA study. *Health Policy* **74(2)**:224-232 (IF/2008:1.334)
36. Papoutsakis C, Yiannakouris N, **Manios Y**, Papaconstantinou E, Magkos F, Schulpis KH, Zampelas A, Matalas AL. (2006) The effect of MTHFR(C677T) genotype on plasma homocysteine concentrations in healthy children is influenced by gender. *European Journal of Clinical Nutrition* **60(2)**:155-62. Epub 2005 (IF/2008:2.686)
37. **Manios Y**, Magkos F, Christakis G, Kafatos A. (2005) Changing relationships of obesity and dyslipidemia in Greek children: 1982–2002. *Preventive Medicine* **41(5-6)**:846-51 Epub 2005 Oct 26. (IF/2008: 2.757)
38. Magkos F, **Manios Y**, Babaroutsi E, Sidossis LS. (2006) Development and validation of a food frequency questionnaire for assessing dietary calcium intake in the general population. *Osteoporosis International*. **17(2)**:304-312 Epub 2004 Sep 10. (IF/2008:4.290)
39. Cassidy A, Albertazzi P, Nielsen IL, Hall W, Williamson G, Tetens I, Atkins S, Cross H, **Manios Y**, Wolk A, Steiner C, Branca F. (2006) Critical review of health effects of soyabean phyto- oestrogens in post-menopausal women. *Proceedings of the Nutrition Society* **65(1)**:76-92 (IF/2008: 3.98)
40. **Manios Y**. (2006) Design and descriptives results of the “Growth, Exercise and Nutrition Epidemiological Study In preSchoolers”: the GENESIS Study. *BMC Public Health* **6(1)**:32 (IF/2008:2.029)
41. Magkos F, **Manios Y**, Christakis G, Kafatos A. (2006) Age- dependent changes in body size of Greek boys during 1982-2002. *Obesity Research* **14(2)**:289-94 (IF/2008: 2.762)
42. **Manios Y**, Kafatos A, and the Preventive Medicine and Nutrition Clinic University of Crete Research Team. (2006) Health and Nutrition Education in Primary Schools of Crete: Ten years follow-up on serum lipids, physical activity and macronutrients intake. *British Journal of Nutrition* **95(3)**:568-575 (IF/2008:2.764)
43. Magkos F, Piperkou I, **Manios Y**, Papoutsakis C, Yiannakouris N, Cimponerio A, Aloumanis K, Skenderi K, Papatoma A, Arvaniti F, Sialvera TE, Christou D, Zampelas A. (2006) Diet, blood lipid profile, and physical activity patterns in primary school children from a semi-rural area of Greece. *Journal of Human Nutrition and Dietetics* **19(2)**:101-112 (IF/2008: 1.479)

44. Angelopoulos PD, Milionis HJ, Moschonis G, **Manios Y**. (2006) Relations between obesity and hypertension: preliminary data from a cross-sectional study in primary schoolchildren: The CHILDREN Study. *European Journal of Clinical Nutrition* **60(10)**:1226-34 (IF/2008:2.686)
45. Maragakis GM, Kapetanakou DN, **Manios Y**. (2007) Caries prevalence and location and dental treatment needs in preschoolers in Athens – GENESIS Project. *Community Dental Health* **24(4)**: 264-267 (IF/2008:0.6)
46. **Manios Y**, Detopoulou V, Visioli F, Galli C. (2006) Mediterranean diet and dietary guidelines: Misconceptions and the neglected role of locally consumed foods and wild green plants. *Forum of Nutrition* **59**:154-70
47. Visioli F, Bogani P, Grande S, Detopoulou V, **Manios Y**, Galli C. (2006) Local food and cardioprotection: the role of phytochemicals. *Forum of Nutrition* **59**:116-29
48. **Manios Y**, Moschonis G, Grammatikaki E, Katsaroli I, Kanelou P, Tanagra S. (2006) Nutrition Education in postmenopausal women: Changes in dietary and cardiovascular indices. *Maturitas* **55(4)**:338-47 (IF/2008:2.032)
49. **Manios Y**, Kafatos I, Kafatos A and the Preventive Medicine and Nutrition Clinic University of Crete Research Team. Ten Year Follow-Up Of The Cretan Health And Nutrition Education Program On Children's Physical Activity Levels. *Preventive Medicine* **43(6)**:442-6 (IF/2008: 2.757).
50. Magkos F, **Manios Y**, Babaroutsi E, Sidossis LS. (2006) Differences in the quantitative and qualitative performance of a calcium-specific food frequency questionnaire across age and sex. *Journal of Human Nutrition and Dietetics* **19(5)**:331-42 (IF/2008:1.479)
51. **Manios Y**, Moschonis G, Katsaroli I, Grammatikaki E, Tanagra S. Changes in diet quality score, macro- and micronutrients intake following a nutrition education intervention in postmenopausal women. *Journal of Human Nutrition and Dietetics* **20(2)**:126-31 (IF/2008:1.479)
52. Kanoni S, Dedoussis G, **Manios Y**, Malavolta M, Mocchegiani E. (2006) Health status, blood and anthropometrical indices from Greek old and nonagenarian subjects. *Biogerontology* **7(5-6)**:329-37 (IF/2008:3.0)
53. Moschonis G, **Manios Y**. (2006) Skeletal site-dependent response of BMD and QUS parameters following a 12-month dietary intervention using dairy products fortified with calcium and vitamin D: The Postmenopausal Health Study. *British Journal of Nutrition* **96(6)**:1140-8 (IF/2008:2.764)
54. Kafatos I, **Manios Y**, Moschandreas J, Kafatos A and the Preventive Medicine and Nutrition Clinic University of Crete Research Team. (2007) Health And Nutrition Education Program In Primary Schools Of Crete: Blood Pressure Changes Over Ten Years. *European Journal of Clinical Nutrition* **61(7)**:837-45 Jan 10 Epub ahead of print (IF/2008:2.686)
55. Dedoussis GVZ, Theodoraki EV, **Manios Y**, Yiannakouris N, Panagiotakos DB Papoutsakis K, Skenderi K, Zampelas A. (2007) The Pro12Ala polymorphism in PPAR $\gamma$ 2 gene affects lipid

- parameters in Greek primary school children; a case of gene-to-gender interaction. *American Journal of Medical Science* **333(1)**:10-5 (IF/2008:1.36)
56. Lagou V, Moran CN, Wilson RH, Bailey MES, **Manios Y**, Grammatikaki E, Oikonomou E, Ioannou E, Moschonis G, Pitsiladis YP. (2007) Developmental changes in adiposity in toddlers and preschoolers in the GENESIS study and associations with the ACE I/D polymorphism. *International Journal of Obesity* **31(7)**:1052-60 Apr 3 Epub ahead of print (IF/2008:3.64)
57. De Henauw S, Gottrand F, De Bourdeaudhuij I, Gonzalez-Gross M, Leclercq C, Kafatos A, Molnar D, Marcos A, Castillo M, Dallongeville J, Gilbert C1, Bergman P, Widhalm K, **Manios Y**, Breidenassel C, Kersting M, Moreno LA on behalf of the HELENA Study Group\* (2007) Nutritional status and lifestyle of adolescents in a public health perspective. The HELENA Project - Healthy Lifestyle in Europe by Nutrition in Adolescence. *Journal of Public Health* (IF/2008:1.109) - in press
58. Moreno LA, González-Gross M, Kersting M, Molnár D, de Henauw S, Beghin L, Sjöström M, Hagstromer M, **Manios Y**, Gilbert C, Ortega FB, Dallongeville J, Arcella D, Wärnberg J, Hallberg M, Fredriksson H, Maes L, Widhalm K, Kafatos AG, Marcos A - on behalf of the HELENA Study Group\* (2007) Assessing, understanding and modifying nutritional status, eating habits and physical activity in European adolescents. The HELENA Study. *Public Health Nutrition* **11(3)**:288-299 Jul 6 Epub ahead of print (IF/2008:2.123)
59. **Manios Y**, Moschonis G, Kolotourou M, Keskin Y, Sur H, Kocaoglu B, Hayran O (2007) Iron deficiency prevalence and dietary patterns by school district in Istanbul. *Journal of Human Nutrition And Dietetics* **20(6)**:549-57 (IF/2008:1.479)
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